

Sedbergh & District

LOOKAROUND

April 2005

Issue 221

Donation 50p

Another bumper issue for you this month. A continued thank you to all the contributors.

We received a suggestion recently regarding the printing of train times to accompany the bus times. This is in the

process of being compiled and should appear soon. If you have any other suggestion that you would like to see in Lookaround, please don't hesitate to let us know.

Dennis & Jacky Whicker

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CHILDREN'S BIRTHDAYS APRIL 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:-
Emilia Page who is

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|-----|----------------|-----|
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| 10 | Brodie SWALLOW | 5 |
| 13 | Adam ROBERTS | 10 |
| 13 | Philip BAINES | 11 |
| 18 | Tom ALLAN | 1 |
| 21 | Abbie ALLAN | 3 |
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| 27 | Emilia PAGE | 4 |
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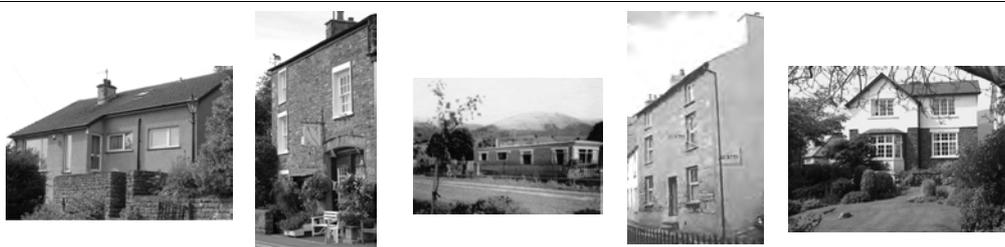
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 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge;
 NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); P = Parking;
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

PERSONAL & SMALL ADS £1

CAMPBELL

Jack would like to thank all family and friends for all the lovely cards and gifts gratefully received on his **90th Birthday**.

DEVINE

Happy **75th Birthday** Mum (Joyce) on 15th April. With love from Georgina and Laura.

MOUNSEY

John and Chris have been overwhelmed by the sympathy and practical support given by so many people on the sudden death of their dearest daughter Mary. We, Tony and the boys are most grateful. This is a wonderful community in which to live.

RAW

John and Susan would like to thank family and friends for cards and telephone calls, gifts, prayers and visits whilst John was in Hospital, and afterwards at home. We appreciated everything so much. John is now well on the road to recovery.

SCARR

The family of the late Nick Scarr would like to thank everyone who donated towards research into Subarachoid Haemorrhages at Hope Hospital, Manchester. A total of £790 has been raised. Many thanks to you all.

SEVERN

Love and best wishes Laura on your **18th Birthday**. Have a great party! Grandma.

SEVERN

Congratulations and best wishes Laura on your **18th Birthday** on April 7th. Lots of Love Mum, Dad, Kate and Joanne.

SCOTT

Tracy would like to say thank-you to all family and friends for all the flowers and cards she received after her operation. Special thanks to Dave, Aimee, Craig, Nicky, Lorna, Karen and Alison, without your patience, help and understanding it would have been impossible.

STAVELEY

We would like to thank all the people who came to our **Silver Wedding Party**. Also a big thank you for all the flowers, cards & gifts we received. We would like to thank our kids, who between them, paid for everything for our special night. Thanks again to all. Barrie & Mandy

TEBAY

Congratulations Mam (Margaret) on reaching 90 years young on April 25th. Wishing you a very happy birthday with love from Michael, Shirley, Betsy, Steve and all your grandchildren and great grandchildren

WINN

Mark and Jayne are proud to announce the birth of their baby daughter Emily Susan Eleanor Winn born on January 12th 2005 weighing 6lbs 12oz.

PERSONAL & SMALL ADS £1

WALKER

At last I am able to thank most sincerely all my friends for their lovely cards and gifts, an most of all for their support and prayers during my long stay in hospital. To Mary Airey for making sure Edgar didn't starve! To Rev. Widdess for his visits and prayers. To the marvellous caring staff, both at WGH on Wards 5 and Wards 33/34 respectively, and lastly to our wonderful family for showing such love and devotion through all the 'ups and downs'. I still remain overwhelmed by all the prayers, love and concern shown to me. Nora and Edgar.

FOR SALE

Suzuki Moped. 49cc. Good condition. Price includes helmet and suit. £100. Tel: 015396-20993.

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Three seater tubular metal garden swing. Good condition. Cushions included. Buyer collects. £10 only. Tel: 20790.

FOR SALE

Childs safety gate £5. Travel cot/ Playpen. Modern, good condition. £30. Tel: 015396-20807.

FOR SALE

Excellent bedroom furniture in Walnut. (Vanson). Three door wardrobe, two door wardrobe, dressing table and stool, headboard. Come and see it. Open to offers. Must go by April 11. Tel: 21196 (Queens Drive).

FOR SALE

2 x 2'6" beds/mattresses. Very clean condition £35 each. Pine double bed base as new £55 (£140 new). Slumberland double divan bed base with 4 drawers £50. Double mattress in very clean condition £50. Full size violin in reasonable order with new case £65. Little used Hoover twin-tub washing machine £75 ono. Help with transport possible. 015396 21397.

WANTED

Cleaner for The Cottage at Settlebeck High School. 3 hours per week during term time, plus some cleaning during holidays. Flexible hours. £5.32 per hour. Please ring Sedbergh CDC, 015396 21031"

FOR SALE

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WANTED

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FREE

Indoor Bowling equipment available from the Masonic Hall free to any organisation in Sedbergh area. A charge to any organisation outside Sedbergh

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KILLINGTON WI

Can you believe it? By the time you read this it will be APRIL! , and this will be our third report for 2005. Where is the year going? Our meeting in the Methodist schoolroom had an unusually large number of absentees and we send our best wishes to those who are under the weather. We know that Joan Moores' broken arm is mending but she has still to keep it still. No thrashing around, Joan! Nora Capstick is coping well and cheerfully with her eye problems but unfortunately will no longer be able to drive which is a sad blow. I know that both of them are receiving excellent help from their carers and we all send our thanks to them.

The business of the meeting included a healthy report from our treasurer but we are turning our thoughts to more money to be made at a coffee morning to be organised jointly with our other local W.I.s on **Saturday 6th**

August in the U.R.C. rooms. This is to raise money for our local air ambulance which is in great need of funds, so please put the date in your diary now.

Pam Symonds, one of our musical members told the meeting about her experiences at a federation "singing for pleasure" evening. It sounded like an excellent singsong and hopefully more of us will go next time.

This month was also notable for the start of our library box. We shall have a selection of books available each month, which will be provided by us all. Each book must have been read and *enjoyed* by the member who brings it along. When all who want to have read it, it will either



be returned to its owner or passed on to a charity shop. It's an experiment so we will have to see how it goes.

This month we did not have a visiting speaker. You may recall that we recently discovered a rare Music-Hall talent in our member Mary Fisher. Well, Mary, it can now be revealed, is half of a double act with her husband Eric and they provided us with a wonderful afternoon's entertainment. They kept us laughing at their humorous poetry and line drawings so cleverly presented and had our feet tapping along with their songs. They finished with a very funny send -up of our local trades-people. We didn't realise we had so much talent on our doorstep.

They were accompanied on the piano by Mary Cargill. What a wonderful asset these people are to our little group and we look forward to more of what they have to offer in the future. Our sincere thanks to them.

Our tea afterwards was once again the occasion for a birthday celebration- this time Majorie Bramley was the recipient of our good wishes and the reason for another of Shirley's lovely cakes. The cake had only *one* candle but perhaps we should have put two forty-watt bulbs on it!

Majorie then proceeded to win the competition for a "postcard" (fair and square-no fiddle!) and the raffle prize of a rich fruitcake went to Pam Fenton.

Another splendid afternoon.

Next month we are off on an outing, or a "jolly" if you prefer. We are off to Kendal to examine the Quaker Tapestry and have a lovely tea. See you then.

WFU. (with thanks to V.C.)

DENTDALE WI

A busy business agenda at the March meeting during which Margaret Fothergill our president spoke of the decision taken two years ago to instigate the formation of a First Responders Group to mark our WI's 60th birthday and as part of the NFWI Community Challenge. Nearly £1000 was raised by members and, with the support of other groups and individuals enough money has been raised to supply equipment at Dent and Cowgill. It was very satisfying to hear that there are now two teams operational in Dent and one at Cowgill. More volunteers are welcome to join the group. It was agreed that a letter of congratulations should be sent.

Arrangements for the Lune Valley Group meeting at Dent on May 16th were discussed. Members were also asked for suggestions for and help with a publicity stand and home produce stall at the opening of the Heritage Centre on May 14th.

Following his appearances in the Sedbergh Town twinning programmes, our speaker Alan Lewis (Bandmaster Sedbergh Brass Band) needed very little introduction. No previous musical knowledge was required from us as we were skilfully introduced to the brass instruments that he had brought along - trombone, tuba, euphonium, trumpet etc. Now for the audience participation! Alan explained that we would need to blow a 'raspberry' through our teeth at the mouthpiece of the instrument to get any sound and a few of us tried with varying degrees of success! Tony Playfoot who has been playing with the band for three years played the Policeman's song from

The Pirates of Penzance on his euphonium!

The competition kept to a musical theme with various limerick's composed from the first line "Lets all follow the Band..." Catherine Sugden's entry reached just the right note for first prize!

Catherine had also made Fairtrade Chocolate Bananas Cookies for us to eat with our cup of tea, which set the mood for the Fairtrade table that had a good range of products for us to purchase and stock up the larder!

Next month our talk is entitled *Storm chasing*. New members and visitors always welcome!

FROSTROW W. I.

Ann Petyt presided over the March meeting and welcomed Christine Sheppey as a new member.

A 'Stepping Out' scrapbook has been started by Pauline Mather who has already walked 44 miles on holiday, so the challenge has begun! Several members hope to join the Federation Spring Walks at Morland in April. Some offered to provide greenery for Flowers at Cartmel in July and possibly help with an arrangement. Our President was very encouraging and members responded well.

It was suggested that we join the Federation outing to Muncaster, rather than organise our own, then have another outing on our June meeting day.

Linda Hopkins spoke enthusiastically about 'Sing for Your Supper' which she joined at Kirkby Stephen and also told us how enjoyable she and Pualine Mather had found the Willowmaking Day when they returned home with a car full of

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garden supports and animals shapes created from willow.

After the business meeting, Jean Earl showed us her collection of decorated eggs which she had created - some painted, some adorned with transfers, others embellished with braid, beads etc., and displayed on stands. Goose eggs are the most popular for decoration but we handled ostrich and emu eggs which are extremely hard and suitable for holding a clock mechanism.

Jean Conchie thanked Mrs. Earl and Jenny Dawson won the competition for 'A Decorated Egg'.

Mr. Earl whose hobby is woodturning accompanied his wife and brought along many small items to show us.

Margaret Faulkner was the raffle winner.

On April 13th we will hear about 'Mountain Rescue Dogs' from David Watt. As always visitors and prospective members will be very welcome. *M. F.*

HOWGILL W. I.

The March meeting was held at Howgill Village Hall. Mary Silva presided, welcoming members. Also a warm welcome to Carol Evans, a prospective

new member.

Some of us have taken up the N.F.W.I. Challenge for individual members to walk a minimum of 90 miles between now and December 2005, 'Stepping Out' and putting our best foot forward in recognition of 90 years of W. I. nationally.

A Coffee Morning has been arranged for August 6th at the URC rooms. This is a joint effort with neighbouring W. I.'s to raise funds for the Northwest Air Ambulance based at Appleby.

An invitation to Cautley Church Flower Festival in May has been received.

Several of us are to attend the Lune Valley Group Meeting on May 16th. Hosts this year are Dent W. I. Names are to be taken for Hayes Garden Centre Open Evening on May 18th and a visit to Mr. Ron Davies garden at Temple Sowerby is to be arranged.

Following the business side of the meeting Rev. Bill Seville and his group of singers with piano accompaniment, gave us a medley of songs which included old time favourites. Poetry entitled 'My Husband Knows it All' and 'The Good Wife Guide' inspired us all.

(Continued on page 10)

Music and humour of outstanding quality and vibrancy we all found relaxing and uplifting. Anita Carey expressed thanks for an enjoyable evening.

The monthly competition for a music joke was won by Alison Plenderleith with Audrey Hoggarth second. Raffle winner was Barbara Axford.

A Jacobs Join supper was served followed by the social half hour which was won by Alison's team.

Next months meeting will be held at Firbank Church Hall on April 7th when the speaker Mr. Trevor Hughes will continue the journey through old Kendal with an audio video tour. Do join us. You will be given a warm welcome.

A.H.

BADMINTON

Another busy season has drawn to a close and it's been an exceptional year for Sedbergh: In the Kendal Sports Westmorland Badminton League our 1st Team took the honours in Division four, and our 2nd Team were victorious in Division Five.

The Junior end of season competition, held on Friday 11th March, was hotly contested; Simon Hunter retained the title after 8 rounds, Rosie Mason taking 2nd. In the seniors Andrew Postlethwaite was the champion with Nick game runner-up. Well done to them.

PRESIDENT'S CUP: 24 adults came to try their hands at this end of season pot luck competition on March 14th. In the semis, David Wheatley and Angela Mason played Sally Jenkins and Joe Robinson, and Grizz Mason and Alison McLeod played Jessica Mason and Alan Wilson. In the final, Alan Wilson and Angela Mason beat Jessica Mason and David Wheatley 15 - 13. There were some very entertaining matches and everyone enjoyed the evening which was rounded off with refreshments at the Bull Hotel.

On 9th March, 9 adults and 2 juniors travelled to Birmingham indoor arena to watch the All England Championships; we all enjoyed seeing 14 hours of non-stop first class badminton. Only one vehicle got lost on the way and hopefully we all learned a lot about playing competitively!

Kate Thexton.

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DENT SCHOOL

On Monday March 1st, the author Michael Morpego visited us at Dent School and talked to us about his work as an author. Here are some of the thoughts of the children in Year 2.

Mr. Morpego writes brilliant stories.

"Wombat goes walkabout" is good because he was kind to all the other animals because he saved them from the fire. He enjoyed my poem so much he said I was A REAL POET!

Oscar

I enjoyed him reading us his story called "The Gentle Giant". He put lots of expression in it and it made it sound good.

Jordan

He read my "Snowflakes" poem and said I had used good words. He called me a poet! He said he could not write poems, only stories.

Gina

Mr Morpego was good at reading stories because he made them sound so exciting. He is good at writing stories and his next story is about a cat called Adolphus Tips.

Ben

He read us one of his stories called "The Gentle Giant" where people thought the man was nasty but really he was nice. He listened to our poems and thought we were brilliant poets!

Hannah

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SEDBERGH BLIND GROUP

George Tomlinson (Chair) said that a recent review of alternate venues had shown that the People's Hall was the best compromise in terms of access, comfort and acoustics and our monthly meetings are to continue there.

George then asked Kath (Staff) to report on Brockholes as a Centre to visit. She was warm in her appraisal, but it was later felt that is was not appropriate for our particular Group.

There had been criticism of the food at our last summer outing and after agreeing a menu, it was left to several members to obtain quotes for three restaurants within a 10 mile radius of Sedbergh

The Chairman announced that Janet (Staff) had recently undergone training to assist partially sighted who are also deaf. She had visited George at home and at a modest cost, had greatly improved his telephone facilities. He could recommend her help to us all in this way.

It would seem most appropriate to thank our driver, Terry, for the kindness and consideration with which he treats our wobbly and disabled brigade, his help is very much appreciated.

The next meeting will be on the 3rd Tuesday on 19th April at 2.15pm.

MARK DODD

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SEDBERGH BOOK GROUP

It was noted at our meeting in March that the correct title should be, a Group (and not a Club) as there is a distinction!

At our meeting, we talked about Mark Haddon's novel "The Curious Incident of the Dog in the Night-time".

Ten members attended, including two not at the previous one; and we were there from 15.00 - 16.45. The book was given a précis by Stuart as follows:-

"A story about a hugely talented teenager, whose talent revolved around an understanding of mathematics, many, many years in advance of his years, but otherwise, many years behind his normal peers. Anyone who is far beyond what is deemed to be 'average' is up for observation and criticism; especially if one is autistic. Now the 'hero' of the novel is just this. He is locked into a very severely personal landscape wherein he is afraid and unable to venture outside his home for fear of persecution. Yet, inside himself, he knows that he has the understanding of high grade Mathematics and, as he believes, thereby has clues to the structure of our universe.

However, he then finds that his Father, after a divorce from his Mother, has

secreted a large number of personal letters to him, from his Mother. There was a discussion at the Book Group, as to possible reasons for this.

