

Sedbergh & District

# LOOKAROUND

February 2006

Issue 230

Donation 50p

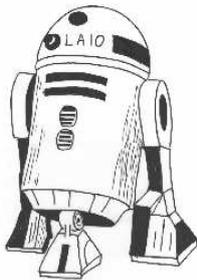
Well here we are after a well earned rest. Did you have a good Christmas? Did you make any Resolutions for the New Year? We did, but will we keep them up?

This issue is a mammoth 84 pages which is the most ever for a single issue.

Grateful thanks to all contributors and advertisers.

One question we get asked regularly is how long does it take to put everything together. One month, we'll work it out and let you know!

*Dennis, Jacky & John Whicker*



Rose Theatre Group Presents

## Spar Wars The Panto

The tale of Sedbergh's heroic fight against the mighty Azda Empire, ruled by the dreaded Garth Vader.  
Showing at Settlebeck School on:

**Friday March 3rd and Saturday March 4th at 7.30 p.m.  
Matinee on Saturday March 4th at 2.30 p.m.**

Advance Bookings: Adults £4.00, under 16s £2.00  
On the door: Adults £5.00, Under 16s £2.50

Tickets on sale at the Tourist Information  
Centre and the Green Door

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# CHILDREN'S BIRTHDAYS FEBRUARY 2006

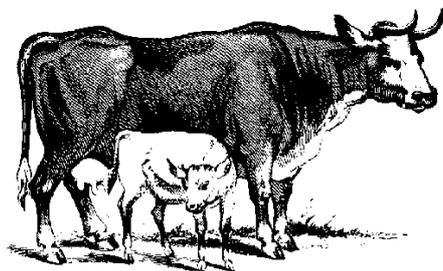


Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

The recipient this month is:-  
Robbie Sproul who is

7 years old on 14th February

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



Day	Name	Age
1	Harry BAINES	4
6	Lucy GIBSON	5
6	Chloe KENDAL	8
7	Bethany COUSINS	3
9	Nurgul SEN	3
9	Rosie MASON	11
11	Hannah KITCHEN	2
11	Lisa ANDERSON	5
11	Thomas BROWN	8
12	Izaak TYSON-HIRST	11
14	Robbie SPROUL	7
18	Leanne POSTLETHWAITE	8
19	Chloe COUSINS	2
19	Abbie GAME	5
19	Erin PROCTOR	8
22	Angela POSTLETHWAITE	10
26	Jennifer WINN	10
27	William WILSON	10
27	Eilidh SPROUL	11
28	Rebecca STANTON	9

## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby .....	15 Back Lane, Sedbergh (05/12) .....	20251
	<i>1D; 1T; CH; L; NP*; P; DR; VB</i>	
	e-mail:- antique.thurlby@amservice.net	
Mrs S Gold-Wood .....	Number Ten Main Street, Sedbergh (06/02) .....	21808
	<i>1D; 1T; 1S; CH; TVL; NSB; P; CB; VB</i>	
	e-mail: sangold.kwood@virgin.net	
Mrs L Hopkins .....	Brantrigg, Winfield Road, Sedbergh (06/09) .....	21455
	<i>1T; PB; TV; NS; NP; P; DR; VB</i>	
	brantrigg@btinternet.com	
Mrs S Sharrocks .....	Holmecroft; Station Road, Sedbergh (05/10) .....	20754
	<i>2D; 1T; CH; TVL; NS; NP*; P; DR</i>	
	e-mail:- susan@holmecroftbandb.co.uk	
Mrs C Cooper .....	Far End Farm, Garsdale Head, Sedbergh (06/10) .....	21906
	<i>1F (ES); 1D (ES); 1T (ES); CH; L; TVL (Satellite) P; DR; VB; CB; CW; PetsW; NS; EM</i>	
	e-mail: farendfarm@onetel.com	
Mrs A Bramall .....	Summerhill, 7 Highfield Road, Sedbergh (06/11) .....	20360
	<i>2D; (1ES, 1 Private Bathroom) CH; L; NS; DR; VB; CB</i>	
	e-mail: ali@interact.co.uk	
Various Cottages sleeping 2 - 12 (06/09) .....		21002
	e-mail: holidays@dalesdusters.co.uk	

## CAMPING, CARAVANNING & SELF-CATERING

### KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom  
 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; EM = Evening Meal  
 CW = Children Welcome; EC = Fire Certificate; TL = Table Licence

### Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
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Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£1.00
Postal Overseas	=	£2.00

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*Can all adverts please be*  
*accompanied with the correct money*  
*at the time of submission.*  
 Articles etc. by 19th of every month

## PERSONAL & SMALL ADS £1

### ALDERSON

Happy Birthday Lisa, aged 5 on 11th February. Love from Mummy and Daddy and Little Brother Jack.

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### ALLEN

Bill and Mellie would like to thank everyone who sent cards, gifts and good wishes on the occasion of their **Diamond Wedding Anniversary**. Thank you all very much.

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### BAINES

Happy 4th Birthday Harry on 1st February. Lots of Love Grandad, Nanna and family.

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### BRADLEY

Congratulations Sammy on your **18th Birthday** on February 10th. Love Mum and Dad. X.

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### BRADLEY

Happy **18th Birthday** sis. Have fun at your party. Lots of Love Leanne. XXX.

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### CLOSE

Happy **18th Birthday** Robert. Health, happiness and much love always. Mum, Dad, Felicity, Stephanie, Nathan and George.

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### CLOSE

Happy **18th Birthday** Robert on 9th February. Wishing you Good Luck, health and happiness in your adult life. With all our love Uncle Lester, Aunty Marylyn, Simon and Ben. XX.

### CLOSE - SPARK

Congratulations Felicity and Craig on your engagement. With our love and best wishes for a long and happy life together. Uncle Lester, Aunty Marylyn, Simon and Ben. XX.

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### FARROW

Thank you all friends and Bowling Club and all hospitals for their kindness to me when I was ill. Ronnie.

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### FATHER CHRISTMAS

Father Christmas would like to thank all the nice children of Lookaroundland who went to see him and for the many letters he received. Also to all the organisers for their hard work in arranging for him to make his visits.

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### HAMILTON - SAYNER

Congratulations, Vic and Paul, on your Christmas Day engagement. Love from both families.

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### MIDDLETON

Cissie wishes to thank all family and friends for flowers, gifts and visits while in hospital. Also a big thank you to all who made my **92nd Birthday** such a great occasion. The beautiful flowers and cards are a joy to look at. An unforgettable day. Thank you all so much.

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### PRATT

Thank you to all of our friends in Sedbergh for your Greetings & Presents for our Daughter Ella Karoline. Andrew & Dorthe.

## PERSONAL & SMALL ADS £1

### MASON

Marlene and all the family of David wish to thank everyone for cards, letters and their expressions of sympathy, also the overwhelming support given in the months before David's death. Special thanks to Dr. William Lumb and his staff, the District Nurses (Day & Night), to Jane Kerr, McMillan Nurse who all helped the family care for David at home as he wished. Also to the many people who attended St. Andrews Church for the beautiful service arranged by Canon A. Fell and gave so generously to the Church, finally to Brian Goad for his kind help with the funeral arrangements.

### MIDDLETON

Elizabeth would like to say a big thank you to all relations, friends and neighbours for the kindness shown to me during my stay in hospital. Especially all the visits, cards, gifts and flowers.

### SPARK - CLOSE

Both families are pleased to announce the engagement in Paris on 27th December 2005 of CRAIG, son of David & Denise Spark of Kendal to FELICITY daughter of Nigel & Liz Close of Sedbergh. Congratulations, much love and all the best for your future together.

### STEADMAN

I would like to thank everyone of you wonderful people, who came into our shop, wishing me a 'Happy Birthday'. I will be 92 on February 11th. What a wonderful town to live in. Thank you all for looking after me. A big thank you to my sons.

### TOMLINSON

George & Alice. Congratulations dear Mam and Dad on your very special **Diamond Wedding Anniversary** (2nd February). With all our love, Anne & Michael. XX.

### TOMLINSON

George & Alice. Congratulations on your **Diamond Wedding Anniversary**. You are exceptional grandparents and great grandparents and an inspiration to us all. We are very proud of your achievement. Lots of love, Justin and Alice; Adam, George and Daneta; Simon, Jenny and Edward. XXX.

### TO 4 SPECIAL LADIES

Many, many thanks to the 4 very special ladies who took me out to Blackpool for the day with everything paid for and then a treat to see Status Quo live. What a fantastic birthday treat. You are all 4 Special. Thanks S.W.L. XXXX

### THANK YOU

On behalf of the Senior Citizens of Sedbergh, Mary Cowperthwaite would like to say a big 'thank you' to all the staff and pupils of Settlebeck High School for the lovely Christmas party they put on for us. The entertainment was superb and the food delicious.

### FOUND

A small black zipped purse was found outside the Methodist Church Hall in the middle of December with some money left in it. Please ring 015396-20194 for further information.

## PERSONAL & SMALL ADS £1

### FOR SALE

Brown Dralon three piece, one chair recliner. Good condition. Offers phone Sedbergh 22192 anytime after six.

### FOR SALE

Hen cabinet 7 feet by 5 feet. Nesting boxes etc. Telephone 015396-21771.

### FOR SALE

Philips combination TV & Video. 24" screen on stand. Perfect working order. £30. Indoor aerial available if required. Tel: 015396-20444.

### FOR SALE

Television cabinet with glass doors, dark wood effect. £20 ono. Sed. 20278.

### FOR SALE

Blue/White Willow pattern crockery, assorted. Wooden ironing board, clean. Lakeland Limited shelving. Extra large aluminum pan. Set of cream curtains, embossed. Offers. Tel: 015396-21840.

### FOR SALE

Dog kennel. 50 inches wide X 37 inches deep X 44 inches high. Metal trailer - 59 inches long X 41 ½ inches wide. Tel: 07786-161161.

### FOR SALE

Volvo 440XI. K Reg, 4 door saloon in red with rear spoiler. 8 months MOT, FSH, 87K only. A lovely looking solid car that will give miles of reliable motoring. £995. Tel: 015396-25438.

### FOR SALE

PC & monitor, keyboard & mouse (due to upgrade). Offers. New Logitech wireless keyboard & optical mouse £25. New Netgear wireless ASDL router & PC card £50. New Plantronics headset (USB) £20. Old scanner (worn drive gear?) New PCMCIA Data/fax/modem card £35. Used USB2 7 in 1 card reader £10. Tel: Sarah 015396-20667.

### WANTED

Wind up watch in working order. June Parker. Tel: 015396-20972.

### WANTED

Experienced Hand Knitter to knit zipped jacket. Please contact Katy on 07812-953606.

### WANTED

Children's playhouse - preferably plastic - for use outdoors. Must be in good condition. Tel: 015396-21715.

### FREE

Available to anyone interested. 68 copies "Current Archeology" 1977-1994; 30 copies "Scientific America" 1999-2001; 3 copies "New Scientist" 2001 & 2003. Donations invited to agreed charity. Tel: 21592

### WANTED

Has anyone got an old Mosquito net they don't want? The Rose Theatre group would be glad of it. Call 015396 21808

## CHURCHES TOGETHER

### Lent Course

BBC Radio Cumbria's Sunday Breakfast programme and the Church of England in Cumbria bring you this year's Lent Course.

Here's another chance to follow the popular 'Lift up your hearts' Lent course.

It was put together by the Church of England in Cumbria and BBC Radio Cumbria.

The course involves audio clips from Radio Cumbria and group discussion. It runs for the 6 weeks of Lent. The following sessions will be covered:

Session 1	Discipleship
Session 2	Worship
Session 3	Ministry
Session 4	Outreach



Session 5 Young People  
Session 6 Resources

At present we have two groups planned. In Sedbergh a group will be meeting at 7:30 pm at 90 Main Street each Tuesday starting on March 7<sup>th</sup> 2006. In Dent the group will meet at 8.00 pm at the Methodist Church Hall every Thursday starting on March 2<sup>nd</sup> 2006.

For more information please call Tim Widdess on 20329.

## Farfield Mill

Arts & Heritage Centre

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by

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Sunday 26th March**

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[www.farfieldmill.org](http://www.farfieldmill.org) Tel: 015396 21958

SEDBERGH & DISTRICT

## HISTORY SOCIETY

**Wednesday 1st February**

From Bristol to Sedbergh & Back  
A Journey of 50 years

*Roger Underwood*

Inventories

*Kevin Lancaster*

**Wednesday 15th February**

A Year at Killington Hall

The 1876 Diary

of Agnes Ann Kendal

*Mrs Judith Robinson*

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

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

Chairman: Richard Cann 20771  
Secretary: Diane Elphick 20605  
Treasurer: Marlene Mason 20509  
Member Sec: John Sibley 25024

**SEDBERGH PARISH COUNCIL**

*From the minutes of 26th October.*

**HIGHWAYS**

The following highways matters were reported:-

- The Kirkby Lonsdale Road through Middleton is in an extremely poor state.
- The pavement kerb at Palmer Hill is in need of repair.
- Where new signs have been installed on Garsdale Road the old ones have not been removed.
- Row Lane is once again impassable as the hedges have not been cut.
- It was felt that there were too many signs round the entrance to Farfield Mill.
- Rut along Cautley Road past St.

Marks.

- On Howgill Lane there is a wall down by Nursery Wood. Last time this was down it was done by the Highways Department, will they do it again.

The matter of parking of Post Office vans outside the Post Office was again raised. This should stop once the new sorting office comes into use.

**PLAYING FIELDS**

The National Park Authority is chasing up on the outstanding hydrological survey which was a condition of the planning approval. This was delayed as at the time we were short of funds but it was agreed that this must now be undertaken.

The charges to be paid by the Football

**SEDBERGH and DISTRICT COMMUNITY OFFICE**

(above TIC/Book Centre)

Tel: 20504 E-mail: office@sedbergh.org.uk

Open Mon - Thurs 10a.m. 4p.m. and Fri 10 - 1p.m.

Manager: Deyna Hirst

We offer:

- |                     |  |
|---------------------|--|
| Monday afternoon    | Artists Drop-in  |
| Tuesday lunchtime   | Recorder Group   |
| Wednesday morning   | Age Concern Advice Surgery / Homeopathy Drop-in Clinic |
| Wednesday Afternoon | Planning Surgery                                       |
| Thursday Afternoon  | Games and Social Outreach                              |

**NEW THIS YEAR:**

ISSUES AND IDEAS CLUB - 1st Friday evening each month. £1 donation.

Ring Deyna for details.

Also:

- |   |                                       |
|---|---------------------------------------|
| • History Society Room  | • MP Surgery                          |
| • Yorkshire Dales Ranger's Office                               | • Internet Access                     |
| • Art Display of Local Artists                                  | • Sedbergh & District Community Trust |
| • Novels for Sale   | • Parish & District Council Offices   |
| • Fairtrade Goods (to support Settlebeck Learning Resource Unit | • Bus Passes                          |
|   | • Community Notice Board              |

Please support our local office and help keep it open.

We welcome ideas and new projects. We also need a volunteer for Friday afternoons!

Club have still not yet to be agreed. There appears to be some duplication of maintenance as we are maintaining the field and the Football Club is also doing work on the pitch and providing fertilizer etc. The football have proposed that they do maintenance in lieu of payment. It was agreed that as the Council owned the pitch they should continue to be responsible for the maintenance rather than the Football Club. It was agreed to ask the club to send a representative to the next meeting to discuss the matter.

It was agreed that permission should be given for the Churches Together group to hold a service in July next year.

#### **QUEEN'S GARDENS**

A meeting has been arranged with Mr Hibbs, tree officer for YDNP, on Wednesday 16<sup>th</sup> November for his advice on how to tackle the trees in the Park.

Mr. Wilkinson, The Park Ranger, has organised a working party for 13<sup>th</sup> November.

#### **TOWN TWINNING**

There was a discussion on Town Twinning and it was agreed that Zrece is more organised that we are and consideration should be given to the Parish Council helping to fund someone to organise the twinning visits. This could be included as part of the function of the Community Office. This will be discussed at the next Management Meeting of the Community Office. The Chairman mentioned that in Zrece they have an Annual Jamboree to bring the town together and this is something we might like to consider.

#### **OTHER BUSINESS**

It was agreed that we supported the application by 'In Memoriam' to build a

crematorium at Sampools near Levens.

A launch celebrating the completion of the Local Access project will be held at the Community Office on 11<sup>th</sup> November.

#### **PLANNING**

*Planning applications were considered as follows:*

- FPP Widening existing barn door at Fawcett Bank, Sedbergh *No objections*
- FPP Erection conservatory and car port at 16 Fairholme, Sedbergh *No objections*
- FPP erection to existing dwelling at 5 Howgill Lane, Sedbergh *No objections*

*Planning decisions were received as follows:*

LBC for works to allow access to WC at Friends Meeting House, Brigflatts

*Granted*

FPP alteration window and door in rear extension to provide separate entrance at 46 Main Street.

*Granted*

LBC erection porch at Cross Hall Cottage, Cautley

*Granted*

FPP erection dwelling to replace existing at The Old Telephone Exchange, Cockle St.

*Application withdrawn*

We are advised that an appeal has been made to the Secretary of State in respect of the refusal of permission for erection of dwelling to the rear of 14 Thornsbank.

### DENT MEMORIAL HALL

There is a new system of authorising sales of alcohol at events in village halls, and a note about the procedure may be helpful. Where sales of alcohol are to take place a licence is required. If alcohol is provided at an event in the hall, but not sold to those attending, a licence is not required.

Anyone over 18 years of age can apply to obtain a licence for an event. The hall booking clerk, Mrs. Anne McClurg has a supply of the form to give to anyone needing to make an application. It is straightforward to complete. The applicant sends one copy to South Lakeland District Council, with its fee of £21, and one copy to the police station in Kendal. It must be submitted at least 10 days before the event is to take place. If the application is in order the council will send the permit document to the applicant. What to do with it is covered in



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notes on the application form. Alcoholic drink may then be sold at the event identified. It is as simple as that.

A total of 12 of these individual licences may be issued for a single venue in any one year, which should be enough for Dent's requirements.

The hall has been fitted with bolts, so that a marquee lining can be hired, and erected inside. At Christmas a wedding reception was held making use of this facility, complete with chandeliers. The hall was transformed. We are grateful to the parents of the bride, David and Shelia Richards of Basil Buck for this brainwave, and for having left the supports in place so that they can be used again. If anyone would like to investigate hiring the hall and converting the interior in this way, to make it attractive, please enquire via the booking clerk for further information.

A caretaker/cleaner is still needed for the hall. Anyone interested in discussing the position on either a full time or part time basis, please get in touch with the chairman, telephone 25436.

*G.W. Dalton - Chairman.*



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### **MORE HIGHLIGHTS**

.... *at the People's Hall*

November saw the North Carolina duo Ira Bernstein & Riley Baugus give a great song and dance performance as

**Appalachian Roots.** The concert was very well attended and everyone had a super evening. We are now pleased to announce that we have booked two more musical events with the Highlights Rural Touring Scheme.

**The Rise of the Cellorettes** (Thursday 23<sup>rd</sup> March, 7:30pm). An energetic group of four cellists and a percussionist create a musical journey from exotic Asia to the rhythms of contemporary urban life. The group also use instruments such as didjiridoo, mandolin and harmonica to create a joyful and vibrant musical performance. To quote from Essex on Tour “..*tremendously exciting visually as well as the excellent variety of the music...top marks for quality*”.

**Kirsty McGee & Mat Martin in Concert** (Friday 12<sup>th</sup> May, 7:30pm). Contemporary, folk, poetic, sometimes with a twist in the tail. A great duo singing and playing guitar, banjo, mandolin and flute. Kirsty has appeared at most major UK folk festivals and was nominated for the BBC Folk Awards. Bob Harris (BBC Radio 2) said “...*absolutely superb. Memorable. I love her songs. I love her way*”.

Both concerts will be held in the People's Hall. Tickets, which are heavily subsidised by the 'Highlights' scheme, cost £5 for adults, £4 for concessions and £15 for families. Please ring Sedbergh Tourist Information Centre on 015396 20125 to book.

