

Sedbergh & District

LOOKAROUND

March 2006

Issue 231

Donation 50p

Happy Birthday to us. We are 20 years old this month and we would like to say a huge thank you to all the advertisers, contributors and readers for the valued support we have received over the years.

We have come a long way from the single sheet, four page First Issue which

was put together by printing out the information then sticking it onto paper before photocopying to the present regular 84 pages including Full Colour in December.

Dennis, Jacky & John Whicker

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 1st March
Adam in Paradise
Film of Dent's History
At Dentdale Memorial Hall
David Boulton

Wednesday 15th March
The Scientists & Schools of
Sedgwick's North Country
Professor Robert Fox

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

1st & 2nd Fixing
Doors Fitted
Windows
Kitchens
Locks

Tiling
DIY Rescues
Outside Taps, etc
Small Plumbing Repairs

Joiner
&
Handyman

"Special Rates for OAP's"
NO JOB TOO SMALL!

Steve Chadwick

015396 20727

*Prompt Local Service
All work of the highest quality & guaranteed*

CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788
e-mail: lookaround@whicker73.freeseve.co.uk ~ Web Site: <http://www.whicker73.freeseve.co.uk>

CHILDREN'S BIRTHDAYS MARCH 2006



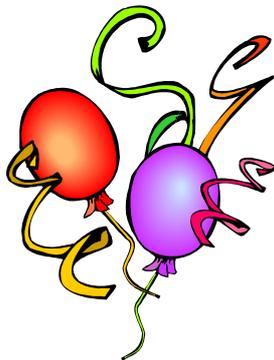
Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

The recipient this month is:-
Laura Woodfine who is

11 years old on 11th March

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

BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (06/09)	21567
<i>4-5 Berth; H+C; Shower; Sep WC; Full Kitchen; TV; Dogs Welcome (Max 2); NS</i>	

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; FC = Fire Certificate; TL = Table Licence; DFB = Dairy Free Breakfast

Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
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

All enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ
 Adverts by 15th of every month.
No adverts
by e-mail or FAX please
*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

ALLEN

Bill wishes to thank everyone who sent cards, gifts, and telephone calls for his **90th Birthday**

AXFORD

Thank you to everyone who helped me have such a happy **80th Birthday** weekend: for all the good wishes, cards and gifts. Monies so kindly given have been sent to N.C.H. and Christian Aid. Barbara.

BEAGAN

To Elliott. Have a wonderful **18th Birthday**. I'm proud of you Son. All my love. Mum.

BEAGAN

Happy Birthday Elliott. Best Wishes for your 18th from Ian and Bryan.

BEAGAN

Happy **18th Birthday** Elliott. Best Wishes from Helen.

MASON

Happy **50th Birthday** Janet. From Grizz, Jessica, Sharron, Chris, Jasmine, Alexander and Harvey. All the best, hope you have a good day.

MASON

Happy **50th Birthday** Janet. Lots of love from the Girls, Diane, Kate, Lorna, Helen, Jean. York or Blackpool.

MOORE

Margaret and family wish to thank everyone for the lovely cards, gifts, flowers and letters received following the sudden loss of Bill. Many thanks to friends, neighbour and Mr. Whicker for all the help, support and kindness shown to us. Canon Fell for the lovely service. Brian Goad and Melvyn for their help and guidance. Also thanks to everyone who attended the Cremation and donated so generously to the Air Ambulance Appeal.

HALL

Mabel would like to thank relatives and friends for all their cards. Presents and good wishes she received on the occasion of her **98th Birthday** on 13th February 2006.

SYMONDS

Hugh and Pauline very much appreciated the many cards and letters which they received following Pam's death. Also, a special thank you to her numerous friends who gave her so much support during her last difficult weeks at home and in hospital. Canon A Fell and Brian Goad ensured that a very special funeral was arranged with apparent ease. It was very comforting to be joined by so many people at St Andrew's church.

HELP REQUIRED?

Help required with personal care and general tasks. £10 + per hour. Contact Sarah on 078379-88438 For information. No obligation.

PERSONAL & SMALL ADS £1

TOMLINSON

George & Alice would like to thank family and friends for their cards, presents, flowers and the generous donation's to South Lakeland Alzheimer's Society on the occasion of their **Diamond Wedding Anniversary**. Special thanks to Ann & Michael Owen, June Mudd and Judith Bush for their kind help in making the event a happy and memorable one. Thank you all very much indeed.

THANK YOU

Thank you to Duncan Law and his merry men (builders and electrician) for a very good job done well and quickly.

FOR SALE

HAY for sale, 50 bales. Tel. Sedbergh 20899.

FOR SALE

1900's Solid Brass Jam Pan, cast iron handle. Superb condition. £40. 1950's Black G.P.O. telephone converted for today's system. Perfect working order. £45. Ring Sedbergh 21799.

FOR SALE

Kenwood Gourmet FP310 Food Processor, never used. £30. Corner TV and Video unit in dark teak with leaded glass. £20. Teak bedding chest with Black pvc seat. £15. Ring Sed. 20616.

FOR SALE

Lawnmower. Nearly new. Telephone 20896.

FOR SALE

New plastic bath (white) complete with chrome taps. £20 ono. Tel: 015396-21154.

FOR SALE

Three seater settee. Neutral colour. Comfortable and in good condition. £50 or any reasonable offer acceptable. Tel. Sedbergh 21430.

FOR SALE

Dark Oak solid set of 4 drawers, plain with metal ring handles. £50. Free standing Oak dressing table mirror. £25 Copper fire screen £8. Tel: 015396-21400.

FOR SALE

Hen cabin 7 feet x 5 feet. Nesting boxes etc. Tel; 015396-21771.

FOR SALE

Bath and pedestal sink in cream with taps £50. Glass shower screen £15. Electric 8.5 kw shower £15. Electric heated chrome towel rail £15. Black wood effect fire surround including mantel £25. All in good condition Tel: 20388.

TO LET

Main Street Shop & Basement. Also 1 bedroom & flat. 015396 20314.

FOR SALE

Children's Bob the Builder yard, comprising of House, Walls, Figures & Scoop. Muck etc. As new. £20. Tel 015396-25004.

PERSONAL & SMALL ADS £1

FOR SALE

M & S Suite. Three seater, two seater vgc, armchair. Red/Burgundy. Cost £2,200. Accept £150. Possibly split. Ring 015396-21105.

FOR SALE

Blue White Willow Pattern dinner plates £1.50 each. Plus Dishes & Bowls etc. Various. Wooden Ironing Board £3. Large Aluminium Pan 4/5 gallon £5. Lakeland Limited shelving £5 each. Set of Cream Embossed Curtains. One year old £10 as new. One 1950 Dining Table, drop leaf, polished wood £45. Please phone 015396-21840.

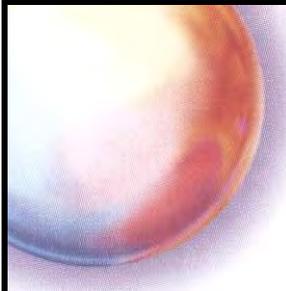
BOMBER'S BIN WASH
your Wheelie Bin
washed the same day
as emptied



Wheelie Bins ~ £2.50
Recycle Bins ~ 50p
Also Patios & Driveways

Call Bomber or Julie
015396 21007
07977 518034

for a friendly & efficient service



stramongate press

printers

printers

of

Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448
fax 01539 730253
e-mail info@strampress.co.uk
website www.strampress.co.uk

SEDBERGH METHODIST
Sunday Club
COFFEE MORNING
& JUMBLE SALE
 Saturday 4th March
 10am to 12 noon
 Admission 25p
 Usual Stalls
 Coffee & Biscuits 50p
All are welcome
 Enquiries: 015396 20616

SLOVENE VISIT - THANKS

Many thanks to the anonymous writer of the report on our Folk Carol weekend and singing exchange with the Odmev Quartet from Zrece and the Ljubljana University Carol Singers. There was however one glaring omission - our thanks to all those who so generously gave their help over the visit.

In particular Richard and Susa Ellis who accommodated the male voice quartet in their house over the second part of their visit, and David and Anthea Bolton who made all 16 singers so welcome in their home with mulled wine and refreshments during our carol singing expedition down Dentdale.

Also our singers Jane and David Willis (late of the British Council) who accommodated all 12 of the Slovene students in their home after we left Dentdale, and Liz, the warden at the sadly-soon-to-be-sold Dentdale Youth Hostel, who not only met all our unusual requests - but also enthusiastically joined in the singing of Slovene carols.

And Lisa Carr, Emma Watten, and Dr. Clare Mingins who helped with the concert and workshops, Pat Walker who

picked up and returned four of the singers to Liverpool airport, and the Cautley Carollers, Howgills Harmony, Kendal Singers and the Sedbergh instrumentalists who played for the West Gallery Carol workshop, who not only provided such excellent music for the weekend, but also a real sense of camaraderie and welcome for our Slovene friends.

Although many of the events were free, we put a small charge on the concert and workshops which helped towards recouping some of our costs for the Slovene singers' flights, mini-bus and accommodation - so finally, many thanks to all those who bought tickets and so helped to finance such a successful five days.

As well as complimenting us on the beauty of our landscape, some of our Slovene guests said that not only were those they met here not as reserved as they had expected the English to be, but they were also just as hospitable as their own countrymen and women - which those who have visited Slovenia will recognise as a true mark of merit!

David Burbidge

Stephenson & Wilson
 15 Fell Close, Sedbergh LA10 5AP
General Builders
 Plastering ~ Roofing ~ Extensions
 Fire Places Fitted

Paul Stephenson 015396 21557 07810 595543		Tom Wilson 015396 20954 07790 946578
---	--	--

KILLINGTON W.I.

Oh, by gosh, by golly!! I nearly started clan warfare all over again. We do not have a new member called Wendy McLeod. We do have a new member called Wendy McLean!!---of the McLean's of Duart, so I am reliably informed. My humble apologies and welcome just the same.

Our meeting on Tuesday started sadly with our president paying tribute to Pam Symonds, a long standing member and a Past President of Killington Institute who died last month. We will miss her contributions to our community, especially her love of music and story, and her lively wit.

The business of the meeting was such as to raise the interest of all present. The National Federation is well advanced with its plans to post a W.I. magazine monthly to every single member rather than give us the chance of buying one should we so choose. Coming along with this is the proposal for a substantial

Richard Staley

for

Dry Stone Walling

also

Garden Landscaping
Paving • Gravel • Turfing
Stone Facing • Garden Walls
&

All Your Stonework Needs

Tel: 015396 23263

The Bolt Hole, Ravenstonedale, Kirkby Stephen

www.drystonewall.biz



CHRISTIAN AID

COFFEE MORNING

Wednesday 8th March
10:00 am to 12 noon
Home Baking ~ Bric-a-Brac
Traidcraft Stall ~ Raffle
All Welcome

increase in subscriptions, from £22 to £27. We are opposed to this by a substantial majority and have asked our representatives to make this abundantly clear when they attend a meeting to discuss the matter. I do not think that we shall be alone in our objections. We have quite enough to put in our only too visible blue boxes already.

We then looked at future W.I. activities but for most no decisions are needed until next month. *Never put off until tomorrow what you can put off until the day after!!* (that, as our Editor knows, is my motto) Several of us are going to an audio-visual presentation 'Lakeland Alphabet' given by Maurice Steele of Eskdale, and of course we shall support Dent W.I.'s coffee morning. A trip to Dent is just the thing to brighten a February morning. We were all encouraged to enter as much as we could into the Spring Show so we are all beavering away busily. Shirley also told us that our plans to sponsor an Ethiopian child are on hold due to administrative problems at the other end, which seems a pity.

Perhaps I should have asked someone else to report on the speaker since it was me. Suffice it to say that everybody

seemed to enjoy seeing our wonderful slides of the Rocky Mountains and hearing what I had to say. It brought back vivid and happy memories for me and for others who have visited the area. We travelled by motor-home from Vancouver through dozens of State and National Parks in Canada and U.S.A. Three weeks of magnificent country and not a drop of rain!

February is a big month for members' birthdays. The special birthday girl was our super secretary Susan Sharrocks who was honoured with one of Shirley's cakes to celebrate her bus pass! Not only did we have a cake but our hostesses, Dawn Stevens and Majorie Henson, provided



dee-licious home made scones with mouth-watering strawberry and raspberry jam **and** topped with whipped cream.

Thank you girls!

The raffle for a photo frame was won by Pam Fenton, and the competition for a winter posy which produced a most colourful display was won jointly by Sue Sharrocks and Joyce Swann. **Next month**, dig out your penny whistles and come along and hear

Sedbergh's famous bandleader, Alan Lewis, speaking and playing, I guess, on "An Introduction to Brass Instruments". Be there. People's Hall- Tuesday March 14th at 2-00pm. A warm welcome awaits you. *W.F.U.*

Mobile & Home Based Beauty Therapy

Facial Treatments

Eye Treatments

Manicures

Pedicures

Thermal Clay Masks

Waxing

Bleaching

Ear Piercing

Gift Vouchers

Pamper Packages



For further information or Price List, call:

Janine Zanetti M.I.F.H.B.

Tel: 015396 25027

Mobile: 07815 447391

ACUPUNCTURE – AS SEEN ON TV

A few weeks ago there was an hour-long programme devoted to acupuncture, part of the BBC2 series “Alternative Medicine: the Evidence”. It was very wide ranging, both geographically and in terms of the variety of situations in which acupuncture was shown.

For me, as an acupuncturist, it was very moving to see an acupuncturist in China, using the same acupuncture points in the same way I would use them myself. It gave me a sense of the purity of transmission of this knowledge down the ages in China and from China to the West.

An American trial was reported, which showed acupuncture to be effective in giving pain relief from osteoarthritis of the knee. One woman was featured who was obviously extremely happy with the pain relief she was experiencing. It would have been useful to know how many treatments had been given and how frequently. In China, a course of

GILLIAN WRAY'S

Courses and Cookware for AGA enthusiasts

*Ideal for experienced or beginner cooks
(accommodation available at Ashes Barn)*

*Ashes Barn, New Hutton,
Kendal, LA8 0AS
Telephone/Fax 01539 729215
E-mail: mgswwray@aol.com
Web: www.ashesbarn.co.uk*

treatment often consists of one treatment a day for ten consecutive days. Here we more often treat once or twice a week.

The big drama of the programme was a young woman undergoing open heart surgery using acupuncture alongside local anaesthetic to numb the chest, but without general anaesthetic. She was conscious throughout the operation and she was well enough to leave the hospital two days later. We saw her queuing up to pay her bill, which was one third of the cost of an operation using general anaesthetic.

It was very interesting to see the acupuncturist massaging the “third eye” point between the patient’s eyebrows during the operation. This point is called Yintang in Chinese and it is used to “calm the spirit”. Many acupuncture points have this indication and most patients find the effect of acupuncture to be very relaxing. It is not unusual for people to fall asleep with the needles in place and only to wake up when I disturb them by coming to take the needles out.

The final part of the programme was about a research project, which had been conducted at York. This investigated the effect of acupuncture on the brain using a

ACUPUNCTURE



I treat
a wide variety of conditions.