The extremely slow growth of the story up to the point above was then precipitated into very fast action by the above discovery. Should readers of *Lookaround* wish to find what transpired, they can either come along to the next meeting, or of course, obtain the book!

The next book to be commented upon will be "Critical Injuries" by Joan Barfoot, on Monday 11th April, as we meet on the second Monday each month.

Various discussion took place (please refer to the March *Lookaround*) as to procedure. Should we have formal officers as in Chair, Secretary and so on? Or are we chiefly interested in our various views on what has been written? As matters stand, after the fourth meeting, no officers have been appointed and conceivably matters may remain as such.

Several enquiries have resulted from our previous statement (*Lookaround* March, page 59) as to what we are supposed to be and where our destination is. The answer has to be equivocal being

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**CALOR
GAS**



contained in the desires of attenders.

It has been suggested again, that proven masterpieces should be discussed, as well as contemporary books rated ninth or tenth in current ratings. Also that 18th, 19th and 20th century agreed great works be included for future month's books.

I think there might be a majority for this, if it were voted on! Can we ask what Sedbergh non-members would think on this?

It was suggested that the Sedbergh Book Group should be closely associated with the Literary Festival scheduled for Autumn 2005. Anyone who believes they can write about our area is invited to submit contributions, prose or verse, so long as their entry contains at least one reference to "Sedbergh" or area. You have a chance to be in print by next Autumn, in a compilation of "Sedbergh authors". Please send to Stuart at Office Services before the end of April.

John Mander

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

Dear Sir,

Dave Collier, March *Lookaround* page 11, implies that UKIP the United Kingdom Independence Party is an irrelevance! UKIP is the only UK party which would allow a vote on exit from the EU; We would still be friendly and co-operate with the other European countries but not be controlled by the EU in Brussels as we are now.

According to Ian Milne, CIVITAS, the total annual cost to the UK of EU membership is about £100 billion - more than the NHS costs!

It is not the other EU countries who should be blamed for trying to gain advantage over the UK, it is UK politicians who are helping them to do it!

Membership of the EU has led to the decline of UK industry, fishing and farming.

Subsidies and grants from the EU amount to only about half of what the UK pays in, a lot of which goes to subsidise French farmers who are our competitors! The long-term plan of the EU is a Federal Government and abolition of the nation states. Under this plan for Government of the regions as far as it affects the UK, Wales and Scotland are 'Regions'; England will be abolished and split into John Prescott's nine Regional Assemblies. The bureaucracy for this is already in place and costs about £30 million per year. The original plan for European Union may have been to prevent war. It may actually cause war!

Edwin Bateman UKIP

St ANDREW'S CHURCH

St. Andrew's Parish Church has been a landmark in Sedbergh for centuries. The Church has served our community well throughout those many years as both a place of worship and for community gatherings of various kinds. Because of this long historical link, our parish church belongs to the people of Sedbergh – to all of them, and therefore to you. Each of us has a stake in caring for this ancient church and passing it on to future generations, not just as an ancient monument, but as a living building that is able to meet the needs of the community within whose midst it stands. That is why I am writing this note.

Many of you are due a "Note of Thanks". Thank you for supporting The Friends of St. Andrew's Church charity in its effort to help underwrite the costs of the recent 10-year renovation project. Twenty years ago the building required some £50,000 of work and the people of Sedbergh were very supportive. Ten years ago it became obvious that another project was required, but one of greater significance. Original estimates of £130,000 lead to the creation of Friends in 1994. Good thing too, because the "original" was just that – and a bad wake-up call took the estimate beyond the £300,000 mark. At the end of the day, March of 2005, when reconstruction reached completion, the total bill came to around £375,000. Friends contributed over £60,000 toward the effort. It is very difficult to imagine how the renovation could have been completed without the support of Friends.

So, well done you! Does this mean we can close down Friends and get on with

Paul Hoggarth

Building Contractor



015396 21413

07968 977429

other concerns? Has the rain, wind and fog gone forever? HA! We know better, don't we? No, Friends has not reached its "buy-date" and never will. It is very important that we all accept that too. Until the rain and wind go forever, Friends will be essential to the future of the St. Andrew's Parish Church building. I know, I know, with climate change we are destined to become the next Florida. But then we will have sun ----- and ----- -- HURRICANES! So we will still need Friends.

If you are not already, please join us as a member of The Friends of St. Andrew's. Friends is a charity whose sole purpose is the care of the fabric of the church. We do not have fund raising events, but do have an annual gathering to review the status of the charity and to learn about the church building from guest speakers. We hear about architecture, stained-glass windows, tower-bell ringing, and many other unusual and interesting subjects.

Enquiries are welcome. Please call me on 015396-20305, send an email to s.skomp@btinternet.com, or drop a note into the letter box addressed to Bynac, Howgill Lane, Sedbergh, LA10 5HE.

Stephen Skomp, Secretary/Treasurer

SEDBERGH TO THE WORLD

In bringing the websites and embryo websites of the Chamber of Trade, Community Office, Booktown and 'Resort Sedbergh' (see Lookaround, March) into an ideal cohesion, here's what's happening next.

We know we want to provide information that people, especially people who aren't currently here, can make use of. But what is the nature of this information? And how can we structure it so that it doesn't turn out as a hotchpotch?

I've made a list of classifications of information. This could be the basis that someone wanting to know something about Sedbergh via the Internet, starts from.

The list is too long; lists are always too long. Can any of these be grouped together (without making the titles more than a couple of words)? And is anything missing? Views most welcome.

When someone clicks on an item in the list, they'll get a sub-list – just to one level because multi-level sub-lists are horrible. And from the sub-list they could get a link through to a separate website (for example 'News and Views' would have an obvious link to 'Lookaround'), or they may get a page of locally-maintained information (about which more later).

Here's the suggested top-level list:

- Accommodation
- Arts and Crafts
- Booktown
- Business / Economy
- History
- Houses
- How to get here

- Local Amenities
- Local Groups
- Music
- News and Views
- People
- Places of Interest
- Religion
- Schools
- Shops
- Sports
- Town map
- Town Twinning
- Transport
- Walks
- What's On
- Wildlife

I've omitted farming. I'd be really interested if someone could point me to an informative local-based British website about farming, or write one maybe?

And what, some might ask, about the look and image? That comes later. Let's get the structure right first.

And what about navigation via sub-lists for people who have scripting disabled in their browser? Yes, yes, matters deeply technical are the least of our concerns, we can cope with them.

And how do we get the locally-maintained information on the website and keep it up to date? Next month, I'll tell you a little bit and briefly about Content Managed Systems. For the moment, though, how does that list look?

Dave Collier dc@sedbergh-yes.net

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**SEDBERGH TOWN BAND
Annual General Meeting**

The Annual General Meeting of the Sedbergh Town Band took place in the Sedbergh School Band Room on Wednesday 23rd February.

As acting chairman Sandra Waters opened the proceedings. She reported that the band had had a most successful year: All concerts were sell-outs and our first competitive venture at Kirkby Lonsdale was deemed to be of great value. She was able to draw attention to the thriving beginners group which reflected the healthy nature of the band. She concluded by expressing her thanks to the committee for their work over the year.

Treasurer Carl Storer presented the accounts for the year and reported a growth in all areas of the band's finances. He drew attention to a significant rise in income and the pleasingly substantial sums of money that have been raised on behalf of charity. He noted that insurance premium payments are considerably higher: this reflected the need to cover more instruments together with the cost of a substantial public liability taken out by the band. He was able to inform the meeting that further instrument purchases were planned thanks to the recent successful lottery application. Keith Wood expressed the sincere sentiments of the meeting when thanking Carl for all his efficient and tireless efforts on behalf of the band.

Musical Director Alan Lewis expressed his satisfaction with the way the band was progressing, indeed he considered it to be 'going very well'. He said that thanks to fundraising and the lottery grant the band will soon be approaching ownership of all the basic instruments

Sedbergh Pre-Junior/Playgroup



**DANNY'S
DISCO**

People's Hall

Saturday 16th April

10pm till late

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required of a band, all of which will be of good quality. He reported that £6,000 would be spent shortly on the purchase of a trombone, one soprano cornet and three maestro cornets.

The meeting then proceeded to the election of officers to the Executive Committee. Sandra Waters was elected chairman and Alan Lewis vice-chairman. To conform with constitutional requirements Alan Lewis was designated Bandmaster with Tony Crofts assuming the role of Assistant Bandmaster.

Sandra Cotterell has decided to relinquish the post of secretary after six years: The meeting expressed their thanks and appreciation for all the time she has devoted to the cause of the band in so many directions. Melvin Roberts has stood down as a member of the committee and was similarly thanked for all his contributions. Sandra's role as secretary has been taken on by Hilary Hodge whilst Peter Packham replaces Melvin on the committee.

SEDBERGH COMMUNITY OFFICE

I have taken over from Avril Whittle as manager of the office. Thanks to her hard work the office now sells books and art work to support funds and promote local artists. We have plenty of novels and some interesting hard back books so do call in and have a browse.

From April 14th we will be having an 'Elders' drop-in morning on a Thursday morning. Call in between 10.30a.m. and 12.30a.m. - for 50p you can sit and have tea/coffee and biscuits and a chat. Also if you have any queries, moans, groans about local concerns we will try and put you in touch with the right people to resolve the issue or help you.

The Local Action Forum will meet at the office on a Monday afternoon, from



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1.30 - 3.30 p.m. for a board / card game afternoon. Anyone is welcome to come and join in and meet new people.

We will also be appointing a youth manager to set up a drop-in after school for young people. This will be initially voluntary but then hopefully paid in the not too distant future. Please call in for a chat on Wednesday or Thursday afternoon if you are interested in this post.

Broadband is on its way and we will soon have a computer for public internet access for a small fee. Combine this with tea / coffee provision and we are heading towards an Internet Cafe for Sedbergh!

If you have any other ideas you would like to see happening in the community office, please call in and tell me. There is money available for rural community projects and I may be able to support your application.

It would also be great to have a few more standby volunteers to cover sickness and holidays. So, if you could spare an afternoon or morning on a casual basis please be in touch. Thank you.

Deyna Hirst
 Community Office
 Telephone: 20504



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SEDBERGH GALA QUEEN

My name is Rosie Wood and I will be this years Sedbergh Gala Queen. It was a great honour for me to be chosen and I am very pleased as I was against some very strong candidates. I have lived in Sedbergh since I was six and have always wanted to be Gala Queen. I am 14 years old and attend Settlebeck High School. At the moment, I am studying French, Geography, Art, Graphics and Music as well as Maths, English, Science and I.T. I feel that schoolwork is important but I have many other interests as well, such as music. I play the violin and the piano and I am part of the school band. My other interests outside school include reading, dancing, skiing and socialising. I have taken part in many of Susan Sedgwick's Dance Shows. I also enjoy helping charities and have just started helping



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with the YETI project.

I am a very dedicated person and will not neglect my responsibilities as Gala Queen. I like to think that I put my best into everything. I would love to play a larger role in the community and this is a great opportunity to do so. I also think I could get a lot out of it. For one thing, it will make me more confident. I am aware that being Gala Queen means that I will have to attend events all year round and I am happy to do this as I enjoy attending local events. I am always willing to help out in any way I can and enjoy working with people of all ages. I'm looking forward to the coming year with excitement and anticipation.

RW

SEDBERGH TOWN BAND

Band Trip to Zrece

The band's new secretary, Hilary Hodge, is busy investigating the practicalities of a visit to our twin town, Zrece.

Firm commitments have yet to be made but contact with Samo in Zrece indicates that a full programme of concerts in and around Zrece can be arranged.

Accommodation would be no problem and the band would be assured of a warm reception that will include extensive sightseeing and Slovenian hospitality.

Overland travel has been considered but the distances involved are considerable so, apart from a small advance party transporting instruments, a flight to Budapest from Manchester and then a coach ride to our destination seems the more likely option.

The response from the band has been most enthusiastic and it is confidently anticipated that these provisional plans will be transformed into firm arrangements and that the trip will become a reality towards the end of July.

SEDBERGH & DISTRICT HISTORY SOCIETY

David Smail came from Kirkby Lonsdale to give the last talk in the 2004/2005 season. His subject was the Manorial Customs of Westmorland using Lambrigg and Grayrigg as examples of the old 17th and 18th century customs which later died out. The underlying theme was that ancient rules and rights had to be accepted by and be a benefit to the common people and that by continuous usage they became the custom and eventually the law.

Using old maps and documents- mainly from the Lowther Collection in Carlisle- he explained the various aspects of farming practice.

In Westmorland, the land (including the soil and mineral rights) belonged to the Lord of the Manor but the buildings erected by the tenants belonged to them. They had a right to take a specified amount of wood from the Lord's woodland for buildings, repair and fuel. The tenants grouped together to cultivate the land each having an allocated number of 'dales' for which they were responsible. These dales were changed every year so that the good and the bad land was distributed fairly. In August the land was open common for all although the number of animals grazed had not to exceed the number that an individual tenant could maintain on his own property through the winter months.

He described the system of fines which had to be payed a) when the tenancy passed to the son on the death of his father b) if the holding was sold to someone else and c) if there was a change in the Lord of the Manor. Then the lights were turned on and we enjoyed some audience participation to re-enact the functions of the Manorial Court.

Members became customary tenants, Tony was a very able Steward to the Lord of the Manor, Isabel was the Clerk and others took parts as Foreman of the Tenants and the son who was taking over the tenancy on the death of his father. David took the part of the bailiff of the Court who was in charge of the proceedings.

An evening with a difference – and very enjoyable!

**SEDBERGH & DISTRICT
BEEKEEPERS' ASSOCIATION**

Last month you were left wondering what happened when a virgin queen left the hive on her mating flight, soaring up fifty feet or more to meet the cloud of drones (male bees) that were already airborne waiting for her and their opportunity

At our first evening meeting of the year at the People's Hall on 21st February nineteen members watched an extraordinary video of a study of various types of insect behaviour carried out many years ago by a German university research department, that included the almost unique filming of a virgin queen honeybee's mating flight. Having first shown that both worker bees (sterile females) and drones are able to detect and are irresistibly attracted to the tiniest quantity of a special chemical (pheromone) given off by the queen, which is how they are able to find her when she is outside of the hive on her mating flight or (years later) swarming, they attached a virgin queen to the end of a long boom at the other end of which was a cine-camera pointing at her, and spun it at the speed at which the queen

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usually flies - about 10 mph. This was done at the top of a high pole where the drones were already gathered. We watched as the cloud of drones raced after her, the quickest and fittest catching and coupling with her first, then the second fastest, and so on, until some fifteen drones had had their wicked way! Gang rape on a massive scale? No, just nature's way of ensuring that the queen is fertilised with the sperm of many different drones and so reduce the risk of inbreeding. And it is literally a race to the death, as each drone that does succeed, dies within minutes of coupling with her, his vital parts torn off!! The queen then flies back to the hive and starts to lay up to a thousand fertile eggs a day for the rest of her life of two/three years or more. As each egg is fertilised by a different drone the worker bees in the hive are either true sisters or half-sisters and quite often have slightly different colours and markings. This sometimes puzzles new beekeepers when they look into a hive and see these differences. But now we know why!

Sedbergh beekeepers will be at the Sedbergh Spring Show on April 2nd, with

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our organisation stand in the Masonic Hall, and our entries in the honey classes of the Home Produce Section in the People's Hall. If you would like to learn more about bees and beekeeping, come along and ask as many questions as you like! Our next club meeting is in the People's Hall at 7.30pm on Monday 18th April. From late April we can expect the first swarms of the new season, so Bill & Marion Smith will be telling us about the various ways that the beekeeper can either discourage them from doing so, or trick the bees into believing they have swarmed when they haven't. Both ways ensure little or no loss in the honey crop. You are most welcome to join us.

FEBRUARY WEATHER

February fill-dyke was fairly gentle with only 1.65 inches of precipitation. This fell largely as rain but some fell as snow so fill-dyke gave us some black and some white. We nearly had an official drought with 10 without measurable rainfall. Generally it was a fairly mild month with 3 days reaching 50sF and a maximum of 51.3F. Only 7 days dropped into the 30sF, the remaining 18 days therefore had temperatures in the 40sF. The minimum

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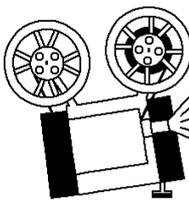
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temperature was 24.6F. Pressure started the month in the 30 inches of mercury for 2 days with the rest of the month in the mid to high 29 inches. For such reasonably high pressure it was quite a windy month with the maximum recorded being 28 mph. The lowest maximum was 6.9mph. For 21 days the wind direction was from the west with 11 from the north-west. These winds produced a windchill temperature 3F on the 20th of the month! Not a good night for lambs to be born!