*Chris Wood  
Sedbergh CDC*

### **PEOPLE'S HALL AGM**

*Registered Charity 523829*

#### **IMPORTANT NOTICE**

Please note that the AGM of the Sedbergh People's Hall is to take place on Monday April 3<sup>rd</sup> at 7.30 pm in the committee room.

The People's Hall Management Committee is 'in special measures' at present under the **new Licensing Act** (see notice elsewhere in this issue) and is also in very great need of support from you, the community of Sedbergh, in whose interests the Hall exists and is managed.

The Committee desperately (a word used advisedly) needs expanding.

There is a certain obligation, as well as a matter of self-interest, upon town organisations and regular users of the Hall to provide representatives to serve on the committee. It is perfectly understood that many people are already very busy but the more who come forward the less there would be for each to do AND your organisation would have a say in the way the Hall is run.

It is owed to those whose vision and hard work saw the building and development of the Hall, and to those who have served it so long and well since, that it be carried on in the same tradition.

**THIS IS THE OPPORTUNITY FOR YOU TO FIND OUT ABOUT THE COMMITTEE, TO AIR YOUR VIEWS ON THE WAY THE PEOPLE'S HALL IS MANAGED, TO ASK QUESTIONS AND MAKE SUGGESTIONS – PLEASE TAKE THIS OPPORTUNITY.**

**SETTLEBECK HIGH SCHOOL**

*French Trip – November 2005*

Very, very early on Tuesday 8<sup>th</sup> November 65 Year 9 students and 6 staff set off for Le Touquet on the Opal Coast in France. They returned late on Saturday 12<sup>th</sup> November after 5 memorable days. Here are some of the students reactions:

The best parts of my trip was going up the Eiffel Tower (only half way up) and going to the Sea Life Centre but there were a lot of other good bits.

*Robin Littlewood*

The French Trip was really good. I had a great time and so did everyone else even though the bus journey was very long! My favourite part was going up the Eiffel Tower where there were great

views. I did like the chocolate factory though! I also enjoyed going swimming, the bakery and boat trip.

*Freddie Evans-Jeanrenaud*

In France I think I most enjoyed talking to some French students on Wednesday whilst we were looking for things around the town.

*Megan Davies Ingham*

The trip was ace! We had done lots of different things and had packed lots of trips into one day. I loved swimming and going up the Eiffel Tower and I would come to France any day.

*Annwen Wilkinson*

The chocolaterie was brilliant and the chocolate was great. The bakery was brilliant as well and the traditional bread cooker was amazing.

*William Richardson*

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**Tel: 015396 21000 FAX 015396 21710**

On our journey I was so excited. We got there and I thought the hotel was good. The first day was brill. The second day we went to Paris. That was fantastic. Friday we went to bowling, that was good. *Bryan Beagan-Taylor*

I liked bowling but I lost. It was good in Paris because I saw good buildings. I liked the Sea Life Centre because I looked at fish. *Kurt Ball*

On this trip I have enjoyed going up the Eiffel Tower because it shows you exactly how big Paris really is. I have also enjoyed walking in the towns and talking to French students. The food was mostly nice except for breakfast time where you only got a croissant to eat.

*David Goad*

On this trip I have enjoyed the bowling and the shopping. On the first night I didn't like the food much but as the trip progressed I found that the food got nicer. I was dreading eating snails but when I actually tried them, I liked them! We went to Montreuil on Thursday and we talked to some French students.

*James Woof*

This trip was the best. I loved all the places we visited, especially the bread factory and the bowling alley. I wasn't so keen on the snails we tried, I had one but that was all.

*Kim McCarthy*

The French Trip was cool. The most thing that I really liked was going to Paris and going on the boat and going to the second floor in the Eiffel Tower.

*Lauren Mackereth*

I have really enjoyed the France Trip. The best part was we had to answer questions and then first walk about in the town called Montreuil. There were some French kids started talking to us. Overall, the trip was good. *Jonathon Harper*



stramongate press

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*Sedbergh Lookaround*

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# THE BULL HOTEL



## VALENTINE'S MENU

4 Courses - £19.95

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### MAINS

**CASHEW CHICKEN** rolled with bacon, spinach, Parmesan cheese, served with new potatoes, vegetables & tarragon sauce

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**FILLET STEAK** cooked to your liking, served with all the trimmings, salad garnish and chips

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**FRESH FIGS** poached in Red Wine & Cassis served with a Greek cinnamon sauce

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## SEDBERGH TOWN BAND

### Annual Christmas Concert

The People's Hall was again the venue for the band's Annual Christmas Concert. As in previous years the emphasis was on an evening of traditional Christmas music holding an appeal for all the family.

Some two hundred and thirty supporters of the band gathered on Tuesday 6th December in the hall that had been tastefully arranged in a manner appropriate for the season. Prominent was a fine, decorated tree generously donated by Martin Powell who was also responsible for the much appreciated loan of a number of chairs.

Both halves of the programme followed a similar pattern - that is a combination of

popular Christmas numbers (including 'Rudolph the Red Nose Reindeer', 'Let it Snow and the ever popular compilation 'Christmas Swingalong) and groups of familiar carols. The audience participated in the carols with gusto with certain verses being allocated to specific groups (ladies, gentlemen, children, over 50's etc.) who vied with each other to produce the most melodious rendition. Gratifyingly considerable applause greeted the band's singing of a verse from 'Silent Night'.

The conclusion of the final number of the first half signalled the arrival of Father Christmas who distributed gifts to the children from his capacious sack. We are again indebted to him for taking time

off at this most busy time of the year to be with us.

Whilst Father Christmas was thus occupied members of the band (who had now donned festive hats) circulated amongst the audience dispensing mince pies and mulled wine, a particularly delicious brew conjured up by Sandra Waters to whom our congratulations are extended. Tea and coffee was available as an alternative and out thanks go to J. J. Martins for the loan of their water boiler. Adding to the excitement and bonhomie of the interval was the calling out of the many winning numbers in the raffle.

The second half concluded with 'The Christmas Song' as an encore but before the National Anthem was played to bring the evening to a close a presentation was made to Director of Music, conductor and compere for the evening Alan Lewis. Hilary Hodge, secretary, spoke on behalf of the band, recording its humble beginnings a mere six years ago, stressing that the majority of members had no previous knowledge or experience of music in general and brass playing in particular. She pointed out that the existence of the band, the numbers playing and the impressive standards achieved were all thanks to the enthusiasm, vision and dedication of Alan Lewis. She concluded by reminding any member of the audience who had an ambition to play a brass instrument that group tuition was available on Monday evenings at 6.15 in the beginners class to which all interested were most welcome.

Finally a presentation of framed photographs recalling the band's memorable tour to Zrece was made to Alan in recognition of the band's

indebtedness to his endeavours.

Alan thanked Hilary and then invited the audience to join him in The Dalesman where he intended slaking his thirst after the labours of the evening.

It is appropriate at this point to express the thanks of the band to the many people who were responsible for enabling this and other equally enjoyable events over the year to take place. Many of the premises in the town kindly allowed us to exhibit posters advertising the event - an appreciated and valued gesture that precedes all concerts. We extend our thanks to Nisa, the Information Centre and Our Gallery for acting as sales outlets for the tickets - a task cheerfully undertaken in spite of the many and varied demands upon their time.

Thanks and acknowledgement are due to those members of the band who are instrumental in setting up the hall, collecting and arranging sufficient seating and constructing stage extensions. Particular thanks go to the ladies, Jean, Sandra, Faye, Alison, Sarah, Shirley, Viv, Elspeth, Sheila, Denise and others who man the doors, sell the raffle tickets, make the tea and coffee, mulled wine and mince pies. Steve Longland's production of an excellent lighting system was much appreciated by band and audience alike. Our grateful thanks go to Michael Garnett and his staff at The Dalesman for so generously laying on a splendid buffet for the band following the concert - this was much appreciated.

Finally a thank you to Dennis and Jacky Whicker for regularly publishing our reports and news in this magnificent publication the *Lookaround*.

G. B.

Women's Beauty Evening at the  
Peoples Hall Thursday 16th of  
February 2pm-7pm

Massage	Manicure	Tooth Gems
Reflexology	Pedicure	Lash and Brow Tinting
St Tropez Fake Tan	Waxing	Acrylic Nail Extensions
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Booking Essential

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015396 21744 or 07835372214

#### CHARITY SALE

A Christmas Charity Sale was held in the United Reform Church on Saturday 26th November. It was agreed that profits from the sale would be distributed between Derian House Children's Hospice and ACT (Against Childhood Tumours).

Thanks to an overwhelming response to the request for books, toys, bric-a-brac, cakes and jams, an enormous quantity and range of goods was available for purchase. Sales together with takings from the raffle, soup and rolls, together with coffee and tea, and rent from table spaces, led to a magnificent profit of £460 that was divided between the two causes, thus enabling each to benefit to

the tune of £230.

Subsequently, in a wonderfully magnanimous gesture, the entire takings from her stall was donated to Derian House by Mrs. Betty Dark. Rounded up by her it meant that a further cheque for £200 was sent to Derian House.

In the two or three days following the sale further donations for Derian House were received from well-wishers and a third cheque, this time for £50 was sent. Thus in total following the sale it has been possible to send contributions to the value of £480 to Derian House bringing the grand total raised on this charity's behalf since Sandra Longlands was first sponsored to freeze her knees in February 2001 to £4,175.

The sincere thanks of the organisers go to all those who have so generously supported Derian House both on Saturday 26th November and throughout the last four years. A great debt is owed to those who have donated goods, run stalls and raffles, provided and prepared refreshments, baked cakes, made jam etc. Above all a great thank you to those who attend the events and spend so freely and generously, and as always to *Lookaround* for its wonderful financial contributions as well as the invaluable publicity it affords such events.

On top of this there have been two further donations to the Derian cause. Readers who attended the Late Night Festive Shopping in Sedbergh in December 2005 cannot fail to recall the superb entertainment provided by Alistair Rae, the star of 'Bad Lads Army'. Rather than accept a fee for his appearance he has donated what was his due to Derian House: an act of generosity that receives our sincerest thanks.

The final word rests with Sandra Mason of the Derian House Appeals Administration who in writing to acknowledge receipt of the above donations expressed a sincere thanks for


  
**VALENTINE'S NIGHT**
  
 Saturday 17th February
   
**Live Music**
  
**BOY 2 ONE**
  
**People's Hall**
  
**8 till late**
  
 Tickets available £5.00
   
 Judith Warton 24904
   
 Julie Lowther 21007
   
 Will @ Powell's
   
*Proceeds to*
  
**Breast Cancer**
  
**Air Ambulance**

the generosity and support shown by Sedbergh. She said that it was a tremendous amount to receive and gave assurance that the donations would be used effectively to further their work at the Hospice.

She went on to say that Derian House was now in its twelfth year and needed to raise almost £1.4 million per year to continue its care. Although open 365 days a year it receives statutory funding for only 5 days. This means that they remain almost totally reliant on voluntary funding and this is why the Sedbergh contribution is important to them, much appreciated and guaranteed to make a difference.

G. B.

Killington Village Hall
   
**RACE NIGHT**
  
 7.30 pm Friday 17th February
   
 at
   
 THE HEAD, MIDDLETON
   
 Tickets £5 (incl. supper)
   
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## SEDBERGH & KIRKBY LONSDALE NEIGHBOURHOOD FORUM

*From the meeting held on 29th November  
in the People's Hall*

### ASSESSING AND MEETING LOCAL HOUSING NEEDS

Ian Elleray from South Lakeland District Council and Andrea Burden, Planning Officer with the Yorkshire Dales National Park Authority, discussed with the meeting how they are assessing and aiming to meet local housing need in the area.

It is well known that there is a housing problem throughout the District. Since 2002 house prices have risen by 73 and earnings by only 12 making it very difficult for many people to either get on the housing ladder or, for families to move house when they require more space. SLDC carried out a Housing Needs Survey and found that there was a shortfall of 2,700 houses. There are plans to carry out another survey in 2006 to assess if there has been any change or not. SLDC are striving to provide more affordable housing and this is laid out in the South Lakeland Strategic Partnership as a priority.

The SLDC has 3 points it is lobbying

the Government with. These are:-

- To gain Government authorisation to charge Second home owners to pay full council tax instead of just 50. This wouldn't deter second home ownership but it would provide more funds for building affordable housing.
- To gain exemption on the "Right to Buy" especially in rural communities
- Also for the Government to set thresholds to limit second home ownership in certain communities.

Andrea Burden, Planning Officer with the YDNPA for Sedbergh, Dent and Garsdale, passed around a map detailing the area that she covers. Andrea works closely with SLDC looking at potential sites. However, there are few sites now remaining.

YDNPA are focusing on Local Needs housing and affordable housing and not on open market housing. There has also been put in place that 90 squared metres is the limit for living space, when building new homes. This area gives a three bed-roomed house if designed well. The purpose of putting a limit on living space is to keep houses affordable and so that they then take up less land, enabling

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*"I'm having so much fun, I can't believe it's work!"*

more houses to be built in an area.

Questions were asked from the floor including:-

**Q** "What is classified as affordable housing, in comparison to what?"

**A** SLDC looks at affordable housing to rent usually through a housing association or Shared Equity schemes.

Rents can still be high but not as much as a mortgage.

**Q** "Pity so many of the schemes are rented as young people can't get on the housing ladder"

**A** New housing in Dent is going to be a mix of shared ownership and rent to hopefully help young people get on to the housing ladder.

**THE NEW LICENSING LAWS**

Steve Wearing from SLDC outlined the new Licensing Act which came into force in November.

SLDC is the licensing authority for-

- The sale of alcohol
- Public Entertainment licenses
- Regulation entertainment eg. Nightclubs
- Provision of late night refreshments. E.g. sale of food or drink after 11 pm or before 5 am

All current license holders needed to

have converted their licenses by the 6th August this year.

Any premises that sell alcohol must now have a Designated Premises Supervisor.

**VILLAGE HALLS AND COMMUNITY CENTRES**

In regards to village halls and community centres, they can apply for Temporary Events Notices (TENs) which are for events where less than 500 people are attending. Points to remember with TENs licenses are:-

- If there were to be more than 500 people at an event a full Premises License would be required.
- Licences can be applied for up to 10 days before an event.
- Only 12 licenses can be applied for in any one year for one venue
- Only the police can object to a license and they have 48 hours to so, once a license has been applied for
- There is a penalty of 6 months in prison and/or a £20,000 fine for anyone who sells alcohol without a licence.
- SLDC work with the Police and Fire Service when granting licenses as there are various practical issues that

*(Continued on page 20)*

## Steadman's

### Ready prepared meals using locally sourced meats

Lasagne (Beef) 550 Gm	£2.79
Sweet / Sour Pork 450 Gm	£2.19
Sweet /Sour Chicken 450 Gm	£2.19
Med. Chill Con Carne 550 Gm	£2.49
Chinese Style Ribs 500 Gm	£2.49
Lambs Liver & Onions	£1.95
Roast Beef in gravy	£2.29
Pigs Liver & Onions	£1.69
Lamb Hot Pot	£2.69
Farmhouse Sausage Casserole	£2.75
Venison Casserole	£3.29
Liver & Bacon casserole	£1.89
Beef Casserole	£2.75
Game Casserole	£3.29
Chicken Casserole	£2.75
Turkey Casserole	£2.75
Creamy Pork Casserole	£2.75
Tatty Pie (Beef)	£3.29
Stew & Dumplings	£3.19
Duck Legs in Plum Sauce	£3.29
Pork in Honey & Ginger	£2.19
Savoury Minced Beef	£2.19
Chicken in Honey & Ginger	£2.19

<p><b>Special Meal Offer!</b> Roast Dales Beef in Gravy with Yorkshire Puddings for 2 only £2.96 Each. Microwave 5 Minutes at 500 Watts</p>	<p><b>Special Meal Offer!</b> Dales Leg of Lamb with Minted Gravy for 2 only £2.89 Each. Microwave 5 Minutes at 500 Watts</p>	<p><b>Special Meal Offer!</b> Christmas Dinners! Roast Lakeland Turkey with Bacon, Stuffing and Cranberries for 2 £2.96 Each. Microwave 5 Minutes at 500 Watts</p>
<p><b>Special Meal Offer!</b> Roast Garsdale Pork with Crackling, Stuffing and Apple Sauce for 2 £2.69 Each. Microwave 5 Minutes at 500 Watts</p>	<p><b>Special Meal Offer!</b> Roast Cumbrian Chicken Breast with Bacon and Stuffing for 2 £2.75 Each. Microwave 5 Minutes at 500 Watts</p>	<p><b>Telephone</b> <b>015396 20431</b></p>

#### Which category do you fit in?

- 1 Can't cook?
- 2 Too lazy to cook?
- 3 Haven't got time to cook?
- 4 Living alone?

*If you belong to any of the above groups, you will love our products*

#### Make Ready To Bake Family Size Pies

Shepherds Pie (Lamb)	£1.89
Cottage Pie (Beef)	£1.89
Cottage Pie (Leek & Pot Top)	£1.99
Stk & Kidney	£3.19
Steak Pie	£3.29
Stk & Guinness	£3.29
Stk & Mustard	£3.29
Turkey & Ham	£3.29
Chicken Ham & leek	£3.29
Pork & Cider	£3.29
Stk. & Kidney Pudding	£3.49
Steak and Mushroom	£3.29
Meat and Potato	£3.29

**The above meals are prepared on our premises using fresh local produce!**

need to be complied with eg Fire exits, numbers at the event or in the pub.

#### SEDBERGH YOUNG PEOPLE

Paulyne Hartley from Young Cumbria and four local young people came to the meeting to update everyone on what they have been up to recently. Paulyne introduced the group saying that they were a very motivated group of young people who are looking to organise activities for young people in Sedbergh.

The group have been busy fundraising through organising a disco, car washing and bag packing.

They have been in talks with Richard Foster at SLDC to look at organising sports activities such as football. Baliol

School have said that their premises can be used by young people in Sedbergh.

The People's Hall at Sedbergh has been the venue for the Young People's club, the Barracudas, which has been running for eight weeks with activities including drumming, dance workshops etc being organised. This club will carry on as a Drop In at the People's Hall. Contact Paulyne Hartley, Area Support Worker, at Young Cumbria for more information on any of the above. Tel: 01524 781177 or Mobile: 0770 979 5277.

The next meeting will be at Casterton Village Hall at 7pm on Monday 20th February. Suggestions for the Agenda are invited.

### S&D HISTORY SOCIETY

Andrew de Harcla was one of the outstanding northern knights involved in the Scottish Wars of Independence. He was the subject of Adrian Rogan's interesting talk to the History Society in January. Unfortunately, there were computer problems so that we were unable to see his collection of photographs very well.

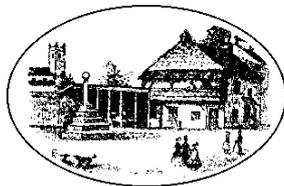
The de Harcla family had connections with Hartley Castle near Kirkby Stephen and several photographs showed how well it had been positioned. Sir Andrew also owned land in Sedbergh and district and had the advowson of the church in which he placed his brother James!

De Harcla served under both Edward I and Edward II and for his services he was created Keeper of Carlisle and later Keeper of Carlisle Castle. He amassed a large body of soldiers; men at arms, esquires, hobelars (mounted soldiers who could also fight on foot) and archers.

He was defending Carlisle Castle at the time of Bannockburn in 1314. A year later the Scots attacked Carlisle, capturing it but de Harcla defended the Castle so well that the Scots retired.

He was involved in several other skirmishes eg. at Boroughbridge where he defeated the Lancastrian rebels and was rewarded by being created Earl of Carlisle. At this time he could do no wrong!

Mr Rogan believed that de Harcla and Robert Bruce had met several times. A self confessed romantic he mentioned the rumour that de Harcla was in love with Bruce's sister Constanca. De Harcla thought that it



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was time for a permanent truce between England and Scotland so having no faith in Edward he went secretly to Loch Maben to meet Robert Bruce to conclude a peace treaty. The townspeople of Carlisle were delighted as it would mean peace but the king was furious and ordered the capture and execution of de Harcla. Without a proper trial he was tied to a hurdle and dragged through the streets of Carlisle before being hung, drawn and quartered and then beheaded.

Adrian Rogan is writing three novels based on the life of Andrew de Harcla. The first, entitled 'Northern Warrior' is already in print.