Free Half Hour
initial assessment
and telephone advice.

June M. Parker

Dip Ac, MBAcC

49 Bainbridge Road, Sedbergh
Tel: 015396 20972

Howgills Gift & Home

The only place to shop on Back Lane!

NOW OPEN



Stylish homewares and gifts for all occasions

16 Back Lane, Sedbergh, Cumbria LA10 5AQ 015396 21212 www.howgills.net

powerful MRI scanner. This was of particular personal interest for me, because the acupuncturist involved in the research, Hugh McPherson, was instrumental in getting me started on my acupuncture training. When I first met him he was principal of the Northern College of Acupuncture. I had called in to the college to enquire about courses and I met Hugh in the hallway. He, like me, started off as a mathematician, so we had a lot in common. The result of our conversation was that shortly afterwards I found myself on the pavement outside the college in the sunshine, holding a letter of acceptance onto the acupuncture course in my hand.

In traditional Chinese acupuncture, after the needle has been put in place, it is lightly manipulated to obtain a special sensation known as “deqi” (pronounced “day-chee”) or the arrival of the qi. This is typically a feeling of heaviness or a dull ache (some patients call it a “thud”).

This can be perceptible to the acupuncturist as well and is sometimes described as the needle feeling heavy or like a fish taking the bait.

The deqi sensation is the signal that the body has noticed the presence of the needle in a way which is different from just pricking yourself with a sewing needle. It is thought to be important for initiating the body’s healing processes. On the programme, Hugh was visibly thrilled by the results of the research, which showed that the deqi sensation reaches parts of the brain (including the limbic system), which mere needle insertion cannot reach.

Many thanks to the people lent me recordings of this programme, which I would not otherwise have been able to see. If you would like to experience deqi for yourself, I should be happy to demonstrate. Please contact me. My telephone number is (015396) 20972.

June Parker

THE ROYAL BRITISH LEGION

The Sedbergh and District Branch Supper will be held in The Queens Hall, Sedbergh School, by kind permission of the Headmaster on Friday 21st April at 7pm for 7.30pm.

Tickets are available from members of the Branch Committee and from The Green Door Sweetshop.

Weekend staff required

Thorns Hall

015396 20973

THE ROSE THEATRE GROUP

Do not miss the groups latest production 'Spar Wars' The cast has expanded with lots of the towns young people taking part. There is a large group of youngsters from the primary school as well as students from Settlebeck.. The story very loosely follows the original plot of Star Wars, but our special effects are better. The story features such characters as Finkle the shed, Princess Freda Luke Fellwalker and Old-Ken-Popie. There will be comedy and lots of songs. A raffle and refreshments It's a good laugh so do come and join in the fun. The Rose Theatre Group dedicates all profit to 'Ali's dream' A charity for fighting brain tumours in children.

Tickets are selling now so be sure to get yours. There are three performances at Settlebeck School, the evening of Friday March 3 and the afternoon and evening of Saturday March 4. Tickets are cheaper in advance and will be on sale at the TIC and the Green Door.

Naturally it costs money to put on a production and the group are very

grateful for all the local sponsorship it has received. Mostly though we need your support ; without an audience a Panto really can't work after all who will shout back ...

'He's behind you'.

If anyone can offer help by being on the door or putting out chairs please lets us know 015396 21808

Sandra Gold-Wood

HEALTH VISITOR AT ZEBRAS

On the first Wednesday of every month the Health Visitor will hold a drop in clinic at Zebras Baby and Toddlers group, Methodist Church, New Street, between 12.30 - 1.30pm.

Everyone is welcome to call in and then stop and enjoy Zebras. It is a good chance to meet other parents while the children play.

For more details telephone Trish on 21644.

DENT FOLK FESTIVAL

We are delighted to announce that The Dent Folk Festival 23rd to 25th of June 2006 will feature the following in performances, workshops and sessions: The Peatbog Faeries; Lunasa; Martin Simpson; Nancy Kerr and James Fagan; Keith Donnelly; Sara Grey; Chris James; Nick Hennessey; Joe O'Connor; The Wild Wood Band; Hard Times; Striding Edge, late night Ceilidh; Travels With Boris; The Fallen Leaves; Bill Lloyd; Bread and Butter Theatre; Over The Top Puppets; Bradshaw Mummies; Crook Morris; Kirkburton Rapier Dancers; The Limestone Cowboys; Natalie Nardone; Alex Fisher; 'Grit' BBC Scotland Film about Martyn Bennett.

The full programme and ticket details will be announced in Lookaround soon...

YOUNG KIDZ

Young Kidz is an umbrella group formed by parents and group leaders from the town, who by representing their own children's groups and charities, have come together under one name.

The group have long term aims and targets and over twelve monthly periods they will organize, plan and run events of all shapes and designs, raising funds in the process towards a final annual total that will be shared equally between those involved and contributing in their monthly events. At their second meeting held in the Bull Hotel on Monday 30th January the following officers were nominated and voted along with a large committee.

Chairman	Kevin Kirby
Secretary	Jackie Baines
Vice Secretary	Tracey Holt
Treasurer	Julie Lowther
Vice Treasurer	Nicky Game

Our first event got off to a brilliant start when a Bingo Night in the Club raised £800 on Friday 3rd February. Many thanks to the Club. Big thanks to the Bingo team of Maureen, Janette, Joan and Joan, plus the english interpreter!

Paul Hoggarth

Building Contractor



015396 21413
07968 977429

SEDBERGH FESTIVAL 2006

SEDBERGH SUMMER SINGERS

Rehearsals will commence on
Monday March 13th at 6.45 in
St Andrew's Church

All Singers Very Welcome

Works to be performed:
Fauré's Requiem
Britten's St Nicholas

Thanks to everybody who attended on the night but the biggest thanks goes to all the businesses and individuals who donated prizes. Next up is a Casino Night on Saturday 4th March in the Bull Hotel followed by a Race Night on Saturday 1st April.

Our plans for this years Big Pull are progressing. Approximately 40 land and 20 lasses will attempt to pull T.K. Robinson's 9 ton Leyland Daf Wagon unit fifteen miles from Kirkby Stephen town centre to Sedbergh centre on Sunday 28th May. Again a Fun Day will follow plus evening entertainment, when we decide on a venue. All monies raised from the Pull will be shared again three ways between the Joanne Burrow/Jackie Wilson Breast Cancer Fund, Cystic Fibrosis and Young Kidz.

Anyone wishing to pull the truck please see the lasses. The Young Kidz group will get bigger and stronger once we are fully up and running. Look for the logo and please give us your support. All the monies are being invested back into the town for your children's and future children's benefit.

Young Kidz

COMMUNITY OFFICE NEWS

S & D Community Trust. We are in the process of revitalising the charity with new trustees and updating the constitution. We are looking for 3 new trustees - one each from the parishes of Sedbergh, Dent and Garsdale. If you would like to get involved, please call in. The charity is there to help secure funding for any projects concerned with improving health, alleviating distress, promoting environmental well being. Your chance to be creative and gain experience in grant application, project management and record keeping!

Green Marquee. We are planning to have a marquee on gala day, promoting environmentally friendly lifestyles and sustainable business practices. There will

be demonstrations, interactive activities and information stands. This is a new project from the Community Trust so if you would like to be involved in it, please call in.

Eco Goods/Awards. Realising that there is nowhere in Sedbergh to buy eco/bio-degradable cleaning products, we are considering offering this service at the Community Office. We would put a small commission on wholesale prices to support office funds. Please register your interest at the office so we know if it is worth pursuing.

Sales/Exchange/LETS Board. We have had requests for a community board offering articles or services for exchange/sale/give away/wanted. We have created space on our main board in the corridor

AUCTIONEERS, ESTATE AGENTS & PROPERTY MANAGERS INCORPORATING

DALTON & HAGUE ESTATE AGENTS
70 Main Street, Sedbergh LA10 5AD
Tel: 015396 20293 Fax: 015396 21650
e-mail property@chriswhelan.co.uk
www.chriswhelan.co.uk



Property Sales

Residential Letting & Management

Caretaking Services

Home Finding

Negotiations

Holiday Lettings

We have:

Clients looking for property to rent,
all sizes and styles, letting only or full
management

Clients looking for property to buy in
all price ranges

We need:

Holiday cottages/apartments, no limit
on owner use

so please use it! If you are posting an advert a £1 donation would be appreciated. Please also date your advert - we will leave notices up for one month but please let us know if the article or service is no longer available.

New Sign. We have the design for the new sign so if anybody would like to have a look, please call in.

Allotments. Sedbergh School discussed the allotment situation at their last governors meeting. They have a new bursar who is looking into the situation.

Outreach and Videos. Our Sedbergh School volunteers have been busy visiting people who are house bound, or who just like some company and a chat. One of their ideas is to make a video about Sedbergh lives. Sedbergh School

Kevin Puncher

A time served

Carpenter

Over 30 years experience

All types of work considered
Free estimate

015396 25737
07854 968720

Email:
kevin.puncher@btinternet.com
Millbeck East, Dent LA10 5TB

HOMOEOPATHY

A wide variety of conditions treated

Home visits at no extra charge

**Drop-In Clinic at Sedbergh Community
Office on Wednesday morning & the
Clinic at Dent by arrangement**

Ian McPherson M.L.C.Hom.

To make an appointment or to discuss
how I may be able to help you,
please telephone:
015396 20648

and the area in general. If you would like to help with this, leave a message for Catherine or Tim at the Office.

Art Drop-in Club. If you are interested please call in on Monday afternoons and see Andy. He is able to give you tips and suggestions about your art. Or please come and have a go at painting Main Street from the art room vantage point!

Political issues and Philosophical Ideas (PI) Club. The next meeting will be Friday 3rd March at 7.30pm at the Community Office. We will be discussing whether alternative/holistic therapies should be integrated into the National Health Service. Cost is a £1 donation to the Community Office per meeting. For further details please ring Deyna on 21556.

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!

MARCH GARDENING

Years ago, when I worked at Harlow Car Gardens at Harrogate, I developed a route which I would take around the garden which took in various plants, not for their flowers or for their shape, but for the fragrance of their leaves. First on the route was the strangely named "Headache Tree" (*Umbellularia californica*), a rather unassuming evergreen with mid green oval leaves. The crushed foliage is richly aromatic but has to be sniffed with caution - in some folks it induces a sharp headache. Interestingly it makes a traditional remedy for headaches either as an infusion, or bound to the forehead. (I think I would hide in a darkened room if I tried this method).

Next on the route was Wintergreen (*Gaultheria procumbens*). Its small dark green leathery leaves yield oil of wintergreen an anti septic, anti inflammatory substance which relieves aches and pains, is used in perfumes and as a toothpaste flavouring. Going on

down the Gardens to the end of the Arboretum I would take in the glossy green foliage of the Western Red Cedar (*Thuja plicata*) a plant frequently used for hedging or shelterbelts. This one smells richly of pineapple. Its two cousins, American and Chinese Arborvitae, though less fragrant, are both used medicinally, the former in cancer therapy and eczema treatment, and the latter for coughs, arthritic pain and premature baldness.

Lastly in a sunny space on the rockery I would sniff the Mint bush (*Prostanthera rotundifolia*) whose tiny round dark green leaves give off a rich fruity minty smell when rubbed between the fingers. *Prostanthera* leaves retain their fragrance long after they are dried - as do the leaves of the headache tree. I carry an odd one around in a pocket for weeks on end and unearth it for a surreptitious sniff from time to time whether I have a head ache or not.

Elaine Horne

Les Maddock Insurance Services

Have you had enough of impersonal call centres?.

We offer a personal one to one service for all your insurance needs.

**We have competitive premiums for Household,
Motor, and Commercial Insurances.**

All we ask is the opportunity to quote. No obligation.

Tel 015396 20124

Fax 015396 20791

75 Main Street Sedbergh LA10 5AB

We are Authorised and Regulated by the Financial Services Authority

GETTING IN 'THE WAY'!

At the point of writing this, we still do not know whether the four hostages in Iraq are dead or alive. The anguish of their families is almost unimaginable. But who are they, and what were they doing in Iraq anyway?

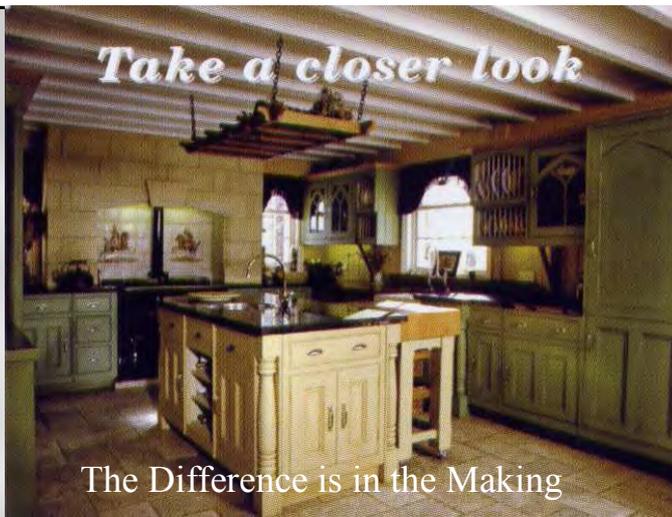
The four are members of a Christian Peacemaker Team working to resolve everyday conflicts. A similar CPT team is working in Israel alongside Israeli and Palestinian peacemakers. Their work is difficult and dangerous. Both sides accuse them of "getting in the way". They reply that it is time the conflicting parties tried the way of peace!

John Lynes is a Quaker member of the team working in Israel, and on Sunday March 12th, while on a short home-visit

to Britain, he is coming to Sedbergh to talk and answer questions about practical peacemaking in Israel and Iraq. This will be a wonderful opportunity to meet someone who puts his own life on the line every day. John is a friend and colleague of some of the hostages, and can take us behind the headlines and the TV pictures to help us understand the conflict better.

Invitations have gone to all the Sedbergh and district churches, but everyone is invited to join us at Brigflatts meetinghouse on Sunday March 12th at 2pm, preceded by a "Jacob's Join" lunch at 12.30.

*David Boulton
for Brigflatts Quaker Meeting*



COUNTY KITCHENS OF LEYBURN

PLEASE ASK FOR OUR COMPLIMENTARY BROCHURE, TELEPHONE 01969 624274

Showroom: Belle Vue Offices, Market Place, Leyburn, North Yorkshire, DL8 5AW

Visit our Web Site: www.yorkshire-kitchens.co.uk

Open: Monday to Friday 9am - 5.30pm and Saturday 10am - 1pm

**DENT STORES
'USE IT OR LOSE IT'**

How many shops do you think there were in Dent one hundred years ago, in 1906? Twice as many as today? Ten times? Answer: there were 18 grocers and four butchers, making 22 food shops in all. Today only one of them is left: James Dinsdale's, now known as Dent Stores. And 2006 could be the year when that goes the way of all the others.

Two thousand village stores and corner shops close every year as the people they once served turn to the supermarkets in nearby towns. At a parish meeting on January 23rd, attended by more than a hundred Dentdale residents, it was announced that Dent Stores could close by the summer unless local folk switch a

little - just a little - of their supermarket spend back to their local shop. Use it, or lose it!