There were still signs of spring time activity with blue tits investigating nest boxes, starlings revisiting their old nest site, thrushes, blackbirds were territory singing and the woodpecker continued to drum away. The snowdrops put on a magnificent display along with crocuses and mini daffodils. Their larger kind were already colouring up for an early flowering. Last year's good spring obviously made plenty of bulb. The most marvelous site, one I haven't seen for a long time, was a flock of over 100 lapwings passing through. It's a pity some of them didn't decide to stay around to breed.

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ANNUAL PARISH SUPPER & AGM

The Parish Supper has been the church's social event of the year for over 40 years. This year was no exception, attracting over 70 parishioners and friends from Sedbergh, Cautley and Garsdale to the Masonic Hall on Thursday 10th March. The traditional meat and potato pie followed by a mouth-watering array of desserts was as tasty as ever and at £1 a head, easily the best value in town. Preceding the business formalities it certainly takes the sting out of an AGM!

The completion of the restoration work on St Andrew's Church in December represented a once in a century landmark in the history of the church building. Significant contributions to the £300k cost have been made by English Heritage and The Friends of St Andrews.

The vicar, Rev. Canon Alan Fell, in his report paid tribute to all those involved in this project and posed the question 'for what purpose?'

Firstly, it is an important part of Sedbergh's' built heritage, the home of worship and a permanent sign of what we owe to God.

Secondly, he said he would like to see the building become more familiar and more important to the people of Sedbergh. Discussions are under way to decide how it might be used for activities of a wider range of appeal and style, resulting in greater participation by a wider audience. He urged parishioners to support developments in the coming year.

On these themes, and as a recognition of the successful completion of the restoration, a special celebration in the form of a Songs of Praise type event for the whole town is being planned.

Reports were presented on the numerous church activities in the parish which had been well supported. Of particular note was the excellent involvement of young people from the Garsdale Gang and St Andrew's Chameleons in the seasonal services.

Festival 2004 had been another outstanding success both musically and socially.

Over £7,000 had been raised and donated in support of Christian workers with whom the parish has links in various parts of the world.

Most notably this year this included £4,170 sent to the Diocese of Kadugli in Northern Sudan as a result of a sponsored Coast to Coast Walk.

In conclusion the vicar and his ministry team were thanked for their dedication and hard work over the year.

PS: A repeat showing of the slide show of Coast to Coast Walk will take place in St Andrew's Church Room on Thursday 14 April at 2 30pm to which anyone is welcome.
Tony Hannam

PEOPLE'S HALL

The Annual General Meeting of the People's Hall took place on Monday, 7th February. The year was reviewed as having been a very successful one for the Hall, with the completion of the renovation of the floor which now looks very fine. The volume of lettings has been good with an increase in regular users. The Toy Library has been set up in a room at the back of the Hall and operates its valuable services from the People's Hall.

Whatever may be said about the BBC2 town-twinning programmes, and much has, nobody can easily deny that the People's Hall was shown off to good advantage and that the income generated

by letting to the Corporation was very valuable.

Norris Chamley, who attended the AGM, as a member of the public, was kind enough to say that the Peoples Hall is 'going from strength to strength'. This may be so but progress can only be sustained by help and support and, sometimes, hard work. Helen Beare, who retired last year, as Chairman and Secretary, had devoted a great deal of time and energy over several years to finding grants to improve the Hall, and in furthering its interests and those of its users in many ways. She was ably assisted by her committee, three of whose long-serving members have retired during the year, Brian Finch, Les Fletcher and Kath Winn. A large debt of gratitude is due to all of these. Nor could the Hall continue without the devotion of its caretaker, Jim Hoggarth, supported by his wife. They watch over it and its users continually and never stint in time, freely given.

The People's Hall Committee has plans for the future, the most pressing of which is the improving and landscaping of the car parking area, but it needs active support and encouragement from the town, please.

This could take the form of offering expertise and advice or of joining the committee. The burden of membership is not onerous and the more people there are on the committee, the less onerous it becomes. Also, it gives to organisations or individuals in the town the chance to have a part in the running of a facility whose very existence is for its benefit.



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DENTDALE METHODIST CHAPEL

April brings the Christian holiday "Easter People" which is held in three places all at the same time, some of us are off to Scarborough, to worship and study and share together and come home all enthusiastic! Meantime Pray and Share continues fortnightly on Thursdays at 1.45pm (14th & 28th). It was good to get together with our Anglican friends for Sunday eve Lent Prayers and also weeknight "Better Together" study and discussion, then we get together for "Jacobs Ladder" and hope to have an "open air" again in the summer. Service times can be found in the porch, in April there are 2pm services only and in May & June 7 pm only. All are welcome.

J & S E Woof

SEDBERGH TOWN BAND National Lottery

In December of last year the band submitted to the National Lottery a request for funds to facilitate the purchase of additional instruments. After an anxious wait whilst the request went through the assessment procedures the middle of February brought the splendid news that we had been allotted £5,000. This has enabled us to buy a trombone and four cornets.

Needless to say the band is most grateful to the administrators of the lottery and are delighted that this windfall will assist in continuing to raise the musical standard achieved in our concerts.

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ALL MAKES ALL MODELS WORKED ON

SETTLEBECK HIGH SCHOOL

Big Screen Science

Ten enthusiastic budding film makers from Settlebeck High School and I travelled to the Museum of Science and Industry in Manchester on 1st February having won through to the penultimate round of the Big Screen Science competition. Whilst there, we were given the opportunity to work with film making professionals including Jonathon Hall, a scriptwriter whose work has been used by the BBC, and Sue Nelson, a broadcast journalist who works for BBC television and BBC radio. Our short news item was entitled 'But is it Art?' and focused on the ethics of creating transgenic organisms in the name of art, in this case an albino rabbit called Alba which also contained jellyfish dna and as a consequence fluoresced green in ultraviolet light. Incidentally this story is true, the artist responsible is Eduardo Kac and the project called 'GFP Bunny'. By the end of the day the students had written the script, planned and carried out interviews with scientists, filmed and recorded and edited the results very successfully. The end result looks professional.

If we win this round our prize will be to get funding and professional support to make a short film relating to bio-ethics. This film would also get national exposure. We await the final results having had a very successful day and submitted our film treatment entitled 'Lucifer - Hellbunny', a drama about the consequences on the food chain of releasing a bunny, which also has firefly genes and a glowing tail, into the

environment.

S.D. Burrowes

The Big Screen Science Day was very interesting and I learnt loads. Getting to use new technical equipment was great and becoming the Editor for the day gave me ideas about becoming an editor for life. The day was great and I'm really pleased I went.

Andrew Britton

The Big Screen Science Day was really interesting. I learnt loads, how to present, edit and produce a news article. I now know loads about the news industry. The day was brilliant and I really enjoyed it.

Nathan Critchlow

I enjoyed the Big Screen Science as I got to use new equipment and find out new things. We met a lot of people who helped us with our ideas.

Sam Clegg



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FARFIELD LUNCHEON CLUB

A small group of supporters of t' mill get together for lunch on the 1st Tue in the month, enjoy our meal and have a good natter, do join us! We move around the locality trying different venues and sampling the wide range of good food available, always choosing our own meal, so we can eat the food we like.

APRIL GARDENING

Spring bulbs are well on the way to brightening up our gardens with great swathes of daffodils in borders, shrubberies and orchards. These will shortly be followed by lots of blue flowers; *Muscari* (Grape hyacinths) *Scilla*, *Chionodoxa* and *Camassia*.

Muscari come in a variety of forms. The most common is *M.armeniicum* which comes from S.E. Europe of but seems to take very well to our moister climate. The species is a rich mid blue but there are named cultivars including 'Valerie Finnis' with pale blue flower spikes, 'Mount Hood' with rich blue flower spikes, topped with pure white flower buds and 'White Beauty' whose flowers are white. Another species, *M. latifolia* has richer, purple/blue flowers and rather attractive broad short leaves which only emerge in spring, unlike the leaves of *M. armeniicum* which appear above ground in late Autumn and, by flowering time take on the appearance of mounds of green spaghetti. If this is a problem in your garden then take a tip from the head gardener at Acorn Bank. He found that the voles in the garden nibbled of all the new leaves in the winter leaving neat clumps of leaf to grow in the spring, so he now makes it garden policy to shear off the leaves in early Spring and allow the flowers to show themselves more clearly.

Camassia bulbs produce taller, more graceful flower spikes than *Muscari* and are therefore useful further back in the flower border. They grow wild in N. America in damp, fertile grassland and can be very attractive when used in Meadow plantings. I like *C. quamash*

which has starry bright blue flowers and *C. leichtlinii* with creamy white blooms and *C. leichtlinii* 'Caerulea' with tall spikes of rich blue flowers. All *Camassias* have fairly short lived flowers and I like to plant them amongst other border plants such as Phlox and Anemones which will grow up and take their place as they die down.

Elaine Horne

GROWING WITH GRACE

wins Organic Grower of the Year Award 2005

Your local organic vegetable grower, based in Clapham, recently entered a national competition organised by Grower magazine. On February 24, over 700 people from the growing industry celebrated the 11th Grower Magazine 'Grower of the Year' Awards.

Growing with Grace claimed 1st prize in the Organic Grower section, narrowly beating Riverford Organics, who are one of the most respected organic operators in the country. 'Only in business four years, Growing with Grace has nevertheless managed to establish itself as a successful and innovative co-operative business' (Grower of the Year Awards brochure).

Neil Marshall travelled to London to represent Growing with Grace and receive a trophy and certificate. They are now proudly displayed in our shop!

Growing with Grace grow organic vegetables under glass at their nursery in Clapham, operate a delivery scheme covering your area and have an on-site shop selling fresh, dry and chilled organic products.



**LYON LOGISTICS
DENTDALE RUN 2005**

The 21st Annual Dentdale Run sponsored by Lyon Logistics from Dent was held on Saturday 12th March 2005.

Unlike the last two years the weather was very kind which encouraged a large field of 425 entrants who travelled from all over the North of England and beyond to take part. Runners of all different types of standard took part and made the race very enjoyable.

The men's race was dominated from the start by the eventual winner Steve Littler, Wesham in a time of 01:19:45. This was Steve's third successive victory in this event. The Ladies race proved to be more competitive and was eventually won by Bridget Coomber, Denby Dale Travellers in a time of 01:34:56.

A full list of the results can be found at www.dentdale.com

A tremendous amount of work and planning went into the race starting in September last year. This annual event is not only held to provide an enjoyable race but also to raise valuable funds for Dent CofE Primary School. The event would not have been possible without the valuable assistance of our chief sponsor Lyon Logistics whom must receive special thanks along with the many co-sponsors who are too many to mention. Thanks must also go to all the members of the Dentdale Run Committee (you know who you are), Stramongate Press for all the printing, all the kind locals who donated prizes, St John Ambulance for their medical assistance. Jack Prince for officiating, the Police for their help with the traffic, the small army of marshals and drink station attendants, the

WI ladies of Dentdale and School staff who worked like Trojans to provide after race sustenance, David Hartley for the use of the field for parking and finally to the runners who paid their money and took part, hope to see you all next year.

*Peter Knapton
(placed 206th in a time of 02:00:09)
Dentdale Run Committee Chairman*

DIALECT DIGEST

The cold snap we had in March bore out the old saying about winter not being over if Candlemas was fine and dry, and sure enough, the sun shone brightly on February 2nd. Yet, no matter how cold it turned, the early mornings were made more bearable by the cheerful singing of the birds, who always seem in fine voice this time of year.

Dialect words for birds include spuggy for the sparrow, stoggy for the starling, and throstle for the thrush and no doubt soon we will soon be hearing t'gowk, more commonly known as the cuckoo: T'cuckoo sings iv April, then sheea sings i May; Sings anuther tune i' June, then sheea flees away.

Here on the coast, the seagulls hold sway, leading to the cry of: 'Seagull, seagull! Get thee on t'sand! It'll nivver be fine while thoo's on t'land.'

Unfortunately, with the ready supply of food available in the heart of the resort nowadays, they seem to prefer being toonies!

The bird with the most verses attributed to it must be the pynot, or magpie. So, to avoid the omens forecast in the verses beginning 'One for sorrow,' etc, in the Whitby district it's advised that 'thoo mek as monny crosses on t'ground as there are bods.

Michael Park

SEDBERGH & DISTRICT HISTORY SOCIETY

Professor Keith Stringer from Lancaster University was the speaker at the society's meeting on Wednesday, 2nd March. Unfortunately the cold weather meant that the audience was smaller than normal. The topic of his speech was the reformed church in medieval Galloway and Dumfries but he also covered the church in what is now Cumbria.

The lecture dealt mainly with the twelfth and thirteenth centuries a time in which the reformers tried to introduce core European values into the life and worship of the church. However, they had the sense in this region to adapt their approach to local Celtic culture and saints. They obtained the support of the Kings of the countries and local magnates and as a result many new abbeys were founded with the Cistercian order prominent.

Whereas quite a lot of monastic documents have survived from that time for the Cumbrian abbeys little remains from the Scottish abbeys. However, the Whithorn Priory cartulary of 1504 contains transcripts of earlier charters. The abbeys introduced more professionalism into land management by improving stock rearing and venturing into industrial activities such as mining. The land given to them increased and eventually they were involved in England, Scotland, the Isle of Man and Ireland.

Inevitably they were involved in politics, being situated on the borders of England and Scotland, but were quite happy to deal with whoever was in

control of the area at that time. The wars that started around 1300 did have a detrimental effect with much destruction of properties by both sides. In one attack Dundrennan Abbey suffered damage of about £8000, a colossal sum for those days. A further complication was that religious boundaries did not always coincide with political ones. For instance Whithorn owed its allegiance to York until 1359.

The speaker answered several questions and was then thanked for his talk.

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for more details

GRANTS

for post-secondary school education Sedbergh United Charities makes grants to young people to help them after they have left school and are training for a career. This includes those studying at universities, etc. and those serving apprenticeships. To qualify applicants must be under 25 years old and reside in the parish of Sedbergh. The closing date for applications is 17th April. Please apply giving your details, including address and date of birth, to The Clerk to the Trustees, Sedbergh United Charities, 31 Loftus Hill, Sedbergh, Cumbria, LA10 5RX

ROBIN HOOD

Greetings Panto Goers,

Just to remind you that the Rose Theatre Group will be challenging the tradition that pantomimes are always performed near Christmas, by audaciously presenting their pantomime version of Robin Hood during the merry month of May! Originally planned for February, various problems conspired to delay the show. However, the extra rehearsal time will help guarantee a great performance and a hilarious evening of fun and frolics for all ages, re-telling the traditional tale of Robin Hood of Akay Wood and his arch enemy, the Sheriff of Sedbergh.

The show will be staged at Settlebeck High School on the evenings of Friday and Saturday, May 13th and 14th and there will be an additional matinee performance on the Saturday afternoon especially for the little ones. The story is loosely based on the tale of Robin Hood, with all the usual characters and also a few unexpected new ones. The performance is littered with catchy tunes, jokes and general knock-about comedy in true panto' style. Naturally, the audience will be encouraged to join in the booing and hissing, not forgetting the traditional "He's behind you!" cries. Admission will be free for under-fives and there will be a raffle and (with a bit of luck!) ice creams in the intermission, along with the usual refreshments.

All proceeds will go to the charity *Against Childhood Tumour*, whose Rose Fund inspired the Theatre Group's name. We are grateful to Simon Shaw for his continued sponsorship and we would welcome help from any other sponsors. Programmes will be on sale from early

May and advertisers are invited. For information, or to offer help, please contact Sandra Gold-Wood on 21808.

S.G-W.



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Fax: 015396 22039

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Dear Sir,

I enjoyed reading memories. Here is just a few more shops etc., to jog your memory Philip.

Beckwith's (Fish and Chip Shop)

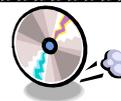
Prickets (Finkle Street)

Woolcock's (Main Street)

Swings in the playing field stood where the People's Hall is now, and poor old Frenchie who sat on a chair outside her house. Bob Burton, his sister Margaret and myself used to catch Bullie Frogs in the water at Pinfold Bridge.

Good Old Days. *Ann Mitchell nee Elvey*

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Sunday 1st May

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7.30pm

Programme includes

'Requiem' by John Rutter

'Hear my Prayer' by Mendelssohn

Retiring Collection

SETTLEBECK HIGH SCHOOL

Sandgate / Settlebeck Project

As part of Settlebeck's new Rural Academy Technology College status, a group of students from Sandgate School in Kendal have been visiting us every Wednesday afternoon since last October.