**DISTINGUISHED  
OCTOGENARIANS**

*(The third in an occasional series about some of Sedbergh's Senior Citizens who are over the age of eighty and who have led interesting and exemplary lives.)*

If you were asked to direct someone to "Oakville" in Sedbergh, you might have some difficulty, in fact most people know the house well as today it houses our Tourist and Community Office. Once it had been Sedbergh's Manor House with a large garden and fields to the north and west of it, where today we have Low Langstaffe and the Joss Lane carpark (sixty years ago the local Auction Mart). "Oakville" was the home of local solicitor, Dawson Watson. It got its name because, facing you as you entered the front door, was a very fine oak staircase. Just before the turn of the twentieth century the house changed hands. It was bought by Thomas Wilson Douglas a local tailor who lived at the east end of Bun Row, demolished to widen the street and reveal the URC Church building, in 1947. Mr Douglas used to make the navy blazers and shorts for the boys of Sedbergh School and the green tunics and bright red cloaks for the girls of Balliol School. He was the maternal grandfather of this month's distinguished octogenarian, Mrs Freda Trott.

Freda Margaret Wright was born in Halifax. Her father was a cabinet maker who came to Sedbergh from Leeds to work for Martins. He married local schoolteacher Addie (Agnes) Douglas and they moved to Halifax. Frederick had been a soldier in the first World War before being discharged with tuberculosis. A tremendous flu epidemic

began in 1918 claiming Freda's dad as a victim the very day before Freda was born in April 1919. Six weeks later, baby Freda was brought by her mother to Sedbergh to her grandparents' home, Oakville, where she spent her first five years. Within two years her mother had been appointed headmistress of Howgill School. Freda recalls being wheeled up to Howgill to visit her mother, and then, at the age of five, she became a pupil in her mother's little school. She loved those three years at Howgill but they were brought to a sudden and tragic end when Freda was eight and her mother suddenly died. Freda, now an orphan, had to go back to Oakville to live with her grandparents and Auntie Annie. Her Aunt became her main carer because Freda's grandfather died when she was nine and her grandmother a year later. Freda recalls 1929 as a very hard winter with a serious epidemic of measles - a winter when she recalls sledging down the steep slope near to the recently-built Winder House. At ten, she became the charge other aunt, and they moved to Loftus Hill so that her uncle, Thomas Athlene Douglas, could move into Oakville which had been bequeathed to him by his father. Freda remembers her time at the British School, now Farfield Clothing, affectionately known by some of its old pupils as "Joss Lane College". She hated it and ran away. "Just so many faces," she says, "after the few friendly ones at Howgill." It seemed big and impersonal and the change was too great for her. She was taught by Mr Downhill a headmaster with a well-used cane which many Sedbergh people over sixty may remember. Freda was particularly good at

"composition" (writing essays) and was at the British (re-named Council) School until she reached the school leaving age of fourteen.

From a very early age, Freda loved music. She recalls sitting on a tuffet at the feet of her mother while she played the organ for the services at Howgill Church. It was from her mother that Freda had her first lessons on the piano. Later she had lessons from Miss Nellie Sedgwick, daughter of the Congregational (now URC) Minister who lived in Brunswick House (now Brunswick Cottage), and later still from Mr Bert Trotter, organist at St Andrew's Church and a well-known local figure. She became an accomplished pianist and was soon, according to her teacher, ready to "take her letters" (to become an ARCM). However, war intervened and her plans were curtailed. In the spring of 1940, Freda was directed, along with other local girls, to work at Millthrop Mill as a bench hand, filing the sharp edges off aircraft parts as part of the war effort. Such work was very hard on the hands and Freda never got back to her intended "letters". She had, however, started teaching piano at the age of 16 and retired only at the age of 75. She often had 40 pupils a week, working mainly in the evenings and on Saturdays. She was in demand as a pianist and remembers how she used to play for Dr Skeat, the rather eccentric headmistress of Balliol School, whose favourite composer was Chopin. Subsequently Freda recalls being accompanist for ballet lessons put on for

## Sedbergh Bowling Club

### **A G M**

*White Hart Sports & Social Club  
Committee Room*

*Thursday 23rd February*

*7:30 pm*



*All Welcome*

the children of the masters at Sedbergh School.

From 1955 to 1972 she worked as Deputy Registrar of Births, Marriages and Deaths in Sedbergh. The Registry was housed in the basement of the Council Offices which occupied Highfield House at the end of Bainbridge Road. All local people went there to register their family births, marriages and deaths, accurate details of which were then forwarded to Somerset House in London.

Freda has always loved writing and chatting with people - two skills she still practices and enjoys at 86. She has written six books on local topics and is currently working on her seventh, called "Do you remember?" - a sequel to her popular "These we have known". Her writing and researching keep her busy - a major part of her recipe for a long and happy life. The other important factor is living in a community where, because she knows so many friendly people, getting from one end of Sedbergh's Main Street to the other can take a very long time!

*George D. Handley*

### COMMUNITY OFFICE NEWS

The Community Office managed to be almost self-sustaining last year with a small deficit. Thank you to all those who have supported us buying books and giving donations. Please continue to use the facilities we offer and support us in staying open. Come forward with any new ideas and bring community concerns / issues and we will try to help.

*Some new things for 2006:*

#### ART DROP-IN CLUB

Our new volunteer, Andy, is a great artist himself and has offered to run an art drop-in club on Monday afternoon. If you are interested please call in, express interest and talk to him about your art.

#### POLITICAL ISSUES AND PHILOSOPHICAL IDEAS (PI) CLUB

This may sound a bit pretentious but don't let it put you off! We are all affected by political issues (please note small p!) and we all have thoughts and ideas about life and how to live it.

This is a chance for people to get

together and chat informally on the first Friday of every month about all sorts of things. The concept is to have a different person each month bringing an idea or issue to discuss and coordinating the meeting. Although issues and ideas can be serious the intention of the club is to provide a fun evening for lively minded individuals!

Cost will be a £1 donation to the Community Office per meeting. For further details please ring Deyna on 21556.

#### JIGSAWS

We now have 500 piece jigsaws for sale in the Community Office for 50p each!

#### CAR PERMITS

Please get your permit quickly as our period of grace ran out at the end of January and the traffic wardens appear just when you don't want them. If you have a YDNPA permit. Joss Lane car park is still free until further notice (although a donation to our office running costs would be

coming soon to Sedbergh

the only place to shop on  
Back Lane

... watch this space!

# Sedbergh School Choral Society

and an invited orchestra

will perform



# Haydn's Creation



Carlisle Cathedral

Saturday 25th February at 7.00 pm

Powell Hall

Sunday 26th February at 7.00 pm

Conductor: John Seymour

Soloists include: Charlotte Jackson & Nicholas Hurndall Smith

Tickets £8 (Concessions £4)

appreciated).

AGE CONCERN / HOMEOPATHY /  
SLCVS

Don't forget about these clinics on  
Wednesday mornings - if they don't get  
used we will lose them so please call in  
with any concerns!

CAR/VAN HIRE

Cars drink money - insurance, MOT,  
services, scrapes, not to mention buying  
the things in the first place! Imagine that  
you could use a car without having to pay  
to own one - car hire in Sedbergh!

Someone else cleans it, services it, finds  
somewhere to park it, it could be small or  
large depending on what you need, it's  
usually pretty new and the environmental  
load isn't nearly so bad. Maybe your

family could use a second car sometimes  
but you can't find the money to buy one?  
There are plenty of possibilities, from  
getting a car hire firm to open a branch  
here to setting up a community-type car  
club. But is there enough interest to make  
it worthwhile seeking funding,  
convincing business folk and so on? If  
you can imagine hiring a car or van -  
sometimes or often, for an hour or for a  
week - please contact the Community  
Office on 20504 and leave details of the  
sort of use you'd be interested in.

FAIRTRADE GOODS / BOOKS / ART

Fairtrade goods are selling well in aid of  
Settlebeck Learning Resource Centre.

Paperback novels are now down to 50p  
each and there is new Art work to look at.

### **SEDBERGH YFC**

Following on from the last edition I can now confirm the results of the Quiz's, Call my Bluff and Brainstrust competitions.

We got through to the District Finals of Call my Bluff and came 6th out of 8 teams.

Sedbergh Senior B team got through to the District final of the Quiz and came 1st! They then went through to the County final at Shap Wells Hotel and came 3rd (one better than last year). Our seniors got through to the district final of the Brainstrust competition which is yet to take place.

Mark Hartley and his friend Rob Isles came and gave us a talk on their trip to Australia where they were working and travelling.

Our Christmas Chinese night was well attended with 26 members tucking into spare ribs, various dishes, rice, chips and of course prawn crackers! We played a couple of party games and wished everyone a Happy Christmas.

In January we went Golf Driving at Oxenholme, (the visit to Thornton's Chocolate shop in Kendal was postponed) and by the time you read this we will have been to I'Anson Feed Mills at Masham, had the southern district AGM at the Castle Green Hotel, and had a visit from the Taxidermist Simon Wilson, more to follow on those next month!

Coming up in February we are hosting indoor sports at Sedbergh School (19th). This is an organised competition where clubs from around the southern district take part and compete.

On the 18th February some of the

Southern District clubs will be performing their pantomimes at the Brewery Arts Centre in Kendal.

The club is thriving at the moment with 37 recorded members. If you need to know more call Valerie on 21032 for more details or just come along.

### **NOVEMBER WEATHER**

November weather: The month started off quite mild with temperatures in the 50sF. In fact on several nights they were still in the 50sF near midnight. The maximum recorded was 57.6F It wasn't until the end of the second week that we recorded a frost. The latter half of the month was cooler with a minimum of 21.9F being noted twice. At the start of the last week a windchill factor of 1F (!!!) was recorded. Not a night to out on the fells! It was at this time the first snow flurries were seen. As to be expected the same day saw the strongest wind at 26.6mph and the lowest pressure at 28.82 inches of mercury. On only 10 days was the wind from a quarter other than the north west. The total rainfall for the month was 4.1 inches and this included a period of 8 days without rain in the 3<sup>rd</sup> week.

Wildlife was active with slugs being still around on the mild nights. Bats seem to have hibernated though owls were calling regularly. Fieldfares and redwings passed through frequently. The woodpecker has made a re-appearance but the sparrowhawk hasn't been seen. The clowns of the bird world, long tailed tits, keep making brief appearances. They don't stay long as a rule and you have to be quick to get some 'photos. Hazel catkins have started to elongate and mini daffodils are well through.

## DENTDALE W.I.

A new Programme in a New Year and a new President, Catherine Sugden, to welcome us all and three new members. We started in the time honoured fashion singing Jerusalem and then Catherine read a passage from Helen Carey's book "Bows of Burning Gold"

It was a busy business meeting with much to say and discuss. Fund raising was high on the Agenda and members were reminded that produce for the coffee morning/bring and buy to be held on 24th February in the Memorial Hall from 10.00 until 11.30 will be needed. Hard on the heels of this event comes the Dent run on 11th March when baking is again called for and also help in preparing the refreshments for the competitors which is our usual and much valued contribution. Lists for offers for both events will be available again at the February meeting.

Our public affairs committee headed so enthusiastically by Doris Foster, Stella Bannister and Ann Mason will

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again report our views to the powers that be on issues that concern us. The membership was asked to sign a petition for our concern over children's diets and the need for good PE provision in schools.

In Any Other Business, Elizabeth Middleton gave her views on the impending shop closure in Dent. Stella Bannister thanked the committee for a most successful Christmas party held in the Memorial Hall and catered by Ann Hawley.

Good food and good company had made it a really excellent evening.

Then over to John Mounsey, our Speaker, to transport us by slides to Slovenia and an introduction to the wild life, flora, fauna and geological features. Forest covers 50% of the landscape and makes an ideal environment for Wolves and Brown bears etc.

The salt pans are world famous in an area of wetlands, home to the Avocet and Kingfisher. Here one could see the food chain in action. Brine shrimps eaten by fish and fish eaten by birds. Freda Meakin thanked John for a very interesting talk.

Pat Allen won the competition and Judith Newsham the raffle prize. Our next meeting will be on 8th February in the Memorial Hall when our Speaker will be David Watt talking about Mountain Rescue Search Dogs. Do feel welcome to join us.

*Pat Allen*

### FEELING SAD IN THE WINTER

This article is a response to a request from a sufferer of seasonal affective disorder (SAD). This is winter depression, which only lifts with the onset of spring. I have tried to talk to as many people as possible who have had some experience of this. (If you are one, I should be glad to hear from you.)

In winter, it is normal to be less active than at other times of year. A natural rhythm would be to be active between sunrise and sunset and to rest and keep warm during the hours of darkness. It is more difficult for us to function well if our usual daily routine is very different from this. One person I talked to, when asked how SAD differs from the normal slowing down in winter, simply said, "You know if you have got it".

In the literature, SAD is often characterised by a list of symptoms:

- increased need for sleep and low energy, despite sleeping more
- increased appetite for carbohydrates, craving for sweet things and consequent weight gain
- apathy, irritability and lack of desire for social interaction
- feelings of hopelessness, guilt,

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anxiety and loss of self-esteem.

The first three of these would seem to be a more extreme version of the natural winter state. The real indicator of depression is the fourth one, which is clearly much more than feeling a bit low. If you are in this state, it is important to get help. Ask your doctor what is available. Many people have found that medication can help to get over a bad patch, but according to Sue Atkinson, the author of "Climbing Out of Depression" (Lion 1993), it is usually best to combine this with some other form of therapy. Counselling, homeopathy and acupuncture are all available locally. Some people have been helped by shamanic healing. For information about this, contact Simon Buxton (who came to the Meditation Centre in Dent last year) at the Sacred Trust (01786 331825, [www.sacredtrust.org](http://www.sacredtrust.org)).

The main theory about SAD seems to be

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that it may arise because of light deprivation. Try to make the most of the daylight available, including going outside to see the frequent spectacular winter sunrises and sunsets. If you work inside, try to get a walk outside at lunchtime. Several firms offer light boxes, which provide intense light for use during normal stationary activities, such as eating, reading or using the computer. Two such companies are SAD Lightbox Ltd (01494 484852, [www.sad.uk.com](http://www.sad.uk.com)) and Outside In (01954 211955, [www.outsidein.co.uk](http://www.outsidein.co.uk)). I don't know of anyone who has used one of these, so if you have experience of light boxes, I should be glad to hear from you. As a cheaper alternative you could try using daylight spectrum light bulbs in your standard light fittings.

Winter is a time to preserve and gather energy for the coming year, so look after your physical health. Keep warm, eat warming nourishing food and take regular gentle exercise. Observe yourself. Know when is it better to withdraw and hide under the duvet and when a stimulating conversation might help you feel better. If you are feeling tired, would it be better for getting up and moving

around, or do you need to have a short nap?

It can help to have some structure in your life. One person I talked to put this very well, "Always have something nice planned for next week".

Life events and situations can trigger depression and this is probably worse around Christmas than at any other time of year. It is easy to imagine that everybody else is enjoying themselves in perfect harmony with their loved ones and that you are alone in being down. I have found that it helps to realise that life moves in cycles from happy to sad, from good luck to misfortune. At the moment you may be at a low point, but the wheel turns and things will get better. Of course, the high points don't endure either and there is no magic plateau of "happy ever after" where we can remain without pain and effort. Life is constant change.

By the time you read this, the days will have started to lengthen and you may already feel yourself climbing out of the winter trough. Many thanks to all who helped me with this article. If you want to contact me, please phone. My number is (015396) 20972.

*June Parker*

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**PHOTO CALL**

I had just one answer for last month's issue but that was enough. It was an e mail from Terry Garnett who had enlisted the help of Richard Brooks, Brian Garnett and Willy Haygarth so thanks to them all.

*First picture*

Back Row l-r. Ken Allen, Michael Durham, Henry Staveley, Charlie Williams, Barry Garnett.

Middle Row: John Thwaite, Mike Thompson, Wayne Taylor, Clifford Baines.

Front Row: Sheila Todd, Winifred Harper, Mr Kevan, Dorothy Harper, Margaret Brooks.

*The Football Team consists of*

Back Row: Brian Bannister, Jimmy Turnbull, Brian Garnett, Harry Sutcliffe,, Michael Crow, Norman Garnett.

Front Row: John Brooks, Tommy Capstick, Richard Brooks, Bill Metcalfe, David Woof, Alfred Handley, David

Dodd.

This month's photo is from about 1957. I know some of them ..... but who are the others?

Answers to Shirley Tebay Walnut Bungalow, Dent, LA105QT. Tel: 015396 25001, email: shirley.tebay@btinternet.com

**SEDBERGH SCOUTS**

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

This is the eighteenth year we have offered this service, and this year, we delivered just over 2,000 cards and, with donations, raised over £340 for Group funds.

*Andy Denton*



**PHOTO CALL 2**

This photo has been submitted by a reader with a bit of a challenge. Can anyone identify the year, place and who is pictured on it? Submit any information to The Lookaround Office in the usual way please.

**SLDC RECYCLING NEWS**

During 2005 SLDC collected more waste than ever before for recycling. The kerbside collection scheme now serves around half the district and together with the recycling banks that are provided throughout the district enabled 7,231 tonnes of waste to be recycled instead of sent to landfill.

As we record the weight of each material that we collect we thought it would be interesting to work out how many newspapers, bottles etc this actually amounted to. We'd like to say a big thank you to everybody who helped us to recycle:

- 9,000,000 newspapers and magazines

- 9,500,000 cans
- 7,500,000 glass bottles and jars
- 170,000 plastic bottles and containers
- 16,000 pairs of shoes
- 3,997 tonnes of green garden waste

Although this is a massive amount of waste that has been put to good use, it is less than a quarter of the waste than we collected in the course of the year. So there are millions of newspaper, bottles and cans that are not being recycled in South Lakeland. We hope that you will help us be recycling even more waste in 2006.

If you would like more information about the amount of waste we recycle in South Lakeland please visit our website, [www.southlakeland.gov.uk](http://www.southlakeland.gov.uk) where we publish the information each month.

If you have any questions about recycling please contact us either through the Customer Contact Centre on 0845 050 4434 or by emailing us at [recycling@southlakeland.gov.uk](mailto:recycling@southlakeland.gov.uk)

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**THANDI TALES**

*We received this article on 26th November, too late for the December issue so some of the dates are a little out. Ed.*

Well here we are heading for summer and the schools breaking up for 7 weeks holiday. It seems quite strange that summer holiday's start at the beginning of December, takes in Christmas, and then school starts again at the end of January. We have been invited to spend Christmas Day with some South African friends whose daughters are working overseas, one is a teacher in the UK and one is a radiographer in Saudi Arabia. Most white South African families have offspring working overseas and mainly in the UK. Hopefully a large percentage will return to South Africa as it needs their skills. The cynic's will tell you that there are no jobs or future for white youngsters. Whilst I agree that the balance of power has shifted from white

to black and the black and coloured population are favoured for most of the jobs this has been done to try to redress the inequalities of the apartheid years. In a meeting we had with a minister (economics) she told us that the discrimination against white youngsters could not be justified long term wise and that if we were to have a true "Rainbow Nation" (words of Desmond Tutu) then no type of discrimination could be tolerated, a sentiment I totally agree with as do most South Africans regardless of colour.

Well that the soap-box bit and now about why we are here.

Our first three months have been quite eventful but we now appear to be playing from the same song sheet which helps when we have a thirty piece orchestra. Initially we were looked on with suspicion and our motives were questioned. I think this came from an inherent distrust of anyone white and

offering help. We constantly assured the community that our motives were not for our gain but for their benefit and to teach them skills. I think we have finally won and I heard Susan, the Thandi manager, telling someone that these English people are much different in that they help and want nothing in return, hopefully we have our first result.

You have to get used to a completely different culture and way of life. Some people are working one day and gone the next and when you ask a few days later – “Oh yes, Norman died at the weekend” – no one knows how old he was or where he came from just that he has died.

We recently took 2 eighteen year olds, a boy and a girl, from the community to work in the farm kitchen at weekends,

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and this week I received a call from the chairman of the community trust thanking us for employing these two young people and if possible could we give preference to the young girl. When I questioned the reason I was told that her Mother had died 18 months ago and her Father had died last week leaving her at 18 the head of the family.