An Action Group was formed to see what can be done to keep the shop open. By the time you read this, every household in the dale should have received a pink questionnaire designed to find out what would bring more customers back to the shop more regularly. Different opening hours? More organic produce? Local specialities? The questionnaire is anonymous. We want everyone to feel free to say what they think, in complete confidence. And the Action Group is independent of the shop.

Given the level of concern expressed at the meeting, it would be easy to create a short-term surge in buying - but quite

Sedbergh Office Services
13 Kings Yard, Sedbergh Tel./Fax 015396 20788

Web Sites:

Get your business on the Internet

*We offer a full solution which includes design,
domain name registration and hosting.*

From small simple sites to large database driven sites

from £250

Monday - Friday: 10am - 4.30pm, Saturday: 10am - Noon

another matter to sustain it over the months and years ahead. We could all so easily slip back into old habits! So we are inviting residents to consider joining a more permanent Friends of Dent Stores group, to keep the campaign going. "Friends" would promise to support the shop in whatever way they find most convenient: a small commitment, but it could be a lifeline.

There is far more than the survival of one business at stake. If the shop goes, what next? The bus service? The Post Office? The school? Our visitor attractions? We *can* stop Dentdale from becoming one more dead community - but only by *taking action now*. Losing the shop could be the first step towards Dent becoming no more than a residential outpost of Sedbergh! No disrespect to Sedbergh, but that's not what we want!

We don't have to go the way of other rural communities which have allowed "free market forces" or "big business" to roll over them and destroy their way of life. We don't have to do much: just speak our minds, tell the shop what we want, divert just a small part of our monthly spend from our favourite supermarket (we all have one!) to our

own local shop. And signal support by becoming a Friend.

If you think we've missed you out and you haven't received the survey forms by the beginning of March, just collect a set from the shop. Then make sure you get them back to us by **Wednesday March 15th**. Just pop them in the box provided at Dent Post Office or other points listed on the questionnaire itself. If you want any more information, ring us on 015396 25321. And remember, it's Use it or Lose it!

*David Boulton,
Action Group convenor*

SOUTH LAKELAND SOCIETY FOR THE BLIND

The annual Christmas party was held in January. A wonderful buffet served by Ann Hawley was followed by entertainment created by the group themselves. Some members selected their favourite tunes which were played to the group. These were interspersed with recitations given by other members and volunteers. The entertainment ended with a selection of music hall songs.

The group was very sad to lose two members this year. Bill Moore passed away in the New Year. At the commencement of the January meeting Bill Long lead a quiet period of remembrance for him. Since then Ron Daldry has also died. Both are great losses to the group.

The Society meets on the third Tuesday of the month. New members who have vision problems and also volunteers are always welcome. Transport may be available. If there are any queries please telephone 21019 or the Society's Kendal office 01539 742633. *JGL*

SEDBERGH SCHOOL GIRLS FUND

A meeting of the Committee will take place on Wednesday March 22nd at 4pm in The Bursary

Applications for Grants should be made by Tuesday 21st March to the Honorary Secretary/Treasurer at The Bursary, Sedbergh School LA10 5RY



First Time In Sedbergh

The New Riverside

JAZZ BAND

will be playing in

The Dalesman Inn

Monday 20th March

EVERYONE WELCOME

FROSTROW W. I.

There were few apologies at the February meeting presided over by Anne Petyt, who welcomed everyone. She highlighted the main Federation events and stressed that we must try to follow up W. I. Resolutions that have been passed.

On the recycling front we hear that plastic waste can now be taken to the Kendal collection point, but we must press for one here. Peggy Ingham reported that Curry's and Dixons accept used batteries for disposal.

Anne said that the 'Campaigning for Sustainable Communities' meeting had been interesting and worthwhile, the main issue being the desire to present a private member's bill for local people to say what we need in our area. Tim Farron is in favour of this, but it will depend if there is a chance to do it. Anne had also been on the march to save our local hospital services.

Brenda Rycroft very nobly agreed to help make Sedbergh Festival banners providing she had the materials well in advance.

For the W. I. Needlework Archives the National Federation want a record of



needlework done by W. I. Members which is still in our possession or that has been given to other bodies. It was surprising how much we were able to list! Members were again encouraged to support the Spring Show by entering as many classes as possible.

After the business meeting we had the pleasure of a demonstration and talk on 'Feltmaking' by Lesley Hennedy who had brought a display of pieces of her work - pictures, bags, scarves etc., which are all in vogue at present. Lesley formed striking backgrounds in felt (made mainly from merino wool with the addition of other fibres) and superimposed detail with machine embroidery which was most effective.

Christine Sheppey thanked Lesley and said she intended 'to have a go!'

Brenda Rycroft won the competition for 'A Small Handmade Article' and Pat Ramdsden won the raffle.

On March 8th at 7.30 pm in the People's Hall Committee Room we shall hear about 'Fishing in Morecambe Bay'. Please feel welcome to come along if you are interested.

M. F.

M WINN & SONS LTD
(Established 1894)
Sedbergh
General Builders & Joiners



Contact R. M. Winn
015396 20649

A SEDBERGH VIEWPOINT

Sedbergh seems to have been quiet recently; perhaps because of the time of year. Conversations made and overheard have been few and far between. Just a few topics feature.

There seems to be quite a bit of interest in the biennial Music Festival to be held in June. The planning is well advanced and folk seem to be keen to be involved. On the other hand I have seen plenty of adverts for the *Spar Wars* Panto but I haven't heard any mention of it or enthusiasm for it which seems a shame to me. Many people have put in a lot of hard work over the winter preparing and practicing and they deserve our support.

Green wheelie bins have been a subject of discussion. It seems there isn't much use made of them at this time of year and the collection vehicle has had few to pick up recently with the result that it speeds around town doing little more than use fuel and create pollution which are hardly green credentials. The question raised seems to be whether it would be more

environmentally friendly not to collect green bins in the winter.

The one subject I have heard most in conversations over the last month has been a subject I have aired here many times and I had resolved not to mention it again this month but since it is a local talking point it seems it really is an issue which must be addressed, and that is dog poo on our pavements and footpaths. Folk think it is on the increase and I have heard the comment that dog owners who don't scoop the poop are irresponsible and not fit to have dogs. Now that might be laying it on a bit heavily but certainly I'm pleased to know that I'm not the only person who finds the situation offensive. It certainly isn't environmentally friendly. Let's keep Sedbergh clean.

Snowdrops and crocus are in bloom, catkins are hanging and signs are that spring is on its way, so I'm looking forward to a good summer, a lively Sedbergh, and clean streets. Best wishes.

N Hastle



MOBILE SERVICE

Tyres Supplied & Fitted for both Domestic & Commercial Vehicles

Friendly, Reliable Service to your Home or Office

Free Fitting, Wheel Balancing & Disposal of Used Tyres

All Major Brands Available - Special Orders by Request

Competitive Prices

Our Flexible Service Separates Us From The Rest

Mobile: 07813 693355

Home: 015396 25004

HISTORY SOCIETY

'A Year at Killington Hall' with Mrs Judith Robinson

Judith is a member of the Society and a large audience turned out for her presentation of 'The 1876 Diary of Agnes Ann Kendal' which is the title of a book she has recently published.

Agnes Ann was the 8th and youngest child of Robert and Elizabeth Kendal (nee Fawcett).

Robert was a tenant farmer at Killington Hall which is where Ann lived along with her unmarried older sister Sarah and brother John.

The diary gives a quite fascinating insight into life in Victorian England through the eyes of a 19 year old farmers daughter.

Judith was congratulated for bringing the diary to life in such a compelling way with old and new photographs interspersed with voice-overs reading extracts from the diary. What would Agnes have thought if she had known her most private diary had been made so public 130 years later?

Today we regard Killington Hall as somewhat isolated. In 1876 we hear of a constant stream of social visitors and frequent outings to Kendal, Orton, Sedbergh and occasionally to Cautley.

The 'Red Lion Inn' was only across the yard but the family were tee-total.

The diary reveals Agnes to be a committed Christian and although the Anglican Church was only yards away it was to the Vale of Lune Chapel, then

The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Barbara Pickles and all the staff
offer you a very warm welcome



We are open daily for home cooked food,
(a particular favourite is Ham 'n' Eggs)

and we offer an extensive menu for
both residents and non-residents.

The two guest rooms are *en-suite*.

There are fine views of
Cautley Spout and the Howgills.

Opening Hours.

Tuesday to Sunday 9.30 am - 4.30 pm (Closed Mondays unless BH)

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

non-conformist and now known as St Gregory's, that Agnes went to worship and teach at Sunday School. Making 2 trips on Sunday would have meant walking about 16 miles.

She rather surprisingly made no reference to shopping or having any money other than pocket money.

She enjoyed baking and there are references to sewing, dress-making, mangling, cleaning and churning butter. She only seemed to help on the farm with milking cows and bringing in the hay; 116 carts and 47 sleds in 1876.

The highlight of the year was the visit to Orton Pot Fair in June where the previous year she had met her future husband Jim Wharton and to whom she was secretly betrothed.

Her courtship and Jim's visits

would often catch the train to Tebay from Sedbergh, even hitch a lift on a goods train and frequently walk the 13 miles back home.

It was 5 years later on February 9th. the day before her 25th birthday, that they were married. Sadly they did not live happily ever after. On Dec. 5th she gave birth to a son but 3 days later she was dead as was her son 10 days later.

Jim remarried, moved to Kendal and had 9 children. No photos were kept of Agnes and there is no gravestone for her and her son in Orton Churchyard.

Happily the diary survives and having been handed down through Jim's family to Judith's aunt and now the book is a fitting memorial.

Judith was warmly thanked for sharing this in such a delightful way.

Sedbergh CDC & Sedbergh Book Town Ltd present
highlights rural touring scheme

The Rise of the Cellorettes!

An energetic group of four cellists and a percussionist create a musical journey from exotic Asia to modern urban life. A joyful and vibrant performance.

Thursday 23rd March at 7:30pm,

People's Hall Sedbergh

"Wow, That was fantastic! Definitely ranks in my top 5 musical experiences!" Take Art, Somerset Touring Scheme



Friday 12th May

Kirsty McGee & Mat Martin a great evening of folk music

Tickets: Adults £5, Concessions £3, Family £15
Bookings (Sedbergh Tourist Information)
015396 20125

KIRKBY LONSDALE EMBROIDERERS

Kirkby Lonsdale Embroiderers meet on the second Thursday in the month from 2 to 4pm at Cowan Bridge Village Hall.

We have a varied programme of talks and 'hands on' activities with a textiles focus.

We began the New Year with a fascinating talk on 'Ruskin Lace' by the leading exponent and teacher of this technique, Elizabeth Prickett. She gave us the history of the revival of the linen industry in the Lake District by John Ruskin, and the introduction of lace making there. Her talk was amusing, as well as informative, and the samples of work she brought were an inspiration.

Another inspirational teacher is Anne Burrow and we were lucky enough to have a workshop run by her at the end of January, which involved preparing and decorating bands of fabric, which were then woven together and further embellished. The finished pieces of "new" fabric were then made into bags, purses, cushions etc.

On February 9th we were again looking to the crafts of the past as Eileen Scholes entertained us with a talk about the history of rag rug making, which many will remember fondly from their childhoods. She is a great enthusiast of this craft and has produced some very eye catching designs in both hooked and 'prodded' mats. She demonstrated both techniques and explained when each would be used. She also showed us how this is a very useful technique for recycling, as all the wool used in her rugs is second hand, mainly obtained from jumble sales.



SETTLEBECK'S FAMOUS QUIZ NIGHT

at Settlebeck High School, Sedbergh
Friday 24th March - 7pm
Bar / Refreshments

PRIZE for winning team!

Why not put a Team together?
Teams of 6 or less

Local Clubs - please put a Team in

Contact the office on 015396 20383
With your Team and Club Name

On 9th March we are very privileged to have a speaker of national renown – Daphne Ashby – who is most famous for her best selling book (well best selling amongst embroiderers!) 'Colour through Gold'. She has had a long career as an embroiderer and teacher, producing a range of different techniques in her finished pieces, which have been widely exhibited.

The speaker at our April meeting, June Corner, has chosen an intriguing subject 'Naughty but Nice – Knickers!' and we are looking forward to an entertaining afternoon. If you would like to join us for this or any of our other meetings, we would make you very welcome.

SEDBERGH SCHOOL GIRLS FUND

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

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

- a) The award of Scholarships, Bursaries or Maintenance Allowance tenable at any School, University or other place of learning approved by the committee;
- b) The provision of financial assistance, outfits, clothing, tools, instruments or books to enable beneficiaries on leaving school, a University or any other educational establishment, to prepare for, or to assist their entry into, a profession, trade or calling;
- c) The award of Scholarships or Maintenance Allowances to enable beneficiaries to travel abroad to



Sedbergh & District
History Society

AGM

Saturday 25th March 7:30 pm
Settlebeck High School
Followed by Jacob's Join

- d) The provision, or assistance towards the provision, of facilities, of any kind not normally provided by the Local Education Authority, for recreation and social and physical training, including the provision of coaching in athletics, sports and games, for beneficiaries who are receiving primary, secondary or further education;
- e) The provision of financial assistance to enable beneficiaries to study music or other arts; and
- f) In otherwise promoting the education of beneficiaries.

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

Anyone wishing to make an application for a grant from the Fund should contact the Honorary Secretary, Mr H Pattison-Appleton, at The Bursary, Sedbergh School, Sedbergh, LA10 5RY. Telephone 015396-20303.

WHEN ONLY THE **BEST** WILL DO
JOHN NEWSHAM
For Quality Interior Fittings
Full Design and Installation Service for
BATHROOMS ~ KITCHENS
(including plumbing & tiling)
BEDROOMS
Tub Hole, Dent Tel: 25486

SEDBERGH YFC

A number of members attended the southern district AGM at the Castle Green Hotel in January. Valerie proposed Yvonne as competitions secretary it was seconded by Emma. Sedbergh came back with the trophy for most improved club which is a great achievement to all members who should be proud, well done.

In January we went to I'anson Feed Mills at Masham. 18 of us travelled the distance and had an enjoyable evening. Those of us who didn't know much about how animal feed was made learnt an awful lot!! Nell and her colleagues were most hospitable and even took us to the pub afterwards for sandwiches and chips!.

The visit from the Taxidermist had to be postponed.

The blind fold drop took place with over 25 members turning up to trek the countryside in the moonlight. Groups of 5 were set off 2.5 miles up Dent, Garsdale, Cautley and Howgill to make it back safely to the Peoples Hall without being caught on the way by Craig and Stuart. All made it back safe and sound. Adams group soon got spotted and Valerie got caught perched on top of a wall!

By the time you read this we will have hosted Indoor sports at Sedbergh School and the Southern District pantomimes will have taken place at the Brewery Arts Centre in Kendal.

