

Sedbergh & District

LOOKAROUND

February 2007

Issue 241

Donation 50 pence

A very Happy New Year to all our readers and welcome to 2007.

Contributions still excel but we seem to be having a few Internet problems. Please read the Editorial on Page 73 which will explain how e-mails will be dealt with in the future.

Please also remember that we cannot print anything unless we know who the author is. This has worked for many years and we don't want to change things now.

*Dennis & Jacky,
John & Charlotte*

★  **Young Kidz** ★
★ **BINGO** ★
★ **NIGHT** ★
★ **Friday 2nd February** ★
★ 8.00 pm ★
★ White Hart Club ★
★ *money raised will be for* ★
★ *local children's groups and* ★
★ *sonic scalpel breastcancer* ★
★ *fund at Lancaster* ★
★ lots to be won including ★
★ £50 cash ★
★ DVD Player ★
★ Portable CD Player ★

SEDBERGH SCHOOL
CHORAL SOCIETY
and an Invited Orchestra
will perform
Mozart's C Minor Mass
and
Haydn's Te Deum in C
at
Kendal Parish Church
7.30pm
Saturday 3rd February
Sedbergh School Chapel
7pm Sunday 4th February
Conductor: John Seymour
Soloists include:
Charlotte Jackson & Rachel Little
Tickets £8 (Concessions £4)

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

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

CHILDREN'S BIRTHDAYS FEBRUARY 2007



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:-
Abbie Game who is

6 years old on 19th February.

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

Sedbergh, Garsdale & Dent.

A belated Happy 9th Birthday to Adam Sweeting who was 9 years old on 15th January.



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

BED & BREAKFAST

| Proprietor | Address | Phone (015396) |
|-------------------------|---|----------------|
| Mrs L Smith | Father Haw, Howgill Lane, Sedbergh (07/07) <i>ID; PB; TVL; CH; NS; NP; P; DR; VB</i> e-mail: lsfatherhaw@hotmail.com | 20937 |
| Mrs S Sharrocks | Holmecroft; Station Road, Sedbergh (06/10) <i>ID; IT; IS; TVL; CH; NS; NP*; P; DR</i> Web Site: holmecroftbandb.co.uk | 20754 |
| 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 |
| Miss S Thurlby | 15 Back Lane, Sedbergh (07/12) <i>ID; IT; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amservice.net | 20251 |
| Mr & Mrs Wilkinson | Netherclough Holiday Cottage, Garsdale (07/06)..... <i>ID(4 poster); IT; IS; L; TVL; NS; P; VB; EM; (use of Kitchen)</i> Web Site: www.nethercloughcottage.garsdalesedbergh.co.uk | 21397/22019 |
| Mrs S Gold-Wood | Number Ten Main Street, Sedbergh (07/02) <i>ID (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 (07/09) <i>IT; PB; TV; NS; NP; P; DR; VB</i> brantrigg@btinternet.com | 21455 |

CAMPING, CARAVANNING & SELF-CATERING

| | | |
|--|--|-------|
| Borrett Barn Caravan, Marthwaite, Sedbergh (07/02) | <i>4 Berth; H+C; Shower; WC; TV; NS</i> | 21175 |
| Greenholme, Killington, Sedbergh (07/07) | <i>S/C 2 - 9 people; D; PB; CH; L; TVL; P; NS(B); DW; DR; CW</i> www.greenholme.fsnet.co.uk | 21153 |

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; P = Parking;
 NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); DW = Dogs Welcome
 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

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| 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

AIREY

John would like to thank Baliol staff, boys, friends and relatives, for his great birthday and retirement meal, gifts and cards. Also to Babs for the lovely birthday cake.

BAKER

Bob & Family would like to thank everyone for their cards & good wishes at Christmas. We would like to wish all our friends a Happy New Year.

MIDDLETON

Many thanks to all who sent me cards, gifts, flowers and a beautiful cake for my **93rd Birthday**. Also to the Over 60 Club for making the day so special. Again Thank You. Cissie.

LONGLANDS

Happy **18th Birthday** Short Legs. Sorry you won't be here but have a great day. Congratulations. Love and best wishes Mum X and Dad X.

LONGLANDS

Happy **18th Birthday** Bill. Just a shame you ain't back in Sedbergh to celebrate. Hope you still have a good birthday. Love from your little Sister.

LONGLANDS

Congratulations Bill on your **18th Birthday**. Lots of Love Gran H. XXX.

LONGLANDS

Congratulations on your **18th Birthday**. Love Grandad Gordon X.