This week we had a group of farmers from all over Africa to hear about our empowerment project and our Fair Trade status. Susan is the face and voice of Thandi and she spoke about the project and its future and then took questions. The first question was “why is there a white man on an empowerment project?”

*(Continued on page 34)*

# HOMEOPATHY

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so Susan beckoned me over to explain our roll. Not one to miss an opportunity I spent the next ten minutes talking about our present roll of teaching business studies and developing the existing business into hopefully a successful venture and then with the aid of The Thandi Friends Project (now a registered charity) building workshops, craft center, computer center, laundry etc etc to provide training facilities and jobs for the community. I also explained that as soon as the first SafMarine ship delivered its cargo of early season fruit to the UK a container full of "goodies" for the project would return. After the meeting I was asked by Sylvester, who came from the Cameroon, how he could get bicycles as his people had no transport. Then William from Uganda wanted to know how they could get volunteers to help them develop and Wellington from Zambia asked if we could help get his pineapples to an overseas market. Jack from Congo wanted to know what is Fair Trade and so the questions kept coming. Most people have access to email through government bodies or the churches etc and so we gave our email address to them all and said when they got home they

should email us with questions and we will then try and help or find someone who can.

I think the one thing that touched me was the simple request for help. Not money but help and Thandi was the forum where Africans from all over the continent had met and talked in peace and love. May this happen again and again.

And so as the sun sets in the West casting shadows from the Baobab trees over the herds of wildebeest, zebra and buck grazing on the endless plains a distant lion roars as it sets out on its nightly hunt for food. Then comes the silence when all that can be heard is the "click" as I flick through the channels on the sky digi box looking for something worth watching. We say "Goodnight from Africa" and seasons greetings at this joyous time of year.

Yours in friendship

*Alan & Chris Clowes*

PS Since we came out here 3 months ago twelve people from the Sedbergh area have visited us and the project. We are grateful for their support, both financial and moral, and for the emails we receive which give us the feeling of still belonging to Sedbergh.

### A SEDBERGH VIEWPOINT

I like to sing the praises of Sedbergh and although not all publicity in the media is good, it is good to have Sedbergh mentioned from time to time. As a Radio Cumbria listener I appreciate hearing Sedbergh mentioned in the weekday morning weather reports. In a way it keeps Sedbergh "on the map". I was sorry that weatherman Malcolm gave up doing his reports at the turn of the year and so appreciative that someone else soon took over his work. Thank you Ernie; and a big vote of thanks too to Malcolm for his detailed reports over the years.

Talking of local radio, I understand that the appropriate authorities have issued a licence to "LVR FM" (Lune Valley Radio?) for a local radio station to serve Kirkby Lonsdale and Sedbergh. Sounds interesting; I hope it makes the grade. Lookaround on the airwaves? (*I have made attempts to get Lookaround and Sedbergh involved with this new venture without success at this time. Ed*)

The linking of Sedbergh with Kirkby Lonsdale prompts me to compare the two towns having had cause to visit Kirkby Lonsdale several times recently. I was in Sedbergh early one Saturday afternoon just before Christmas and overheard a family talking together looking in a shop window. "This looks interesting; oh dear it's closed too." I know I've written before about Sedbergh's Saturday afternoon early closing. Clearly the visitors I overheard expected the shops to be open for business – especially as it was Christmas Shopping time. Contrast this with Kirkby Lonsdale late afternoon on a January Saturday – shops and cafes open and people spending money in

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them.

I fear for the economy of Sedbergh and whilst I was enthusiastic about the advent of it becoming a "book town", now I'm not so sure that's the answer. If we attract people to look in book shops there has to be something else too. The other shops need to compliment the book shops and there is a crying need for cafes and tea shops. Again, book shops will only appeal to a limited number of people and conceivably whilst father has his nose in books, mum and the kids might want to look elsewhere. But where?

I do believe the Yorkshire Dales planners have some responsibility in this respect and may be blocking the change of use of some properties, in my opinion, to the detriment of the prosperity of Sedbergh.

My thoughts above are not meant to be criticism, but perhaps another Viewpoint for those working for a better Sedbergh. But I end with my whinge of the month; something I've referred to before which did seem to improve for a while but now has returned with the winter weather – and that is dog poo on pavements and footways. It is offensive to me and others too I suspect.

*N Hastle*

# Spellbound Theatre

## SPELLBOUND THEATRE

### *The Great Santa Kidnap*

Spellbound Theatre's pre-Christmas production of *The Great Santa Kidnap* on the weekend of the 17<sup>th</sup> December certainly got Christmas in Sedbergh and the Dales off to a hilarious start, with performances to full houses in Garsdale and Dent and 3 well attended performances in Sedbergh.

The roles of the villains, Sneergripe, Snottle and Bug, were played with excellent energy and timing by Spellbound comedy veterans, Heather Pakeman, Carol Currie and Robin Pearson. Sneergripe's middle European accent and Bug's footballer's lisp were not only very funny, but brought just the right notes of menace and hilarity to keep the younger audience transfixed, and the older entertained.

But it was the young actors who provided a youthful sparkle and glimpses of developing talent. Will Teal and Chloe Packham, both newcomers to Spellbound with little previous experience, gripped their roles as Tom and Anna with authority, and gave a convincing but relaxed portrayal of the brother and sister relationship. Santa's reindeers, a team of long-legged beauties, led by Jenny Lamb, brought a touch of glamour and glitter to the action. But it was tiny Emma Packham as a sweetly rebellious lamb who stole our hearts.

Ian Dawson as Santa, and Stuart Byatt

as Santa's Quartermaster Fergus Lebrun cheerfully suffered the indignities of being pushed into chests, under dustbins and tied up. They mastered all the difficult timing of such antics like professionals to give us all a good laugh. They were supported ably by the helper Brownies, Luke Ingham, Xavier Baines and Kalum Heywood Byatt who had no trouble converting into vicious scary goblins when the play required. Other interesting "wildlife" was very amusingly provided by the brilliantly costumed Sheila Tickle as the Wise Owl and Sheila Bainbridge as the dippy Granny Rabbit. Excellent cameo performances by Graham Dalton as Colonel Canine, and by David Baines as Barbie, the Dragon who had lost his fire, all added to the

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laughs.

The Play was produced by Andrew Allan, Carol Currie and Heather Pakeman, and directed by Carol and Heather, with consultant support from Kim Lyon. It is no easy task to direct as well as act in a play, but the production was tightly controlled, fast paced and well resourced - and they all deserve congratulations.

*History of Spellbound.*

Spellbound came together as a local theatre group under Kim Lyon's direction, in the early Nineties. Their first production was The House of Bernarda Alba, performed in Dent and Sedbergh. It arose out of a desire to raise money and make some contribution towards the victims of the Balkan crisis and other

crisis-torn countries, while developing local theatre interest.

In 1994 the group was formalised with the opening of a Bank Account, the appointment of a Treasurer and a commitment to democratic decision-making by the Members. Productions over the last 11 years include: Settle to Carlisle, Cinderella, 4 Christmases and a Funeral, Roma, Any Other Business, Oops Millennium, Mother Goose and Arabian Nights.

The membership is taken from the local Sedbergh and Dent community, all amateurs, and includes members of local ballet and dance groups and local schoolchildren.

The group is non profit making, just breaking even on most productions, but they have been able to make donations of surpluses over the last few years to Help Tibet, Action Aid, Scope and The Steam Locomotive Operators Association . Unfortunately, surpluses are getting rarer, as insurance costs, the hire of refurbished venues and rehearsal space are increasing disproportionately. This year Spellbound had to increase its full price Adult ticket to £5 which produced some murmurings, though discounts were available for pensioners, children and families.

Spellbound's aim is to develop and explore less traditional theatre works for performance by amateurs, and to promote a fun but disciplined approach to putting on a high standard of amateur performance. New members and enthusiasts from all pools of talent in the local area are welcome (contact Carol Currie 21900 or Heather Pakeman 21279).

S.E.

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### SLOVENIAN SINGING IN CUMBRIA

On Thursday December 1 David Burbidge met the Slovenian singing quartet, Odmev, Mojca Belak and 12 students from Ljubljana University at Liverpool airport, and before the end of the day, had sung their way up and down Dentdale, crawling into bed at 10.30 that night!

On Friday 2<sup>nd</sup>, Odmev and the Lubljana Singers invaded Sedbergh's Farfield Mill Heritage Centre cafe and suddenly found themselves serenading Tim Farron MP. The students were very interested in political issues and some very lively discussion followed the visit. Then to Settlebeck High School in Sedbergh where the headmaster Dave Smith, who has himself taken school parties to Zrece and is very instrumental in the Sedbergh twinning movement, kindly gave us use of computers. Then on to Dent, where they were joined by

exceptional local fiddler, Tom Bell-Richards, and some jolly music was made. West Gallery Choir and The Gladly Solemn Sound sang a couple of sets in Dent Memorial hall where Alan Nowell showed us a men's dance he had discovered from old manuscripts in Wyresdale

Saturday morning was David Burbidge's Singing Workshop in Sedbergh and after stretches, and breathing exercises, and voice warm ups, they were straight into May Your Cup Always Be Full, a wassailing song in four parts. Versions of Sweet Chiming Christmas Bells, the Sheffield pub carol Merry Christmas, and an arrangement of the Field Mice Carol - were also sung. Paul Guppy's instrument workshop was equally well attended by local people playing flutes, fiddles, bassoon, oboe, cello, tuba! In the evening we returned to The Sportsman's Inn - with singers from several choirs from Cautley, Dent,

Edinburgh, Kent, Sedbergh, Sheffield, Kendal, and of course Slovenia with fiddle and accordion music to give even more of a lift to proceedings Sunday 4<sup>th</sup> saw a Slovene Carol workshop. Slovene carols were written out on big sheets in phonetics so that the English singers could take part even if they had never seen or spoken a Slovene word before. Then packed lunches for an afternoon walk in the rain. The Slovene students were surprised how the English hardly notice the rain: "There was even one woman who had a hood but didn't put it up, she just let her hair get wet!" Signing by a little waterfall, in the woods, by the river, and on into tiny Cowgill church nearby. In the evening, all bundled into the Ceilidh in the Brewery Arts Centre in Kendal

Monday was the outing to the Lake District, with a drive up to Little Langdale and a short walk to the caves at Tilberthwaite, where Odmev sang, then back via Slaters' Bridge and the beautiful Little Langdale tarn, and on to Grasmere with a tour of Wordsworth's grave, the church, and the house where he lived by the lake. Across to Ambleside and the Badger Bar for a Cave expedition from the Badger Bar at about 6.30 p.m., following along the edge of Rydal Water. Candles were lit and English and Slovene carols were sung - a beautiful sound - followed by a feast in the cave with lashings of mulled wine, quiche, pies and sausages. Harmony singing groups run by David Burbidge from Kendal, Sedbergh and Dent had been practicing Slovene songs all term and now met together for this international celebration of song and harmony. Next day at 4 a.m., scattered

Slovenes across Cumbria were collected and taken off to the John Lennon airport where everyone sang Yellow Submarine. Forthcoming singing events: the visit of our choir to Zrece and other Slovene towns over the Easter 2006 break, and to celebrate the visit of the Ljudski Pevci iz Stanice to Sedbergh last May - a Slovene-English celebration of folk harmony in May 2006. Singers from the Zrece school have also been invited to sing again at the Dent Folk Festival in June 2006.



**CHRISTIAN AID**

Getting a fair deal in farming is a big issue locally and international trade affects local livelihoods in major ways. Christian Aid is very concerned and involved in enabling fair deals for local farmers worldwide. On Thursday 9 February the Christian Aid in Sedbergh and District group have invited the Revd. Richard Hunter of Barnard Castle to come and speak on "Common Ground ; Fair Trade and Farming" at 7.30pm in Settlebeck High School's Music room. The meeting will be open to anyone with an interest in these issues. Refreshments and discussion will follow the talk .

"N.B. The Rev. Richard Hunter, a Methodist minister and retired Northumbrian hill farmer, is now also associated with Upper Teesdale Agricultural Society. He will share his experiences of visiting farmers in developing countries and relate their situation to that of farming in Britain, in the context of solidarity and international trade rules etc."

## Sedbergh People's Hall Now available until 1am\*!

The People's Hall is now licensed premises, so if you want a bar at an event you no longer need to apply for a temporary license, you just need to let us know.

You can now use the hall for longer and book it for more specific times to suit your needs.

There has been a slight price rise but because the People's Hall is a charity we consistently deliver the cheapest price possible.

Call in to Sedbergh Office Services for more information or to book.

To book or for more information:  
13 Kings Yard, Sedbergh (behind the Bull Hotel)  
015396 20788

\* 11.45pm on normal Sundays

### KILLINGTON W.I.

*Time for celebrations – Christmas Lunch 2005.*

This year a jolly party of Killington W.I. members and friends assembled at Bridge House Farm in Wray to feast and enjoy ourselves. Why Wray? You may well ask yourself. Well, a few weeks earlier a friend had taken me to Wray (which I had never previously visited) to show me the remaining evidence of the 1968 flood which had devastated the village after a cloudburst in the surrounding hills. We explored valleys previously unknown to me, East and West Roeburndale, the Hindburn Valley, and later in the day, Littledale. Such lovely countryside, so near us, and so quiet. At the end of this

voyage of discovery we decided that we had earned ourselves a cuppa. And lo and behold there it was - Bridge House Farm, a garden shop, craft centre, a gallery and a tearoom all rolled into one. We had a most delicious tea with an **enormous** cream scone and such friendly service. Hence it sprang to mind when we came to plan our Christmas lunch.

The meal was excellent and enjoyed in the company of good friends. At the end of the meal presentations were made to two of our longstanding members. Mary Tallon and Jose Waller have been in continuous membership of Killington W. I. for **SIXTY** years.

Now isn't that quite something! In recognition of this each was presented with a framed certificate. We are all very proud of them. Our super Christmas hamper was won by Elspeth Griffiths, and Majorie Henson and I tied as winners of our competitions through the year. We enjoyed an afternoon of brain stirring quizzes and finished the afternoon with tea and home made biscuits. A grand time was had by all!

*At four o'clock our Mummies and Daddies took us home to bed,  
'cos we were tired little teddy bears.*

*W.F.U.*

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### **FROSTROW W. I.**

Christmas is well past now, but we all remember the delicious festive meal we enjoyed at Thorns Hall on 8th December 2005. The evening was rounded off with singing carols.

The first meeting of the New Year was very well attended and presided over by Anne Petyt who welcomed a prospective new member.

The 'Stepping Out' folder of photos etc. assembled by June Mudd, Pauline Mather and Jean Jones was passed round. They are all to be congratulated on exceeding the suggested mileage of 90 miles!

Interest was shown in some of the Federation events and we hope to have more entries for the Spring Show this year. Anne Petyt will represent the local W. I.'s at the AGM in Cardiff in June.

A petition urging the government to ban unhealthy foods for children and to make more PE in schools compulsory was passed round for members to sign.

Vic Hopkins, a Parish Council representative on the Town Twinning Committee, gave us a most interesting insight into the Twinning experience, especially as he had had previous involvement with Twinning in another area. Vic's visits to Zrece in Slovenia have given him a rapport with the people who are warm and friendly. In a short time, he gave us an overall picture of the country, its people and customs and showed us gifts from the Zrece tool factory, also the Zrece flag. It seems that the country's economy is growing quickly since it gained its independence.

Marjorie Fishwick thanked Vic for his enlightening talk. Eileen Staveley won the competition prize for 'Felt Making'.

Do come along as a visitor if you would like to see this demonstration or just want to know about W. I. You will find a warm welcome!

*M. F.*

### **SEDBERGH TOWN BAND**

#### *Zrece Re-Union*

The majority of the members of the Town Band who in July travelled to Zrece for a memorable concert tour met for a Jacob's Join party kindly and generously hosted by Musical Director Alan Lewis and his wife Sarah at their home on Saturday 2nd December.

An excellent evening was had by all. After consuming a first rate meal, indicating that the band's talents embrace the culinary as well as the musical arts, the party retired to the lounge to watch Peter Packham's splendid C. D. that graphically recorded the many highlights of the trip to Slovenia.

The animation exhibited throughout the evening as Zrece reminiscences were exchanged was testimony to the lasting impact made by the expedition to our twin town.

The band's thanks go to Alan and Sarah for making the evening both possible and so enjoyable.

Forthcoming events include:-

February 23rd at 19.30 - AGM in the Sedbergh School Bandroom.

April 1st - 12.00 Spring Show - Band to play in the Peoples Hall.

April 26 - 19.30 Dent Concert. St. Andrew's Church, Dent.

May 20 - 12.30 Gala Parade and playing.

June 10 - 19.30 Opening of Music

Festival - St. Andrews Church, Sedbergh.

October 11th - 19.30 Charity Concert, Methodist Church.

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## TIM FARRON MP

I know that it all seems a long time ago but I hope that you had a great Christmas and that 2006 and is shaping up to be a good one for you all. As you may well know I have had a particularly exciting start to the New Year with the arrival of our baby Laurie. He made his entrance into the world at Helm Chase in 2005 but it is in 2006 and that he has started to really make his presence felt for Rosie and me.

As if that was not enough excitement, I was no sooner back at work then we had the resignation of Charles Kennedy and the election campaign for the new leader of the party. It has been rather hard to not let all these changes distract me from the

key task of sorting out problems in the constituency but fortunately people have not stopped contacting me about the issues where they think that I can offer some help.

One of the issues that several people have drawn my attention to is that of parking in Sedbergh. I had a meeting with local shopkeepers a few weeks ago and they expressed their concerns about the proposed introduction of, what appears to be, a very expensive new residents parking scheme in the town. Their concern was that the price of the scheme would inevitably mean that people will try to avoid paying to park outside the front of their homes and use up the few remaining free parking spaces

in town. The increased congestion that will inevitably result on the main roads through the town will do nothing to make the town more attractive to the visitors needed by so many businesses in this part of the world.

The numbers of visitors that Sedbergh does attract means that there does appear to be the need for a residents parking scheme in Sedbergh but a more nominal cost of say £20 to £30 would be a more sensible way of ensuring that it goes some way to addressing the issue. However, to really solve the parking problems the district council should look at trying to create some more parking spaces in town for visitors. There appear to be several possible sites but until these are investigated properly we cannot really

know what is feasible. It seems to me that it would be extremely constructive if both the district and parish council could work together to identify and examine the options available.

I have written to South Lakeland expressing these views and am waiting hear back from them.

I would love to hear any views that people have on parking in Sedbergh so that I get a feel as to what residents believe would be the best solution. I am sure that you have a lot of great ideas.

You can reach me on this or any other issue at Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or by email at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk).

Thanks for your support.

*Tim Farron*

Starters		Fish Dishes	
Prawn Cocktail & Marie Rose Sauce	£3.90	Salmon Steak with Parsley Sauce	£9.40
Garlic Mushrooms on Toast	£3.40	Grilled Rainbow Trout	£9.40
Pate with Garnish, Toast & Butter	£3.30	Breaded Scampi	£6.80
Soup of the Day	£3.25	Breaded Haddock	£6.80
Egg Mayonnaise	£3.40		
Grapefruit Cocktail	£3.40	Vegetarian Dishes	
Garlic Bread	£2.50	Tropical Vegetable Curry	£6.80
		Stilton & Vegetable Crumble	£6.80
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		Broccoli & Cream Cheese Bake	£6.80
		Vegetable & Pasta Bake	£6.80
		Vegetable Tikka Masala	£6.80
		Macaroni Cheese	£6.80
		Rice Dishes	
		Chilli	£6.80
		Chicken Tikka Masala	£7.70
		Salads	
		Ploughman's Lunch	£5.40
		Cold Meat Salad & Roll & Butter	£6.40
		Prawn & Rice Salad	£6.80
		Sandwiches	
		Prawn with Marie Rose Sauce	£4.20
		Ham, Beef, Cheese & Tomato;	
		Cheese & Pickle or Salad	from £2.70
		Toasted Sandwiches	from £2.90
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Extra Special Main Courses all £11.45		Main Courses	
Loin of Pork in Cider & Apple Sauce		Roast Dinner of the Day	£6.80
Lamb & Apricot Casserole		Mixed Grill	£12.40
Chicken with Basil, Port & Dill Sauce		Fillet Steak	£12.40
Venison Steak with Red Wine Sauce		Sirloin Steak approx. 8oz uncooked	£10.30
Venison Casserole		Half Roast Chicken	£7.90
Supreme of Pheasant Chasseur		Chicken Kiev	£6.80
Pork in Pepper Sauce		Lasagne	£6.80
Cod & Prawn Crumble		Steak & Kidney Pie	£6.80
		Cumberland Sausage	£6.80
		Gammon & Pineapple	£6.80
		Barnsley Lamb Chops	£9.90
		Marinated Lamb Steak (6oz)	£9.90
		Pork Chop in BBQ Sauce	£7.20
		Cheese & Ham Pasta	£6.80
		Tuna Pasta Bake	£6.80

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## **SEDBERGH PEOPLE'S HALL & THE NEW LICENSING ACT OF 2005** *Registered Charity 523829*

The Sedbergh People's Hall Management Committee would like to take this opportunity of apologising to all those hirers whose bookings have been affected by recent events and to set out the new rules agreed with the Licensing Authorities and the Police for the holding of events where alcohol is to be provided.