Coming up in March the first pre-field day meeting of the year will take place on the 1st, we've got the finals of the pantomimes on the 4/5th at Theatre by

*Make your Mother's Day
on Mother's Day*

Sunday 26th March

with a gift from

Howgills

Gift + Home

*The only place to shop
on Back Lane*

the Lake. On the 8th we will be visiting Thornton's Chocolate Shop in Kendal, leaving the bottom car park at 6.30pm, cost £10.00 pp, and the mini AF Challenge on the 22nd.

Things are getting busy now on the run up to pre-field day and of course our annual field day which takes place on Saturday 20th May at Plumpton Cottage Farm, Ulverston. Anyone is welcome to come along to this event, there's plenty to see from flower arranging and cookery demonstrations to limbo dancing and mini digger handling - a laugh is guaranteed!

Tug of war training for both male and female teams will be starting on Monday evenings as soon as the clocks change.

It's never too late to join, (unless your over 26!) for more information please contact our dedicated secretary Valerie Capstick on 21032.

**SEDBERGH & DISTRICT
BEEKEEPERS' ASSOCIATION**

March is the time that caring beekeepers start to worry, and wish that the spring warmth and the spring flowers would get a move on! It is the dangerous month, when any mistakes made at the close of last season when the bees were put to bed show up, and new mistakes can be made that will adversely affect both the colony and the honey crop in the season just starting!

This is because the colony is getting back into gear, the queen has started to lay eggs to produce new workers to replace the old 'winter' worker bees that are dying off. A healthy colony in June may have 50,000 workers buzzing away, but at the end of February/start of March the total will have fallen to 15,000 or less. These 'old ladies' have to get out and find sufficient fresh pollen to feed the hungry new grubs, even if there is still sufficient honey left in the hive from last summer, or the beekeeper has fed

additional sugar syrup or sugar fondant at a time when they could reach it from their tight cluster around the queen.

If the beekeeper or the weather, or both, have been mean to the bees, this is the time that a colony can die from starvation - a tragic sight indeed. Which is why we carefully feed them in September, and keep checking the weight of the hives through the winter by 'hefting' them, to re-assure ourselves they will not go short of food for themselves or the new brood.

Beekeepers' spirits rise on the occasional lovely warmish, windless, sunny winter day, when the sun shines on the front of the hives and warms them, and the bees pour out in large numbers to relieve themselves. All is well. They don't stay out long, but for a few minutes the sound of buzzing makes spring seem a little nearer! Then the beekeeper must resist the temptation to take a little look inside, or start to 'spring feed' too soon, or the hive could become congested with the queen short of room to lay - a well-known reason for the colony to decide to swarm, although they won't do so until May. You see why this is the time of the year for worrying. It is easy to do too little or too much!

Sedbergh beekeepers will be at the 10th Sedbergh Spring Show on April 1st, with our organisation stand in the St John Ambulance rooms in Bainbridge Road, and our mead, honey, and beeswax products competing in the Home Produce Section in the People's Hall. If you would like to learn more about bees and honey, come along and ask as many questions as you like!

Malcolm Fraser-Urquhart



LOCAL organic food and produce

ORGANIC SHOP

Vegetables, fruit and groceries

OPEN: 10.00—5.00

Tuesday to Saturday

DELIVERIES

Organic fruit and vegetables to your door

TWO ACRES of fresh,
organically grown vegetables

Tel: 015242-51723, Fax: 015242-51548

www.growingwithgrace.co.uk

DENTDALE W.I.

There was a lively atmosphere and excellent attendance at the February meeting. Lots of Membership participation during the business meeting when reports of various activities were given. As one of those who had been to the consultative meeting in January, Dorte -lis Powell briefly talked through the resolutions that Cumbria Westmorland had chosen.

Our public affairs committee members are keeping their finger on the pulse on our behalf and their spokesman, Stella Bannister sought our approval to challenge the local supermarkets regarding the excessive amount of packaging used in some cases. The membership also agreed to give their consent to the NFWI letter lobbying Ruth Kelly(Education Secretary) about the reduction in funding for some evening classes.

Pat Allen gave further details concerning the increase in Subscriptions next year when one outcome will be that every member in the country will receive a copy of the magazine WI Life seven times a year replacing Home and Country.

Jodie Mitchell

Agricultural Engineer

Tel: 015396 20742

Mob: 07974 157002



ALL MAKES ALL MODELS WORKED ON



MK CONVERSIONS

Four Lane Ends, Marthwaite
Sedbergh LA10 5ES

Tel: 015396 22038

Fax: 015396 22039

Builders, Joiners & Roofing
Contractors

Our speaker for the evening was David Watt giving a power point presentation on Mountain Rescue Search and Rescue Dogs. David's dedication and sense of commitment came through as we began to appreciate the work needed to put a dog through the training. David was accompanied by his dogs Dynamite and Flash, wearing their distinctive yellow coats and trying to be inconspicuous at the back of the hall until it was their turn to give a demonstration of finding a body and then mixing socially. They were in danger of stealing the show! The dogs provide a rewarding partnership with their owners and with the amazing team work are an invaluable asset increasing the likelihood of a find whenever there is the need to hunt for missing people.

Catherine Sugden's photograph of her collie rounding up the ducks won the competition, and one of our visitors John Hind, won the raffle.

At the next meeting on 8th March our speaker will be Martin Lewes talking about "Local radio in Cumbria and Digital TV." New members and visitors always welcome.

KILLINGTON GOES TO THE RACES AGAIN

Without travelling too far, Killington Parish Hall committee organised another indoor Race Night at The Head, Middleton, - thanks to our hosts David & Elizabeth Martin who not only provided the venue but also a very tasty supper. Attendance was not as good as last time with only about 40 tickets sold, but this did not prevent it being a sociable and successful (for some!) night for the punters.

The aims were primarily to provide an entertaining evening but at the same time to raise funds towards the surfacing of the surrounds of the Parish Hall.

Videos of UK and US horse races were hired for the evening and the races were sponsored by local businesses, Gary Allan Welding & Fabrication, Richard Kirkby Ltd., Accountants, Ian Dawson, Sedbergh Dental Practice, Colin Parker, Hay & Straw Merchant, Gillian Rowlinson, All Occasions Florists, Killington, Andrew & Anne Newbold, Killington Marquees Ltd., C. & C. Johnson, Sedbergh Post Office, Sedbergh & District Lookaround.

The horses and jockeys in the first seven races were 'sold' and named, mainly before the night. In each race the video was run up to the start of the race with a commentary describing recent performance of the horses, the punters then decided which horses they fancied and bought Tote tickets of their choice. The video was then continued - to much rowdy cheering from the audience. The winning 'owner' was presented with the Sponsor's prize, the winning 'jockey' with a bottle of Bubbly, and the winning Tote tickets were paid out with a share of

ZEBRAS

**New to you sale
Friday 31st March
1pm - 4pm
Sedbergh Methodist Church Rooms**

Admission 50p including drink

**Very good quality clothes,
toys and nursery equipment.**

**Donations of clothes,
Toys, etc are welcome**

For commission, sales & donations

Tel: Trish 21644

or

Christine 21026

the pot. The owners and jockeys of the eighth race were drawn from the losing Tote tickets in the other races and the last race was an Auction Race with a prize of a Meal for Two at The Head and a bottle of Scotch for the jockey. The horses for this race were ably auctioned by "Rowly" and the jockeys again drawn from the purchasers of losing tote tickets.

An excellent evening was had by all, and, despite the somewhat disappointing attendance this year, an appreciable sum was raised for the Hall surrounds. The Committee thanks all those who attended and supported this event in various ways - especially our sponsors, the 'owners' and the 'jockeys' and particularly David and Elizabeth Martin for hosting it.

TIM FARRON MP

As I wrote in my last column parking appears to becoming a bit of an issue in Sedbergh at the moment. The new resident's parking scheme does not appear to be particularly geared towards making life for the people in Sedbergh any easier and certainly at lot more expensive.

However, the District Council at the moment do not appear to share the belief that there is a parking problem in Sedbergh. The letter I have received from them basically denies that there is any problem with parking in the town and says that if people do have an issue then they are most welcome to purchase a year long parking voucher from South Lakeland District Council at the cost of

£270 just like anyone else in the district.

One of the problems is that parking is a major source of revenue for the District Council (in fact it is their largest source of revenue after the money that they receive from us as council tax and inland revenue tax payers). This means that they have to balance two competing objectives. On the one hand they want to support businesses in the area, to do this they need to provide easy access to parking so that businesses can attract the customers that they need. On the other hand they want to generate as much money as possible from this parking. I fear that we are seeing the challenges that this conflict brings very clearly in their response to my letter. They say that, whilst not ruling out the possibility of

THE HEAD AT MIDDLETON

Nr Kirkby Lonsdale, Cumbria

Tel: 015396 20258

A Charming Country Inn in an area of outstanding natural beauty situated on the A683 between Sedbergh and Kirkby Lonsdale



Accommodation available

Family Room From £75.00 ~ Double/Twin From £55.00 ~ Single From £35.00

Prices includes Full English Breakfast

All Rooms En Suite, TV, Phone, Tea/Coffee Facilities

BAR MEALS or RESTAURANT and a LOVELY BEER GARDEN
ENQUIRIES WELCOME FOR GROUP PARTY MENUS & BUFFET PRICES

BASKET MEALS SERVED after 9:00 pm

PIZZA AND GARLIC BREAD TO EAT IN OR TAKE-AWAY
SERVED UNTIL CLOSING TIME

USUAL OPENING TIMES

Monday to Friday open every evening from 6 pm

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

(Closed Weekday Lunchtimes)

Proprietors: David and Elizabeth Martin

providing more parking, they doubt that it will happen because it is unlikely to generate a reasonable return on the council's investment. Particularly if the parking that is being provided is free or low cost as people who have contacted me seem to want.

This is just another example of what I mean when I talk about joined up Government, or the absence of it in this case. There are so many examples of different parts of Government working to different objectives and as a result nothing ever really happening. The current issues with the Westmorland General Hospital is another case in point, on the one hand the Secretary of State for Health says that she wants to bring health care closer to the people who need it and yet on the other, the current budgetary

regime means that the movement is in exactly the opposite direction as the drive for efficiency leads to bigger and more centralised hospitals.

I could come up with a dozen similar examples on issues ranging from Post Offices to housing.

One of my roles in recent months on several issues has been to get everyone from the different sides to sit down and work out what they want to happen. So far we have been fairly successful, let's see if we can achieve something good in Sedbergh.

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.

Thanks for your support.

Tim Farron MP

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
		Vegetable Lasagne	£6.80
		Mushroom & Nut Fettuccini	£6.80
		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
		Portion of Chips	£1.70
		Mixed Side Salad	£1.70
		Portion of Mushrooms	£1.70
		Roll & Butter	£0.65

THE HEAD AT MIDDLETON



Tel: 015396 20258
www.middleton-head.co.uk
enquiries@middleton-head.co.uk

Menu

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

SETTLEBECK HIGH SCHOOL

Year 11 Interview Day – 2nd February

Interview Day was held for our Year 11 on 2nd February. We were each interviewed by people from the local community who were involved in businesses, schools and colleges so it actually felt like a real interview as they knew the questions to ask and they knew how to set the mood in the room. They debriefed us and gave us ideas on how to improve our interview techniques as well as giving us positive comments and encouragement.

We all agreed that everyone benefited from the interviews as we got a real taster of a situation that we will be facing in the

next few months and years ahead. The whole day helped us a great deal and, with the help from our various teachers at Settlebeck and advisers such as Ann Catterson, we were able to do well in our interviews. On behalf of Year 11 I would like to say thank you to all the people who made the day possible. We really appreciate the time spent on providing us with such a valuable experience.

Andrew Postlethwaite

People from local businesses such as MK Conversions, Michael Mudd Engineering, Picture Palace, Lyon Equipment and Farfield Arts and Heritage Centre, teachers from sixth forms at Sedbergh School, Queen Elizabeth



Sedbergh Community Development Centre

*** A selection of courses for March and April ***

*** Ring for further details ***

Short computer courses

Desktop Publishing - how to create posters and news letters using text and graphics.

Digital Photography - download pictures from your camera and do simple editing.

Using Powerpoint - create presentation slides for meetings or displays.

Bridge. Interested in learning how to play Bridge?
Places still available.

Pilates. Ring for information about our proposed new class.

Need to improve your English? Missed out on GCSE or O Level? Join our FREE Monday evening class, which will help you work towards a national literacy certificate.

email:admin@sedberghcdc.org.uk

Tel: 015396 21031

School, Queen Katherine School and Kirkbie Kendal School and representatives from Lancaster & Morecambe College, Connexions and Settlebeck Governors made up the panel of Interviewers on 2nd February. We were all nervous before the start, our first experience of formal interviews! We each had a 20 – 30 minute interview followed by a debriefing. Despite the nerves, I think we all impressed our interviewers and there was a really positive atmosphere.

I am glad we were all given the chance to take part in the day; it built everyone's confidence and now we know how to improve and what to expect in a real interview.

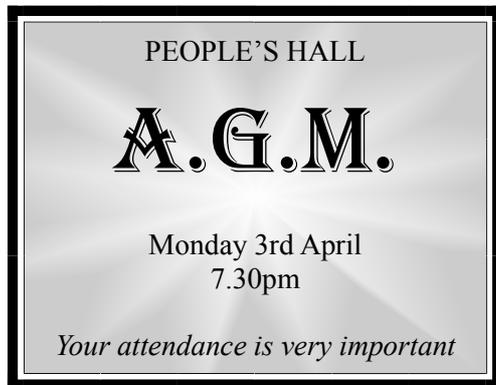
Rosie Wood

Thank you to all the interviewers and also the guides for the day; Ed Bannister, Emma Teal, Melissa Barnes and Oliver Wales. Thanks also to Steve and Alison Mansfield and staff at the Bull Hotel for their excellent hospitality and catering and to Year 10 caterers; chefs, Adam Littlewood, James Thompson and Jenny Lamb and refreshment helpers Katie Metcalfe, Jennifer Farrell and Grace Hunter.

Judith Walsh

Comments from students

“Very rewarding. It gave me a clear idea of what a real interview is like.”
 “It has given me much more confidence.”
 “Very helpful. It's given us ideas on how to improve.”
 “A brilliant experience, a great opportunity from which to learn.”
 “A good way to learn how to prepare and get through an interview and to listen to the debriefing.”



“Very good experience; positive feedback really helped me.”

“Very worthwhile, an experience which will stand us in good stead for the future.”

Comments from Laurence Hanson Diamond, Emma Mason, Will Metcalfe, Andrew Britton, Josie Hopps and Caroline Lamb.

Comments from the Interviewers

“All took it seriously, dressed smartly and clearly tried their best.”

“For a first interview, students dealt well with the pressure.”

“The students came across as responsible, likeable individuals who had prepared themselves well.”

“Strong candidates who handled the formal situation with considerable maturity.”

“I would be happy to come in to school to work with Year 11 in Business Studies sessions to help them develop job applications, CVs, letters of application and expanding ideas on business research from the point of view of a local employer.”