LONGLANDS

Happy **18th Birthday** to a special young man, Bill. My love to you and hoping you have a happy and healthy future. From Nan XX.

LONGLANDS

Congratulations on your **18th Birthday**. Hope you have a good birthday. Love Grandma & Grandad Longlands.

LONGLANDS

Happy **18th Birthday** from Grandad Parky.

LONGLANDS

Nephew Bill. Best wishes on your **18th**. Auntie Carole, David, Sam + Mel. XXXX.

LONGLANDS

Congratulations on your **18th Birthday**. Best wishes Uncle Roy + Aunt Kath. XX.

LONGLANDS

All the best for your **18th**. Sorry you won't be home. We will have a big drink to celebrate with you when you get back. With love from Aunty Judith and Uncle Bernie. XX.

LONGLANDS

Best wishes Bill for your **18th**. Love Clive, Olive, Claire and Simon. XXXX.

LONGLANDS

Happy **18th Birthday**. Helen and Antony.

PERSONAL & SMALL ADS £1

LONGLANDS

Alright Billy Boy. Hope you are O.K. and not getting into mischief. See you soon. Love from Zo X + Dan X. P.S. By the way **Happy 18th**.

POSTLETHWAITE

Happy **40th! Birthday**. Love Ruth, Cynth, Cath, Brian. K. and Chris.

TROTT

Freda wishes to thank the Sedbergh Book Town who so kindly launched her new book with a lovely party in the Peoples Hall on 29th August 2006. Also thanks to all the hundred and twenty-five dear folks who attended it, and their generous donations, amounting to Two Hundred and Fifty Pounds which she sent to Dogs Trust.

LOST

Week before Christmas between Garsdale station and Sedbergh. Pair dark green mitts - waterproof outside, fibre pile inside. Small thank you gift for returner. Tel: Nick on 015396-21715.

LOST

Small Gold Signet Ring - end November 2006. If found please ring 20332.

FOR SALE

Two Oakridge armchairs 'Madrid' style in beige. One spare set loose covers. £95. V.g.c. Ikea 2 seater settee in maroon/beige/green. £40. Tel: 015396-20275.

FOR SALE

BABY ITEMS. Britax Travel System Pram/Pushchair with all accessories £15. Moses Basket with stand, cover and bedding £10. Activity Centre £30. Back Carrier £10. Baby Walkers £8. Changing table with bath £5. Baby boy clothes 0-12 months £10 a bundle. Sangenic nappy bin £5. Baby food processor £5. Tel: 015396 20529.

FOR SALE

Time Share apartment in North Wales 29th Sept to 6th Oct. Many facilities & amenities. £250. Vic & Linda Hopkins 21455.

FOR SALE

Pool Table 7' x 4' Slate Bed. Recently recovered. New cues & balls. Box of chalk. £475 ono. Tel: 015396 21195.

FOR SALE

Leather two seater sofa, unusual ethnic design. Casy £500 from Maysons, Keswick 6 months ago. Accept £250 ono. Upholstered Backstool, kneeling type £15. Tel: 20185

FOR SALE

Avondale Leda Cheviot Caravan 16' long. 4 Berth Toilet, Shower, Cooker, Fridge, full electrics £750 ono. Electric Coal Effect fire. Plug into normal socket £7.50. Delta Espresso/Cappacino Coffee Maker £4.50. Tel: 21115.

PERSONAL & SMALL ADS £1

FOR SALE

BABY ITEMS: Car seat Birth-18kg £20. Bush baby back pack and rain cover £50. Little Tykes Trike, Wooden toys +mobile: offers welcome. Travel cot £10. FREE cot. Telephone Sedbergh 20876.

HOUSE CLEARANCE SALE

Domestic items. Baby Belling electric cooker and stand £65. Hoover upright cleaner £25. Microwave oven £23. Snow tyres would suit Corsa or similar car, virtually unused £35 for pair. Porch awning unused £25. Wonderfire Living Flame gas stove, top of the range model, offers over £225. Small A4 desk laminator £20. **Music & Leisure,** Martin Sigma DM5 acoustic guitar £150. 5 string G Banjo £120. Tatra classic acoustic guitar £23. Cheetah Mk5 dumb Midi keyboard £35. Synth sounds box £40. Snare drum 14 inch £25. Small sampling keyboard £22. Akai reel to reel tape recorder £55. Ferrograph reel to reel tape recorder £75. Casio pocket colour TV set £35. Black & White portable 5 inch TV set, suit caravan £23. Pye Black Box record player £60 ono. DX-394 short-wave scanning radio receiver £75. Bush transistor portable radio, (copy of old valve type) £20. Video VHS cassette recorder, as new £25. **Sailing & Hobbies.** Skipper 14 foot Family Sailing Dingy, safe and easy to handle, ready for the water at £320. Trailer with integral launching trolley to suit dingy £120. Yamaha 2hp outboard motor £150. Yamaha EF600 watt portable generator £195. Radio controlled model yacht