The focus of the visit has been to work with Mr Gardner on a technology project which has involved the design and manufacture of a wind turbine. This turbine will eventually (hopefully) be used to generate some of the electricity needed at Sandgate School.

This project has been a great success culminating in our entry to a national environmental competition. We were extremely proud to learn a few weeks ago that this scheme won second prize.

It has been a great privilege to work with these students and we know that they have benefited greatly from both the competition experience and their work with Settlebeck.

TOWN TRIP TO ZRECE

A town trip is being organised to visit Zrece and to do some Slovenian sightseeing. This will probably take place around late June.

If you are interested then please get in touch with Garth Steadman at Steadman's Butchers on Finkle Street (20431)

Join the Town Twinning Club!

Membership of the club entitles the card holder to several privileges and discounts including:

Assistance with travel information and arrangements by experienced teams in Zrece and Sedbergh

Newsletter updating you on twinning and travel activities

Discounts on a range of accommodation and other services in Zrece e.g. car hire, spa and ski resort facilities

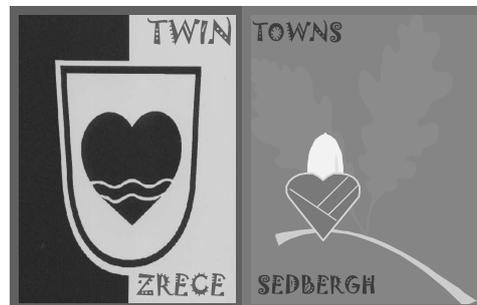
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Involvement in all twinning activities including priority on organised trips.

By becoming a member you are helping the twinning process by providing much needed funds for facilitating marketing initiatives, educational and cultural exchanges etc.

Membership application forms are available at Cobble Country Properties on Main Street. (21000)

For further information please contact Susan Garnett (21138)



SEDBERGH TOWN BAND

Annual Dinner

The band's annual dinner was held on Tuesday 23rd February at the Whitewalls Restaurant in Hest Bank. Band members, accompanied by husbands, wives and friends enjoyed a most convivial evening.

John and Hazel Wilkinson, formerly of the Bull Hotel, extended a warm welcome to the Sedbergh visitors and were instrumental in ensuring an excellent meal that was thoroughly enjoyed by all present. At the end of the meal the two chefs responsible were introduced to the diners; one chef was Ben Wilkinson who lends a hand in the kitchen out of school hours. Until the family moved from Sedbergh Ben was our fleugel horn player. It was pleasing to hear that he has continued his musical activities with the Morecambe Youth Band, an organisation that at their recent annual dinner recognised his abilities with two awards.

The annual award of a cup to the Sedbergh player who has made the most significant progress in the course of the year was made to tuba player Richard Kooper. Making the presentation Alan Lewis said that the awarding committee had had no hesitation in unanimously nominating who has made outstanding progress this year.

Richard is the third recipient of the trophy following the footsteps of previous winners Tony Playfoot and Keith Woods.

The principal speech of the evening was given by treasurer, Carl Storer. His lively, witty words were enthusiastically received by the diners who appreciated the survey of the year and his public

recognition of contributions made to the administrative side of the band by the Committee. In particular he paid tribute to the selfless labours of Sandra Cotterell who retires from the post of secretary. Chairman Sandra Waters also paid tribute and made a presentation on behalf of the band in recognition of her work over the past six years.

On completion of the speeches a most pleasant and sociable hour was spent in the bar prior to the arrival of John Metcalfe who sped us back to a snowy Sedbergh in his coach.

PEOPLE'S HALL

per session

Committee Room £6 (inc. heating)

Main Hall (*daytime*) £9

Main Hall (*evening*) £20

(£35 for functions with bar serving alcohol)

Regular bookings may attract discount

Changing Rooms can be booked

Bookings: Sedbergh Office Services
13 Kings Yard, tel. 20788

LADIES NFU

The March meeting was on slides taken by Mr A Gould on Birds and Wildlife. He showed us slides on our garden bird visitors some feeding their young, also of riverside birds, owls, and birds of prey. When showing the slides he told us of where he had seen the birds, also wild flowers and one of a fox that he had seen at Killington service station. This was followed by tea and biscuits and we asked Mr Gould to draw the raffle. Our next meeting will be held on April 19th in the People's Hall Committee Rooms, the speaker is Mrs K Ferguson on Moving House.

SETTLEBECK HIGH SCHOOL

Careers

Over the last couple of months there have been several activities encouraging students to consider what they might do once they leave Settlebeck at 16. Often parents and the community are not aware of how much careers guidance students receive in secondary school. Many of us probably had very little. I recall not having a careers interview, let alone anything else, until I was 21!

Now, work on this starts as early as Year 8 with students "playing" the Real Game in tutorials, which explores work-related issues. In Year 9 students are then introduced to our Connexions Library, which includes careers resources run, with the students' help, by two careers officers, Nicky and Karen, and a computer advice programme called KUDOS. Year 9s can also request personal interviews.

However, most careers guidance occurs in Years 10 and 11 and this can involve a variety of experiences. This includes Year 11s attending a careers convention, going on work experience for a week and taking part in a mock interview day at the Bull Hotel in Sedbergh, where local employers and education providers simulate interviews for the students.

In January, 15 students attended a Taster Day at Kendal College to experience some of the courses available there. Early in February several Year 11 students were given free transport to attend Lancaster and Morecambe College's Open Evening. A large number of Year 11s also spent a day looking at 6th form provision at the two Kendal schools, which involved finding out about A Level

courses they are considering. Recently Year 10s and 11s were "living it up" at the Low Wood Hotel, Windermere, finding out about careers in Catering and Hospitality, and in April all Year 10 will be at an exciting "hands on" careers convention at Newton Rigg College, Penrith.

These are just some of the opportunities students have to help them decide on what to do next!

Sally Ingham, Careers Co-ordinator

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ZEBRAS CLOTHES COLLECTION

Zebras will be having a BAG 2

SCHOOL collection on Fri 29th April

Do you have any clothes, bedding, other textiles or shoes which you can give to be recycled, and to raise funds for Zebras Baby and Toddler Group in the process?

Donations can be packed into special bags available from Sedbergh Office services from 11th April, or in any black bin bag. We would be very grateful for any contributions brought to the Methodist Church Rooms on Fri 29th between 10am and 1.30pm.

If you can't bring it yourself give Trish a ring on 21644 to arrange collection.

SEDBERGH GALA 2005

This year's Gala takes place on Saturday 21st May. The theme for this year is "Twinning." The Gala Group chose this theme to celebrate the efforts of many townspeople last autumn and also wanted a title that would allow a wide interpretation – Sedbergh in Europe, one of the nations or towns that sent delegates to Sedbergh, or just twins in general. It should give plenty opportunity for people to display their creative talents in both the procession and the shop window displays. Many of the old favourites have been invited to attend the Gala and this year it has been decided to have a star attraction, "The (fairly) Famous Family" who have performed all round the UK and Europe. There are fairground attractions for young children and it is hoped to provide more exciting rides for teenagers if problems of access can be overcome. There will in any case be a Rodeo Bull which should provide sufficient excitement for the thrill-seeker.

This year's Gala Queen is Rosie Wood and a feature about her will be published elsewhere in "Lookaround". The Gala Group are delighted that BBC's Martin Lewes has again kindly agreed to be Master of Ceremonies and hope that as

many of you as possible will attend, both to have a good time and also help provide funds to support local worthy causes. More details and an advertisement will appear in the May edition of "Lookaround".

RK

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 month, or 15 if people do two 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.

Daphne Jackson D. O.

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SETTLEBECK HIGH SCHOOL

Nab Wood & Settlebeck Twinning Project
(Linking a white rural community with a multicultural urban one)

Year 7 students from Settlebeck High School in Sedbergh and Nab Wood Secondary School in Bradford are currently involved in a pen pal project to understand what it is like to be part of a different type of community and to find out about the various faiths and beliefs of the students. So far, students from both schools have recorded DVDs about themselves (thanks to Eileen and Paul at Bradford Schools' media centre), which were then sent to the opposite school. Students watched the DVDs and then made their choice of who they would like to be partnered with. (We had to tick 7-10 students and were promised we would be paired with one of them and we were.) Having found out who our partner is, we will be emailing and contacting them soon and getting to know each other better. In May, we shall be travelling down to Bradford to meet our partner, and to visit a mosque and also a Christian place of worship. Meanwhile we are also doing some research into Islam, as many of the students at Nab Wood are Muslims.

We really like being part of this project and are particularly looking forward to meeting our new friends.

*By Elizabeth Hunt, Laura Goad,
Rachel Bainbridge and Hannah Mason
Year 7 students*

SEDBERGH & DISTRICT HISTORY SOCIETY

The AGM of the Society was held on March 19th. Ingram Cleasby, our President took the Chair. Reports from the Chairman, Secretary, Membership Secretary were read. The Treasurer's report and presentation of the Statement of Accounts was made by Richard Cann in the absence of the Treasurer. These were unanimously adopted.

Ingram Cleasby was re-elected President. The Chairman, Joyce Scobie having served the 5 year term laid down by the Constitution stood down and Richard Cann was unanimously elected as the new Chairman.

The Office bearers were duly re-elected - Tony Hannam- Vice Chairman, Marlene Mason- Treasurer, Diane Elphick- Secretary, Richard Cann - Membership Secretary. Elspeth Griffiths and Christine Swannick - Programme Secretaries

Ordinary Members were also re-elected - Graham Dalton, Shirley Tebay, Kevin Lancaster, David Mason, Joyce Scobie and Julie Leigh. Roger Underwood rejoins the Committee after several years break.

After the meeting we completed a quiz devised by the Masons - Diane Elphick and Tony Hannam were clear winners. This was followed by the usual Jacob' Join



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SEDBERGH PLAYGROUP

A big Thank you to Caspa's Disco Team (Spinner, Cheri, Mags, Rodger, Simon & Caspa) for donating Three Toddler Trikes to Sedbergh Playgroup.

These are a real hit with the children
The children enjoying their new trikes are Abbie and Kitty.

Dear Editor,

I wonder if any reader could provide me with an answer to a simple question?

As a teenager I used to go to various functions/suppers etc...Choir Supper, Sunday School events and others - often in the National School. Food for these events was provided by people bringing in "goodies" which were then pooled and everyone could partake of a splendid buffet...and obviously the cost was minimal.

Over the years, and in the various parts of the country that I have lived in, I have asked people if they had heard of the terminology "Jacob's Join". To date no-one ever has!!

I have just read, in the latest Lookaround, that Sedbergh & District History Society are to have a Jacob's Join after their AGM.

Could someone enlighten me how this term became so recognised in Sedbergh? Does this have a biblical connection or does it refer to our friends the Jacob sheep?

Sorry to appear ignorant but it is just interesting to know the origins of phrases and sayings and I wondered if it was only used in Yorkshire terms (note that

Sedbergh is still Yorkshire to me and not Cumbria).

Philip Hutchings

Any responses to the Editor please.

JUMBLE SALE

The Methodist Sunday Club Jumble Sale held on 12th March raised £296.

A big thank you to all helpers, and to everyone who supported us.

ENDMOOR TUESDAY CLUB

We are a group of 'young at heart' people who meet for fun, laughter and a hearty lunch. We meet at Endmoor Village Hall on Tuesdays 10.45 - 2.30 pm for £5. It may be possible to arrange transport.

If you would like to join us, you will be assured of a warm welcome.

For further information ring Sarah on 015396-20667 or Linda on 015395-67898.

SEDBERGH CARERS SUPPORT GROUP

This group of carers and past carers meets on the first Tuesday in the month at Sedbergh Health Centre at 2pm. In April our speaker will be Mrs Janet Widdess, all welcome. Need a lift? Contact Sarah 25212 or the office on 015397 32927 where details of all help available can be obtained. We are holding a Coffee Morning in URC Rooms on May 11th.

SEDBERGH PLAYGROUP TABLE TOP SALE

Thank you to all who helped at the Table top sale on Saturday 5th March. A special thank you to Caspa's disco team for organising this event, which was very successful and £250.00 was raised for Sedbergh Playgroup. Many thanks

THAT TV PROGRAMME

I was pleased to read Carol's article as I was beginning to think it was my views that were colouring my thoughts on the series. Had it not been about Sedbergh I would not have watch them as I thought there was some poor television production involved. I too thought that the BBC was a bit cynical in its treatment of Sedbergh. I wonder where the EU flags that the children were waving when the Slovenian visitors arrived came from? It was noticeable that they were not waving Slovenian flags. I have only lived in Sedbergh for almost 10 years but there were some people I did not know and yet many notable locals were never seen. Also as Carol pointed out a good many of the town's activities were not given a mention e.g. many sports teams and

various clubs and societies not to mention the churches. There are so many activities going on it is impossible to belong to them all even if you wished to. There were no voices raised against the project. What has happened to the BBC's supposed balanced view? The answer to that was shown when Jack Domanio spoke out against the EU on his programme. He was sacked!

Dear Sirs,

Well done Carol Dawbarn! I agree with every word you say in March *Lookaround*. I am still receiving letters, expressing disappointment from friends far and wide, who had eagerly looked forward to seeing Sedbergh on TV. Certainly there was nothing there to promote Sedbergh as a holiday place or anything else! A great opportunity wasted!

Another aspect: as a total abstainer I did think, in these days of teenage binge drinking and all the trouble it causes, could not Sedbergh have set a better example?
Freda Trott

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SEDBERGH GOLF CLUB

GOLF LESSONS

As we look forward to another successful year, we hope that more people will take up the game. We are currently planning golf lessons for beginners, ladies and juniors, which will begin in April. Everybody will be welcome, and all equipment will be provided. Please phone the club on 015396 21551 for further details.

**ST. JOHN AMBULANCE
International Youth Camp,
Perth, Australia**

In Perth, Western Australia between 13th and 22nd January earlier this year an international youth camp took place. From Cumbria the following cadets attended the camp representing themselves, their family and their community. Myself, (Sara Kellaway), Matthew Dawkins (from Sedbergh), James Crayston and Kirsty Ridge (from Ulverston).

The camp was organised by the St. John Ambulance Brigade to give cadets an opportunity to learn new things, make new friends and experience Western Australia itself.

All I can say is “wow” that was the best time of my life! I’m sure all the other cadets would agree that it was an unforgettable experience and I’d like to begin by thanking those who made it possible for us!

The activities that took place included first aid competitions, outdoor activities such as surfing, sailing and canoeing and on-site activities such as team-building games.

My favourite time was when we went out for the day to Pelican Point; this was a beach where you could just chill out with your new friends, do water-sports or just play beach games on the white sand.

Well, we’ve got so much to tell but if you want to find out more about our time ‘down-under’ there is a progressing booklet that you’ll be able to take a look at.

I’d just like to say thanks again for giving us this wonderful experience!
Sara Kellaway, Cadet, Sedbergh Division

LOCAL ACTION FORUM

The Local Action Forum is getting underway this month with games and walks and, thanks to a divisional grant, there will be no joining fee necessary!

Games afternoons will be held at the Community Office on Monday afternoons from 1.30 until 3.30p.m., starting on the 18th April. A £1 contribution towards tea /coffee / biscuits and room /game hire will be asked. If you have a particular game you would like to play please bring it along, or just come in for a chat.

National Park volunteer, Colin Luckett, will be leading some guided walks for us, supported by William Ryalls, on 27th April, 20th May, 22nd June and 22nd July. We have done 2 on Wednesdays and 2 on Fridays so we can determine which is the best day for everyone to do on a regular basis. They will be gentle walks of about 4 miles, starting from the Community Office at 10a.m. The National Parks ask for a £2 contribution to cover volunteer expenses - please contact me on 21556 if this is a problem for you but you would like to come on the walk.

Volunteers to help run the group are always welcome so do come along on Monday afternoons and join in. Hope to see you soon.
Deyna Hirst

LET’S PLAY TENNIS

Sunday 1st May at 2 pm. Family Fun Day to launch the new season.

Everyone welcome. You provide the enthusiasm and we’ll provide the BBQ to round off the afternoon. Sunshine guaranteed!!

TIM COLLINS MP

No one who lived through the appallingly dark days of foot and mouth in 2001 will ever forget the sights and smells the disease brought with it.

From the acrid smoke of the mass funeral pyres to the rotting corpses of culled livestock awaiting their own fiery end, the consensus of everyone involved has been: never again.

At the time, great debate raged over whether the Government's determination to stick doggedly to its policy of mass slaughter as a means of eradicating the disease was one of sound science or political calculation with a long-planned May General Election firmly in the Prime Minister's sights.