Contributions from Chris Hattam, Pauline Marshall, Stuart Manger, David Wilson, Mike Clark and Ed Cullen

FAMILY MUSINGS

First I need to explain "Sam" who was mentioned last month, I do not sleep with "Sam" I have no child called "Sam" every reference to "Sam" should have read three o'clock in the morning ie 3. am! Cleo wakes us at 3. am.

That hopefully clears that little problem up and my friends of that name can stop worrying what they and I will do in the wee small hours! Cleo had another Toy Boy, Oscar who came to visit with some of our relations recently but she took little notice of him probably saving herself for Gerald on her next trip to Mewith for her Pamper Day. She celebrates her 14th b'day this month hopefully we will mark the event in some way, at a recent visit to the vet for a vaccination and a check-up I

shared the problems she is having and his verdict is that she is senile. Now folks please get this the right way around, I am eccentric Cleo is senile!

Bruce, my brother, has now been living with us for over a month, a big period of adjustment for all of us and certainly for him, not only is he coping with Cancer and Kidney failure but he has moved miles from all things familiar inc his job, his home, his friends, his favourite walks and is now part of the busy bustling family that we are. He has been visited by a range of Health Professionals and we all feel well supported, just looking for some Carers to help out especially during the day.

Elder daughter has been visiting Wedding Fairs all over the place and they

COBBLE COUNTRY property

We have 43 years of local knowledge of the area combined with over 23 years of active involvement in the property and business market of the Sedbergh & District area - that experience is available to you to assess how best to capitalise on your property investments whether existing home or business or redundant property.

If you are considering any future involvement in the market in Sedbergh, then please do not hesitate to call

59 Main Street, Sedbergh LA10 5AB

- building sales is our business -

let us help you find the answer to your problem - no obligation discussion at our office or by mutual arrangement.

Residential Sales & Lettings
Commercial Evaluation & Sales
Full Property Management
Holiday Lettings & Booking Services
Property Development & Planning

www.cobblecountry.co.uk

admin@cobblecountry.co.uk

Tel: 015396 21000 FAX 015396 21710

have been planning their weekends around them, just one weekend recently she found "the dress" and mum was requested to "put her foot down" and get herself to Kendal to see it, this I did, and texted younger daughter once I got to town to say I was on my way on foot, to be told to "walk faster", being the ever obedient lady I am, I did, with near disastrous results! By the time I reached the shop and then went upstairs I was struggling to get any sort of decent breath let alone express the wonder and joy at the beautiful sight before me! Then we walked to another shop and would use the Escalator in the shopping centre, however, as is its wont, it was not moving and by the time I got to the top I was again in trouble and as daughters anxiously sought my re-assurance that I was alright, I had to stop and do some very controlled breathing.

But, at last all was well but it gave me a warning to make certain I have my Inhalers with me at all times.

We live in exciting times but they can be fraught as well so equal measures of tact and understanding are required by everyone and some folk have those in short supply, I really can live without being "accosted" in the village and "told

MARK DODD
 Interior & Exterior Work Undertaken
Free Estimates



015396 25375
 015396 21617
 078156 67328



PAINTER & DECORATOR

off because I have left some organisations to be able to support and enjoy my family and to try to make sure I stay healthy! In fact night time walking Cleo around the village is a good idea, few folk are out and about and if I take a torch, I can read all the notices to keep up-to-date with events, for some reason some posters never make it to the boards inside the bus shelter, where they are kept dry. Surely I am free to decide what I "belong" to?! If not, then if people just stop and think "Why?" they should then understand.

All the talk about the possibility of the loss of our village "store" reminds me of my days behind the shop counter and the book I am working on! Now where has that "free" time gone? Enjoy time for yourself and don't get but of breath!

DAVID RYCROFT

CENTRAL HEATING ENGINEER
 PLUMBER & ELECTRICAL CONTRACTOR

over 35 years of experience

DOMESTIC HEATING SPECIALIST

Gas, Oil, Solid Fuel &

Calor Gas Approved Registered Installer

ALL DOMESTIC ELECTRICAL WORK

House Rewiring

CRAIGLANDS, JOSS LANE, SEDBERGH * Telephone Sedbergh 20107





CUMBRIA WILDLIFE TRUST

Swifts

How swift is a swift? People make all kinds of guesses. The only certain answer is that they are very very swift. As they go screaming round the housetops on a long summer evening you can only gasp in wonder. These are the real masters of the air, always in a hurry to get here in the early summer; the last of the summer migrants; in too much of a hurry to make a proper nest, just content with a small scrape under the eaves of a tall building, the Bull or White Hart, or Lupton House; in a hurry to lay their one white egg; in a hurry to get back to their beloved Africa.

Meanwhile, on a hot summer's day you will be just as likely to find them on top of Calf circling round and round catching all kinds of high flying insects; so restless that they have no time to land anywhere except to feed their young. In any case their legs are so short that it is difficult for them to take off from the ground., believe it or not, off they go again. The young will spend the next twelve months on the wing, sleeping, courting and even mating in the air.

How lucky we are to have swifts nesting in both Sedbergh and Dent, but how many are there? I fancy that there were

J J MARTIN
Funeral Service
(B Goad)
Established 1869
Main Street, Sedbergh

Complete Funeral Service
Day or Night

Chapel of Rest

Day or Night
Dent 25334 or 25429

more in my school-boy days, but I may be wrong. It would be interesting to find out by carrying out a survey which would then give us a database that would tell us whether swifts are increasing or decreasing locally. That should not be difficult because there are not many three storey buildings in either Sedbergh or Dent. All that is needed is to stand on the pavement, say in Back Lane, for an hour or so in mid-July and to count the number of swifts flying up to the eaves. If you would be interested in joining such a survey, please telephone me (25476) or Susan Garnett (21138) but please remember, when swift-counting, only stand on the pavement, and look out for the traffic!

Ingram Cleasby

NATURAL STONE PRODUCTS

Internal & External Flooring
Driveways & Paths
Patios
Steps

Original Old Stone
Troughs and Millstones

Roofing Flags
Ridge Tiles
Lintels
Sills

Unbeatable Quality & Customer Service

MALLERSTANG FLAG LTD

Tel 017683 71610

Mobile 07977 097410

www.mallerstangflag.co.uk

DENTDALE METHODISTS

You may notice we have not put "church" or "chapel" on this article, that is because there are two in the dale and all our news does apply to both. On March 5th the Dentdale Society which is the combined (old) Deepdale and Dent congregations celebrate their Anniversary and there is a service at 2pm at Dentdale chapel and the preacher is Mr David Crome, possibly best known as our "Chemist", following the service all are invited to tea at "Rhumes".

On Thursday March 2nd the first combined Lent Group will meet in the Schoolroom at 8pm and then every Thursday evening in Lent, all are welcome.

Pray and Share meets fortnightly on a

Thursday at 1.45pm, March 2nd and 16th, in the Schoolroom, entry through the Chapel if the door locked!

We are having a coffee morning on Wednesday 12th April at the URC rooms, Sedbergh and an Antique Valuation Day later in the year.

Prayer requests can be left on the special board in the Dent chapel or rung through to the stewards, a warm welcome to everything is extended to all. Please note there will be no service on Mothering Sunday.
J & SE Woof

YOUNG BUTCHER STRIKES GOLD



At the recent North West awards for excellence in meat products, at the Deepdale Stadium at Preston, Ryan Moffat, from Steadman's Butchers of Sedbergh, claimed 1 gold and 2 silver awards out of three entries. Pork Venison and Cranberry sausage was judged by a panel of experts to be worthy of a gold award. The two silver awards were for Traditional Pork and Westmorland Sausage.

Garth said It is good to see young people taking part in these competitions I have to give full credit to Ryan who produced these sausage to such a high standard.

Practical Problem? DIY Disaster?

Call

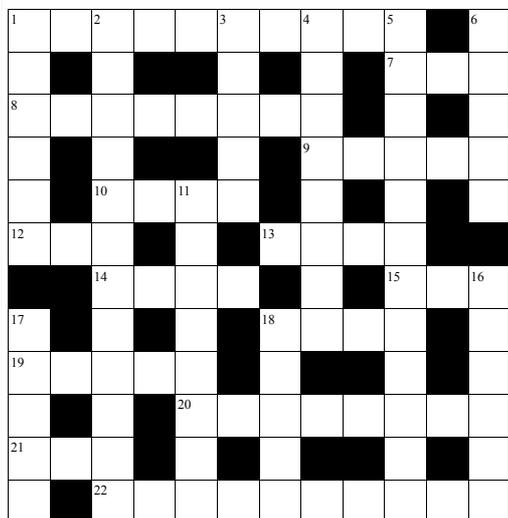


Gooperman! **the capable crusader**

glazing - joinery - plastering
plumbing - tiling
and much more!

Tel: 015396 21906
(knickers and cape:- extra!)

Crossword 9



Across

- 1 Woman's promise is a dangerous weapon! (10)
- 7 I shall be sick (3)
- 8 Lincoln registered need to return to city (8)
- 9 Is holding Ronald in restraints (5)
- 10 Fall in bottomless stomach (4)
- 12 Average helper with red head (3)
- 13 Indian tribe jump on top of me (4)
- 14 Cereal stored in goatskin (4)
- 15 Apparel for hiding fairy (3)
- 18 Hammer in turnip upside down (4)
- 19 Beyond European sticky stuff (5)
- 20 A liking for writer with repetitive song (8)
- 21 True alternative for hill (3)
- 22 Dresses cut differently for alluring lady (10)

Down

- 1 Pub tea done in batter (4,2)
- 2 Members enclosure that's OTT? (12)
- 3 Clean record given 3 points at first (5)

- 4 Moron I've sorted out eats everything (8)
- 5 See tradition rebuilt, and bewilder! (12)
- 6 End is near (5)
- 11 Bold tip diner made (8)
- 16 Force string instruments to be wind ones (16)
- 17 Hate to find hole in South East (5)
- 18 One hundred going after Greek god in terror (5)

Answers to #8 - ACROSS: 1 Scuba; 4 Palace; 7 Icebreaker; 8 Bayou; 9 League; 13 Eleven; 16 Tango; 17 Off-the-wall; 18 Yearly; 19 Noted. DOWN: 1 Shrubs; 2 Unicycle; 3 Avenue; 4 Peril; 5 Llama; 6 Eerie; 10 Gauntlet; 11 Strain; 12 Bowled; 13 Ebony; 14 Voter; 15 Needy.



DENTDALE PLAYERS
present a comedy

LORD ARTHUR SAVILE'S

CRIME

Dent Memorial Hall
April 12, 13 & 14 at 7.30pm

Sedbergh People's Hall
April 27th at 7.30pm

Tickets £4 available from
Dent Post Office &
Sedbergh Tourist Office

JANUARY WEATHER

It has apparently been the driest January on record in many parts of the country. Here it was certainly drier than an average January with only 2.84 inches. Most of this fell in the second week, 0.83 inches on the 9th/10th, with a near official drought for the last 12 days. We shall have to see what next month brings here. There has been much talk about droughts, lower than average reservoir levels etc. Here there was more than enough to keep the mud going. It wasn't many years ago that these small islands of ours were dug up from one end to the other laying North Sea gas pipes. Wouldn't it have been simple to lay a water pipe at the same time and then everywhere could share in the bounty? Temperatures were more seasonal, though the maximum reached 50.9F; minima were generally in the 30sF with a minimum on two nights of 20.1F. Pressure was fairly steady throughout the month with only one day dropping out of the 29 inches of mercury and two into the 30 inches. Wind was variable in both strength and direction with maxima from 0mph to 22.4mph and the direction, for once, only came from the north-westerly

direction on half the days in the month.

The winter jasmine has had another flush of flowers, it has been in flower since October. Some mini daffs have flowered, snowdrops have pushed up and by the end of the month a few had flowered in sheltered spots. Hazel catkins have lengthened further. It is always interesting to look for the tiny female catkins with their red styles soon. Owls continue to hoot to mark their territories, blackbirds, thrushes and great tits are all singing to mark theirs. I trust you all sent in your garden bird survey to the RSPB for the last weekend of the month.

THE WASHING BORROWER

The other week some nice person borrowed a pair of jeans I had left on my washing line as they were not quite dry.

Now, fair enough, I should have brought them in and pegged out again, but I thought no, they're not doing any harm. But, some Very Kind Person took MY JEANS, walked up the road and then changed their mind and left them on the railings.

If you ever want to borrow any of my clothes PLEASE JUST ASK or telephone 00000. Many thanks. Sandra

GARY ALLAN

Welding & Fabrication

*Structural Steelwork, Farm Equipment,
Farm Buildings Erected or in Kit Form,
Specialist Ornamental Gates & Railings,
Fabricated Steel supplied to the Building Trade,
On-Site Welding & Repairs.*

*Light Oaks,
Killington
Kirkby Lonsdale
Carnforth
LA6 3EY*

Tel: 015242 76426 Mobile: 07968 411787

FRIENDS NEWS

Our Jolly went very well, something for everyone, games, poems, quiz, music, and lots of fun.

A visit has been arranged on 11th March to the Buddhist monastery near Ulverston, all welcome, and also a Ribblehead conducted tour on 27th May. Other future events include boon-days in the Quaker Meeting House and garden (hard work polishing etc. but fun), a young people's music workshop, Breakfast meetings, sailing, and a Smardale walk.

Never a dull moment!

In Friendship

Valerie Finch

PHOTO CALL



The photo I submitted last month was identified by Harold Bainbridge and was 1960. Someone else also gave me some names but I didn't write their name down and I apologise for not mentioning you.

Back Row: Tom Brown, William Allen, Ernie Atkinson, John Capstick, Brian Haygarth, David Hoggarth, Arthur Bracken, Alfred Brunskill, Jeff Baines,

Miss Robinson (Mrs Dugdale)

Middle Row: Dorothy Wearing, Joan Pratt, Mary Bainbridge, Pat Teal, Brenda Winn, Isabel Raw, Judith Middleton, Heather Handley, Jacqueline Wadson, Carol Brooksbank, Audrey Cragg, Margaret Guy.

Front Row: Donald Sayner, Brian Stanley, John Mackareth, Richard Haygarth, Robert Nelson, David Bolsher, Richard Horn.

This month I am submitting a photo of the Settlebeck Netball team 1959. Names as always to me, Shirley Tebay. Walnut Bungalow, Dent, Sedbergh, Cumbria, LA10 5QT. tel: 015396 25001, or by email to shirley.tebay@btinternet.com

And my thanks to all those who contact me each month with names

i
n
t
h
e
f
r
a
m
e

Jan Barr
The Old Post Office
Victoria Square
Kirkby Stephen
CA17 4QA
017683 72661

Custom-Made Picture Framing

paintings, prints, photography,
needlework, maps, coins, etc

Opening Hours
Mon, Tue, Fri & Sat 9-12
or by appointment

*Please call in & discuss
your requirements*

JAZZ IN SEDBERGH

The New Riverside Jazz Band combines an exceptional repertoire of jazz classics with fine musicianship and entertaining presentation. Alan Duckles (cornet), leads Barrie Marshall (clarinet), Alan Mathews (trombone), Dave Bateman (guitar banjo and vocals), Malcolm Hall (bass), Keith Staveley (drums) and one of Britain's finest blues singers, Delia Glaister. It is no coincidence that the band is one of the busiest in the North West, with visits to the famous Outgate at Hawkshead on the last Friday in the month, and the 1st and 3rd Thursday in the month at The Wagon & Horses, St. George's Quay, Lancaster, its home base.