Following an incident after a disco and involving the Police, the Hall and Committee were placed under 'special measures' by SLDC and the Police. At this point, all events at which alcohol was to be supplied and to which under-18 year olds were to be admitted had to be

cancelled, unless run entirely by the Designated Premises Supervisor (DPS). Under the new **Licensing Act of 2005**, any premises in which alcohol is supplied has to have a supervisor who has his own personal licence under the Act; Michael Garnett has undertaken to act as the voluntary DPS for the People's Hall, in the interests of the people of Sedbergh. The Committee was also obliged to provide new conditions to be attached to our licence for approval. These had to show we are aware of our responsibilities under the Licensing Act and that we are fulfilling the four objectives required by it. These four objectives are:

1. The prevention of crime and disorder
2. The promotion of public safety

3. The prevention of public nuisance

4. The protection of children from harm

The People's Hall is back in operation but with certain restrictions placed upon the committee and, therefore, upon users.

For events involving the sale of alcohol, the bar has to be run by our DPS (Michael Garnett), his appointed deputy, or by trained bar staff approved by him. Bookings for all events where alcohol is provided, but not sold, will be submitted to the DPS who will make a risk-assessment of the event and put the necessary supervision and safeguards in place. Bookings must be made at least a month in advance.

Events which include 'adult entertainment' have more stringent conditions attached and bookings for

these must be submitted at least six weeks in advance.

The Police are to be informed of events at which alcohol is to be sold and to which under-18s are to be admitted and will be invited to attend; this will also apply to any other events when the Committee or DPS deem it necessary.

The Committee would like to take this opportunity of thanking Michael Garnett for undertaking the onerous and unrewarding task of being the Designated Premises Supervisor in the interests of the Committee, of the town and of the users of the People's Hall.

We are doing our best to make the People's Hall a safe and pleasant venue for those who use it and for those who live in the neighbourhood.



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### THANDI TALES

By the time you read this the children out here will be back at school after their seven week summer holidays. It seems quite strange that they break up at the beginning of December and return at the end of January for the summer holidays.

We were invited to spend our one day Christmas break with some South African friends whose daughters are working overseas, one is a teacher in the UK and one is a radiographer in Saudi Arabia. Most white South African families have offspring working overseas and mainly in the UK. Hopefully a large percentage will return to South Africa as it needs their skills. The cynic's will tell you that there

are no jobs or future for white youngsters. Whilst I agree that the balance of power has shifted from white to black and the black and coloured population are favoured for most of the jobs this has been done to try to redress the inequalities of the apartheid years. In a meeting we had with a minister (economics) she told us that the discrimination against white youngsters could not be justified long term wise and that if we were to have a true "Rainbow Nation" (words of Desmond Tutu) then no type of discrimination could be tolerated, a sentiment I totally agree with as do most South Africans regardless of colour.



### Sedbergh Community Development Centre

#### \* Courses for February & March \*

**Computer Security Workshop** - What are viruses, spyware and adware? How can I protect my PC against them? A vital workshop for all PC users! **Tuesday 28th February, 7 - 10pm, £10 full, £5 benefit**

**European Computer Driving Licence** - One of our most popular computer courses giving you excellent all round knowledge and a valuable qualification. **Delayed start - ring for new dates**

**Floral Design with Gillian Rowlinson.** A 5 week course showing you how to make arrangements to brighten up your house this spring. No experience required. **£22 full, £14 over 60, £6 benefit**

**Bridge.** Interested in learning how to play Bridge? 4 more people needed to make up a class. **Please ring.**

**Welcome Host** from Cumbria Tourist Board. Increase the profitability of your accommodation business. Find out what customers need & expect, improve customer service skills and learn how to deal with difficult situations. Improve your knowledge of local facilities & services. **Thursday 16th February, 9:30-4:30, £55**

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Well thats the soap-box bit and now about why we are here.

Our first four months have been quite eventful but we now appear to be playing from the same song sheet which helps when we have a thirty piece orchestra. Initially we were looked on with suspicion and our motives were questioned. I think this came from an inherent distrust of anyone white and offering help. We constantly assured the community that our motives were not for our gain but for their benefit and to teach them skills. I think we have finally won and I heard Susan, the Thandi manager, telling someone that these English people are much different in that they help and want nothing in return, hopefully we have our first result.

You have to get used to a completely different culture and way of life. Some people are working one day and gone the next and when you ask a few days later – “Oh yes, Norman died at the weekend” – no one knows how old he was or where he came from just that he has died.

We recently took 2 eighteen year olds, a boy and a girl, from the community to work in the farm kitchen at weekends, and this week I received a call from the

chairman of the community trust thanking us for employing these two young people and if possible could we give preference to the young girl.

When I questioned the reason I was told that her Mother had died 18 months ago and her Father had died last week leaving her at 18 the head of the family. Her worry was how to deal with her 5 year old brother who kept asking “when are we going to see Daddy in hospital?” – hopefully we can help her through this difficult time.

This week we had a group of farmers from all over Africa to hear about our empowerment project and our Fair Trade status. Susan is the face and voice of Thandi and she spoke about the project and its future and then took questions. The first question was “why is there a white man on an empowerment project?” so Susan beckoned me over to explain our roll. Not one to miss an opportunity I spent the next ten minutes talking about our present roll of teaching business studies and developing the existing business into hopefully a successful venture and then with the aid of The Thandi Friends Project (now a registered

*(Continued on page 48)*

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charity) building workshops, craft center, computer center, laundry etc etc to provide training facilities and jobs for the community. I also explained that as soon as the first SafMarine ship delivered its cargo of early season fruit to the UK a container full of "goodies" for the project would return. After the meeting I was asked by Sylvester, who came from the Cameroon, how he could get bicycles as his people had no transport. Then William from Uganda wanted to know how they could get volunteers to help them develop and Wellington from Zambia asked if we could help get his pineapples to an overseas market. Jack from Congo wanted to know what is Fair Trade and so the questions kept coming.

Most people have access to email through government bodies or the churches etc and so we gave our email address to them all and said when they got home they should email us with questions and we will then try and help or find someone who can.

I think the one thing that touched me was the simple request for help. Not money but help and Thandi was the forum where Africans from all over the continent had met and talked in peace and love. May this happen again and again.

I spent the last morning of school term at our farm school along with three retired teachers from Manchester. One of these ladies has a cottage at Hall Bank and they all spend quite a bit of time in

Sedbergh. They had just spent a month touring South Africa and had a week with us in Hermanus. We were all introduced to the children as coming from Manchester, England – the home of Manchester United. This is the one thing all these children know about – so I quickly breathed in and stood tall thinking I might be mistaken for one of the United icons!. We had a tour of the school and I think the main thing we noticed was the lack of resources. The science Lab with no equipment, the library with few books, the lack of text books, writing paper, pens etc etc and yet children eager to learn and staff dedicated to improving the lives of these children. I asked the headmaster about orphans and yes, about 15% are orphans who live with uncles and aunts or other family members, all except one 15 year old boy who had been sent to live with an Aunt in Cape Town who drank and would beat him, so he ran away back to the village and is now looked after by the community and fed by the school. About 50% of the children have only one surviving parent.

A good friend, Eliza James, works for the Oxford University Press in Cape Town and she also runs a charity called “Sold on Success”. She has been instrumental in organizing the free loading and unloading of our container at Sheerness and Cape Town. But she has also raised money to provide our farm school children with a Christmas box. Each box had a bag of sweets, crisps an apple, a small chocolate bar and a toy, maybe a water pistol or face paints or a colouring book and so on.

Since we came out here 4 months ago

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twelve people from the Sedbergh area have visited us and the project. We are grateful for their support, both financial and moral, and for the emails and the Christmas cards we received which gave us the feeling of still belonging to Sedbergh.

And so as the sun sets in the West casting shadows from the Baobab trees over the herds of wildebeest, zebra and buck grazing on the endless plains a distant lion roars as it sets out on its nightly hunt for food. Then comes the silence when all that can be heard is the “click” as I flick through the channels on the sky digi box looking for something worth watching. We say “Goodnight from Africa” and greetings at this joyous time of year for a happy and peaceful 2006.

You can see further information on our Web Site at [www.thandifriends.org.uk](http://www.thandifriends.org.uk)

Yours in friendship

*Alan & Chris Clowes*

**SETTLEBECK HIGH SCHOOL**

When starting a new school year it is always cheering to look back at the previous year and reflect on our achievements.

It all started with those wonderful GCSE results, our best ever and amongst the very highest in Cumbria, considering that we have a truly comprehensive intake. It was an outstanding achievement by last year's year 11. The group returned to our Presentation Evening on Tuesday 15<sup>th</sup> November, with their parents, to celebrate not only their academic prowess but most importantly their transition to adulthood. We were very proud of every one of those students and reflected on what made each individual so special to us. The memory

of the year group will be with us for a long time to come.

Equally stunning were the year 9 National Tests (SATs) results last summer, again our best ever and an amazing achievement, the best results for a comprehensive school in Cumbria. Well done year 10, who are now working hard on their GCSE courses.

The current year 11 spent 3 days in October on their Successful Learner Course at the Great Tower Campsite and they are now gearing up for their GCSE exams, having got their mock exams out of the way. The current year 9 will begin to focus rigorously on their National Test targets during this spring term.

But as you know education at Settlebeck is more than assessments, exams and



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academic success, and once again the autumn term was.

I want to single out the year 8 & 9 French trip which was enormously successful in November and Alison Brown once again led a team of teachers and 65 students on a wonderful series of educational visits around Opal Coast and Paris. All the staff and students had a great time and agreed that it was very memorable.

The year 7 Derwentwater trip in September was also very ably led, for the first time, by Janet Oughton who arranged a great programme to both challenge the students and develop the bond between them, that is such a vital dimension of our students' experience at Settlebeck.

In addition Mike Orme has settled in as the new boy's PE teacher and with Angela Nicholas there have been a series of challenging football and netball fixtures this term. Year 11 have been to the Dukes Theatre to see The Accrington Pals for their GCSE drama courses, year 7 & 8 students had a workshop on Appalachian dance and music, year 8 had a Parisian Fashion Show, year 10 attended the Smartwise Heroes

Roadshow in Appleby on Risk & Personal Safety, and all years have been involved in running our Open Evening, our Christmas Fair and our charity fundraising for Jeans for Genes and Macmillan Cancer Research.

It was particularly cheering for the school to be awarded a plaque for our students' community involvement, from Jane Robinson and at the end of term the whole school celebrated Caroline Lamb's, Princess Diana Award for her tremendous achievement in writing, performing in, designing and generally leading our Sweeney Todd musical last year. Well done Caroline.

We are very pleased this term that our year 10 RESOLVE, peer mediation service has begun to support students who find themselves in conflict situations, and the new extended health services provision will begin (through our school nurse) later this month.

It was a great year and a very busy autumn term and we would like to thank all those parents, governors and members of our community who got involved, contributed and supported the school. Your contributions are what make this school so successful and dynamic.

*Dave Smith, Headteacher*

## CUMBRIA WILDLIFE TRUST

### *Wild Bees, Social & Solitary*

Most people are familiar with the social bees: Hive Bees and Bumble Bees (which used to be called "Humble Bees"). Social bees live in colonies with a queen who does the egg-laying, accompanied by a large number of workers (infertile females) who do most of the work of constructing and provisioning the nest, and some drones (males), whose only function is inseminate the next generation of queens. Hive Bee colonies can live over winter, but in a Bumble Bee colony the old queen and all the workers die in the autumn leaving only the new queens to hibernate and start new colonies from scratch the next spring. There are six species of Bumble Bees which commonly visit gardens as well as being widespread in the countryside:

White-tailed Bumblebee *Bombus lucorum*, with two yellow bands: one on the thorax and one on the abdomen and a white tail.

Buff-tailed Bumblebee *B. terrestris*, similar, but with a brown tail in the queen. (Unfortunately, workers of both have white tails.)

"Garden" Bumblebee *B. hortorum*, the yellow band on the abdomen extends onto the thorax, with a white tail. (It is not really any more associated with gardens than the others.)

Early Nesting Bumblebee *B. pratorum*, two yellow bands and a red tail.

Red-tailed Bumblebee *B. lapidarius*, all black with a red tail.

Carder Bumblebee *B. pascuorum*, sandy coloured.

The Carder Bumblebee nests above ground, by weaving together a ball of moss or dead grass, whereas the others



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usually nest below ground, often down mouse holes, as Beatrix Potter's Mrs. Tittlemouse discovered to her indignation. These six species of Bumblebees have adapted to garden flowers and are common in parks and gardens everywhere. This is good news, but unfortunately some other species, which used to be common but depended on our long-lost flower-rich hay meadows, have become rare and are no longer seen in Cumbria. There are also several species of Cuckoo Bumblebees. They have no workers; a female takes over the nest of another bumblebee and the workers rear her young instead of their own.

Less well known are the much larger number of solitary bees, of which there are about 200 species in Britain. They range in size from about that of a honey bee to tiny species so small that they are not easily recognisable as bees at all. Each female makes a simple nest consisting of only a few cells. In the case of Leaf-cutting Bees the cells are arranged in line in a tunnel in soft wood. If you find neat circular and oblong pieces cut out of the rose leaves in your garden this will be the work of Leaf-cutting Bees, which use the oblong pieces

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for the sides of their cells and the round pieces to plug the ends. Each cell is lined with a waterproof secretion and provisioned with a paste of nectar and pollen. Mason Bees make their cells of mud in a cavity. In Mining Bees the cells are grouped like a bunch of grapes at the end of a tunnel excavated in the ground. An egg is laid, then the cell is sealed and left for the egg to hatch, and the larva to develop, pupate and emerge as an adult - often not until the next year, by which time the previous adults have died. Provided, that is, that a cleptoparasitic "Nomad Bee" has not sneaked in to lay its own egg, which will hatch first so that its larva will eat the host's egg and then develop on its food. Nomad Bees (*Nomada spp.*), which look very like wasps, have few hairs, make no nests and collect no pollen. Throughout the world of bees, wasps and ants we find species which work hard to provide for their offspring and others which do no work and cash in on their labours.

In our garden at Natland, the first solitary bees to appear in the Spring are the Tawny Mining Bee *Andrena fulva*, accompanied by its Nomad parasite *Nomada panzeri*, and the Early Mining Bee *Andrena scotica*, which looks very

like a Honey Bee, and its parasite *Nomada marshamella*, which looks like a wasp with orange legs. The Early Mining Bee has a habit of flying in through transom windows, and, if you find what looks like a Honey Bee on the inside of a window, it is very likely to be this species. Honey Bees do not make this kind of mistake.

Later in the year we have the Red Mason Bee *Osmia rufa*, and the Common leaf-cutting Bee *Megachile*

*centuncularis*, but the most intriguing is the Wool-carder Bee *Anthidium manicatum*. This bee is unusual in that the male stakes out its territory over a patch of flowers, its favourite being Lamb's-ears *Stachys lanata*, around which it hovers, chasing away any other bees, to keep this patch for his own female(s). Male bees do not have stings, but this male has five spines on his tail which he uses to prod any interlopers. The females crop off little balls of woolly hairs from the undersides of the leaves and "card" this material into a kind of felt which they use to make the walls of their cells. If you have Lamb's -ears in your garden - look out for this bee!

People often ask what they should do to attract insects to their garden. The answer is that you do not need to do anything special (and do not be conned into buying bumblebee nest boxes, they are not interested). You only need to look to see what is there. If you have a selection of flowers in your garden you will certainly be visited by a range of bumblebees and solitary bees (in addition to honey bees). I have seen 16 species of wild bees, social and solitary, in mine.

*Neil Robinson*

### **SEDBERGH CDC EXPO 2005**

*for visitor accommodation businesses*

Our information day at the People's Hall in November was a great success. People from around 30 existing and potential B&Bs and self-catering establishments were very pleased with the useful information they received from 20 advisory bodies and suppliers. Advisory bodies included the Inspection and Advisory Service, Northwest Farm Tourism Initiative, Environmental Health and Fire Safety. Suppliers included Steadman's Butchers, Powell Fruit & Vegetables and Fairground fair trade supplies. Jackson & Graham Chartered Accountants provided accountancy advice. Jonathon Perkins from Cumbria Tourist Board gave a talk on marketing. Kath Milburn from Sedbergh won a colour TV in the prize draw. The day was arranged in collaboration with Sedbergh Booktown Ltd and Sedbergh Tourist Information Centre and supported by funding from Cumbria Community Foundation, Cumbria Tourist Board and Cumbria County Council.

As a result of the day we are pleased to be able to offer two courses to further assist accommodation businesses. Please ring Sedbergh CDC on 015396 21031 for further information;

**Welcome Host** is a one day course about how to provide excellent customer service for your guests. Find out how to maximise your business by learning what customers are looking for and how to attract and retain them. Participants will receive a certificate and will be eligible to use the Welcome to Excellence Logo on their stationery. The course will be held on Thursday 16<sup>th</sup> February and the cost

will be £55 (a £30 reduction on the normal national rate).

### **CIEH Foundation Certificate in Food**

**Hygiene** is a 6 hour course over two evenings (27<sup>th</sup> February and 6<sup>th</sup> March). Formally called Basic Food Hygiene this certificate is issued by the Chartered Institute of Environmental Health and is valid for 3 years. This is a vital course for anyone who handles food for the public, so take this opportunity to gain or renew your certificate. The cost of the course is £42. You may be eligible for a grant of £30 if you are in a tourism business.

*Chris Wood*

### **SEDBERGH TOWN BAND**

*Band News.*

Having taken the baritone horn up only twelve month ago Richard Mason has progressed through the beginners class to making his first public appearance with the full band at this year's Christmas Concert.

Two of the youngest members of the band, ten year old twins Henry and Sam Wray are to be congratulated on being awarded places with the Children's Under 14 Brass Band of Great Britain. Henry (Euphonium and trombone) and Sam (baritone horn) successfully negotiated an audition at The University of Sunderland in the face of stiff and talented opposition and will be joining a special summer camp this year.

The twins put their success down to the inspiration of their brass teacher at Sedbergh School Junior School, Stuart Shields, their usual school lessons and the weekly rehearsals with the Sedbergh Town Band.



**PRIMARY SCHOOL**

The children of Sedbergh Primary School were treated to and enjoyed an African drumming Session with Zozo Shuiabu before Christmas.

Zozo worked with children of all ages introducing them to African rhythms through dance and music.



**SETTLEBECK HIGH SCHOOL**

*Student Council 2005-6 at Settlebeck*

The student council representatives for this academic year are:

- 11W 1 ..... Emma Mason
- 2 ..... Lyam Pearson
- 11T 1 ..... Liam Mason
- 2 ..... Nathan Critchlow
- 10I 1 ..... Natasha Hardy
- 2 ..... Michael Griffin
- 10J 1 ..... Adam Littlewood
- 2 ..... Emma Teal
- 9H 1 ..... Stuart McCandlish

- 2 ... Elizabeth Parkinson
- 9B 1 ... William Richardson
- 2 ..... George Sewell
- 8AB 1 ..... Lizzie Hunt
- 2 ..... Jamie Game
- 8NB 1 ..... Lauren Mackereth
- 2 ..... Tom Coates
- 7O 1 ..... Hugh Gallagher
- 2 ..... Lizzie Farrell/  
..... Sommer Vass
- 7L 1 ..... Xav Baines
- 2 ..... Emma Rennison

*Health and Safety at Settlebeck*

Settlebeck had an official tri-annual Health and Safety audit in October and has, for the second time, been praised for the comprehensive and thorough systems of monitoring we employ in the school.