Many people, including myself argued

at the onset of the 2001 outbreak and still do today, that vaccination should always be the first line of defence against the disease.

In Holland, where foot and mouth broke out a few weeks after the first case was identified in Britain, a vaccination strategy was used from the outset. As a result, the Dutch were able to get the disease under control much more quickly with a much smaller number of animals having to be slaughtered.

In the four years that have passed, the EU and the British Government have moved from a position of 'slaughter first' to one of 'vaccinate first'.

However, as with a great many things concerning this Government, the devil is always in the detail.

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Saturday open all day 12 noon to 11 pm ~ Sunday open all day 12 noon to 10.30 pm

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In a reply to questions I raised about how the Government's new policy will work in practice, Farming Minister Ben Bradshaw revealed a gaping hole at the heart of the Government's plans which could bring financial ruin for Sedbergh farmers if left un-checked .

In his letter, Mr Bradshaw said that Sedbergh farmers will receive no compensation for vaccinated livestock unless it is subsequently slaughtered.

Many local farmers have long voiced concerns that animals which are vaccinated in the event of another foot and mouth outbreak may not be bought by food producers worried at shoppers' unwillingness to buy FMD vaccinated products.

In effect, the Government's policy in the

event of another foot and mouth outbreak points a dagger at the heart of local farmers who could be left holding thousands of pounds of worthless stock and no market for their produce.

Vaccination is undoubtedly the right response to another outbreak and the Government are also correct to conclude that keeping animals alive after the disease has been eradicated should be the goal. Ministers must however safeguard the livelihoods of Sedbergh farmers who sacrifice the commercial value of their livestock to vaccination. That is the only fair way to prevent the mass slaughter and funeral pyres which darkened the county's skyline in 2001.

Tim Collins MP

| | | | | | |
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| ▲ Venison Casserole | | ▲ Prawn & Rice Salad | £6.30 | <u>Sandwiches</u> | |
| ▲ Supreme of Pheasant Chasseur | | Prawn with Marie Rose Sauce £4.00 | | | |
| ▲ Pork in Pepper Sauce | | Ham, Beef, Cheese & Tomato; from £2.50 | | | |
| ▲ Cod & Prawn Crumble | | Cheese & Pickle or Salad from £2.70 | | | |
| <u>Main Courses</u> | | Toasted Sandwiches from £2.70 | | | |
| ▲ Roast Dinner of the Day | £6.30 | Portion of Chips £1.50 | | | |
| ▲ Mixed Grill | £11.90 | Mixed Side Salad £1.50 | | | |
| ▲ Fillet Steak | £11.90 | Portion of Mushrooms £1.50 | | | |
| ▲ Sirloin Steak approx. 8oz uncooked | £9.55 | Roll & Butter £0.45 | | | |
| ▲ Half Roast Chicken | £7.50 | THE HEAD | | | |
| ▲ Chicken Kiev | £6.30 | AT | | | |
| ▲ Lasagne | £6.30 | MIDDLETON | | | |
| ▲ Steak & Kidney Pie | £6.30 |  | | | |
| ▲ Cumberland Sausage | £6.30 | Tel: 015396 20258 | | | |
| ▲ Gammon & Pineapple | £6.30 | www.middleton-head.co.uk | | | |
| ▲ Barnsley Lamb Chops | £9.50 | enquiries@middleton-head.co.uk | | | |
| ▲ Marinated Lamb Steak (6oz) | £9.50 | Menu | | | |
| ▲ Pork Chop in BBQ Sauce | £6.70 | | | | |
| ▲ Cheese & Ham Pasta | £6.30 | | | | |
| ▲ Tuna Pasta Bake | £6.30 | | | | |

SEDBERGH PARISH COUNCIL

From the minutes of the meeting held on 26th January.

GUEST SPEAKER - Mr. D Anderson - Baliol School

The Chairman welcomed Mr. Drew Anderson, Headmaster of Baliol School to update the Council on the schools plans for improved sporting facilities.

Baliol is a state maintained and government run school currently funded by the local authority, North Yorkshire County Council, but Central government wants to exert more direct power and therefore will fund directly if the school obtains specialist status. Baliol intends to apply for specialist status in sports but this would involve raising the status of the school in the community. This will

mean that as part of any funding new facilities will have to be available for use by the Community.

Baliol has to raise £20,000 to receive a further £100,000 from the government and this money would go to development of internal spaces only, i.e. no external changes to buildings are planned. The plan is to build new changing rooms on the gym and include space in the gym for the town gym on a non-profit basis, the Pulse project would be involved in this. Also there will be extended range of uses for the new indoor sports building. At present Dent junior football team is using the building and Settlebeck children are due to use it.

Also there will be grants of £30,000 p.a. for 4 years for sport development and one

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third of this is to be spent on development of sport in the community. Future plans also include an all weather football pitch in 2007.

Mr. Anderson requested that a parish councillor to be a representative on the planning group.

The Chairman thanked Mr. Anderson and in the subsequent discussion the plans proposed were supported as the extra facilities were needed and would be very good for the town. Cllr. Longlands was appointed as representative to the proposed planning committee.

GUEST SPEAKER - Mr. G Dalton

The Chairman welcomed Mr. Dalton to update us on the changes in the YDNP.

At present there are 26 representatives on the Authority and this will reduce to 22. Part of this reduction will be by the loss of one Parish representative, i.e. there will be 4 instead of 5. There will be 2 members for Craven district and 2 members for Richmond which will share

with our region. There will be a meeting in due course to discuss the new representation.

The situation regarding the footpath alongside the playing field is being investigated.

There have been recent reports about the new policy to limit any new housing to local occupancy. This policy has not yet been fully developed and Mr. Dalton will advise us of any progress.

Joss Lane Car Park

Cllr. K. Lancaster that 2 representatives be nominated to meet with him and SLDC. It was agreed that Cllrs Pratt and Blair would represent the Council. It was pointed out that there could be a role for the Community Office in the administration of any parking permits.

Queen's Gardens

A large tree was blown down in the recent storms. Verbal quotes of £600 - £800 have been received. It was agreed

(Continued on page 42)

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to get further proper quotes for this work. Cllr Hirst said she would see if Sedbergh School grounds men could help.

Highways

A copy of a letter from Capita has been received concerned a request to downgrade Row Lane to a bridleway. It was agreed that we could not support this and would like to see Row Lane remain as a public road.

Pot holes were reported on Cautley Road, Busk Lane, Howgill Lane and by Thorns Hall. Also a request will be made for a down light on the south side of the zebra crossing and Settlebeck school.

Bowling Green

It was agreed to accept the quotation from K Milburn for £773 to rebuild the

wall that has collapsed at the corner of the bowling green.

Playing Fields

The planting of a section of a hedge as requested by the planners is due to start soon and maintenance is being prepared. It was confirmed that the council had agreed £1,000 for maintenance/insurance next year and would continue to pay for the monthly inspections. The concrete fence along Howgill lane needs repairing. The playground group will reconsider the fencing of the whole area in spring and they are beginning fundraising for the construction of a path down from Havera. It was agreed that the Council fully supports the construction of this path.

(Continued on page 43)

Town Twinning

At present fund raising is ongoing to raise funds for a visit by Settlebeck year 9 next year. There will be an auction of promises.

Street Lighting

United Utilities have put cables underground by Guldrey Terrace and as a result the post on which one of our street lights is placed is no longer required by them but it was agreed that the post should be left for our light and in future it would be our responsibility.

Citizens Advice Bureau

The CAB outreach office held in the Community Office has now closed due to funding constraints by

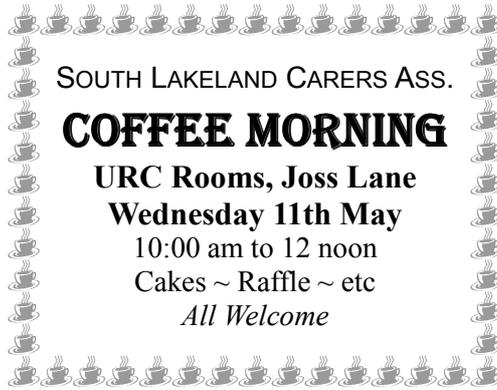
Sedbergh United Charities

It was agreed that J Stanton should be reappointed as trustee.

Planning

Planning applications were considered as follows:

FPP Alterations to existing barn to ancillary residential use at New House,



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URC Rooms, Joss Lane

Wednesday 11th May

10:00 am to 12 noon

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- Howgill Lane *No objections*
- FPP creation passing place on Dowbiggin Lane *No objections*
- FPP erection 2 storey extension for additional bedroom at Crosedale Beck Farm *No objections*
- FPP Erection sheep house at Underwinder Barn, Marthwaite *No objections*
- FPP erection conservatory at 23 Maple Close *Concerned that this would be visible on the entrance to the estate and inappropriate design and material for such a prominent position*
- FPP erection garage/store at Green Lane Cottage, 4 Lane Ends, Marthwaite *No objections*
- Planning decisions were received as follows:
- FPP Erection porch and extension at Windercombe, Joss Lane *Granted*
- FPP erection 2 storey extension to form 24 single study bedrooms at Robertson House, Sedbergh School *Granted*
- FPP erection dish on existing tower at CCI Millthrop, Joss Lane *Granted*
- FPP Erection garden shed at 12 Woodside Avenue *Granted*
- FPP extensions to clubhouse at Sedbergh Golf club *Granted*

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SEDBERGH GOLF CLUB

The time has come again when Sedbergh's golfing community will start to get their clubs out again. And no doubt everyone will have their fingers crossed for better weather this summer. Despite the drenching we got last summer, all competitions were eventually played with some impressive scores being carded.

The 2004 season was dominated by the youth of the club which looks very promising for the future. The prize presentation was held in February with the majority of the trophies being presented to the younger members of the club.

Below is a full list of the trophy winners from last year:

Congratulations go to all the winners, commiserations to the runners-up and hard luck to all the if-onlys. A special word must go to Matthew and Simon Parkin for a tremendous trophy winning season, which has seen both their handicaps reduced dramatically, and given Kath and Tom the added dilemma of enlarging the mantelpiece yet again. (Sir Alex might be able to help out as the Old Trafford trophy room is looking decidedly empty).

Thanks go to all the members who have helped during 2004 to put Sedbergh Golf Club back on the golfing map. A big

| | |
|--|--|
| <p>thank you also to Wilson Dinsdale (Captain 2004), Joan Snow (Lady Captain 2003/4) and Jim Hoggarth (President 2003/4), to whom we are very grateful for their tremendous service to the club during their term of office.</p> <p>We are very happy to introduce the officials for the forthcoming year, Ron</p> | <p>Gerrard (Captain), Maureen Prince (Lady Captain) and George Bailey (President), and wish them every success.</p> <p>We wish everyone a successful 2005, and hope everyone will come and support our Captain and Lady Captain on their 'drive-in' on Saturday 2nd April, which is the official start to the 2005 season.</p> |
| <p>Club Champion:</p> <p>Golfer of the Year:</p> <p>Hostel Cup Individual Matchplay:</p> <p>Joe Raw 4 Ball Matchplay:</p> <p>Gordon Holmes Fousomes Matchplay:</p> <p>Captains Day Rosebowl:</p> <p>The Queen Mother Cancer Care Shield:</p> <p>The Rowena Kliszat Memorial Trophy:</p> <p>The EGU Golf Medal:</p> <p>The Queens Jubilee Trophy:</p> <p>The Braithwaite Cup:</p> <p>The White Hart SSC Trophy:</p> <p>The Builders Supply NW Trophy:</p> <p>The John Garner Invitation Trophy:</p> <p>The R S Allen Shield:</p> <p>The Ballantyne Trophy:</p> <p>The Presidents Trophy:</p> <p>The 2's Trophy:</p> <p>The Thornton Salver:</p> <p>The Rabbits Trophy:</p> <p>The Reeth Garage Cup:</p> <p>The Myles Bainbridge Memorial Trophy:</p> <p>The Lady Captains Trophy:</p> <p>The Paul Eales Junior Trophy:</p> <p>The Bruce Wilson Senior Matchplay:</p> <p>Ladies Results</p> <p>The Rowena Kliszat Memorial:</p> <p>The Wilson Handley Plate:</p> <p>The Lady Captains Rosebowl:</p> <p>The Tetley Trophy:</p> <p>The Keswick Plate:</p> <p>The Squires Plate:</p> <p>The Lorna Wilson Matchplay:</p> | <p>Matthew Parkin</p> <p>Simon Parkin</p> <p>Simon Parkin</p> <p>Simon & Matthew Parkin</p> <p>Simon Parkin & Steven Bateman</p> <p>Steven Dalzell</p> <p>Neilson Thornton</p> <p>Robert Moffat</p> <p>Simon Parkin</p> <p>Craig Gardner</p> <p>Andrew Burrow</p> <p>Craig Gardner</p> <p>Paul Watson</p> <p>Neilson Thornton & Colin Capstick</p> <p>Eric Thompson</p> <p>Alan Pratt</p> <p>Alan Pratt</p> <p>Simon Parkin</p> <p>Ivan Moffat</p> <p>Graham Staveley</p> <p>Craig Gardner</p> <p>Michael Waring</p> <p>David Brooks</p> <p>Shaun Gardner</p> <p>Wilson Dinsdale</p> <p>Diane Gunson</p> <p>Penny McKerrow</p> <p>Diane Gunson</p> <p>Mary Dinsdale</p> <p>Janet Penlington</p> <p>Mary Dinsdale</p> <p>Maureen Prince</p> |

CUMBRIA WILDLIFE TRUST

After the storms

It seems that Sedbergh's old fashioned snow storms with raging blizzards and deep snow drifts might now be part of the past. As an alternative this winter we have been treated to the worst gales and flooding that most people in the area can remember. When we humans are involved, with our belongings, buildings and domesticated animals, the storms become very scary and dangerous. However, it is good to remember that storms are a natural and sometimes necessary part of nature's process of regeneration.

The consequences of storms for humans and the consequences of storms for the environment and wildlife are often not the same. For example, a deep covering of snow can cause havoc to any transport system, bringing the country to a dangerous stop. However, for many plants, seeds, bulbs and even animals, it can provide a safe, comfortable resting

place during a winter's 'nap.' Another example is fire: I experienced the disastrous Oakland Hills firestorm near San Francisco in 1992, when there were numerous fatalities and over 2,000 homes destroyed. In Australia, however, many plants and trees depend on firestorms for regeneration and the germination of seeds.

The heavy rain after Christmas caused devastation in some areas of Carlisle, but here, in the well-drained, hilly Sedbergh area, the damage was not so severe - even though most of us probably have our own 'flood' story! Many of the fields were flooded and the hillside gills were scoured and re-arranged by the torrents of water, but floods, too, can have beneficial effects. The rain washes silt and nutrients down from the surrounding hills to deposit them on the valley floors, forming fertile arable fields or, in this area, hay meadows. The wet areas of the fields and pastures will have rotting grass and other vegetation which also increases

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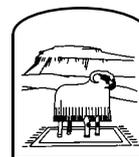
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the fertility of the soil.

Normally, the excess rain itself would not cause any harm to trees, but in January we had tremendous gales following so soon after the wet weather. The sodden ground often could not provide a strong support for the tree roots during the exceptionally strong winds, which is why there have been so many completely uprooted trees all around the area. When a tree is blown over in a natural woodland setting there is great benefit to surrounding woodland life from the increased sunlight then allowed in. Then, as the uprooted tree lies on the ground and gradually rots, it will be like a supermarket and housing development combined for a host of fungi, plants and ferns, insects, animals and birds as well as eventually decaying to form more nutrients and humus for the soil. If just a limb is blown off a tree, the jagged scar left on the trunk will soon form a pocket of rot which also will be home to plenty of wildlife and possibly nesting birds.

When trees fall around human habitation or farm buildings, there are usually no benefits and nearly always some kind of damage caused. Sometimes it is a special ancient tree which offered character and history to a particular area

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or garden, or sometimes it is just a large tree which looked very strong and healthy but just couldn't take the strong winds. Don't forget that all trees provide homes for wildlife, such as fungi, lichens, insects, birds and small mammals, who can lose the most when they fall! Now is probably a good time to look around our property and prepare for the changing weather patterns whilst the storms of this last winter are still fresh in our minds. Is there any way to improve the drainage on our land or around the house? Is it time to consult the YDNPA for advice on the safety of some of the older trees in the garden or the fields (don't forget that permission is required before cutting down big trees within the Park boundary)? Is there a loose slate on the roofer a wobbly wooden fence in the garden? Is there any way a warm, dry and safe habitat could be made for some wildlife near a shed, wall or woodpile in the garden?