Their first visit to Sedbergh will be at the Dalesman on the Third Monday in March, ie March 20th 2006



Rear: Keith Staveley, Delia Glaister, Alan Duckles, Malcolm Hall, Dave Bateman
Front: Alan Mathews, Barrie Marshall

SEDBERGH GOES TO ITALY

Once again, at the end of May, a group of about twenty people from Sedbergh will be making a visit to the ROME area. Most members have been studying Italian

over the past year in Sedbergh, and we shall have some light-hearted classes whilst there, between visits to fascinating places in the area. We shall be staying in a comfortable family-run hotel in Fiuggi, a medieval spa town to which, centuries ago, the amazing Michelangelo went in search of a cure for his kidney problems.

We shall visit the Pope's Palace at Anagni, the Villa built by the Emperor Hadrian and the lovely country farm house where English writer DH Lawrence once stayed near the Abruzzo National Park. Special guided visits will be made to The Catacombs in Rome where the early Christians used to worship in secret to escape persecution, and The Colosseum where gladiators fought to the death in front of thousands. As a sequel to last year's visit to Pompeii, we shall also visit Herculaneum, the ancient town where thousands died when it was buried under a sea of ash when the mighty volcano Vesuvius erupted in 79 A. D.

But it will not all be study - we anticipate some wonderful gastronomic experiences, such as a never-to-be forgotten meal totally produced and prepared by a Lazio farmer and his family. We shall also be present at a Medieval banquet in the hillside village of Fumone where in ancient times huge fires sent smoke into the sky to warn neighbouring village of attacks by barbarians.

It promises to be another great week under the Italian sun. There are just one or two places left if anyone else would like to join us. *Viva l'Italia - il bel paese!*

George D. Handley

NORMAN WHITESIDE CHARITY EVENING



On Saturday 28th January ex-Manchester United, Everton and Northern Ireland footballer Norman Whiteside, appeared in Sedbergh as guest speaker, along with Max Pressure (comedian) at the Bull Hotel in what was a very entertaining evening.

Many thanks to everyone who attended the event and thanks to all those who purchased the Wayne Rooney tickets for the autographed England photo obtained by Cystic Fibrosis from the Football Association.

Special thanks to Allison, Steve, Deano, Shamus and staff after we had to swap venues at the last minute. Even though we lost the bar and planned food takings, we still donated £500 to Linda Potter at Tebay whose daughter has this terrible disease. Linda split the money with £250 going to the Children's Ward Cystic Fibrosis fund and £250 to the Cystic Fibrosis Trust. Will Scarr won the Wayne Rooney signed photograph. *Caspa*

TOWN TWINING GROUP

The Group are organising a trip to Slovenia via Liverpool / Venice on 16th to 23rd of May. Ryan Air flights to

Treviso "Venice" are cheap "from £30.00 return to Liverpool" and car hire starts at £19.00 per night. The trip will take in Lake Bled and also Zrece. Travellers need to be members of the Town Twinning Group which costs £10.00 per person or £25.00 per family. Anyone wishing to go please contact Garth Steadman on 01539620431. Bear in mind that the sooner you book the cheaper the flights are.

DENTDALE WEEKEND 25th to 27th AUGUST 2006

A new committee has been formed, and we hope to bring back a fresh and exciting fun-lined weekend for everyone.

The event is still in the early stages of planning, and we will keep you informed over the next 6 months of a detailed schedule, but at the present time we have the following events planned:

Friday 25th - Live Band (from Leeds) in the Marquee on the Playing Field, with Bar, including Happy Hour.

Saturday 26th - Craft Fair, Craft Competitions, Football Tournament & Disco.

Sunday 27th - It's A Knockout Challenge (Teams of 4) & Craft Fair. Various other additional stalls over the weekend, including Food, Bar and Inflatables.

If anyone is interested in a stall at the Craft Fair to sell/promote their local crafts/produce, please contact Matt Clayton on 015396 25022. The charge will be £40 for the 2 days. Anyone who would like further information can contact Julie Middleton on 015396 25004 or Matt Clayton on 015396 25022.

**COURSES & COOKWARE
FOR AGA ENTHUSIASTS**

Gillian Wray's Aga Cookery Courses have gone from strength to strength, with people travelling from all over the world to sample her magical combination of Aga cookery and accommodation in a beautiful part of the country. Gillian offers a variety of cookery courses, from day courses for non-residents to residential courses, lasting a few days. You can opt for a group course or busy people can book a tailor made course with individual tuition to fit into their schedules. With a "distance no problem" approach, Gillian will even visit you in your own home and run a course for you and your friends, to meet your requirements.

In response to demand from course participants, Gillian has carefully selected a range of high quality cookware that is ideal for use on an Aga. Course members can try before they buy, making sure that they are purchasing the right cookware for themselves. A mail order service is also available. The range includes products by Aga, Kuhn Rikon, Berndes, La Cafiére, Microplane, Kitchen Aid,

**EXPERIENCED
DRESSMAKER**

Made to measure
Skirts, Dresses, Suits,
Bridal, Ball Gowns, etc.
Also alterations undertaken
All made to the Highest Quality by
SHEILA SHUTTLEWORTH
Tel: 015242 - 74322

**JOHN
SOUTER**

21 Fairholme, Sedbergh

☎ 20904



**ALL RUBBISH
REMOVED**

Magimix ...

Gift vouchers have proved a popular choice for those choosing a present for Aga lovers. Gillian is happy to offer gift vouchers for both courses and cookware.

The 2006 program of Aga cookery breaks has just been released and bookings are already being taken. You can learn how to make the most of your Aga, to bake bread, fill your freezer or survive Christmas with a smile –and much more. The sessions are very "hands on", with each participant going home with a goody bag of their own creations. At Ashes Barn there will always be a warm welcome and you can be sure of a stimulating and enjoyable break.

STEADMAN'S BUTCHERS

Steadman's of Sedbergh, Cumbria have achieved nationwide recognition by winning a number of top awards in the Guild of Q Butchers 2005 "Smithfield Awards" Product Evaluation.

The Smithfield Awards are among the most prestigious in the meat industry with products subjected to detailed assessment and sampling by a panel of independent judges.

Steadman's won four gold and two silvers. Gold award winning products included their Savoury Chicken Roll, Pancetta, Parma Style Ham and Streaky Bacon.

The awards were presented to Garth Steadman at a special lunch in Butchers Hall, London, by celebrity chef Nick Nairn.

Garth said: "As a member of the Guild of Q Butchers we aspire to the highest standards in the trade and to win a Smithfield Award is a tremendous honour. We were thrilled to do so well in the 2005 product evaluation and our customers can look forward in 2006 to enjoying some award-winning products!"

Over 300 entries from Q butchers all over Britain were judged for the Smithfield Awards which were sponsored by EBLEX, the English Beef and Lamb Executive, and food chain suppliers Dalziel. The products were assessed at the Meat Technology Department at Thomas Danby College, Leeds.

Congratulations to June Haworth from Bolton on winning our Bumper Breakfast Hamper. June was the winner of the free draw which was run at Steadmans Butchers at Sedbergh during Farmhouse

Breakfast Week from 23rd to 28 January. Everyone who bought 1lb of Sausage and 1lb of Bacon got 6 Free Eggs and a free entry into the draw.

SEDBERGH TOWN BAND

Staging It can hardly have failed to be observed by our concert audiences in the People's Hall that the band has appeared to be crammed rather closely together. As the band has inexorably increased in numbers over-crowding on the stage has indeed become a problem.

The solution has been identified for some time - a flexible, light-weight, strong and easily assembled extension to the stage. Although such a system exists that meets all of the criteria the cost has been beyond the means of the band. However, thanks to a successful application to the Frieda Scott Charitable Trust we have been able to purchase the system. The Trust's generosity was staggering - £2000 has been advanced to the band which together with the band's own contribution from various fund raising ventures has enabled us to take possession of a most ingenious system of flexible staging.

Members of the band were treated to a demonstration of the staging in the People's Hall when we first investigated the various options available to solve our problem. So impressed were we that the determination to purchase the system was unanimous.

The gratitude of the band, as well as other organisations in Sedbergh who will be able to employ the system, felt towards the Frieda Scott Trust is immense.

G. B.

HAPPY BIRTHDAY TO CANOE

We have an unfortunate and misleading title as Sedbergh And District Canoe Club, which makes us S.A.D. Canoe Club! But sad we are not. We've had lots of river trips, some pleasant journeys, some exciting white water, which has been a steep learning curve.

We've joined Killington Sailing Association, so now have use of their facilities, paddling on the lake under a full moon is a wonderfully odd experience! And we regularly use the schools pool for some warmer water training!

The most enjoyable aspect is getting out with local people, enjoying the local environment and a journey together. We're not all expert canoeists, far from it, but we're getting better and enjoying more. Following Dippers, Herons and Kingfishers down the river. Surprising deer, watching Salmon leap or sheep swim!

As spring comes we'll leave the rivers to the fishing clubs and look to the lakes, canals and estuaries. With murmurings of sea kayak and camping trips in the summer and how about developing a



EDWIN MIDDLETON

JOINERS

All aspects of site joinery work
30 years experience

We design, manufacture purpose made
joinery in our own workshop.

All your requirements fully fitted.

UPVC windows & doors

Free Advice and Estimate

Phone: 015396 25431 or 015396 20074

Mobile: 07779 049103 or 07814 149105

At the Chair Workshop

- Chair seating & supplies
- Tuition
- Tool sharpening

- ❖ Bead jewellery
- ❖ Restringing
- ❖ Repairs – clasps, earrings, chains

99 Main Street, Sedbergh.

Tel: 015396 21489

'Youth Group?' and doesn't Slovenia have some good canoeing? SAD can only mean Sedbergh And District Canoe Club.

Thanks to the generosity of SLDC, The British Canoe Union and The Bowland Trust we've now got some club kayaks, paddles, helmets etc, so welcome others to come along and try it. Anyone interested can phone Mike Hinson Sed: 20118.

The AGM will be held at 7.30pm on Monday 6th March in the Bull Hotel.

FRIENDS OF DENT PRIMARY SCHOOL - PROMISE AUCTION

The above event was held on Friday 25th November 2005 in the Sun Inn, Dent. A staggering £4,478 was raised from the Auction of over 100 promises, and £1,240 from the Time Challenge, which was kindly sponsored £4£ by Barclays Bank plc.

A huge thank you to **everyone** who supported our event by donating promises, and to those who most generously purchased on the night.

This year's Promise Auction will be held on **Friday 24th November 2006.**

DIALECT DIGEST

“Tha can allus tell a Yorksherman”, goes the old saying, “bud tha can’t tell ‘im much!” It’s an illustration of the ability of us Northerners to be able ‘ti tek a joak agin oorsens.’ I can’t be the only one who thinks most folk take themselves far too seriously nowadays, so what will become of all those pithy expressions which were once common, and usually said without any intended malice?

Will we be prevented from saying someone is ‘as common as muck’, ‘as deaf as a yat stowp’ or ‘as blinnd as a mowdywarp’ (as deaf as a gate post, or as blind as a mole)?

When I was young, I was very tall and lanky, but I never minded being referred to as being ‘as thin as a lat’, or ‘as streight as a yard o’ pump watter’. And all us lads were regularly called ‘as daft as a brush’ by our Mams, probably because it was a very accurate description.

Some sayings are so old as to have lost their original meaning, such as someone with a thirst being ‘as dry as a lime-burner’s clog’. But I do hope that, despite being older and slower now, people will still refer to me as being ‘as fit as butcher’s dog!’

G B Building Services

Condor Barn, Dent, Sedbergh LA10 5QT

Tel: 015396 25433

Mob: 07778874855



*Builders, Joiners,
Roofing, Plastering Contractors*

CAUTLEY METHODIST CHAPEL

Celebration service is to be held on Friday March 10th at 7.30pm, where the Speaker is to be Alec Passmore. This service is to remember and praise God for the Mission held 30 years ago at Cautley and led by the late Herbert Silverwood.

Everyone interested is warmly invited. Supper at the close. Details from T and J Harper 20668.

FINAL CALL FOR THE SPRING SHOW

COME ON!! LET’S HAVE THOSE ENTRIES ROLLING IN.

Schedules and entry forms are in last month’s Lookaround and in lots of shops in Sedbergh and Dent. A copy of the entry form is acceptable so fill it in and send it off **now**. Don’t forget to enclose a stamped, self-addressed envelope. Closing date for entries is Saturday March 25th.

WE ARE LOOKING FORWARD TO YOUR ENTRIES!

The Spring Show Committee

SEDBERGH BRITISH SCHOOL TRUST

The Trustees will meet on Wednesday 15th March 2006 to consider Grant Applications from suitably qualified persons who have attended Primary School in Sedbergh, Garsdale or Dent, and who seek financial assistance to further their careers.

Applications should be in writing and addressed to:-

The Honorary Secretary of the Trust,
6, Guldrey Fold, Sedbergh, Cumbria
LA10 5DY and should be made without delay.

*Mrs J. Cope
Hon. Secretary*

SEDBERGH PLAYGROUP

We are trying to raise funds and have been approached by a firm called Bags 2 School, who collect all types for clothing, bedding (not duvets) curtains, belts, shoes, soft toys and handbags to help raise money for your charity, (ours being SEDBERGH PLAYGROUP)

We get paid by the weight, so the more bags of items we collect, the funds we raise. If you can donate any of the above or want more information please contact Karen Brewer 21504 or Trish Woof 21644. Arrangements can be made for collecting your bags (please use black bin liners). the collection date is Monday 3rd April 2006 at 11.30 am @ Sedbergh Methodist School Rooms. Storage can be arranged prior to this date.

Please help us raise funds for your local Playgroup

THOUGHT FOR THE MONTH

One of the many Lent courses around this year is called "Lift up your Hearts" which is somewhat different to the usual "Lift up your HEADS", could this be because we can all experience times when our HEART rules our HEAD? Perhaps it is because God wants to be

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

Daphne Jackson

MSc (Ost) DO

Registered Osteopath

BUPA Provider

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

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

welcomed into the very HEART of us through His son Jesus? And while we all need a 'good HEAD' on our shoulders we also are better people if we have a loving HEART as well! Whatever the reason you must admit it sounds interesting and worth a second look, more than some of the other courses about. There are meetings arranged in the locality to discuss this theme and you would be made very welcome, I should hope you are, otherwise people must be letting their HEAD rule their HEART! LD

ZEBRAS

Zebras are having their spring New to You sale on Friday 31st March between 1pm and 4pm at Sedbergh Methodist Church rooms.

It is a great opportunity for mums-to-be, parents, grandparent, in fact anyone, to pick up a bargain. There will be games for the kids.

If you wish to donate anything or for commission sales telephone Trish on 21644 or Christine on 21026. You can drop any items in to Zebras between 7pm and 7.30pm Thursday 30th March or between 10am and 12 noon on Friday 31st.