The auditors said that they had never seen a better school in respect of both documentation and practice. The audit report gave useful advice on minor changes to our systems, which are now being implemented to ensure that we are up to date with all current legislation and regulations.

Particular thanks are due to Mrs Hurr and our caretaker Mr Tebay for their hard work and ongoing vigilance in this important aspect of our school's management.

### **SEDBERGH & DISTRICT BEEKEEPERS' ASSOCIATION**

Wintertime for beekeepers is the time to relax and catch up with both reading and learning something more about bees - the fascination never ends!

Last year the club was able to generate enough extra funds to purchase some additional equipment for our members to borrow free of charge. This included a second-hand but powerful and very well equipped Cooke polarising microscope with a magnification of up to x400, just right for looking at some of the

interesting things about bees that can't be seen with the naked eye. We can now see the delicate and very complex make-up of each part of a bee, and look at the



individual pollen grains from the flowers that our bees visit, from the differently coloured pollen balls they sometimes lose from the pollen baskets on their hind legs, or that we have extracted from our honey - did you know that a pot of natural honey can contain up to a million individual pollen grains in a 1lb jar? They get in as the bees make the honey in the hive from the nectar they have collected from the flower and tree blossoms they visit. Under the microscope, we can also see the presence of certain bee diseases and treat them before they can harm the colony. It's exciting stuff - a completely new world if you're not already a practised microscopist, and a very beautiful one!

With the help of Sedbergh School Biology Department we are improving our techniques for producing appropriate

microscope slides for later reference by members. So our next club meeting is to show those of our members that have not used a microscope before how to get the best out of it, and to look at various types of pollen taken from flowers, our bees, or from our honey. We shall also look at various parts of the bee at high magnification, and learn about those bee diseases that can be identified using a microscope. The meeting is at 7.30pm on Monday 20<sup>th</sup> February in the People's Hall committee room, as usual.

*Malcolm Fraser-Urquhart*

### **SEDBERGH WANDERERS FOOTBALL CLUB**

We would like to say a big thank you to everyone who came to our Prize Bingo in December and to all the people and businesses who gave such wonderful prizes. We had a wonderful night with lots of laughter and good fun, mainly down to that great Scottish Lass Mo, the best and funniest caller you could ever have. Also with Janette, Joanne and Joanie who all gave there time free of charge (and missed X Factor) to make the night the great fun it was.

Fundraising is hard and in a small community like ours, it was amazing how well we did raising £551 which we were proud to give to Dales Untied Football Club so that the young lads of Sedbergh and Dent can play the game and, with a bit of luck take, over from some of our older players that really should be sat at home with their slippers on by now (Jaws, Tom Moff, Big Bains and Arron). Many Many thanks to you all and see you next December when we will do it all again!

### **SEDBERGH TOWN BAND**

#### **Town Band on 'Look North'**

On Tuesday 20th December the band performed a selection of Carols adjacent to the Main Street 'bus shelter. The BBC 'Look North' team had been in touch the previous week asking us to be one of the regional groups to be featured in the course of their daily 6.30 - 7.00 pm news programme in the week leading up to Christmas.

Sedbergh singers were hastily contacted and at 5.45 pm on the Tuesday the singers (augmented by passers-by) were situated behind the band who were seated (on chairs provided by Martin Powell) with their banner bedecked stands - sporting the music to be played which was illuminated by a combination of BBC lamps and torches clipped on to the stands.

With typical perversity the weather, which had been fine and dry for the previous few days, turned foul at precisely 5.45 pm and a substantial drizzle developed and persisted until the proceedings were completed. In spite of being soaked and frozen the enthusiasm and high spirits of the band and singers was in no way dampened.

In the course of the programme, anchored at the Sedbergh end by Diane Oxley, the performers appeared three times: briefly at the start, then a fairly protracted section in the middle when Director of Music Alan Lewis was interviewed, and again at the end when we provided the background to the area's weather forecast.

A follow up to the programme occurred the following day when an e.mail was received from Rachel Langridge on

behalf of the Flixton Band of Manchester. She said she had seen 'the band caroling on North West Tonight' and that it was 'good to see a band getting some publicity on the local news'. She ended by wishing the band good luck and pointing anyone interested to a free website she is involved in running ([www.themouthpiece.com](http://www.themouthpiece.com)) which contains 'everything you could want to talk about for brass bands.'

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### **SEDBERGH CRICKET CLUB**

The Club enjoyed a very successful season in 2005, finishing third in the league and winning the Adam & Gaskell Trophy Divisional Knockout Competition. Two players D. Archer and J. Cann scoring centuries in the league.

Thoughts now turn to the 2006 season starting with the AGM to be held on Tuesday 7th February at the White Hart Club. The cricket club has a very limited number of players and would welcome anyone interested in playing to come along to the meeting. We have lost regulars from the 2005 side and need new members for the club to survive.

Indoor nets will be held prior to the season which starts at the end of April.

*L. Hoggarth*

## BADMINTON CLUB

### Seniors

The First Team of the Sedbergh Badminton Club continue to dominate the Third Division with an excellent crunch match win over our closest rivals, Strickland 'A', winning 11-7. This gives them a 20 point lead at the top of Division 3.

In the Albert Pearson Memorial Trophy, they had a disappointing match v Heversham 'A' losing by 1 point. Heversham 'A' had an extra serve and a start of 18 points - this was a very accurate handicap.

The Second Team had a good start to the New Year winning their Division 4 match v Burneside 11-7. A football injury to Alan Wilson meant a promotion for Andrew (Buzz) Burrow from 3rd to 2nd Team. Buzz won all his matches v Burneside. A belated Happy 18th Birthday Buzz from all at the Club.

In the Albert Pearson Memorial Trophy, the 2nd Team had an away draw against Hutton Croft and did very well to win by 7 points.

The Third Team have also had a very good start to the year winning away against Grange 13-5 in Division 5 and winning by 7 points against Bowness in the Albert Pearson Memorial Trophy.

The Second and Third Teams now progress through to the Quarter Final stage of the Albert Pearson Memorial Trophy.

### Juniors

The Juniors continue to top Division 3 of the Eden Valley Junior League. They have played 2 matches recently, losing 4-8 against Harraby and winning 11-1 against Stainmore.

Congratulations to Rosie Mason for

being selected to play for Cumbria. She played in the Under 12 Squad in Ashington on 14th & 15th January. Cumbria came 5th out of 8 Counties. Well done!

Club Nights are Mondays from 7.30 to 9.30 pm and Fridays from 8.30 to 9.30 pm for Seniors. The Juniors are from 7.30 to 8.30 pm on Fridays. All standards of player are welcome. If you have any questions, please ring Richard on 20565.

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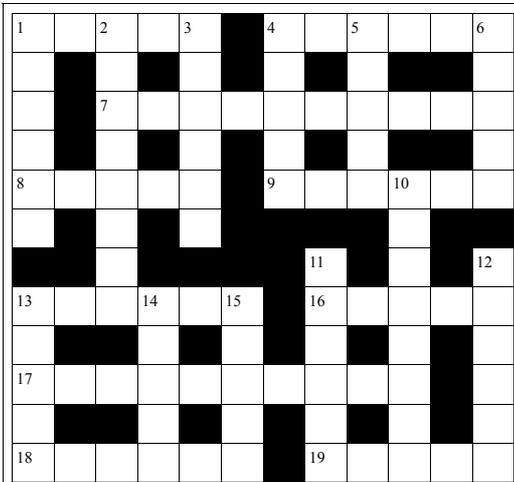
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### THOUGHT FOR THE MONTH

My mouse mat tells me that the older we are when we try to loose weight the harder the task because by then our bodies are really good friends with our larger self.. do you like yourself? I hope so, I like me, sometimes I really love me, sometimes I think it's a good thing just in case no one else does! Perhaps after I have opened my mouth and then put not one but both feet firmly into it and created something of an atmosphere its good that I love me. Remember you are special, special and loved, by people you love, even by someone you are not sure about perhaps and, remember this, you are special because God loves you. He knows and sees all and yet He loves you!

LD



- 11 Street artist with fashionable air (6)
- 12 Delivered unusually low bid (6)
- 13 Wood award given back before new year (5)
- 14 One on electoral role in Sarajevo territory (5)
- 15 Poor journalist caught by rising Eastern currency (5)

*Answers to December (JUMBO) -*  
**ACROSS:** 1 Presents; 4 Jingle Bells; 9 Eats; 10 Strict; 11 Terrific; 13 Stroganoff; 17 Roomier; 19 Spit; 20 Lease; 21 Nil; 22 Coati; 23 Epaulette; 26 Nauseates; 29 Diffident; 31 Advancing; 35 Thumb; 37 Saw; 38 Drive; 39 Vote; 40 Redline; 41 Talk down to; 44 Breather; 46; Basket; 47 Stag; 48 Embodies; 49 Esquires.  
**DOWN:** 1 Press-ganged; 2 External; 3 Titan; 4 Jack Frost; 5 Gut; 6 Borderline; 7 Loft; 8 Secluded; 12 Proscenia; 14 Applaud; 15 Octal; 16 Diva; 18 Tahiti; 24 Establish; 25 Affair; 27 Sainted; 28 Snowploughs; 30 Interested; 32 Venetians; 33 Navel; 34 Adorable; 36 Urdu; 37 Spinster; 42 Keeps; 43 Kerb; 45 Roe.

**Across**

- 1 Diving aid from small island (5)
- 4 Area surrounding a royal house (6)
- 7 Vessel often used at first meetings (10)
- 8 Water seen in Tebay outing (5)
- 9 Old measurement for table (6)
- 13 Legs in bingo team? (6)
- 16 Dance has no taste at first (5)
- 17 Perhaps coming from Hadrian's is crazy? (3-3-4)
- 18 Peer into the unknowns every twelve months (6)
- 19 Famous Democrat seen in front of private school, upset (5)

**Down**

- 1 Brush around small plants (5)
- 2 Relation catches cold in piece of circus equipment (8)
- 3 Approach a location (6)
- 4 Danger from using washing powder with no sulphur (5)
- 5 Spiritual leader interrupted by large S American resident (5)
- 6 Strange lake, so it is said (5)
- 10 Allow to go after thin type of glove (8)

**PRIZE DRAW**

A Happy New Year to everyone from Steadman's.  
 The free draw held during December on all Game purchases of game and game products was won by Beverly Hankinson from Blackpool. Thank you for taking part. The signed copy of Clarrissa Dixon Wright and Johnny Scott's Game Cook Book is to be collected by Beverly on her next visit to Sedbergh.  
 Thank you again for your custom during 2005 and hope to see you soon  
*Garth Steadman*

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

2006!! Tuesday 10<sup>th</sup> January. Here we are back again in the committee room of the People's Hall and very snug and warm it is too. Outside it is bucketing down and rather chilly. Shirley, our President, welcomed us all and gave a special welcome to two new members, who after due consideration have decided that it is safe to throw in their lots with us. I am sure that Wendy McLeod and Barbara Kooper will be a splendid addition to our group. The more the merrier!

The business of the meeting was quickly and efficiently dealt with. Our eagerly awaited speaker was Mr. Brian Adams who, as he said himself, was beating the

drum on behalf of the National Gardens Scheme. Brian started with an outline of the history of the organisation which we were interested to learn had started back in 1927 to raise money for the fledgling District Nursing service. Since then it has raised money for many different charities and given pleasure to millions. People volunteer to open their gardens to the public and nowadays these are listed annually in "the yellow book", which no glove box should be without. The 2005 book listed 56 beautiful and varied gardens in Cumbria many of which also provide wonderful teas. Until last year Brian was the Press & Publicity officer for the organisation in our county but is clearly a very knowledgeable gardener

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himself. However his skill as a gardener is equalled or surpassed by his skill as a photographer. An hour or so sped by in a flash as he took us on a pictorial tour of Cumbrian gardens and then others in the rest of the country. It really was a most enjoyable afternoon. It certainly should have impressed our new members. Let's hope we can keep up the standard! Our next month's speaker has a hard act to follow.

We then enjoyed our usual tea and chat, competition and raffle. The traditional January contest is for "a Christmas card" and this was won by Wendy McLeod, clearly starting as she intends to go on! It was serendipitous in another way as the winning card had been sent to her by one

of our previous members, Christine Simpson, now living happily in Norwich. The raffle was won by Mary Tallon.

Despite the awful weather we had an excellent turnout for the meeting. A few members were stricken with coughs and colds, one has taken herself off to sunnier climes, but we send our special wishes to Pamela Symonds who regretfully is "less than her blooming best", and in hospital again.

Looking at our programme I see that our next meeting is at the People's Hall on Tuesday 13<sup>th</sup> February. The speaker will be W. Fraser-Urquhart whose topic is "The Rocky Mountains - from Hell's Gate to Paradise". Miss it if you dare!

*W.F.U.*

### DENT CAR PARK

Last April Dent Parish Council took over the running of the car park in Dent from the Yorkshire Dales National Park Authority. The main aim of this was to allow local people to decide on the parking charges in the hope that a different price structure would encourage visitors and others to stay longer in the Dale and thus help local businesses. So, from last April the two-hour rate was reduced from £2 to £1.20 and the all day rate was increased from £3 to £4.

However, as well as the daily tickets, there are a number of annual parking permits which the Parish Council is honouring in 2006:

- **Residents' permits issued by the National Park and by the Sedbergh Community Office.** These are free to residents of the National Park and are issued to a particular vehicle. They are not transferable and cannot be used for large commercial vehicles.
- **Permits for Holiday cottage owners.** These can be used by any vehicle staying at the holiday cottage and are valid in all YDNPA car parks as well as in Dent. They cost £75 and are obtainable from the Grassington office of the National Park – tel 01756 752748.
- **Permits for locally-owned larger commercial vehicles.** These can be used by any vehicle owned by the company. They cost £60 and are obtainable from Mike Duxbury, Parish Clerk, The Hayloft, West Backstonegill, Dent, Cumbria LA10 5TE.

If anyone has difficulty in obtaining any

of these permits, please contact a member of the Dent Parish Council who will be pleased to advise or help.

So far, taking over the car park in Dent seems to be successful, as the number of people using it during the summer showed an increase on the previous year. And if it makes a small profit at the end of the financial year, the Parish Council will be able to plough money back into the local community.

*Ann Wilson*  
*Chair, Dent Parish Council*

### SETTLEBECK HIGH SCHOOL

*Year 9 Visit to Zrece*

Yes, we are off again. After last years successful Easter trip we are going back a bit earlier from the 10<sup>th</sup> – 16<sup>th</sup> February, to catch the snow.

31 Year 9 students are taking part and our activities programme includes skiing, walking, swimming in the local spa, time with students in the local 'Primary' (up to year 9) school and of course early morning gymnastics (I cant wait!). We will be visiting Postojna Caves and the capital Ljubljana, the Skomarska house and forge, and there will be lots of sports and games.

The Slovenian students will pay us a return visit in June and we are very pleased to be continuing to develop our town twinning link with these wonderful people.

*Shoe Box Appeal*

A big thank you to everyone who contributed to this year's Shoe Box Appeal. We collected 45 boxes for the Samaritan's Christmas Appeal – a real achievement.

*Dave Smith*  
*A Brown*

## FEBRUARY GARDENING

We have been promised, by those experts in the Weather Centre, that as far as statistics go, we are due a very hard winter this year. So far the few days of cold weather in December and January don't add up to one of those and the early spring flowers are already beginning to show their welcome blooms. Snowdrops (*Galanthus*) and Winter Aconites (*Eranthis hyemalis*) are coming in to flower along with the earliest of the Pulmonarias - (*Pulmonaria rubra* always comes into bloom way ahead of all the other species in my garden) - and one or two mad primulas. You may have noticed that in previous cold spells, the true winter flowers weather the knocks and recover remarkably well. Snowdrops and Daffodils sometimes start the day drooping on the ground, looking as though they have been lightly steamed, but as soon as the air temperature rises they perk up and quite quickly go back to normal. The same process can be seen at work in some shrubs particularly evergreens such as Rhododendrons. In frosty weather their leaves droop and they look as though they are suffering from drought. This is not so far from the truth - the leaves are short of water - but this is a process brought about by the plant itself. The removal of water from the cell turns the remaining sap into a form of anti-freeze which stops the cell walls from rupturing. As the frost thaws water is allowed to flow back into stems and leaves, and they resume their normal shape.

Sometimes the most striking winter plants are those which have a bold shape, rather than those with flowers. My winner of the most stylish plant of the winter competition this year is "Black

Grass" (*Ophipogon planiscapus* 'Nigrescens'), which actually belongs to the Lily rather than the grass family. It has clumps of black, strap shaped evergreen leaves which, when edged with sparkling white hoar frost, look simply stunning.  
*Elaine Horne*

## CROSS KEYS

*The Cross Keys Temperance Inn at Cautley.*

As many of you know, the couple that were to look after the Cross Keys during our three-year absence in Africa have decided to leave.

This left us with a major problem as we are working as volunteers with a disadvantaged community in South Africa and the one thing we must give these people is continuity and the situation would not be helped by our leaving.

Fortunately we have superb staff at the Cross Keys and when they knew what was happening they rallied round, even the ones that had left have come back and those that were about to leave have now stayed.

Barbara Pickles a local farmer/vets wife is taking over as manager. Barbara has worked with us for nearly 4 years and knows the Cross Keys as well as we do. She is a superb cook and many of our special dishes come from Barbara.

We would like to reassure everyone who has visited the Cross Keys that our staff are as committed as we are to offering a warm, friendly welcome with good, home cooked food at reasonable prices.

On a personal note thanks to all the staff for their loyalty and understanding and a big thank you to our customers for their continued support.

*Alan & Chris Clowes*

### **SEDBERGH and DISTRICT ART SOCIETY**

On 9th December, at Farfield Mill, David Hartnup spoke to us about World War Artists. During WWI, the Government published a booklet, and commissioned writers and artists to contribute. Although intended to show the life and conditions of British soldiers, no drawings of dead ones were allowed. David showed how several interesting facts could be gleaned from the drawings, e.g. there were no tin helmets until 1916; one society artist went taking his chauffeur, his mistress, etc. and copied photos, never going anywhere near the action; there was never much happening during the day, everything went on at night. In spite of censorship, each artist developed his own style and emphasis.

A very interesting evening, which reinforced the horrors of war.

On January 13th, we watched a video of artist John Hammond "Capturing light in Acrylic". He uses a medium to mix with the paint, rather than water, which enabled him to control the drying time, and to work at the speed that suited him. He laid on a very rough background - "getting rid of all the white background" -

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before getting down to details, and producing landscapes in a very short time. Something for our Wednesday morning informal group to try.

Our next meeting is the A.G.M. and Members Night on February 10th. We look forward to seeing you then.

*Valerie Finch*

### **LADIES NFU**

A cheque for £200.00 was sent to Dogs for the Hard of Hearing, thank you to all those who contributed.

For the December meeting Mr T Hughes gave an interesting talk and showed slides on Kendal as it is now and as it used to be. January meeting Mrs Elspeth Griffiths gave us an interesting talk about her work as an archivist from land ownership to her present day work at Sedbergh School and how the documents needed to be kept in the right conditions with humidity and light being the worst.

We meet on the third Tuesday of the month at 7.30pm in the Peoples Hall Committee Rooms. Our next meeting will be on 21st February with guest speaker Mr Lowe showing slides on Wrestlers Crucks & Mullions. New members always welcome.

### CDC

*Tell us where to go .....*

At Sedbergh CDC we regularly get requests from local residents (and businesses) to organise new courses of one kind and another. In response, since September, we have started classes in Woodwork, Web Page Design, English Literature from WW1, Dressmaking, Maths, and English as a Second Language.