The old fashioned storms resulting in deep, quiet, soft snow with no traffic and days off work and school seem far preferable to the storms of this last winter. But maybe they will just have to be stories from the past for the younger generation.....

JGF

FAMILY MUSINGS

We are experiencing the calm before the storm here and I do not mean the weather although a lovely summer with a good mix of showers and sunshine would help us. What I mean is in relation to the garden, there is always something to do and I love the quick half hours before work doing some little tidy task but not in the frost and the snow! Wandering about one mild March morning the reality of the task before us hit home, but never fear we love our garden and we are not fazed by hard work, and as long as we have a garden to enjoy and share we will be happy, it doesn't have to be a show garden. There are to be more parties this year, yes it does sometimes seem that all we do is have parties but we do work in

between and among, very hard in fact at times so we really appreciate getting together with friends and family.

A text from elder daughter informed me that should I be celebrating my birthday on the Sunday she and sister will be back but the Saturday, the actual day, would be pushing it. In fact they fly back late that day. My reply was, that's the perfect reason to celebrate all weekend, my birthday and the return of our girls! Then the following weekend we will gather to celebrate sons wedding and a few weeks later another party here to celebrate son and T's marriage.

Once upon a time wherever I went to lead a service someone in the congregation was related to my mother-in-law, the conversation after the service



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would begin something like this "Oh, so you live in Dent, there will be a lot of folks with yr surname, are you related to xyz" and usually I was! These days I am asked if a certain young man is my son, and I do own up to being his mum! On one occasion after a service at a rather hard to find place of worship, for someone not familiar with that part of Lancashire, the congregation commented on the little "potted history" I had shared to tell them a bit about myself, and they asked how I had managed to find them, on hearing that sons girlfriend gave us directions I was told, "Why didn't you mention T in your introduction, we would have sorted out your pedigree straight away"!! Do you ever feel you are loosing your identity?!

People are really strange are they not, sometimes someone greets me with such enthusiasm and yet another day hardly looks the side I am on, I try to greet everyone with a cheery smile but it has been hard of late, however one or two of what my girls call "mums people" have kept telling me how much I have cheered them up, so I must be getting it right. One of "mums people" died recently and I miss our chats on the telephone, he

always answered it "hello, yes", he came to have Christmas dinner with us and has shared many trips out for lunch, taking us at times to the Union Jack Café in Kendal for egg and chips!

An elderly friend has recently suffered a stroke and is being cared for in hosp, she is the sort of lady who has lived a full and eventful life and who has still got some fight left in her which is coming into its own with the exercises she has to do. These include mouth movements, shaping words etc, so sometimes when I visit her I do them as well as an encouragement, what a pair we must look. Our mouths form an O, they go to the left, to the right, up and down and back to O. This is one exercise class I can manage!

We still have the Australian flag displayed on our living room wall a constant reminder of our two girls, they have been away 5 months and have 4 months left, and while I wish them every joy on their travels I still say "roll on August", and thank you son for getting married this year, I don't think I'd have lasted the course until 2006!

Take care, enjoy life, and see you next month.

Dear Sir,

Could I throw in a few thoughts and suggestions after reading the article in the February Lookaround.

The current collection of sedbergh-yes.net, sedbergh.org.uk and Lookaround certainly provided my wife and I with a useful collection of information when we made our choice to move home to Sedbergh. Unfortunately the way the information is spread over the three sites makes it difficult to find for people not already familiar with this arrangement (as we were) - a single site for the town would be much more effective.

One of the web sites for other towns mentioned in the article was Glastonbury online (www.glastonbury.co.uk). In

addition to just running a website for the town this is a non profit organization which assists the development of internet use amongst Glastonbury businesses and community groups. Any profits go back into supporting the development of websites for local organisations. There must be several small businesses and groups in the Sedbergh area who could benefit from having websites but don't have the expertise or time to create one. If there are enough volunteers in the area with the experience and free time to provide this type of service it might be possible to provide support and design services along similar lines.

Following the TV coverage of the twinning process, I expect people will be

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looking at the Sedbergh websites for follow up information. Unfortunately there doesn't seem to be any, all I could find on www.sedbergh.org.uk was "TOWN TWINNING Who will our blind date town be? Watch this space!" and advance details of the TV programmes. A web search comes up with (www.sedbergh.org.uk/TownTwinning.htm) which contained the results of the vote but the page no longer seems to be available.

Perhaps we could collaborate with people in Zrece to produce some pages relating to the twinning venture - in English and Slovenian even?

Would it be possible to integrate the Lookaround web pages into the new web site? The Lookaround site is very much a straight copy of the printed version, although it's a very useful site it would be much easier to browse online if it had a bit of reformatting and indexing. Please don't interpret this as criticism of the existing Lookaround site, I've certainly found it extremely useful when I've been away from Sedbergh at the start of a month and unable to get my paper copy. I appreciate the huge amount of voluntary work that must go into the production of Lookaround. Putting it onto the web in it's current form must be quite a significant extra task and reformatting things would need even more time and effort but perhaps it might be possible for the developers of the new Sedbergh site to do some of the integration work in co-operation with Lookaround. The planned upgrade to the events calendar at sedbergh-yes is a good example of an

area where both websites could benefit from a single point of contact for event organizers to update both lists in one go.

How about a web cam for Sedbergh? Perhaps a "Winder Webcam" located somewhere near the top of Loftus Hill looking over the town towards Winder, it should be popular with visitors wanting to get an idea of weather conditions on the fells before setting out to visit from further afield.

Mike Clarke

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ZEBRAS SPRING SALE

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If you would like to sell goods on commission please contact Jane (21593) or Christine (21026) for further information or to obtain the forms.

Please bring all goods - donations or commission sales - to the Church Rooms on - Thursday 21st 6.30 - 7pm or Friday 22nd 11.30 - 12.30

LET'S NOT HEAR IT FOR THE EU

Dave Collier, like our politicians, would like us to believe that the EU is a nice friendly club. Unfortunately that is as far from the truth as you can get. Which organization needs its own flag, own anthem, own army, own courts, a so called parliament which is only there to rubber stamp the decisions made by unelected commissioners, to launch its own satellite, and then sell shares in it to China. Incidentally China has recently tested anti- aircraft carrier missiles. I wonder which countries have aircraft carriers? The French are wanting the arms embargo lifted do that the y can sell arms to China! If Dave ran his business like the EU he would soon be in trouble. The auditors have not signed the EU accounts for the past 9 years! The prime minister's "think tank" has said that the EU legislation costs British companies £100 billion per year! Even that well known parliamentarian, turned EU traitor, sorry, commissioner, Peter Mandelson has said that Brussels legislation cost this country 4% of its GDP! The UK is a net contributor to the EU subsidizing many of our competitors. Those who have holidayed in Spain, Ireland in particular, will have seen how they have grown at our expense. WE could quickly solve the third world debt on our own and then put our own house in order if we were not subsidizing these European states. We could, for example, lift the burden of debt from students so that all students who have the ability could go onto whatever education they wished. We shall soon be in a situation where only the wealthy can afford to do so. I am sure that would appeal to Dave's ideals. I bet he, like me,



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did not have to pay fees etc., nor did any of our politicians either. The tragedy that is the EU would be amusing if it were not very serious. More than 30000 directives are on our statute books having come from Brussels. Our parliament spends between 60% and 80% of its time simply rubber stamping EU legislation. The coming election is vital but all the policies any of the parties put forward are often meaningless as we have already handed over power to Brussels. A prime example being that when party X says it will spend so much on this service or that it will all depend whether it falls within EU guide lines. Why were the railways denationalized, the post office monopoly broken, utilities broken up into private companies, Scotland and Wales given their own "parliaments"? I think if you go on the EU web site you will find the answer but be prepared for a long session it is very very large.

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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 (Cumbria Business Education Consortium) 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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GUILD OF Q

Barbecue Date For Clarissa Dickson-Wright

Britain's best butchers will be converging on the Lake District in April to have their barbecue products assessed by television personality and food author Clarissa Dickson-Wright.

Clarissa will be at the Castle Green Hotel in Kendal on Sunday, April 24, leading the judging team in sampling and tasting the best barbecue ideas from members of the prestigious Guild of Q Butchers.

The Guild's 2005 National Barbecue Championships will feature a number of teams of Q butchers from all over Britain competing for the coveted team and individual championship trophies, including a new award for Britain's Best Barbecue Sausage.

Promotional body BPEX (British Pig Executive) are providing prizes for the best pork sausage and the best pork product. Sponsors of the best beef and lamb product categories are EBLEX (English Beef and Lamb Executive). There is also a competition for the Guild's corporate members, mainly suppliers to the meat trade.

At past competitions, some imaginative products have come forward for judging, including last year's individual winner Mini Chicken Montreal from Edinburgh butcher John Saunderson, a member of the winning team from Scotland.

The Guild of Q Butchers represents the finest independent meat retailers who are noted for product innovation, presentation and quality and some of the best products from the championships will be selected for Q promotions during the 2005 barbecue season, including Britain's Best Barbecue Sausage.

Garth Steadman of Steadman's of Sedbergh, is Chairman of the Championship Committee. He said: "We look forward to welcoming our Q butcher colleagues from all over Britain. The event always produces new and exciting products and with Clarissa Dickson-Wright in attendance we are sure our members will be dreaming up some sizzling ideas!"

Other members of the judging panel will include Gillian Cowburn, Food Editor of the Westmorland Gazette, Justin Woods, Executive Chef at the Castle Green Hotel, and John Crouch, who focuses on food for local radio in the North West.

FREE GOLF COACHING 2005

In an effort to open up more golfing opportunities, the English Golf Union and English Ladies' Golf Association have developed several initiatives to help you get into golf, including Free Golf Coaching Free Golf Coaching for beginners. The coaching campaign is just part of the EGU's and ELGA's drive to promote the game of golf in England.

Free Golf Coaching is available to beginners of any age, gender or background at venues all over England during 2005. Anyone wishing to experience golf for the first time can simply register with a participating venue and receive Free Golf Coaching- golf balls and clubs are also provided free of charge.

Carus Green Golf Club in Kendal is running Free Golf Coaching taster sessions for beginners on Saturday 2nd April. For further information and to book a free lesson please telephone 01539 721097 and quote 'Free Golf Coaching'.

After the coaching session all participants are given information on a variety of initiatives aimed at continuing involvement in golf, including regular participation, obtaining a handicap and joining a club.

Free Golf Coaching for beginners is just one of several initiatives within the 'Get into Golf' grass roots structure developed by the EGU and ELGA.

For further information on Free Golf Coaching or the 'Get into Golf' structure please contact the EGU Golf

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Key Results 2004

- 75% of participants said that they had participated in golf since their free golf coaching taster session

Of which:

- 74% had visited a Driving Range
- 36% had booked further golf lessons
- 54% had played round/s of golf
- 1% had joined the Associate Membership Programme
- 10% had joined a golf club
- 5% had participated in a different way

PHOTO CALL

Last month's photo on page 30 should have been accompanied by a list of names - apart from 2. I had one phone call which identified some I already knew and one anonymous letter. Many thanks for those.

The names for Settlebeck 1961/2 were as follows:

Back Row: Matthew Staveley, Joseph Siemasko, Robert Fothergill, John Robinson, Richard Metcalfe, Michael Airey

Third Row: Judith Airey, Margaret Mattinson, Eleanor Moore, Annette Mackereth, Hazel Mason, Mary Handley, Marion Garnett, June Tebay, Marjorie Metcalfe ?

Second Row: Pat Gibson, Julie Woof, Phyllis Brockbank, Mary Lund, Miss

Potts, Joy Stainton ****, Geraldine Baker, Fiona Berry, Sandra Hoggarth
Front Row: ****, Stephen Teal, Jeff Allen

Meanwhile this month, I am submitting a photo taken at the Peoples Hall during an old folks' treat in the 1960s. I can identify by name only a very few so the rest I am leaving to you. Front Row 4th from left I think is Hettie Gibson and next to her 5th from left is Mrs Alderson from Lockbank. 2nd from right on front row is Miss Wreay who used to live on Bainbridge Road. On the 3rd row 5th from right is Jane Mason, my great aunt.

As usual answers please to me, Shirley Tebay, Walnut Bungalow, Dent, Sedbergh, Cumbria, LA10 5QT. Tel: 015396 25001 or e mail: shirley.tebay@btinternet.com



A SEDBERGH VIEWPOINT

I like to praise the virtues of Sedbergh because it is a good place to live, a friendly community set in splendid countryside. However, by the same token, no community is perfect. Good as it is we have to be alert to ensuring it maintains its attraction. Tourism is not the be all and end all for Sedbergh, but is something we can trade on, and so is not to be discouraged. But do we go out of our way to cater for the tourists? In many respects we do, of course. However, if I'm away from home on a day trip out or on holiday being a tourist, come 4.00 in the afternoon I'm looking for a café for a cup of tea. I was saddened recently one Sunday afternoon when a large group of cyclists were, I guess, doing just that. All they could find open was Spar where they had bought cold drinks and snacks, consuming them sitting on the pavement opposite Spar. I'll bet if they had been in Kirkby Lonsdale or even Kirkby Stephen they would have found a tea shop open. I think I've found an opening for some keen entrepreneur. The Posthorn café seems to have stopped trading and I think it must be tough being a shopkeeper in Sedbergh. Sadly I see in one of our estate agent's window that the famous Green Door Sweetshop is on the market. It seems to be a chicken and egg situation. We need to cater for tourists but businesses need the trade to survive. Do we get the tourists in first and then provide the services or do we first provide the services and hope they will attract the tourists? There seems to be no easy solution. Whatever, let us all do our

bit to keep Sedbergh alive and attractive. One way we could improve our image is to keep the town clean. We have had all sorts of inclement weather thrown at us this past winter and taking the dog for a walk must have been an unwelcome chore. This might account for the increasing incidence of dog fouling on our streets. I can't match the wonderful poem (Dodging the Doggy Do's) on page 57 of last month's *Lookaround* but I emphasise the message - dog owners, keep our streets clean. Your thoughtlessness is a problem for mums with youngsters who tread in it and who drive their buggy wheels through it. It's a problem too for wheelchair users when poo on the wheel quickly becomes poo on the hand. I'm sure no one wants to take your dog's poo into their homes, least of all me. The sight of it in our streets is offensive, and it's certainly not attractive to the tourist. I believe there is a bylaw which makes dog fouling an offence which could lead to a £1,000 fine; who I wonder is responsible for enforcing the bylaw? I often criticise our local councils - no doubt it is one of them. Now there is something our Parish Council could get stuck into.

I've mentioned our inclement winter and our local councils so I end by linking the two together and thanking both the bin men and the road gritters for keeping our bins emptied and our roads salted throughout the winter. It was much appreciated.

Until next month, keep admiring the scenery, watch where you walk and drive safely.

N.Hastle

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Everybody

ROAD RAGE REMEDIES

Lawrence Nelson, a Life Coach who specialises in attitudes to driving has devised a 6-point plan for recognising and dealing with Road Rage.

"Road Rage Syndrome" is not new says Lawrence but is a much more common expression of the frustration felt by an irresponsible minority of drivers at the pressures of modern motoring.

It is increasingly being recognised that the layout, or design of many A and B roads is inadequate for present and future use. When these roads were built there was far less traffic which allowed more time for drivers to decide on a course of action and a much lower chance of colliding with another vehicle if they got

it wrong. What we now consider to be poor sight lines, hidden dips or junctions and other hazards were not recognised as such because the lower speeds of earlier vehicles provided a safety net.

It is true that speed, in the wrong situation, kills. If you drive round a bend faster than you can stop in the distance that you can see is clear then you are asking for trouble. It only needs a tractor, a cyclist or a broken down car to be in the blind area for someone to get hurt. It is no use saying, "that never happens" or "I've never come across that" because it could happen and, for you or some innocent third party it only needs to happen once. As a driver you are responsible not only for the safety of

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Welcome

yourself and your passengers, you must also ensure that your actions do not endanger other road users.

Fortunately advanced road engineering techniques are gradually eliminating many examples of dangerous road design. Huge advances have been made in safety in motor sport, particularly in Formula One racing. Many of these safety features have been incorporated into modern road car design. It is a strange truth that the safer cars become, the more accidents there are. Some of these accidents will, of course result from the increased number of cars but a significant number of collisions could be accounted for by the feeling of security engendered by these advanced safety

measures. Some drivers see people emerge unscathed from horrendous crashes on the racetrack and seem to think that they can also take risks without coming to harm. This attitude is one of the founding fathers of Road Rage Syndrome because these drivers think that their car will protect them from the errors of their ways."

In an attempt to explore the causes of RRS and to suggest ways of avoiding it, Lawrence has put together a six-point plan.