ART SOCIETY

At the Sedbergh and District Art Society A.G.M., there was a good turn-out for this meeting.

Programme Secretary's Report

Ruth Gamsby outlined an eventful year, which included portrait groups, a pen-and-wash day, luncheon at Thorn's Hall with David Fulford speaking, the informal Wednesday morning groups in the Peoples' Hall (continuing until 12th April at least), and a high standard of Friday evening speakers, the last of which for this season will be at Farfield Mill on 10th March with Winifred Hodge, entitled "Mixed Media Demonstration".

Ruth was thanked for her hard work.

Exhibition Secretary's Report

Ron Gerrard outlined future plans. This year the Summer Exhibition will be held in Sedbergh School Chaplaincy, next to the Health Centre on Loftus Hill. Robin and Ruth Davey have offered their barn for the current storing of stands etc. The Society is very grateful both to the School and the Daveys. There were several suggestions for improving on organisation, and a plea for more volunteer supervisors. H. Shields and J. Hewitt have kindly offered to take over the production of the catalogue, and thanks went to C. Nelson and S. Garnett for their past work on this.

Ron is standing down as Ex. Sec., and was thanked for all his efforts.

Treasurer's Report

Margaret Copestake reported a healthy but diminishing balance , and emphasised that the Summer Exhibition must be self-supporting. Her thanks went to J. Dodds as auditor, and Margaret and L. Fiincham

Philip Horner Fencing & Walling

Man & Tractor
Any agricultural work undertaken
Tel: 015396 21984
Mob: 07855 349157
e-mail: phorner@hotmail.com



were thanked for their work as treasurers.

V. Finch was thanked for her Lookaround reporting.

Chair's Report

Dr. A Lendrum reported on her successful efforts to find a venue for the Summer Exhibition-----it took a great deal of time , effort, and cajoling. She has done a wonderful job, and the Society is very grateful. Dr. Lendrum is standing down as Chair.

Election of Officers

Chair R, Gerrard
Exhibition Secretary David Tomlinson

The rest of the officers were re-appointed en bloc.

Thanks went to H. Moore for organising portrait group venues.

There was a final plea from Joan Chamley, as a founder member , for help from "younger and fitter" people for help with e.g. clearing up after the Exhibition, which is quite tiring.

V. Finch

TOWN TWINNING

Mayoral Visit

Great news! We are having an official delegation from Zrece visiting us from March 20th to 23rd. (To be confirmed at the time of writing.) There will be 10 in the party including the Mayor Joze Kosir, other councillors and Zdenka of course.

They are all very anxious to meet as many Sedbergh people as possible and we are hoping to arrange various visits and tours in the short time they will be with us. Invitations have gone to the Slovenian Ambassador and Tim Farron. Media coverage will be encouraged.

We are also intending to organise two social events to which you are all invited. Plans are afoot for a formal dinner at Thorn's Hall (where they will be staying) on the Tuesday evening and a social with a buffet and a variety of entertainments on the Wednesday.

Unlike the twinning group in Zrece, we are not in receipt of subsidies from local industry or government funds so we will have to charge for these events. Our only source of income at the moment is subscription revenue from the Town Twinning Club membership and it is



**Paul
Winn**

Appliance Services

SALES • SERVICE • REPAIRS

To all leading makes
of domestic & commercial appliances

PORTABLE APPLIANCE TESTING

Tel/Fax: 015396 21699

Mobile: 07889 286 722

going to be a struggle to provide anything approaching the generous hospitality we have already received from our visitors. If anyone is able to provide free or subsidised transport, food or practical help, or simply a donations towards costs then we would be delighted to hear from you. We would also be delighted to welcome any new Twinning Club members! Please get in touch with me (21138) or Garth Steadman (at the shop or 20431)

Meanwhile look out for posters etc. announcing details of events. We will endeavour to keep the Twinning board outside Powell's up to date. We need your support!

Susan Garnett

RICHARD HOGGARTH

General Building and
Property Maintenance

30 Years Experience

Tel: 015396 20805
Mob: 07799 420433



CHRISTMAS SINGING IN SLOVENIA

We met many of those who came to the Sedbergh carol weekend at the beginning of December a few weeks later when our Lakeland Voice singers stayed in Zrece for a week over Christmas - definitely the best time to visit Slovenia not just for the festive lights and snowy mountains, but for all the wonderful singing events that take place at that time of year.

We hired a mini bus and car at Venice airport and, on driving into Ljubljana, were greeted by the students in the main thoroughfare each holding a letter which spelt out a welcome to our singers. After an excellent party with both English and Slovene singing, we drove on to our accommodation at the tourist farm Urksa, on a hilltop overlooking Zrece - but returned to the capitol the following day to sing under the Christmas trees and a dazzling display of lights in this beautiful city.

On Christmas Eve we joined the party walking from Rogla down to Skomarje - although the route changed because of the deep snow. We were also joined by an English TV company whose professional cynicism provided quite a contrast to the romance of snowy mountain top churches, carols and the hospitality of the Slovenes.

They were filming an English couple on holiday in the Rogla Hotel and I overheard their camerawoman telling the producer: "Yeah, I got some great shots of Natasha falling over on the ice, and then sobbing into her mobile phone that she wanted to go home!"

After singing with our friends at the midnight mass in Skomarje church we

joined a party for more singing at Jose Kovse's guesthouse, Medved - where the Cautley Carollers stayed last Easter. It was a surprise to walk into this beautiful mountaintop home and find a photo showing Roger and Judith Bush, Dorcas Thomas, Penny Carruthers and myself proudly displayed on the wall.

At Urksa we ate like royalty - despite most of the group being vegetarians we enjoyed a splendid variety of dishes. So after an enormous Christmas lunch we appreciated being able to work off some of the fat by joining a lamp-lit procession from the church in Zrece (where we sang at a special service blessing the children) to the Sveta Neza church on another hilltop overlooking the town. We were very honoured by again being invited to sing during the service - our Slovene carols being especially appreciated (we had practiced some of them on Alan Pratt's doorstep while carol singing up Dowbiggin Lane before leaving Sedbergh.)

But what we enjoyed most was meeting - and being welcomed by - many of our Slovene friends who had visited Sedbergh over the year: Dusan, Ivan, Jose and Anthon from the Ljudski Pevci iz Stranice; Marjan Hren who came with Odmev for the carol weekend; Samo Ivacic and the singers from the choir who came in August; and of course Zdenka and the Mayor who gave us a special welcome at the Mayor's Office.

Some of our singers wanted to demonstrate the English carol singing tradition which they did outside Edvard and Dagma's house by the hilltop church - after which we were invited in for more singing and refreshments. What

I enjoyed most was joining a group of five men from Zrece singing the harmonies for some of the Slovene folk songs we had learnt earlier in the year.

Our Boxing Day is their Independence Day, and like last year we joined the concert in the main church for a fabulous display of singing from about 20 different groups and soloists (even the firemen have their own choir) - all from the Zrece area. Although this year we also sang a couple of songs, and were surprised when the entire audience started clapping along with one of our wassailing songs. Afterwards we spilled out into the blizzard for mulled wine and a party out in the snow.

If the Slovene's are impressed by an English nonchalance for walking in the rain, we were all amazed by the apparent unconcern shown by the Zrece locals for driving in deep snow. With good winter tyres, they leap into their cars and drive off without a thought in conditions that would have our schools and offices closed and most of the roads closed for traffic. But by the end of the week we had developed the skills necessary for putting chains on and off in the snow, though not without a lot of help from passing motorists who would stop to give us a hand.

Another thing we noticed was that many drivers were tooting their horns and making rude gestures at us until someone explained that because we had Venice number plates it was assumed we were all Italians. There was a very noticeable difference in the attitude of other drivers when we put a large GB sign in the back window!

Our final concert was in the ancient



Killington MARQUEES
FRAME & MINI MARQUEES
Weddings, Garden Parties & Corporate Events

Call us for all your requirements
Tel: 015396 20602

killingtonmarquees.co.uk

town of Ptuj where we sang with another 20 local choirs as well as their town band, a 30 piece wind ensemble who amongst other music played several movie theme tunes - including Bridge over the River Kwai and the Good, the Bad and the Ugly, reminding us all of another town band close to our hearts. Afterwards we joined a huge banquet in the hall where many of the singers would break into spontaneous singing - some of which we were able to join.

As well as all the singing, we also found time to ski, walk in the hills and swim in the spa (with the unusual sensation of being able to swim from the warm pool inside out into the falling snow outside.) But everyone agreed that what we all enjoyed most was meeting all these wonderful people and being invited into their homes to celebrate the common ground between our two towns.

(Howgills Harmony continue with the singing of Slovene folk songs on Tuesday evenings to which everyone is very welcome to join. We are also planning another performance project and cultural exchange to Slovenia in the first week of August, and weekends through the year.)

David Burbidge

SEDBERGH & DISTRICT HISTORY SOCIETY

The Members' Evening was held at Settlebeck on Wednesday 1st February. This year the members giving the talks were Kevin Lancaster and Roger Underwood.

Kevin's subject was "Inventories and Bonds". Soon after a person died an inventory was taken, of the possessions and debts that they had, to be used in conjunction with their will. This task was normally undertaken by four neighbours. For this area the earliest surviving record was from the first half of the sixteenth century. From then the number increased until the Commonwealth during which there was a steep decline. After that the number sharply rose and peaked around

1700. During the eighteenth century the practice declined and finally ended in the nineteenth century. Most of the inventories for this area are to be found in Preston and we are lucky that the society has transcripts of so many, the latter fact largely due to Kevin's efforts. In his lecture he compared some from a period in the seventeenth century with another sample taken a hundred years later. The comparison showed the effects of inflation and increasing wealth in the area. Particularly interesting was the much wider range of furniture in the houses. Also the terms used to describe some of the farm animals had changed with the later ones being the same as our contemporary ones. Finally Kevin stressed the importance of the

CLERK TO GOVERNORS

The Governors of Settlebeck High School need a replacement Clerk to Governors to start as soon as possible to assist them with their role supporting the school.

An honorarium of £1,300 per year will be paid (monthly or quarterly) and subject to review to recognise the work required which includes 20 meetings each academic year (full Governors' and 3 supporting committees) plus an advisory role regarding DFES initiatives and other regulations/requirements.

If you want further details or the chance to talk about the responsibilities of the post before applying, please contact Dave Smith (Head Teacher) on 015396-20383, or Stuart Manger (Chairman of Governors) on 20108, or Anna Atkins (previous clerk) on 20031.

Letters of application to include details of relevant qualifications and experience together with contact details of two referees to be sent to the current clerk

Mrs Margaret Chambers
Finance and Personnel Manager
Settlebeck High School
Long Lane
SEDBERGH, LA10 5AL



To be received no later than Friday, 24th March 2006.

information provided by bonds, sureties required when loans were involved.

Roger Underwood's subject was "From Bristol to Sedbergh and back again, a journey of fifty years." This talk linked the fortunes of the Uptons of Ingmire Hall with the Smyth's of Ashton Court near Bristol. The latter were a much more important and wealthier family with the head being a baronet and Ashton Court being the centre of a very large estate. The family were leading figures in Bristol society. Florence, the sister of the baronet, became the second wife of John Upton of Ingmire Hall. His first wife had been the daughter of the Bishop of Bristol. Their son Thomas died in 1843 of pneumonia, caught from exposure on Kendal Fell, but not before he had produced two sons, Thomas and Greville. Back in Bristol Florence's brother Hugh had died and been succeeded as baronet by another brother, John. The latter was a confirmed bachelor and this meant the title would pass to Thomas. However, he was indulged by his grandmother and he

died in Bristol due to his excesses, leaving Greville as the heir.

At this stage a man suddenly appeared on the scene claiming to be the son of Hugh from a marriage contracted in Ireland. John accepted his claim to be the heir to the baronetcy and then conveniently died the next day. Naturally a court case, which was the talk of Bristol, was held to decide who had the right to succeed as baronet. The claimant was found to be an impostor and Greville became the baronet. Florence eventually died in 1852 having seen her grandson inherit the title. Another Florence, the daughter of Thomas born in 1837, later acquired Ingmire Hall as Mrs Upton-Cottrell-Dormer. Ashton Hall was eventually overwhelmed by death duties in the early nineteenth century and was bought by Bristol City Council.

The speakers were thanked by the chairman who remarked that the evenings such as this showed how lucky the society was in being able to draw on the skills of so many talented members.

CHARLESWORTH

THIS TEAM "LEAVES" IT CLEAN!

Fencing Specialists & Tree Care

Covering the whole of Cumbria & North Lancs.

Domestic/Commercial/Agricultural

- Agricultural & Garden Fencing
- Rustic & Panel Fencing
- Post & Railings
- Sawmill Facilities
- Horse & Rabbit Fencing
- Stock Proof & Deer Fencing
- Temporary Site Fencing
- Wood Chips/Bark Peelings
- New for 2005 - Stump Grinding Hire