On 28<sup>th</sup> February we have a workshop all about protecting your PC from viruses, spyware and other nasties. Find out what they are and how to get rid of them!

We are currently taking bookings for the Foundation Certificate in Food Hygiene and Welcome Host (see ad elsewhere in this edition). These courses were requested by local people who visited our B&B Advice Day in November.

Recently we were asked to start a Bridge class. We can do this but first we need 4 more people who'd like to learn. If you, or a group of friends, are interested please let us know.

We are also very keen to re-start our Basic Skills class in Reading and Writing but we need 1 or 2 new students to make the class viable. These classes are FREE and are tailored to the needs of individual students.

Please give us a ring on 21031 if you would like to know more about classes or if you have any ideas for new classes.

### A CYPRUS WARMER

At the conclusion of our twinning competition in autumn 2004, we all agreed that we would maintain "Friendship Links" with our other contestants. Some Sedbergh residents have already been warmly welcomed by their twins in Cyprus and Athienou tourism supremo Eleni has now suggested that a party from Sedbergh should come on a bargain holiday in spring this year. (Provisional dates 29<sup>th</sup> March to 12<sup>th</sup> April). It would be a flexible package with the option of one or two weeks including air fares and

accommodation with a choice of excursions as extras (including a 3 day cruise to Egypt!). An approximate basic cost would be £250 (one week) to £350 (two weeks) depending on times of booking the flights (Manchester –

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Larnaka). Food, drink and car hire are all very cheap and Cypriots drive on the left. The accommodation would be twin or double self-catering apartments in Larnaka. Transfers from Larnaka airport to the apartments cost £10.00 and the price from Sedbergh to Manchester would depend on the size of the party. **This special deal is open to card-carrying members of the Twinning Club only.** (Telephone Susan Garnett (21138) for details and a membership form). Please let Garth Steadman know as soon as possible if you are interested (20431 or garthsteadman@yahoo.co.uk) The early birds get the best deals!

### **GRUMPY OLD MEN**

The Dentdale Grumpy Old Men will meet again at 7.30 pm on the 9th February at The Sportsman's Inn, Cowgill. Come along for a laugh and a moan. Supper available.

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### **DECEMBER WEATHER**

December weather: The month started with temperatures a bit more seasonal though on only 3 days did the maximum stay in the 30sF. The maximum temperature recorded was 49.3F on the 28<sup>th</sup> of the month and the minimum of 17.8F the next day. This coincided with a covering of snow. Pressure was more variable than in most months with the first few days in the 28 inches of mercury and five days when it went up into the 30 inches of mercury. As expected with these changes the wind speeds recorded were also variable ranging from no wind recorded to a maximum of 19.5mph. Again on only 4 days was the wind not from the north west. Rainfall was low for December with only 2.01 inches recorded. A few days had some snow between Christmas and the New Year.

The mini daffodils flowered towards the end of the month and the winter jasmine, which has been in flower since October, has just about finished. There were still one or two nights when slugs, the smaller types, were around at night. The ordinary daffodils are poking through the leaves in the borders as are the snowdrops in the grass. The long tailed tits continue to drop in literally. I managed to photograph 10 at once on the peanut feeder! A rare sight in our garden was a splendid pair of bullfinches. These were only the second pair I have seen in the last 10 years.

### **DENTDALE METHODIST CHAPEL**

Our Carol service in December led by Mrs Susan Raw was really lovely with various folks taking part and followed by a hand-around tea our friends from the chapel at Dent Foot joined us we are always pleased to see them along with anyone else who wants to come.

Every week we have a service at 2pm except if we go elsewhere, details available on the Circuit Plan available in the porch. On Jan 8th we joined all the circuit congregations at Sedbergh for the annual Covenant Service where we think about our calling as the people of God and renew our promises to Him, a lovely service with both the choir and Worship group to lead the singing, at one point very lively which is how I like it, not to say I don't enjoy the older hymns as well but the modern worship songs are a breath of fresh air. This was followed by a Jacobs Join tea and the chance to chat with friends seldom seen.

We are involved with the family event, "Jacobs Ladder", the Pray and Share and hopefully soon a monthly Bible Study in the dale.

Our weekly printed notices invite our participation in local events and ones further away, they suggest people to pray for and if you would appreciate knowing people are praying for you there is a prayer request board in the chapel or do give us a call. *S E Woof 25212*

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### **POLICE REPORT**

Nothing to report this month apart from problems evolving from an incident at the People's Hall which has resulted in the articles this month regarding the new Licensing Laws. *D J W*

### **GALA GROUP CHILDREN'S PARTY**

Around 135 Sedbergh Primary School children enjoyed an afternoon of fun, games and party food at the annual children's party held on Saturday 14<sup>th</sup> January at People's Hall which was financed by Gala Group funds.

The entertainer Harvey Rush, who has many years experience of such events, kept the children occupied both physically and mentally with a non-stop medley of games, dancing and conjuring tricks, one of which provided particular amusement to the children as they saw Mrs Bannister sitting uneasily under an inverted tumbler of water.

During an interlude in the activities the children were given a party tea provided by the Gala Group Committee and each child received a balloon and bag of goodies and fruit at the end of the proceedings.

The Gala Group are very grateful for the support of adult helpers and wish to say a special thank you to the younger helpers: Gala Queen Rosie Wood, Rose and Bill Longlands, Stephanie Moore, together with a group of Sedbergh School students. The contribution of these helpers, both with the entertainment and with serving the teas, made the task of looking after so many children that much easier and helped to ensure a successful and enjoyable occasion.

The next major event is the Gala on Saturday, 20<sup>th</sup> May and preparations are well under way. RK

### **CAROL SINGING IN DENTDALE**

A special thanks to those who joined the Carol Singers in Cowgill, Gawthrop and Dent in the week before Christmas and to

all those who gave so generously too. An excellent total of £343.33 was raised that has been shared between The Children's Society and The National Children's Homes. Our thanks also go to Mrs & Mrs Pilgrim, Mr & Mrs Mason and Mr & Mrs Fothergill who so kindly provided refreshments for the singers and others who provided nibbles en route. Thank you to all again for your support.

*Neville Allen*

### **USEFUL TELEPHONE NUMBERS**

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Bay Radio .....	01524	848747
<i>Phone in</i> .....	<i>01524</i>	<i>848969</i>
Border TV.....	01228	25101
British Rail .....	01539	720397
Citizen Advice Bureau.....	01539	720112
Childline .....	0800	1111
Councelling for Youth .....	015394	34121
Crimestoppers.....	0800	555111
Cumbria C. C.....	01539	721000
Cumbria Police HQ .....	01768	891999
Electric Services .....	01539	732833
<i>Emergency</i> .....	<i>01539</i>	<i>729112</i>
Gas Services .....	0845	6091122
<i>Emergency</i> .....	<i>0800</i>	<i>111999</i>
Kendal Hospital .....	01539	732288
Missing Persons.....	0181	392 2000
Public Transport Enq's .....	01228	812812
Radio Cumbria .....	01228	592444
<i>Phone in</i> .....	<i>01228</i>	<i>592592</i>
Royal Lancaster Infirmary	01524	65944
Samaritans .....	01539	741444
Sedbergh Primary Sch. ....	015396	20510
Settlebeck High Sch. ....	015396	20383
Sedbergh School.....	015396	20303
S.L.D.C.....	01539	733333
Social Services.....	01539	773300
<i>Out of Hours</i> .....	<i>01228</i>	<i>526690</i>
Water Services .....	01229	821690

If any of these numbers are incorrect, please let us know.

**THE COMMUNITY OF  
SEDBERGH'S VILLAGE HALL**

In the 50's the Peoples Hall was born and created by the Dawson's - it was started and created so the people of Sedbergh had a venue for whoever wished to use it for any occasion, be it an old time dance, meeting place for committee's or any event for any number of persons or people.

Up until 2005 the Hall has never been licensed for the sale of alcohol. It was decided it should be on the grounds that if it wasn't licensed only 12 events for the whole year could be held where alcohol was supplied. As the committee knew that most events where alcohol was supplied were events where the money raised goes to charities (mainly local ones) they decided it would be best to license the People's Hall. As a result of the Committee thinking of local people and their needs this was implemented.

In November 2005 we all know the new licensing laws for the supply of alcohol came into effect for licensed premises - i.e. the Bull Hotel, the Red Lion, the Dalesman Country Inn, the Sports and Social Club and low and behold, yes, the People's Hall.

What the Police and the Council are trying to 'clamp down' on since these new laws have arisen are:-

- Under age drinking
- Anti-social behaviour
- Drugs

Now then, lets be totally honest with ourselves community - all of these happen in the world we live in today - no one can deny it - not the committee of the Peoples Hall or anyone - now then as far

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as under-age drinking goes - the committee (and I'm sure the community as a whole) is aware this happens. Some families deem it less of an issue than others, some think it's wrong and teach their kids this, some don't. Let's associate this subject to events held at the People's Hall. In fact in a way if under-age drinking happened at events held at the Hall it may be not a bad opinion to think 'Well it happens once a month, we know it happens, we know where they are and what they're doing and they aren't on our streets doing it'. However the last disco before Christmas the Police were called to an event and two youths (aged 16) from Kendal, not Sedbergh, were caught intoxicated. Now we have a

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ALL RUBBISH  
REMOVED

problem, a big problem from the authorities point of view. Times are changing regarding alcohol - we have to respect that and change accordingly and people that hire the hall have to do this also. The Committee - by the way who are all volunteers and work on behalf of anyone that wishes to hire the Hall, and they do it free of charge - got told to change the way it is run and the way alcohol is sold at these events or be closed.

You tell me Sedbergh - what is it you want? The People's Hall is bigger than one man who just drops his tools at the first glimpse of change, or being told he has to change. People who want to raise money for local charities and

organisations have never been more welcome to do so, I mean £50 for hire, come on, it's for nothing. Especially when you can make over £500 profit in one night. Sometimes double that. All the Committee asks is that you adhere to what the Police and Council have told them they must implement. To carry on providing a service for YOU, the Community, to raise money for local people, organisations and charities. Just for the record, the Ladies Night was only cancelled at the People's Hall because the correct license was not purchased by its organiser, so by LAW this could not go on.

## SECOND CALL FOR THE SPRING SHOW 2006!

Calling all Mums, Dads, Grans, Grandads!! Now nobody knows better than you that your little (or not so little) one is the brightest and best in the whole world. So now is the time to make sure that the rest of us realise it too. Make sure that they enter the Spring Show and walk away with the prizes, or even better that they learn that the really important thing is to take part. Everybody can enjoy being part of the April Fools fancy dress parade and make it a really special occasion for Sedbergh. There are classes for everybody.

- Dig out your photos and crafts!
- Make those scones and cakes!
- Enter that jar of jam or chutney!
- Have fun creating a garden on a plate!

LOOK CAREFULLY AT THE  
SCHEDULE AND FIND SOMETHING  
YOU CAN ENTER

*Sedbergh Spring Show Committee*

## SEDBERGH TOWN BAND

### *Carols at the Stores*

Booth's, Asda and Morrisons's willingly consented to our requests to play a selection of carols in their Kendal stores in the course of the run-up to Christmas.

On each occasion some dozen or so players, covering the four parts of the music involved, assembled at the respective venues and played for two hours.

Saturday 17th and Sunday 18th December between 11.00 and 1.30 pm saw the band at Booth's. On Monday 19th between 5.30 and 7.30 pm the customers of Asda were entertained whilst on Thursday 22nd at the same time Morrison's hosted the players.

Preparations to ensure a smooth running of the engagements started early with Tony Crofts admirably organising the personnel involved in each performance ensuring a balance within the sections. A selection of thirty plus carols were rehearsed prior to the events which ensured that a two hour programme could be played without repetition if required. In the event the more popular and familiar carols were repeated and it was pleasing to note that nine of the top ten carols according to a recent Daily Telegraph survey featured in our selection.

Playing at the stores was a great success, enjoyed by the band, store staff and shoppers alike. Most complimentary comments were heard on all sides and numerous customers approached member of the band to express their appreciation. Only one adverse remark was recorded: a lady on exiting one of the stores was heard to declare that 'we could do

## WOMEN'S WORLD DAY OF PRAYER

Friday 3rd March, 2006

at 2:30 pm

St Andrew's Church, Sedbergh

### SIGNS OF THE TIMES

Service prepared by  
Christian Women of South Africa

Speaker: Sister Georgina McPake

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Men, Women and Young People

without that lot' (meaning the band). Perhaps we struck a discordant note with her idea of what should constitute the Christmas festivities.

One piece of drama was provided by a gentleman who having loaded his trolley to the gunnels with all manner of Christmas goods, including numerous bottles of brandy and whisky, was tackled by a member of staff who had observed that he'd neglected to pay for his goods. Abandoning his trolley by the band he took to his heels pursued by the vigilant staff member who, in spite of stirring efforts was ultimately unsuccessful in his chase.

We extend our thanks to the management of the stores for allowing us to play and for extending such a warm welcome. A great thanks goes also to those noble member and supporters of the band who undertook the invaluable task of holding the collecting tins - done with invariable charm and success.

## HISTORY SOCIETY

*Slate Quarries and Quarrymen in the South Eastern Lake District: Dr Rob David*

At their last autumn meeting members spent a most interesting evening learning about quarrying activity in the Lake District. Dr David focussed on our nearest Slate Quarries in Troutbeck, Kentmere and Long Sleddale which produced either the better quality green slate from Borrowdale volcanic rocks or inferior bluish slate of Silurian origin.

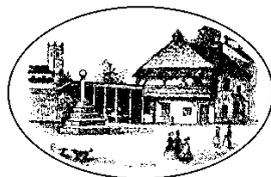
In the late 1850's 120-150 workers were employed in Westmorland producing about 2000 tons per annum at a rate of 19 tons per worker.

By 1896 Welsh quarries dominated the industry, attracting more capital investment and producing 80 of the total output compared with the Lake District's 4.4, putting it 4th in rank behind Wales, Scotland and Cornwall.

Slate competed with tiles and thatch as a roofing material and was also used for building construction, walling and paving.

Most quarries in our region were

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relatively small and usually fell in and out of use. Dr David explained how census data on quarrymen was hard to come by as many of them had other seasonal occupations such as in farming or transferring the slate on carts to the transport networks. Locally extracted slate was usually used within about 15 miles.

There were 3 main categories of worker: rock hands who drilled and extracted the slate; rieviers, who split it into thin sheets, or dressers. The latter were itinerant workers and were important to the success of the company in producing the finished article.

Until the coming of the railways most slate was moved by local shipping from small ports or on the canals. Slate barges even travelled up and down Coniston Water and Windermere. Dr David illustrated several quarries with excellent slides.

Quarries still form an important part of our former industrial landscape and after this lecture our members will be enthused to resume their survey of local quarries in Sedbergh and district in 2006.

*Tony Hannam*

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### FAMILY MUSINGS

Having our dog is like having a small child again, waking us up as early as Sam some mornings wanting attention, at least she doesn't come into our bed and then kick us out like one of our children used to do! The result of that was usually one of us going into another bed for the remainder of the night. Cleo wants to be outside, then in, then out and so on, to be fair she usually wakes us about 5-5.30 and as I leave for work 2hrs later that's not too bad, but recently it was Sam, so I took her to work and walked her along Arnside coast path in my lunch hour and another walk later but she still woke us at 4am, anyone any solutions because much as we love her, er I love her, my brother loves dogs but will not love being woken by her racket in the early hours.

I became well acquainted with National Express Coaches last Nov and Dec using them to reach Bristol and come home again, except when we got an urgent call to get there and hubby and younger daughter took me by car and then they came back after about an hour during which they were able to see Bruce. That night I stayed in a relatives room deep down in the hospital not sure if I would have my brother in the morning and was greatly encouraged by the text messages and prayers and thoughts of so many people. Then followed a rather grim couple of weeks but he was well enough to be moved to Preston hosp for Christmas and then a bit nearer to Kendal. I am certain God brought about a miracle, the Consultant went from much uncertainty to telling him he had turned the corner for the better in a matter of a few days and when I left the hospital that



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day I danced outside in the street with pure happiness!

Hubby's Auntie Annie has had a little book published about growing up in Grisedale through to her and hubby celebrating their Diamond Anniversary and this is spurring me on to get one of my books completed! I have left various committees and am therefore left with more free time.. now, where is it? I am grateful for peoples understanding and as folk ask after my brother its lovely when they ask after me too, 2005 was a hard year at times, so many bereavements and changes, we have survived ready to face whatever this year may bring, Bruce moving in with us back in his childhood home, our Silver Wedding Anniversary,

younger daughters 21st birthday and in July our elder daughter and D's Wedding and not forgetting the plans for my half-century next year plus anything else that will arise.

Someone gave me a coaster with the words "At your age people expect you to be mature, wise and sensible. Disillusion them." I plan to.

Twice in a week I was asked for my Senior Citizens Card, was it just my grey hair or was I looking old as well? Probably both, but there's life in this old dog yet, just not at Sam please!

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### HOWGILL W. I.

On December 1st 2005 members and their guests met at the Golf Club in Sedbergh. An excellent festive meal followed by the ever popular mystery dominoes where we all win a prize was thoroughly enjoyed. The competition for something sparkling was won by Mary Stainton with Lorna Scambler second. There were three lucky winners in the raffle. A great evening enjoyed by all.

The first meeting of the New Year was held at Firbank Church Hall and commenced on a sad note with a minutes silence in memory of our National

Chairman Barbara Gill who died suddenly. Two members, Barbara Axford and Peggy Postlethwaite are celebrating special birthdays this month.

Congratulations were extended to them. Get Well messages are sent to Elsie Middleton and Hilary Wilson who are recovering at home following their stays in hospital.

Members are looking forward to forthcoming events in the Federation calendar. Two members are to attend the 'Chance to Speak' day at Preston Patrick on January 31st.

Guest speaker for the evening was Andrew Lowe, Building Conservation Officer in the Lake District National Park who spoke on 'Building on Tradition'. We were given a glimpse into the architecture, studying the inside and out of barns and farm houses. Internal features, doors, initials and dates, reflect the status of the owner. In the recent repair scheme 1,000 barns have been renovated. Vera Hodgson expressed thanks for an interesting talk showing superb examples revealing buildings preserved in a traditional manner.

The competition for a useful household gadget was won by Barbara Axford with Sheelagh Dennis second. Raffle winner was Joan Luffman. A Jacobs Join supper was enjoyed, followed by a musical theme singing with Helen Beare closing the meeting on a happy note, lifting our spirits.

Next months meeting will be held at Howgill Village Hall on February 2nd When David Allinson will speak on 'The Splendour of the Settle/Carlisle Railway'. Do join us you will be most welcome.

*A. H.*

### TOY LIBRARY

The Sedbergh & District Toy Library will re-open on Jan 19th from 2.30pm to 4.30pm. It will continue to be open twice a month but in future the days will be set on the Island 3rd. Thursdays of the month.. So the dates for the next school term will be Jan 19th ,Feb 2nd & Feb 16th .March 2nd & March 16th, April 6th & 20th.

Pupils from Settlebeck & Sedbergh Schools have been working hard checking the toys for missing parts. Most of the toys are back in good order again but we are always pleased to receive missing parts that have been found after toys have been returned to us.

We still have funds to buy new toys & to replace lost & broken ones.

We are delighted to have received a grant from The New Opportunities Fund to replace our I.T. system. This should mean an easier time for the volunteers & hopefully a swifter process for parents logging the toys in & out.. Our long term aim of having a web site for the catalogue will be easier to achieve.

New Toy Library members are always welcome. We have growing number of Grandparents borrowing toys for their Grandchildren's visits.

The Toy Library is run by a committee of volunteers aided by school pupils. We are now in a position to employ a coordinator .Applications for this position should be made to the Treasurer Nichola Packham Tel. 21484

*Extra Volunteers would also be made very welcome.*

*Bronwen Osborne  
(committee member)*



### SETTLEBECK HIGH SCHOOL

*Zrece – February 2006 and Fundraising.  
Antiques and Curios Show*

Year 9 students will be going to Zrece very early next term, on Friday 10<sup>th</sup> February and returning to Sedbergh on Thursday 16<sup>th</sup> February. During this stay they will meet Year 9 students from Zrece's 'Primary' School (years 5-9) and will spend some time in the school for sports and activities. They will visit Ljubljana, the Patojra caves and local tourist attractions, use the centre's excellent sports facilities and climbing wall and will experience some cross-country skiing in Rajla, the nearby skiing resort.