RRS - TOUGH ON THE CAUSES OF
1) ARROGANCE

Arrogant drivers are probably the worst perpetrators of RRS. These drivers feel

(Continued on page 60)

that because they may have a bigger, better, more expensive car they should be in front of you, either on the road or at the traffic lights.

It is a marketing problem for some manufacturers that we could all probably name the same three or four marques that seem to attract the arrogant driver.

Some of these drivers can be shamed into changing their behaviour but for most it is ingrained because they have got away with it for so long. The only answer to this category is prosecution coupled with enforced re-training in driver behaviour.

2) IGNORANCE

In some ways this driver's behaviour is the easiest to understand and the simplest to change. Either through lack of training, sheer lack of interest in the technicalities of driving or a lack of understanding about the effects of their behaviour these drivers swan about the highway blissfully unaware of the havoc they cause. After all, to these people "everyone drives like that, don't they?" Providing that they can be made aware of their shortcomings on the road this potentially dangerous personality can usually be re-trained fairly easily.

3) IMPATIENCE

The impatient driver is almost as bad as the arrogant species as both traits are calculated and deliberate. These characters know that what they are doing is wrong and potentially dangerous but hey "you can always get out of their way! !" Their time is more important than yours of course so why can't you also exceed the speed limit, close up that gap or overtake sooner so that he/she can come through? We all get impatient at times but most people have the maturity to hold this in check and would rather arrive late than risk not arriving at all.

RRS

TOUGH ON THE AVOIDANCE OF

4) REDUCE CONFRONTATION

Having consideration for other road users can reduce confrontation. Will it really cause a substantial delay in your journey to let that car out into a crawling traffic queued Equally, when someone lets you out of a side turning into the traffic flow acknowledge the gesture with a thank you wave. If a car wants or needs to enter the gap between you and the car in front then ease off the pedal to increase the gap rather than closing it off, letting someone in doesn't mean that you

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suddenly start going backwards.

'Other road users' also means cyclists, horse riders or, at some point, pedestrians. One act of consideration per driver per journey would make a huge difference.

5) TOLERATION

Accept that not everyone is as good a driver as you think you are. Recognising this and making allowances for the mistakes of others, instead of apportioning blame will greatly reduce the stress of driving.

6) DELIBERATION.

By deliberation I mean being aware of what is going on around you on the road. This will allow you to spot potentially dangerous situations developing.

Mentally consider various situations and rehearse what actions you would take so that when such an incident occurs your reaction will be immediate thus saving vital moments that could mean the difference between a near miss and calamity. Pilots rehearse their responses to every conceivable situation, why shouldn't car drivers?

A driving licence is a privilege not a 'right as some opinions have it. We earn the privilege by passing a fairly minimal



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test, or benchmark and by tacitly agreeing to abide by the rules of the road as laid down in the Highway Code. By doing this we are all, at least in theory, working to the same blueprint. This privilege also carries responsibilities. Taking steps to reduce, or preferably eliminate RRS is a responsibility that all drivers share.

This is a large subject to cover in a small article. If I could sum up all of the above in a brief reminder it would probably be: Being 'right or 'wrong is no comfort to a crash victim. Look after you and yours by learning and practising defensive driving techniques. No one, except the police has the power or authority to deal with RRS so why not avoid it in the first place? Drive safely.

For more information about life coaching contact Lawrence on 016974 75448 or by e-mail to lawrenceateye2eye@telco4u.net

TSUNAMI PART 3

Continued from last month

We are back from Yao Yai. And quite a trip there with the sea as unsettled as it is right now. I am not sure if it is that there are after shocks? Have you heard? But then if the quake was likened to more than 100 atomic bomb explosions, I suppose there must be after effects of some sort. Anyway, the sea is higgledy piggledy, and difficult to sail with wind on the nose so we motored there through a very turbulent sea. Once there we weren't happy with the anchorage for a big swell was pumping through...so we went ashore, did what we had to do and stayed the night keeping a look out, and then headed back to Chalong till the weather is more settled.

But we had a successful recci, which is the main thing.

When we arrived we were shocked. The pier on to which the fishing boats tie has gone and many of the stilted houses washed away. Fishing boats that hadn't sunk were in the mangroves at the end of the bay - probably waiting for the next big high tide to be able to be extricated. Longtail boats litter the surrounds in various states of damage and engines are pulled out onto higher ground and being worked on. The place was already beginning to be re-built with the noise of wood being chopped in the surrounding forest and frames for the wooden houses being nailed together. And the people absolutely incredible as these Thais always are. We were greeted with smiles

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all round. Children came shyly to practice their "Hullo" and "Goodbye" on us and the adults their "Where you go?" The latter never requires an answer because that's as far as their English goes, but it is said with so much interest that one cant help going into the long spiel of "We have come to talk to your Headman. Do you think you could take us to him old Pal?" To which we naturally get a big smile and a "Mai pen rai" Which we know to mean "No understand"

But we persevered as we walked through the village, recognizing our tee-shirts and the clothes that we had dropped off for the villagers on previous visits and chatting to all our acquaintances - them in Thai, us in English neither parties understanding the other but happy in our mutual friendliness.

We found two young girls on a motor bike further along the track and they knew a few more English words. With our miming and mixture of English and the few thai words thrown in, we thought we could detect a flash of a light bulb, when the girl riding pinion jumped off and indicated for Don to get onto the motor bike.

They disappeared along the trail the way we had come and I wondered if he was being abducted....lucky boy.....it turns out to be a joy ride, and he walked back having been shown Katrine in the bay!

I sat at the dusty road-side with some of the women who chatted away to me and I to them and in a strange way we were able to connect. On a previous visit to the island when Des was home, we had met a young girl as we were walking through the paddy fields on Yao Yai. She could speak English and told us that she worked on PhiPhi island in the high season. There were very few survivors on PhiPhi and with her so slight and petite the

(Continued on page 64)

chances of her getting out of the carnage alive were very slim. But I recognized the path to her house and I pointed in that direction. A child was sent running and to my amazement a while later along the jungle track came Dang. What a joyous meeting! She had been on PhiPhi and had survived. And the stories came pouring out and I wept.

But that is another long epistle which I wont go into now,

It is her uncle who is the headman; he was duly summonsed and with her interpreting we explained that we would like to help them in some way.

They are delighted, humbled and so grateful.

From what we can gather it appears that they are getting rice and milk powder for

the children. They have a grant to rebuild the pier which is a huge help in the right direction. But it also appears that they are not getting the aid that the tourist islands have been given because they are completely off the beaten track and all effort is being directed towards getting the tourists back to holiday destinations again. Yao Yai, as I explained in our last letter is an island which has no attraction to tourists and the little villages around the shallow and south west facing bay, which is the direction the Tsunami traveled, rely on subsistence fishing to survive. One or two boats are able to work and they are sharing their catch. A vegetable van arrived while we were there, and we watched as they bought...a sliver of pumpkin for the family meal, or

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(Continued on page

a tiny offshoot from a cabbage plant to go with the rice, it is so pathetic, one could weep. But the worry is for their long-term well being. Squid fishing is their main source of income and with the loss of their boats their earning ability has been taken away from them. Those lucky ones like Dang who could work on the more touristy islands in the high season and were able to supplement their family income, have now lost their jobs. So the need is great.

They have indicated that money for spares for their engines or in some cases new motors is probably going to be the best way we can help. We have explained that giving money is a difficult thing - especially if its other people's money - so they have said that whatever we decide to

do, and whatever donations in whatever form, they would be most grateful. The villagers were gathered around as we sat at an outside table and sipped water together. I wish you could have been there to see those faces. The smiles went deeper...they have hope.

So dear people, what do you suggest? We are back in coms till we hear from you, and then will sail back to Yao Yai to let them know.

Don and Jeanne

The recent stories printed regarding the Tsunami Disaster were received by Carole Nelson who has since received many other letters. If anyone would like a copy of them or just to read them, please contact Carole who will be only too pleased to let you view them.



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KARTING

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Round 5

This round, changed venue from Rissington in the midland, to Forest Edge nr Southampton, and it was a very long drive through torrential rain and miles of very slow moving traffic, it took us seven and a half hours to get there.

This track is only three month old, so very few drivers had been before, this means that no one driver has a advantage as it is a tight twisty track for half the track then a fast up hill straight, followed by a double apex right then a short down hill straight into a fast right handier, just before the last tight left as you approach the start and finish line. These details of

the track will become clearer later.

In one of my reports I explained that some karts drive better on different tracks, this track is a short circuit kart track, more suited to the shorter karts, because you need to be able to change directions easily, so the weekend before, Sam raced at Wales on a tight twisty track there, I have not given you any details of this weekend but one thing I can tell you is that Sam hurt himself fractioning a rib or badly bruising them.

If you have never done this, all I can say is that every thing is connected to your ribs or it seems that way you cant laugh or cough or even sleep properly, in the week between races Sam's bruises went but the pain didn't.

This was to be a difficult race weekend



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because I had to find away of convincing Sam that he can't give in or the championship is finished for him. Saturday practice was necessary to find a setting for his kart the quickest way through the tight twisty corners was to jump the curbs this was just not possible as sam was hurting to much when he tried. Sam missed every other practice to try to save his ribs, we ran out of time to set the kart up as much a we would have liked but with help on gearing that James Mudd had tried then it was possible to set the kart ready for Sunday morning practice the last time to check it out, Sam did three laps at about half throttle or there a bouts, this didn't tell me anything about the kart settings or gearing, and I can tell you this made me hot under the collar. I know it shouldn't have done, because when he arrived back to the pits he was in a lot of pain and he had almost convinced himself that he couldn't do it, I

explained that if he was hurting to much that he couldn't finish a race then he should stop, other wise he had to finish as best he could. With pills and sprays and the uses of bubble rap, to rap sam in, Sam was rebuilt. Then with the instruction not to come back in to the pits after the race, and be mad at me for sending him out there, he had to get mad at the pain he was in, out there on track, and then use that to get him through the race. "You need to finish in the top eight places no further back" "its your championship don't let them take it from you" those were the last things I shouted in his ear as I pushed him off grid 9, it most of worked, Sam came home to the flag in 4th place a outstanding result. I was as Proud as punch, much prouder of my boy than I can print in this report. That was heat one out of the way, now we concentrated on heat two Sam started on grid 1.

(Continued on page 68)

I used the same instructions as heat one, firing him up at the start, a win was the result we were looking for, and Sam again did the business. Other drivers now were thinking that Sam had been sand bagging and that there was nothing wrong with him, but I can tell you he was hurting, because I was the doctor with the pain spray and loads of bubble rap. With Sam starting at the back of heat three on grid 18, I pushed my luck once to often telling Sam that he needed to finish third, my hearings not as good as it use to be and he did have his helmet on at the time but it was something on the lines of “go away, you must be joking” these were not the exact word as there was to many and I cant spell that well either. But he nearly made it to third he finished in fourth

place on the back bumper of Lee Stamp ex champion, which put Sam on equal points for the pole Position with Nick Smith and Frank Wrathall. The grids then was decided on were you finished in heat three so Pole position went to Nick then grid two went to Frank then it was Sam, followed by James Mudd and Pete Mitchell they to had, had a cracking good weekend with only one point splitting all five drivers. So when I tried to tell Sam that third place in heat 3 would have been better he must of though I was not impress with the result and didn’t take my comment to well. As I push started Sam’s kart for the “A” Final, I encouraged him by shouted last minute instructions in his ear “Its yours, don’t let them take it off you”. Sam’s start that

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Evening 7.30 p.m.
At Settlebeck High School**

Advance Bookings: Adults £3.00, Under 16 £1.50
At the Door: Adults £4.00, Under 16 £2.00
Under fives free if accompanied by an adult.

**Tickets from The Gallery, The Green Door
Sweet Shop and Rycrofts**

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he made was a good one slotting in behind Nick and Frank and by lap two Nick Smith was finding the going to fast and started driving defensively, so Frank made his move and Sam followed in close formation. A little further back came James Mudd, Sam started to drop back from Frank and James was now nearly in range for a chance to pass Sam. With one lap to go Sam made an unbelievable manoeuvre at the end of the long straight into the braking area where they are doing 90 mph with 40 meters to go they are stud hard on the brake pedal. Then at the 20 meters board then some how let off the brake pedal and drive the kart in to the corner still carrying quite a lot of speed. Now Sam some how from three kart lengths back caught Frank and passed him in that 40 meters. The last lap though saw Sam make a less than brilliant manoeuvre as Frank retook the lead at the very same corner, though Frank skidded off the track as Sam tried to make another unbelievable manoeuvre but failed and he crashed into the back of Frank in the mean time James slipped past to take the win followed by Sam in second place this now put Sam into second place overall in the championship



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and only 6 points behind Tom Hibbert, this didn't last long though as the clerk of the course, excluded Sam from the final, and that was the end of Sam's chance to be the 125 British champion of 2004 as Sam has to count the exclusion and that has now dropped him down to 10th place overall with the last round to go.

I think the exclusion was not the right penalty for the mistake Sam made, but as Frank senior once said they are not in karting to make friends, he said they have always given Sam respect as a good driver but Frank's chances of being champion come before respect, so he made sure Sam paid heavily as a result.

As you can guess this report sent in by a very unhappy Dad, especially with the end result, but still a very proud Dad as this weekend Sam raced with a suspected fracture of his ribs. I'd like to thank Michael and James Mudd for the help they gave us on the Saturday finding the right gearing for the track as Sam struggled all day. And well done James you were there at the finish right on Sam's bumper when it mattered.

More next month

J J MARTIN

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SEDBERGH CRICKET CLUB

Once again the cricket season is fast approaching. Last year was reasonably successful, the first XI finishing fifth in the division and losing a high scoring cup final against Netherfield.

The team on the other hand has struggled to field a full eleven every week and would welcome any new players. In contrast the junior sides seem to

be thriving.

Nets for the new season start on the 5th April for four weeks at Sedbergh School indoor nets. Their will be coaching for the juniors by Dave Fallows from 6.30 to 8.00 pm. Senior nets on the 5th and 12th April between 8.00 to 9.00 pm.

The club will be running a Jumble Sale on the 9th April at the People's Hall.

| 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 |
| | Mrs Mackereth | Sed: | 20346 |
| | Mr Lord | Sed: | 20993 |
| Golf Club | Mrs Woof | Dent: | 25275 |
| Good Companions (Dent) | Mrs Mackereth | Sed: | 20346 |
| Gladstone House | Mrs Howarth | Sed: | 20090 |
| Help Tibet Northern Branch | Mr Burbidge | Sed: | 21166 |
| Howgill's Harmony | | | |

Dear Editor,
 Thank you to those who were able to come to my farewell service on Mothering Sunday at Howgill and for all who made it such a special occasion. Thank you also to all those who contributed to the thoughtful gifts which are now enhancing our home and making our entry and exit safer. (Part of

the gift has gone to removing a concrete post and extending and hinging the gate entrance.) Soon I hope to have a drier time of it on the fells when I replace my not – so – waterproof walking jacket. With these additions I shall have happy daily evidences of our times together and prompts to my ongoing prayers for you all. *best wishes, Anne Pitt*

| ORGANISATION | CONTACT | Tel: | 015396 |
|--|----------------|-------------|---------------|
| Howgill Harriers | Mrs Moffat | Sed: | 20907 |
| Howgill Schoolroom | Mrs Stainton | Sed: | 20665 |
| History Society | Mr Cann | Sed: | 20771 |
| Kent Lune Trefoil Guild | Mrs Taylor | Sed: | 20440 |
| Ladies National Farmers Union | Mrs Escholme | Sed: | 20376 |
| LETS around Sedbergh | Miss Wheaten | Sed: | 20959 |
| Liberal Democrats | Mrs Cleasby | Dent: | 25476 |
| Masonic Hall | Mr Conchie | Sed: | 20660 |
| Playgroup (Sedbergh) | Mrs Brewer | Sed: | 21504 |
| Over 60's (Dent) | Mrs Murdoch | Dent: | 25335 |
| Parish Council (Dent) | Mr Duxbury | Dent: | 25535 |
| Parish Council (Garsdale) | Mrs Donaldson | 07967 | 972160 |
| Parish Council (Sedbergh) | Mr Stanton | Sed: | 20901 |
| People's Hall | Mrs Griffiths | Sed: | 20677 |
| Peoples Hall Day Centre (Mon & Fri) | Day Centre | Sed: | 21126 |
| Pepperpot Club (Sedbergh) | Mrs Smith | Sed: | 21196 |
| Pistol and Rifle Club | Mr Middlemiss | Sed: | 20662 |
| Playing Fields (Sedbergh) | Mr Hinson | Sed: | 20118 |
| Rag Ruggers | Mrs Hennedy | Sed: | 20899 |
| Residents Association (S & D) | Mrs Capstick | Sed: | 20816 |
| Royal British Legion (Men) | Mr Gray | Sed: | 21884 |
| Scouts | | Sed: | |
| Cubs | | Sed: | |
| Scouts | Mr Mawdsley | Sed: | 20723 |
| Settlebeck High School P.T.F.A. | Mrs Wood | Sed: | 21385 |
| South Lakeland Carers Association * | Mrs Woof | Dent: | 25212 |
| South Lakeland Voluntary Society for the Blind | Dr Noble | Sed: | 20100 |
| Squash Club | Mrs Cooling | Sed: | 20622 |
| St Andrew's Church (Sed) Sunday School | Mrs Denton | Sed: | 20521 |
| St. John Ambulance | Miss James | 07855 | 722454 |
| Cadets | Mr Winn | 01524 | 781983 |
| Adults * | Mrs Uttley | 01539 | 722568 |
| Slimming Club | Ms Pakeman | Sed: | 21279 |
| Swimming Club | Mr Robinson | Sed: | 21014 |
| Tennis Club * | Mrs Waters | Sed: | 20457 |
| Town Band | The Committee | Sed: | 20773 |
| White Hart Sports and Social Club | Mrs Mason | Sed: | 20048 |
| United Reformed Church Rooms | Mrs Gold-Wood | Sed: | 21808 |
| Westmorland Gazette Correspondent | Mrs Fothergill | Dent: | 25257 |
| Women's Institute (Dentdale) | Mrs Hopkins | Sed: | 21455 |
| Women's Institute (Frostrow) | Mrs Hoggarth | 01539 | 824683 |
| Women's Institute (Howgill) | Mrs Sharrocks | Sed: | 20754 |
| Women's Institute (Killington) | Miss Capstick | | |
| Young Farmers Club | Mrs Storey | Sed: | 21593 |
| Zebra's Baby & Toddler Group | | | |

THOUGHT FOR THE MONTH

Is your house a happy house? Is it a quiet house or all hustle-and-bustle? Probably depends on how many of you live in it! I never mind if people find some dust in my house and they can sign it if they want, just not date it please!