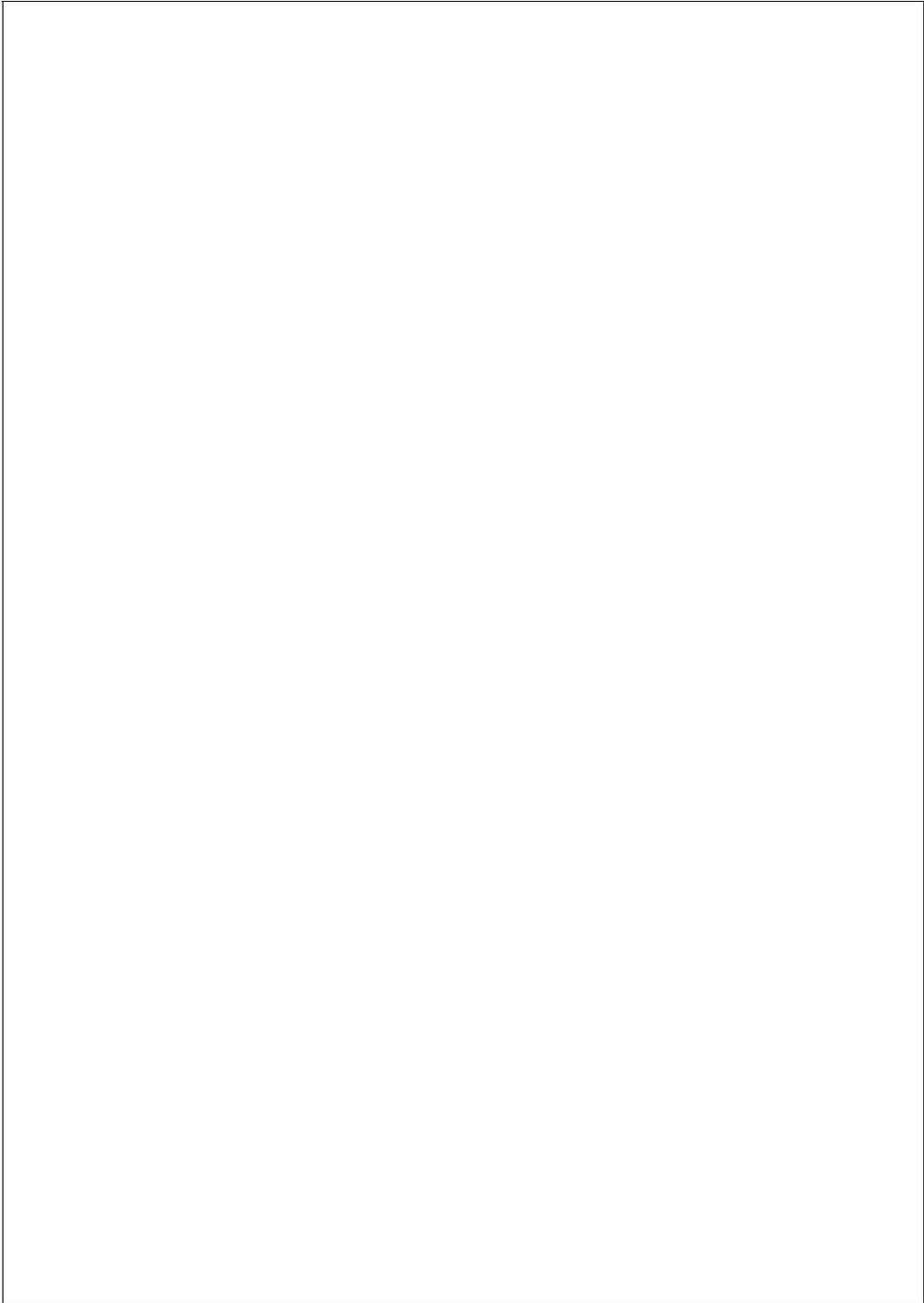


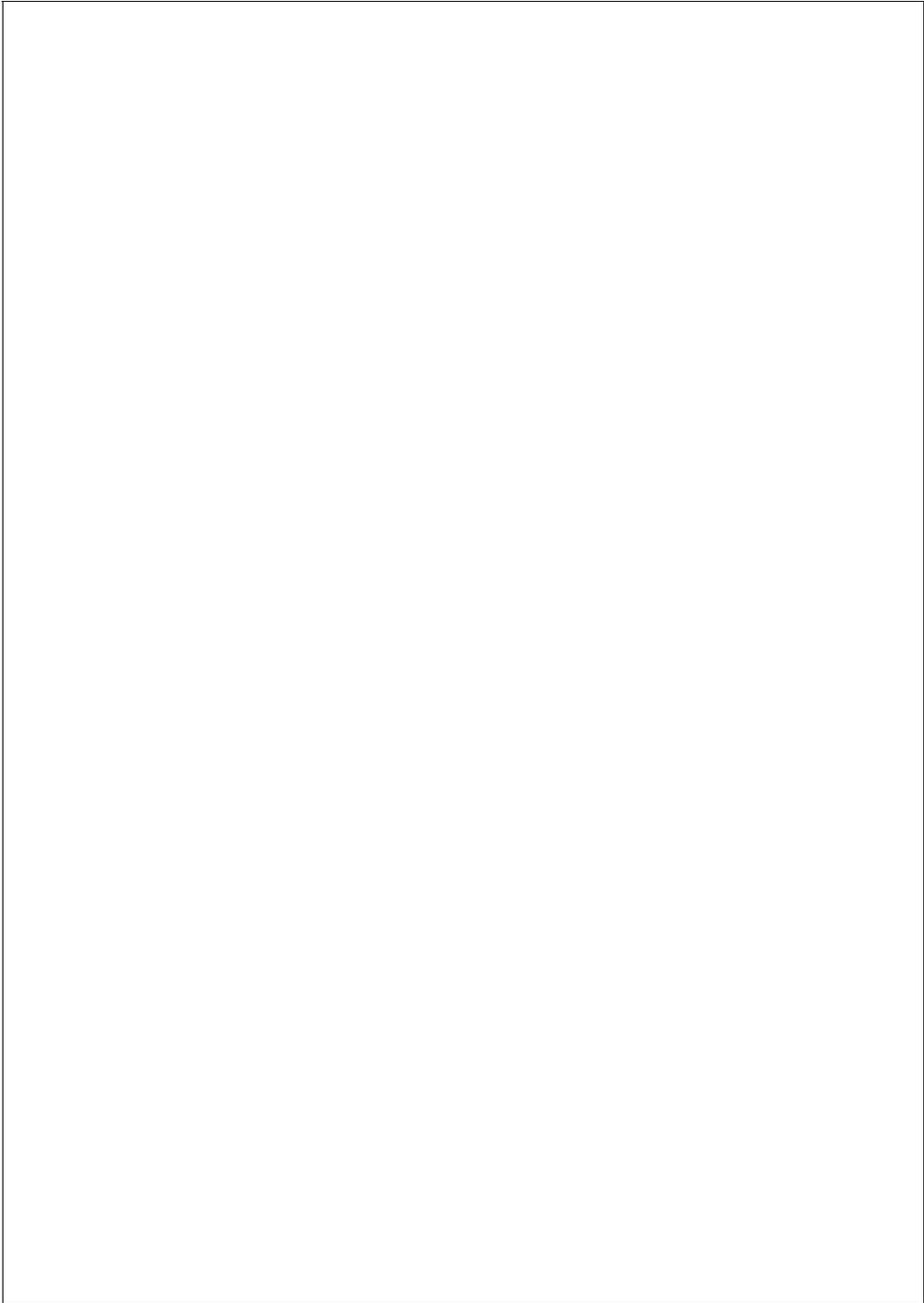
Fencing Materials - Treated Timber Sold

Call Gavin today 015242 71840
or Woodyard 015396 20006

Firewood Sold

The Wood Yard, Old Railway Goods Yard
Middleton, Nr Sedbergh LA6 2NE





SEDBERGH FESTIVAL 2006

This will be the fourth Music Festival at St. Andrew's and will be the usual mix of concerts and recitals aimed at all music lovers.

There will be a strong choral element with concerts by the Pro Nobis Singers, the Cumbria Baroque Choir, the Edinburgh Camerata Singers, Sedbergh Summer Singers and contributions from the Phoenix Choir of Casterton School, Sedbergh School Chapel Choir, St. Andrew's Choir and Sedbergh School Junior School.

Instrumentally there will be performances of String Quartets, Violin Sonatas, Piano Trios, Wind and Brass Ensembles.

Vocally there will be two song recitals.

The Town Band will be giving the opening concert and the Pepperpot Club will be performing at a morning Coffee Concert.

The Sedbergh Summer Singers have given three major works in past Festivals: Messiah, Creation and the St. John Passion. This year they will be giving two concerts: Fauré's Requiem and Britten's St. Nicolas.

Rehearsals for the Summer Singers will be in St. Andrew's Church and will commence on Monday March 13th. at 6.45 p.m. All singers are very welcome.

If you would like to support the Festival by becoming a Patron, please contact George Handley (21411) DC

RECYCLING NEWS

There have been articles in the media about the problems that the nation faces, as the landfill sites currently used reach capacity. SLDC uses two landfill sites;

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 20708**

*11.45pm on normal Sundays

waste from the south west of the district is sent to a site in Barrow, whilst waste from the rest of the district is sent to Lancaster. However these sites are nearing the end of their capacity and alternative arrangements will have to be made. This is likely to result in our waste travelling even greater distances, which will be both expensive and wasteful.

Many residents and visitors now recycle at least some of their waste, but most of us have some waste that cannot be recycled. We are asking everybody to think about the waste that they do not recycle and ask whether it is really necessary. 20% of the waste thrown away in this country is food waste, some of which could be composted. The Cumbria Waste Partnership has compost bins available from £6 including delivery. If you would like a compost bin log on to our website at www.southlakeland.gov.uk for more details.

If you have any questions about recycling or reducing the amount of waste you have, please contact us either through the Customer Contact Centre on 0845 050 4434 or by emailing us at recycling@southlakeland.gov.uk

Thank you for recycling.

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

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

Complementary therapists practising locally

DIARY OF EVENTS

Dates are held up to 13th December 2006

MARCH			
1	St David's Day		26
1	1000 North West Cancer Coffee Morning	URCR	26
1	1000 Birds, Bees, Beasts & Beaches	FM	29
1	1100 Age Concern Surgery	CO	29
1	1315 Zebras	SMCR	1315
1	1930 HS Adam in Paradise (A)	DMH	Zebras
1	2000 Playing Field Committee AGM	Bull	31
2	1930 WIH Twinning with Zrece	FCH	1300
2	1930 Domino Drive	KVH	New to You Sale (A)
3	1430 Women's World Day of Prayer	StAS	Age Concern Surgery
3	1930 Spar Wars	SHS	
4	1000 Sunday Club Jumble Sale (A)	SMCR	APRIL
4	1430 Spar Wars	SHS	1
4	1930 Spar Wars	SHS	1200
6	1930 Canoe Club AGM	Bull	Spring Show
7	1930 FCH AGM	FCH	3
8	1000 Christian Aid Coffee Morning (A)	URCR	1930
8	1100 Age Concern Surgery	CO	PH AGM (A)
8	1315 Zebras	SMCR	5
8	1915 WID Local Radio in Cumbria	DMH	1000
8	1930 WIF Fishing in Morecambe Bay	PH	GVH Coffee Morning
10	1930 Domino Drive & Tattie Pot	HVH	1100
11	0930 Open Morning (32)	CS	Age Concern Surgery
11	1300 Dentdale Run	Dent	1315
12	1230 John Lynes	BF	Zebras
12	1530 Jacob's Ladder	DMH	6
13	1845 Sedbergh Summer Singers (A)	SyAS	1930
14	1400 WIK Brass Instruments	PH	WIH Her Majesty's Coastguard
14	1930 Domino Drive	FCH	11
15	1000 URCR Coffee Morning	URCR	1400
15	1100 Age Concern Surgery	CO	WIK It Shouldn't Happen to a Nurse
15	1315 Zebras	SMCR	12
15	1930 HS Sedgwick's North Country (A)	SHS	1000
17	St Patrick's Day		Dentdale Methodist Coffee Morning
17	SS Term Ends		12
20	Visit from Zrece (49)	Sedbergh	1100
20	1930 Beekeepers' AGM	PH	Age Concern Surgery
20	New Riverside Jazz Band (A)	Dalesman	1315
21	1415 SL Blind Group	PH	Zebras
21	1930 LNFU	PH	21
22	1000 Baby & Toddler Coffee Morning	URCR	1900
22	1100 Age Concern Surgery	CO	RBL Branch Supper
22	1315 Zebras	SMCR	23
22	1930 CWT AGM + Gardens & Jacob Joint	SHS	St George's Day
23	1930 The Rise of the Collorettes (Ad)	PH	23
24	1900 Famous Quiz Night (A)	SHS	1530
25	1930 HS AGM & Jacob's Join (A)	SHS	Jacob's Ladder
26	Mothering Sunday		24
			1930
			Beekeepers'
			26
			1100
			Age Concern Surgery
			26
			1315
			Zebras
			26
			1930
			CWT Birds of Eden Valley
			26
			1930
			Sedbergh Band Concert
			27
			1930
			Lord Arthur Saville's Crime (A)
			28
			1400
			Age Concern Surgery
			29
			1430
			Beekeepers'
			MAY
			1
			May Day Public Holiday
			3
			1000
			StAS Mission Coffee Morning
			4
			1930
			WIH Fleece Embroidery
			6
			1000
			North West Book Fair
			9
			1400
			WIK Resolutions + The Lieutenancy
			10
			1000
			Carers Coffee Morning
			10
			1915
			WID Resolutions

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.

10	1930	WIF Resolutions	PH				
12	1930	McGee & Martin in Concert (Ad)	PH				
13		Opening of Dent Heritage Centre	Dent				
14	1530	Jacob's Ladder	DMH				
14-20		Christian Aid Week & Shop	URCR				
15	1930	WI Lune Group Meeting	Casterton				
16	1415	SL Blind Group	PH				
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	Beekeepers'	Long House				
29		Spring Bank Holiday					
31	1000	Firbank Church Coffee Morning	URCR				
JUNE							
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	Beekeepers'	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				
JULY							
1	0930	Beekeepers' 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	Beekeepers' Inspection	Field Maple				
26	1000	Network Coffee Morning	URCR				
31	1000	Holiday Club	PH				
AUGUST							
1	1000	Holiday Club	PH				
2	1000	Howgill Church Coffee Morning	URCR				
2	1000	Holiday Club	PH				
3	1000	Holiday Club	PH				
3	1930	WIH Open Meeting	HVH				
4	1000	Holiday Club	PH				
9	1000	North West Cancer Coffee Morning	URCR				
9		WID & WIF	TBA				
9	1930	WIF All Things Bright & Beautiful	PH				
12	1430	Beekeepers' Varroa	Acre				
16	1000	StAS Mission Coffee Morning	URCR				
19	1000	North West Book Fair	PH				
				DIARY KEY			
				BF	=	Brigflatts	
				BFK	=	Beckside 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	
				MCCKL	=	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	
				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	
				19		English National Sheepdog Trials	Barbon
				23	1000	Garsdale Church Coffee Morning	URCR
				25		Summer Theatre	TBA
				25		Dentdale Weekend	Dent
				26		Summer Theatre	TBA
				26		Dentdale Weekend	Dent
				27		Summer Theatre	TBA
				27		Dentdale Weekend	Dent
				28		August Bank Holiday	

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 - 1100 * 1500 - 1800 *
 1230 - 1300 Dent

Tuesday 0830 - 1030 1500 - 1800 *

Wednesday 0830 - 1030 1430 - 1700 *

Thursday 0830 - 1100 *

Friday 0830 - 1100 * 1500 - 1800 *

Dr A Orr

Monday 0830 - 1030 1430 - 1730 *

Wednesday 0830 - 1100 * 1500 - 1800 *

Dr C Hunt

Tuesday 0830 - 1100 *

Thursday 0830 - 1030 1500 - 1800 *

Friday 0830 - 1030 1500 - 1800 *

Practice Nurses

Monday 0845 - 1300 b 1400 - 1700 b

Tuesday 0830 - 1300 a 1400 - 1730 a

Wednesday 0845 - 1300 b 1400 - 1630 b

Thursday 0830 - 1300 a 1400 - 1730 a
 1300 - 1800 b

Friday 0845 - 1300 b 1400 - 1730 b

a = Adele Reynolds

b = Anne Crome

District Nurse

☎ 015396 21690

Health Visitor

☎ 015396 20979

A Collinge Optometrist

Every Friday 0900 - 1300 1400 - 1730 *

DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Ms G Turner & Mr M Brickles

Monday to Thursday 0900 - 1700

Friday 0830 - 1500

* = By Appointment Only

= Telephone Consultation

FP = Family Planning

LIBRARY Main Street ☎ 20186

Monday 1700 - 1900

Wednesday 0930 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 0930 - 1230

SEDBERGH TOURIST OFFICE

Main Street ☎ 20125

Open every day

COMMUNITY OFFICE ☎ 20504

Monday to Thursday 1000 to 1600

Friday 1000 to 1300

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