Unfortunately, the airfares have increased this year for the period we were booked to stay and the costs have again exceeded our expectations. This means that we will need to raise money to cover the extra costs again, over and above the maximum cost that we guaranteed to parents. This is in line with our intention to raise money each year to offset some of the travel costs, to encourage all Year 9 students to visit Slovenia as part of our contribution to Sedbergh's Town Twinning initiative. We will be fundraising for the trip and using our Trust Funds' charity status to enable all donations to be made as Gift Aids, which raises 28p in the pound from the taxman.

The Town Band has already supported the trip with an excellent concert in our school hall.

## SETTLEBECK HIGH SCHOOL

*Parents, Teacher and Friends Association  
Seek Members*

We are very fortunate at Settlebeck to have had such a wonderful group of supporters on our PTFA committee. Over many years parents and many community members have served on this body and have helped to generate extra income for the school, goodwill from our community and activities for our students as well as having a lot of fun. Yes, that's right, fun! It is actually an enjoyable experience to be part of a group of people dedicated to a common aim, keen to work as a team, generating ideas and working with our community. Over the years this group has organised dances and discos, jumble and car boot sales, quiz nights and fetes, Gala and Medieval Market stalls, sponsored walks and foreign exchange events, an auction of promises and raffles, lotteries, a shopping website, and much more. All of this in aid of the young people of this community.

We have regular PTFA meetings (about twice a term) to which any parent or friend of the school (i.e. any community member) is invited to come along and



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find out what we do and hopefully be persuaded to join us (or add their name to our list of willing occasional helpers).

So don't "settle back, back Settlebeck"! We need YOU!

Congratulations by the way to Ann Allan who won our Autumn Term lottery of £100.

### **FRIENDS' NEWS**

Before Christmas we had a very informal mince-pies- and fruit punch gathering in the Meeting House (by popular request! ), organised by our warden Tess and her family, Music was provided by violin, cello, metallophone, and recorder, playing "requests". A very pleasant occasion.

Our improvements for disabled access have begun with a new gateway and level paved path to the door. Others are in the pipe-line,

By the time you read this, we will have had our Annual "Jolly" ----- a Jacob's Join and party for all ages, probably this year from two to ninety-two years old! In Friendship,

*Valerie Finch*

### KENT LUNE TREFOIL GUILD

We meet in members' homes in Kirkby Lonsdale on the second Tuesday afternoon of the month or go on an outing somewhere. Most of us have been involved in Guiding in some way either as Brownies or Guides in our youth or as Guiders.

There are Trefoil Guilders worldwide and we are members of the Guide Association.

The members of Kent Lune Guild come from Arnsdale in the west to Sedbergh in the north, but we meet in Kirkby Lonsdale as it is a central point. We would welcome new members, as we are a small Guild. If you have been involved in Guiding in any way or have an interest in the work of Girlguiding UK, why not ring Jean Mitchell on 015396 21144 and find out more about us.

### DIALECT DIGEST

The end of 2005 saw the publication of a new book of Yorkshire dialect 'classics', as the title has it. Compiled by Dr Arnold Kellett, the pages contain authoritative articles on history, pronunciation and spelling, followed by a wealth of verse and prose, from the first known dialect poet, Whitby shepherd Caedmon, who lived in the 7<sup>th</sup> Century, through familiar names like John Castillo, John Hartley and Fred Brown, right up to present day writers, including the late Tony Capstick from Last of the Summer Wine with his hilarious monologue, Capstick Comes Home.

It's good to know that publishers - in this case Dalesman - continue to have

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enough faith in dialect to gamble on it continuing to be a popular choice in bookshops.

The other news is that, at the turn of the year, the Yorkshire Dialect Society set up its very own web site at [www.ydsociety.org.uk](http://www.ydsociety.org.uk) comprising information, photos, dialect pieces and much more. *(There is a Link to the Site from the Lookaround Website.)*

Yorkshire folk have always been able to laugh at themselves, as in this tale from Yorkshire Dialect Classics.

A Yorkshireman arrived at the Pearly Gates. St Peter was astonished. "Well, Ah nivver!" he said. "A Yorkshireman! Well, tha can come in, lad. But think on! We're nut makkin' Yorksher pudden just fer one."

*Michael Park*

### CAROL SINGING

The amount raised from Carol Singing in Garsdale came to £270. This has been forwarded to N.C.H. (Action for Children).

A big thank you to all who sang and all who gave so generously. Special thanks to Auntie Agnes for the welcome refreshments.



**SETTLEBECK HIGH SCHOOL**

*Thanks to all local shopkeepers and businesses*

I would like to say thank you all for the lovely raffle prizes you gave to Settlebeck for our annual Senior Citizens Concert in December. There was a fantastic range of donations, all gratefully received by those (many) with winning tickets!

Thank you also for supporting the students who asked for and collected donations; they were helpful and well-organised at school and earned certificates for their Citizenship files. The team this year were: Lavender Carrick, Sian Benson, Toby Reynolds, Phil Metcalfe, Adam Littlewood, Nick Game, Matthew Burrow and Michael Griffin.

*Judith Walsh*

**SEDBERGH AND DISTRICT HISTORY SOCIETY**

On 18 January, Dr Simon Smith of York University addressed the society on the topic ‘Robert Lowther, Governor of Barbados 1711-20: saint or sinner?’ In an interesting account of Lowther’s time in the West Indies, Dr Smith explored some of the controversy surrounding this enigmatic character.

As a plantation owner, married to the Barbadian heiress, Joan Carleton, Lowther was already well acquainted with the Caribbean island. Dr Smith suggested that Lowther’s appointment as Governor was probably connected with his family’s support for the Stuart regime.

Lowther cannot be condemned for his involvement in slavery, since the practice was generally considered to be acceptable during this period, and many other members of the gentry were engaged in it. However, he was heavily criticised for various aspects of his governorship.

Some of the charges against him were outlined by the speaker. He was accused of extortion and corruption, and manipulating the law for his own ends. He was recalled in 1714 to answer the charges, but after the death of Queen Anne, he was allowed to return. According to his critics, things continued much as before. A law was passed which made trading with other islands illegal without the purchase of expensive licences, but apparently he himself engaged in illicit trade or turned a blind eye to it. Furthermore, he raised a tax to fortify the island, but it was reported that much of the money was diverted elsewhere.

Dr Smith then considered how far the criticisms against him were justified. He maintained that leading contemporary opponents of Lowther, like Rev William Gordon and Samuel Cox had personal reasons for their condemnation, and that later critical histories reproduced some of the earlier accounts. Seemingly, other writers had their own reasons for castigating him. Although there seems to be very little evidence to suggest that there were many positive outcomes of Lowther’s governorship, Dr Smith reminded his audience that in judging him it has to be remembered that standards in eighteenth-century public life were very different from today.

**STOP PRESS - DERIAN HOUSE**  
*A footnote to the Charity Sale in aid of Derian House (on pages 16 & 17 has been received.*

To provide the icing on an already delightful and substantial cake, the organisers of the Festive Shopping

Evening have donated £55 to the Derian House Fund. We thank them most sincerely for their generosity and congratulate them on organising such a successful event that has enabled them to make this donation.

G. B.

<b>ORGANISATION</b>	<b>CONTACT</b>	<b>Tel:</b>	<b>015396</b>
After School Club	Mrs Packham	Sed:	21484
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
Bridge Club	Mr Estensen	Sed:	21060
Buildings Preservation Trust (S & D)	Mrs Lamb	Sed:	20553
Butterflies Tots & Carers	Mrs Gerrard	Sed:	21217
Caving Club (Kendal)	Mr Teal	Sed:	20721
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:	21731
	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			



## SEDBERGH SUMMER THEATRE

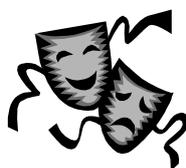
Remember 'The Bench'? Book Town Festival play in September 2005? Of course you do. Well, the same production team have a new acting opportunity for you.

Three tales by the 14<sup>th</sup> century master, Geoffrey Chaucer, have been scripted. Here are some details to whet your appetite:

Act One: Dame Alice Bath discusses in a Michael Parkinson style format her five rumbustious and controversial marriages which took her from rags to riches by clever and forceful management – that is until she meets her match...or does she! We see some of those marriages in flashback. Tone and style comic, energetic, lots of chances to show acting skills. 10 parts, 3 or 4 women, 6 men, the ten including two non-speaking either man or woman or one of each. .

Act Two: three aggressive and 'up for it' young lads take it into their heads to avenge the sudden and inexplicable death of their mate against the express advice of frightened locals who are scared of this unknown stalker. A sinister little tale in which we watch the quiet, machiavellian cunning of their enemy take on the lads' wild rage. 7 parts – all can be male, 5 preferably young ( one part for a 12 or so yr old lad ) + two adults

Act Three: Young Knight is convicted of attempted rape, but, on the verge of execution, he is given a kind of reprieve by Queen Guinevere: he will be saved IF he can answer the following riddle: 'what is it that women most desire?' We watch the young knight flounder his way through a fruitless quest, until



unexpectedly he gets what looks like a last minute life-saver. But there is a scary twist in the final moments that seems to make his dismal year even more dismal. Will it all come right in the end? Style and tone a mixture of comedy, serious moments, even a bit of 'romance'. 15-20 parts, 5 or 6 male, but the rest female, a number of non-speaking 'extras' crowd parts.

We are also hoping for some medieval style live music. Some bits and pieces of scenery will have to be made, but we are anticipating performing 'in the round' as 'The Bench' was in Settlebeck High School Hall. Dates – probably working up and over the Bank Holiday 2006 weekend – so provisional performing dates 25<sup>th</sup> – 28<sup>th</sup> August.

We are looking for both established and YOUNG (14-17) yrs actors ( particularly the lads for the second play). If you are interested in acting, performing, helping with any aspect of the show, please get in touch with me on 20108. It does NOT matter that you have never done any acting before, or if you last acted at school, but would like to get back to it.

*Stuart Manger*

## SPARE TIME?

### WHY NOT BECOME A VOLUNTEER CAR or MINIBUS DRIVER?

### VOLUNTEERS REQUIRED IN THE SEDBERGH AREA

Training given and all expenses paid  
Ring **01539 735598** to find out more

COMMUNITY TRANSPORT SOUTH LAKELAND

## 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

**Mrs T Satchell 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

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

*Complementary therapists practising locally*

## DIARY OF EVENTS

*Dates are held up to 13th December 2006*

<b>FEBRUARY</b>			
1	1000	Birds, Bees, Beasts & Beaches starts (7)	FM
1	1100	Age Concern Surgery	CO
1	1930	HS Bristol to Sedbergh & Inventories (7)	SHS
2	1930	WIH Settle/Carlisle Railway	HVH
2	1930	Domino Drive	KVH
7	2000	Cricket Club AGM	WHC
8	1100	Age Concern Surgery	CO
8	1915	WID Mountain Rescue Search Dogs	DMH
8	1930	CWT Spring in the Burran	SHS
8	1930	WIF Felt Making	PH
9	1930	Christian Aid Fair Trade & Farming	SHS
10		SS Half Term Starts	
10	1930	Domino Drive	KVH
12	1530	Jacob's Ladder	DMH
14	1400	WIK Our Local Landscape	PH
15	1100	Age Concern Surgery	CO
15	1930	HS A Year at Killington Hall (7)	SHS
16	1400	Women's Beauty Evening (16)	PH
17	1930	KVH Race Night (17)	TH
17	2000	Valentine's Night Dance (17)	PH
18	1930	Lad's Night & Disco	PH
19		SS Half Term Ends	
20	1900	Neighbourhood Forum	Casterton
20	1930	Beekkeepers'	PH
21	1930	Domino Drive	FCH
21	1930	LNFU	PH
22	1100	Age Concern Surgery	CO
23	1930	Sedbergh Band AGM	SS
23	1930	Bowling Club AGM (23)	WHC
24	1400	Age Concern Surgery	DMH
25	1400	Cricket Club Jumble Sale	PH
25	1900	Haydn's Creation (25)	Carlisle
26	1900	Haydn's Creation (25)	SSPH
<b>MARCH</b>			
1		St David's Day	
1	1000	North West Cancer Coffee Morning	URCR
1	1000	Birds, Bees, Beasts & Beaches (7)	FM
1	1100	Age Concern Surgery	CO
1	1930	HS Adam in Paradise	DMH
1	2000	Playing Field Committee AGM	Bull
2	1930	WIH Twinning with Zrece	FCH
2	1930	Domino Drive	KVH
3	1430	Women's World Day of Prayer (70)	StAS
3	1930	Spar Wars (1)	SHS
4	1000	Sunday Club Jumble Sale	SMCR
4	1430	Spar Wars (1)	SHS
4	1930	Spar Wars (1)	SHS
7	1930	FCH AGM	FCH
8	1000	Christian Aid Coffee Morning	URCR
8	1100	Age Concern Surgery	CO
8	1915	WID Local Radio in Cumbria	DMH
8	1930	WIF Fishing in Morecambe Bay	PH
10	1930	Domino Drive & Tattie Pot	HVH
11	0930	Open Morning (32)	CS
11	1300	Dentdale Run	Dent
12	1530	Jacob's Ladder	DMH
14	1400	WIK Brass Instruments	PH
14	1930	Domino Drive	FCH
15	1000	URCR Coffee Morning	URCR
15	1100	Age Concern Surgery	CO
15	1930	HS Sedgwick's North Country	SHS
17		St Patrick's Day	
17		SS Term Ends	
20	1930	Beekkeepers' AGM	PH
21	1930	LNFU	PH
22	1000	Baby & Toddler Coffee Morning	URCR
22	1100	Age Concern Surgery	CO
22	1930	CWT AGM + Gardens & Jacob Joint	SHS
23	1930	The Rise of the Collorettes (61)	PH
25	1930	HS AGM & Jacob's Join	SHS
26		Mothering Sunday	
26		Clocks go forward	
26	1000	Birds, Bees, Beasts & Beaches ends (7)	FM
29	1000	Barnardo's Coffee Morning	URCR
31	1400	Age Concern Surgery	DMH
<b>APRIL</b>			
1	1200	Spring Show	PH
3	1930	PH AGM	PH
5	1000	GVH Coffee Morning	URCR
5	1100	Age Concern Surgery	CO
6	1930	WIH Her Majesty's Coastguard	HVH
11	1400	WIK It Shouldn't Happen to a Nurse	PH
12	1000	Dentdale Methodist Coffee Morning	URCR
12	1100	Age Concern Surgery	CO
12	1915	WID National Garden Scheme	DMSR
12	1930	WIF Spring Gardening Tasks	PH
14		Good Friday	
16		Easter Sunday	
17		Easter Monday	
18	1930	LNFU	PH
19	1000	WIF Coffee Morning	URCR
19	1100	Age Concern Surgery	CO
23		St George's Day	
23	1530	Jacob's Ladder	DMH
24	1930	Beekkeepers'	PH
26	1100	Age Concern Surgery	CO
26	1930	CWT Birds of Eden Valley	SHS

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

*It is printed by Stramongate Press.*

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

26	1930	Sedbergh Band Concert	StAD	
28	1400	Age Concern Surgery	DMH	
29	1430	Beekkeepers'	Brantrigg	
<b>MAY</b>				
1		May Day Public Holiday		
3	1000	StAS Mission Coffee Morning	URCR	
4	1930	WIH Fleece Embroidery	FCH	
6	1000	North West Book Fair	PH	
9	1400	WIK Resolutions + The Lieutenancy	PH	
10	1000	Carers Coffee Morning	URCR	
10	1915	WID Resolutions	DMH	
10	1930	WIF Resolutions	PH	
12	1930	McGee & Martin in Concert	PH	
13		Opening of Dent Heritage Centre	Dent	
14	1530	Jacob's Ladder	DMH	
15-20		Christian Aid Week		
15	1930	WI Lune Group Meeting	Casterton	
16	1930	LNFU	PH	
17	1000	CA Coffee Morning	URCR	
20	1230	Sedbergh Gala	Sedbergh	
22		WI Group Meeting	TBA	
24	1000	Garsdale Church Coffee Morning	URCR	
27	1430	Beekkeepers'	Long House	
29		Spring Bank Holiday		
31	1000	Firbank Church Coffee Morning	URCR	
<b>JUNE</b>				
1	1800	Killington Sports	BFK	
1	1930	WIH Members Evening	HVH	
7	1000	Dent Foot Chapel Coffee Morning	URCR	
10		Festival 2006 Begins	Sedbergh	
10	1430	Beekkeepers'	Beck House	
11	1530	Jacob's Ladder	DMH	
13	1400	WIK The Families of Holker	PH	
14	1000	WIK Coffee Morning	URCR	
14	1915	WID Sugar, Spice, Salt & Vinegar	DMH	
14		WIF Outing	TBA	
18		Father's Day		
21	1000	Alzheimer's Coffee Morning	URCR	
23		Dent Folk Festival	Dent	
24		Dent Folk Festival	Dent	
25		Festival 2006 Ends	Sedbergh	
25		Dent Folk Festival	Dent	
28	1000	NCH Coffee Morning	URCR	
<b>JULY</b>				
1	0930	Beekkeepers' Sedbergh Convention	PH	
5	1000	URCR Coffee Morning	URCR	
6	1930	WIH Belly Dancing	FCH	
9	1530	Jacob's Ladder	DMH	
11		WIK Outing to Holker Hall		
12	1000	WIH Coffee Morning	URCR	
12		WID Outing	TBA	
12	1930	WIF Stained Glass	PH	
15	1430	Beekkeepers' Inspection	Field Maple	
26	1000	Network Coffee Morning	URCR	
<b>AUGUST</b>				
2	1000	Howgill Church Coffee Morning	URCR	
3	1930	WIH Open Meeting	HVH	
9	1000	North West Cancer Coffee Morning	URCR	

**DIARY KEY**

BF	= Brigflatts
BFK	= Becks Farm, Killington
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/S	= Dent Methodist Church/Schoolroom
EG	= Embroiderers' Guild
FCH	= Firbank Church Hall
FM	= Farfield Mill
GL	= Garsdale Ladies
GVH	= Garsdale Village Hall
HC	= Health Centre
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
MCCCKL	= Methodist Church Centre KL
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/H	= Sed. Methodist Church Room
StAS/D	= St Andrew's Church, Sedbergh/Dent
StJAR	= St John Ambulance Rooms
SR	= Spooner Room
SSSH	= Sedbergh School Sports Hall
TH	= The Head at Middleton
STO	= Sedbergh Tourist Office
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  
 Bay Call ☎ 0845 0524 999

#### Dr W Lumb

Monday	0830 - 1045 *	1500 - 1745 *
	1230 - 1300 Dent	
Tuesday	0830 - 1030	1500 - 1745 *
Wednesday	0830 - 1030	1430 - 1645 *
Thursday	0830 - 1045 *	
Friday	0830 - 1045 *	1500 - 1745 *

#### Dr C Hunt

Monday	0830 - 1030	
Tuesday	0830 - 1045 *	
Thursday	0830 - 1030	1500 - 1745*
Friday	0830 - 1030	1500 - 1745 *

#### Practice Nurses

Monday	0845 - 1700 b	
Tuesday	0845 - 1730 a	
Wednesday	0845 - 1730 b	
Thursday	0830 - 1730 a	1300 - 1800 b
Friday	0830 - 1730 b	

a = Adele Reynolds  
 b = Anne Crome

<b>District Nurse</b>	<b>Health Visitor</b>
☎ 015396 21690	☎ 015396 20979

#### A Collinge Optometrist

Every Friday 0900 - 1300      1400 - 1730 \*

#### DENTAL SURGERY

Finkle Street ☎ 20626  
 Mr I. R. Dawson, Ms G Turner & Mr M Brickles  
 Monday to Thursday      0900 - 1700  
 Friday      0830 - 1500

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

### LIBRARY Main Street ☎ 20186

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

### SEDBERGH TOURIST OFFICE

Main Street ☎ 20125  
 Open every day

### 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

Kendal Office  
 ☎ 0870 1264061  
 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