Fresh flowers can lift the mood in a house they can cheer up a dull day and raise our spirits. But, as long as a house becomes a home and is filled with love it doesn't matter how run down it is. Or noisy or chaotic.

LD

NO SMOKING ZONES

| ACCOMMODATION | Phone (015396) |
|---|----------------|
| 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 |
| 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 |
| 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 |
| Netherclough Cottage, Garsdale (Self C. Summer Only) | 22019 |
| Moss Barn Holiday Caravan, Garsdale Road, Sedbergh (Self C.) | 21567 |
| EATING PLACES | |
| Le Rouge Restaurant, Finkle Street, Sedbergh | 20433 |
| Aston'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 residential and eating establishments in the Sedbergh, Dent & Garsdale areas.

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: Mr M Cope 20678

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
 Sunday 10.30

Mr. M Roberts Tel: 20005

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
 Sunday 11.00
 Wednesday 19.30

Rev. G Jones Tel: 01539 - 722079

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

CHURCH OF ENGLAND

Firbank; Howgill & Killington

Rev. A Pitt Tel: 20670

Cautley & Garsdale

Canon A W Fell Tel: 20283

Dent & Cowgill

Rev. P Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

Rev. T Widdess Tel: 20329

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



OPTIONS for health and well-being

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

Complementary therapists practising locally

DIARY OF EVENTS

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

| APRIL | | | | | |
|--------------|---|------------|-------------|---|-----------|
| 1 | 1000 Rugs from Rags Exhibition | DCMH | 3 | 1930 GL Annual Auction | Changed |
| 1 | 1030 Paintings Exhibition | FM | 4 | 1000 StAS Mission Coffee Morning | URCR |
| 1 | 1315 Zebras | SMCR | 5 | 1930 WIH Gardening | HVH |
| 2 | 1200 Sedbergh Spring Show | PH | 6 | 1315 Zebras | SMCR |
| 5 | 1400 Carers Group Janet Widdess | HC | 7 | 1430 HS Broom Hill, Windermere | LHCP |
| 5 | 1400 Spinning Exhibition | DCMH | 8 | 1830 Christian Aid Coffee Evening | PH |
| 5 | 1930 NT Housekeeping & Conservation | DCMH | 9 | 1500 Book Group Small Isalnd | L |
| 5 | GL Visit to Burton Tulip Festival | GVH | 9 | 1930 GL Annual Auction | GVH |
| 6 | 1000 Sedbergh Stitchers Coffee Morning | URCR | 10 | 1400 WIK Resolutions | SMCR |
| 7 | 1430 SBH Quilt & Quilting | SMCR | 11 | 1000 Carers Coffee Morning (43) | URCR |
| 7 | 1930 WIH Old Kendal | FCH | 11 | 1915 WID Resolutions | DMH |
| 8 | 1315 Zebras | SMCR | 11 | 1930 WIF WI Advisor - Resolutions Meeting | PH |
| 9 | 1400 Pottery Classes begin (9) | FM | 11 | 1930 GVH AGM | GVH |
| 9 | 1400 Jumble Sale | PH | 12 | 1430 Network Spring Meeting | SMCR |
| 10 | 1530 Jacob's Ladder | DMH | 13 | 1315 Zebras | SMCR |
| 11 | 1500 Book Group Small Critical Injuries | L | 13 | 1930 Robin Hood, the Panto (68) | SHS |
| 12 | 1400 WIK Surprise | Cancelled | 14 | 1000 Beekeepers' Furness Convention | Bardsea |
| 13 | 1000 Asthma Research Coffee Morning | URCR | 14 | 1100 Dent Heritage Centre Opening | Dent |
| 13 | 1000 Rugs from Rags Exhibition Ends | DCMH | 14 | 1430 Robin Hood, the Panto (68) | SHS |
| 13 | 1915 WID Storm Chasing | DMH | 14 | 1930 Robin Hood, the Panto (68) | SHS |
| 13 | 1930 WIF Mountain Rescue Dogs | PH | 15 | Christian Aid Week | Sedbergh |
| 14 | 1430 Coast to Coast Slide Show | StAS | 16 | Christian Aid Week | Sedbergh |
| 15 | 1315 Zebras | SMCR | 16 | WI Group Meeting | |
| 16 | 2200 Danny's Disco (16) | PH | 16 | 1930 WID Lune Valley Group Meeting | DMH |
| 17 | 1000 Artist Exhibition | DCMH | 17 | Christian Aid Week | Sedbergh |
| 17 | 1030 PH Service | PH | 18 | 1000 Christian Aid Coffee Morning | URCR |
| 17 | 1200 CWT Greenbank Open Garden | Greenbank | 19 | Christian Aid Week | Sedbergh |
| 17 | SS Term Begins | | 20 | Christian Aid Week | Sedbergh |
| 18 | 1930 Beekeepers' Swarm Control | PH | 20 | 1315 Zebras | SMCR |
| 19 | LNFU Moving House | PH | 20 | 1930 Annual Firbank Parish Meeting | FCH |
| 20 | 1000 WIF Coffee Morning | URCR | 21 | 1230 Sedbergh Gala | Sedbergh |
| 20 | 1930 Town Band Concert | StAD | 21 | Christian Aid Week | Sedbergh |
| 21 | 1430 SBH Trip to be arranged | | 22 | 1200 CWT Greenbank Open Garden | Greenbank |
| 22 | 1300 Zebras New to You Sale (22) | SMCR | 24 | 1930 Town Band Summer Concert | PH |
| 22 | 1900 SHS Quiz Night (1) | SHS | 25 | 1000 Firbank Church Coffee Morning | URCR |
| 23 | 1930 St George's Day BBQ & Family Disco | KVH | 25 | 1300 HS Shap Abbey | LHCP |
| 27 | 1000 Garsdale Church Coffee Morning | URCR | 27 | 1315 Zebras | SMCR |
| 27 | 1030 Paintings Exhibition Ends | FM | 28 | 1430 Beekeepers' Varroa Management | Lingarth |
| 27 | 1930 CWT Limestone Pavements | SHS | 28 | SS Half Term Begins | |
| 29 | 1315 Zebras & Bag 2 School Collection | SMCR | 29 | 1000 Charity Pull | KL |
| 30 | 1330 DPS May Day Sale | DMH | JUNE | | |
| 30 | 1430 Beekeepers' First Inspections | Holly Bank | 1 | 1000 WIK Coffee Morning | URCR |
| 30 | 1930 Dentdale Choir Concert (30) | StAD | 1 | 1300 Garsdale Sports | GVH |
| MAY | | | 1 | 1830 Garsdale Sports | GVH |
| 1 | 1400 Tennis Club Family Fun Day | G | 2 | 1800 Killington Sports | BK |
| 1 | 1530 Jacob's Ladder | DMH | 2 | 1930 WIH Members Evening | FCH |
| 1 | 1930 Dentdale Choir Concert (30) | StBB | 5 | 1530 Jacob's Ladder | DMH |
| 2 | 1430 CWT Duck Race | BL | 5 | SS Half Term Ends | |
| | | | 7 | 1930 GL AGM | GVH |

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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.

| | | | | | |
|------------------|------|-------------------------------------|----------------|------------------|---------------------------------------|
| 8 | 1000 | Dent Foot Chapel Coffee Morning | URCR | | |
| 8 | 1915 | WID Tanzania Hippos | DMH | | |
| 8 | | WIF Outing | tba | | |
| 11 | 1400 | CWT Coal Road Flora | DCP | | |
| 11 | 1430 | Beekkeepers' Honey Cropping | Three Wood | | |
| 11 | | Town Band Garden Party | Bendrigg Lodge | | |
| 13 | 1500 | Book Group | Library | | |
| 14 | 1400 | WIK Paper Craft | SMCR | | |
| 15 | 1000 | Sedbergh Playgroup Coffee Morning | URCR | | |
| 17 | 1830 | GVH Evening Walk | GVH | | |
| 18 | | Concert | StAS | | |
| 19 | | Town Band Brass Band Competition | KL | | |
| 22 | 1000 | NCH Coffee Morning | URCR | | |
| 22 | 1800 | HS Holehird House | LHCP | | |
| 24 | | Dent Folk Festival | Dent | | |
| 25 | 1000 | Beekkeepers' Summer Convention | PH | | |
| 25 | | Dent Folk Festival | Dent | | |
| 26 | | Dent Folk Festival | Dent | | |
| 29 | 1000 | RBL Coffee Morning | URCR | | |
| JULY | | | | | |
| 1 | | SS Term Ends | | | |
| 3 | 1530 | Jacob's Ladder | DMH | | |
| 6 | 1000 | URC Coffee Morning | URCR | | |
| 7 | 1930 | WIH Cookery Demonstration | HVH | | |
| 10 | 1400 | CWT Walk to Cautley Spout | LHCP | | |
| 13 | 1000 | Alzheimer's Coffee Morning | URCR | | |
| 13 | 1930 | WIF Shiatsu | PH | | |
| 14 | | WID Outing | TBA | | |
| 15 | 1830 | GVH Evening Walk | GVH | | |
| 16 | 1300 | HS Brougham Hall | LHCP | | |
| 16 | 1430 | Beekkeepers' Watch this space | The Bothy | | |
| 20 | 1000 | WIH Coffee Morning | URCR | | |
| 23 | 1430 | GVH Fun Afternoon & BBQ | GVH | | |
| 27 | 1000 | Network Coffee Morning | URCR | | |
| AUGUST | | | | | |
| 3 | 1000 | Howgill Church Coffee Morning | URCR | | |
| 3 | 1345 | HS Hawes | LHCP | | |
| 4 | 1930 | WIH Antiques Roadshow (Open) | HVH | | |
| 6 | 1000 | WI Coffee Morning | URCR | | |
| 6 | 1015 | CWT Walk to Foulshaw Moss | LHCP | | |
| 10 | 1000 | NW Cancer Research Coffee Morning | URCR | | |
| 10 | 1915 | WID Lakeland Life & Industry | DMH | | |
| 10 | 1930 | WIF visit to WID | | | |
| 13 | 1430 | Beekkeepers' Honey Cropping | Langber End | | |
| 17 | 1000 | StAS Mission Coffee Morning | URCR | | |
| 24 | 1000 | Beekkeepers' Coffee Morning | URCR | | |
| 27 | 1000 | Medieval Market Fayre | Sedbergh | | |
| 28 | 1400 | CWT Tree Trail in Dentdale | DCP | | |
| 31 | 1000 | Garsdale Church Coffee Morning | URCR | | |
| SEPTEMBER | | | | | |
| 1 | 1930 | WIH The Meaning of Surnames | HVH | | |
| 3 | 1000 | Beekkeepers' Cockermouth Convention | | | |
| 7 | 1000 | GVH Coffee Morning | URCR | | |
| 10 | 1000 | CWT Visit to Muncaster Castle | LHCP | | |
| 10 | 1430 | Beekkeepers' Re-Queening | Old Vicarage | | |
| 13 | 1400 | WIK Salt Dough | SMCR | | |
| 14 | 1000 | Dent Foot Chapel Coffee Morning | URCR | | |
| 14 | 1915 | WID Welcome to Sarajevo | DMH | | |
| | | | | DIARY KEY | |
| | | | | BF | = Brigflatts |
| | | | | BK | = Beekside, Killington |
| | | | | BL | = Busk Lane |
| | | | | BS | = Baliol School |
| | | | | BVH | = Barbon Village Hall |
| | | | | CDC | = Community Development Centre |
| | | | | CO | = Community Office, Main Street |
| | | | | CS | = Casterton School |
| | | | | CWT | = Cumbria Wildlife Trust |
| | | | | DCMH | = Dales Countryside Museum, Hawes |
| | | | | DCP | = Dent Car Park |
| | | | | DMH | = Dent Memorial Hall |
| | | | | DMC | = Dent Methodist Church |
| | | | | EG | = Embroiderers' Guild |
| | | | | FCH | = Firbank Church Hall |
| | | | | FM | = Farfield Mill |
| | | | | G | = Guldrey |
| | | | | GL | = Garsdale Ladies |
| | | | | GVH | = Garsdale Village Hall |
| | | | | G&CC | = Garsdale & Cautley Churches |
| | | | | HS | = History Society |
| | | | | HVH | = Howgill Village Hall |
| | | | | JLCP | = Joss Lane Car Park |
| | | | | KC | = Killington Church |
| | | | | KL | = Kirkby Lonsdale |
| | | | | KVH | = Killington Village Hall |
| | | | | L | = Library |
| | | | | LHCP | = Loftus Hill Car Park |
| | | | | MCH | = Methodist Church Hall |
| | | | | MCCKL | = Methodist Church Centre KL |
| | | | | MH | = Masonic Hall |
| | | | | PH | = People's Hall |
| | | | | SBH | = Sedbergh Bright Hour |
| | | | | SC | = Swimming Club |
| | | | | SCC | = Sedbergh Cricket Club |
| | | | | SHS | = Settlebeck High School |
| | | | | SIC | = Sportsman's Inn, Cowgill |
| | | | | SMCR | = Sedbergh Methodist Church Room |
| | | | | StAS/D | = St Andrew's Church, Sedbergh/Dent |
| | | | | StBB | = St Bartholomews Church, Barbon |
| | | | | StJAR | = St John Ambulance Rooms |
| | | | | SR | = Spooner Room |
| | | | | SSPH/L | = Sedbergh School Powell Hall/Library |
| | | | | TIC | = Tourist Information Centre |
| | | | | URCR | = United Reformed Church Rooms |
| | | | | WHC | = White Hart Club |
| | | | | WID | = Women's Institute, Dentdale |
| | | | | WIF | = Women's Institute, Frostrow |
| | | | | WIH | = Women's Institute, Howgill |
| | | | | WIK | = Women's Institute, Killington |
| | | | | WVH | = Westhouse Village Hall |

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE
Loftus Hill ☎ 015396 20218
Repeat Prescription ☎ 015396 20239
Out of Hours ☎ 01539 781999

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 | 1530 - 1830 * Dent |
| Tuesday | 0830 - 1030 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 b | 1300 - 1900 b |
| Tuesday | 0845 - 1200 a | 1300 - 1630 a |
| Wednesday | 0845 - 1200 b | 1300 - 1630 b |
| Thursday | 0830 - 1200 a | 1300 - 1730 ab |
| Friday | 1000 - 1200 b | 1300 - 1800 b |

a = Adele Reynolds
b = Anne Crome

| | |
|---|---|
| District Nurse ☎ 015396 21690 | Health Visitor ☎ 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 |