£165. Model aeroplane, part complete £ offers. Webra speed 40 RC engine, never run £ offers. 16mm projector, old but working, £ offers. Lapidary diamond table saw, with integral grind stone/ polishing wheel. Cast alloy construction, a snip at only £45. Above items are very clean and are open to offers. J. Wilkinson (015396) 21397.

HOUSE TO LET

Two bedroom house, central Sedbergh location. £495 per month. Telephone 015396-20293

So much to see at Farfield Mill

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from Saturday 3rd February to
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3rd February to 18th March

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ALSO OPEN HALF TERM WEEK

19th - 23rd February

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COBWEB ORCHESTRA

Cobweb Orchestra is open to all musicians of any age or standard. Groups of members meet regularly in Cumbria, Co. Durham and Northumbria. From time to time members from the different groups join together for workshops, rehearsals and concerts. Sometimes this is for a complete week-end, and occasionally for a trip abroad, the most recent being to Italy and Hungary.

In addition to players who have had to 'dust the cobwebs' off their instruments, not having played for some time, there are accomplished players who join the groups simply to enjoy the relaxed and friendly atmosphere characteristic of the Cobweb organisation. All these groups

meet regularly receiving expert, regular help from the Northern Symphonia and other professional musicians; besides which the orchestra has played with such musical luminaries as the Bulgarian virtuoso violinist Borianna Nakeva, the Aurora Wind Ensemble and the Covent Garden principal cellist Colin Jackson.

Since the opening of the Sage in Gateshead many Cobwebs members have been involved in events there. In addition there have been study days, rehearsals and week-end courses at such venues as the Kendal Town Hall, the Theatre by the Lake, Keswick, Rheged and Sedbergh School. In fact the next residential week-end is being held April 13-15th in Sedbergh School. A further residential course, which also involves giving a couple of concerts, is being organised for Tuscany in August of this year.

Rehearsals for the Cumbria Group meet at the Methodist Church Hall, Tebay on Tuesdays at 7.30pm. A charge of £2.50 to cover hire of hall, heating and music is made for each session. On Saturday 10th March there will be a Study Day at the Primary School, Kirkby Stephen. This will commence at 11.00 am and end at 4.00 pm, Franch's Symphony being the work to be studied.

New members are very welcome. For further details please contact either Ian Potts (conductor) telephone 01768-351934 or either of the Sedbergh representatives Sheila Blackwell on 015396-20056 or Rosemary Handley on 015396-21141. Also, you may like to visit their Web Site at www.cobweborchestra.org.uk

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 7th February
Sedbergh School &
Sedbergh Town Cricket Clubs
John Glaister

Wednesday 21st February
Members Evening
Geological History of Dentdale
Denis Sanderson
Policing in 19thC C&W
Julie Leigh

In Dent Memorial Hall

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

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

Chairman: Richard Cann 20771
Secretary: Josie Templeman 20790
Treasurer : Marlene Mason 20509
Member Sec: John Sibley 25024

THANDI TALES III

In March 2007, we will be half way through our three years work with the Thandi Project here in South Africa.

When we started we had a clear programme of work that we believed would be funded by (hopefully) Comic Relief. Unfortunately our bid was turned down because we came outside their funding area. This we felt was a great shame particularly in view of the many thousands of pounds we have raised for Red Nose Day both at The Posthorn and later at The Cross Keys, but I'm sure that all the money goes to other good causes.

A small number of charity funders mainly Quakers and our friends and relatives have helped to finance the work that has so far been achieved. This

included the shipping out of the "Thandi Friends Project" container which arrived on site at 8.00pm one Thursday evening taking us completely by surprise as the ship it arrived on was not due into Cape Town docks until 6.0 am the following day. We can not thank Cape Span (Outspan) enough for unloading it, hiring a wagon with a himac and then delivering it to site all at no cost to us.

From the container the 15 computers are all in use. Not as we had hoped as part of a teaching centre but in the farm office, the community office, the farm kitchen office and the craft centre. The chain saws, strimmers and garden tools are used mainly by the farm kitchen which also runs a 5 acre small holding.

The musical instruments have not found

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a use as we haven't had time to devote to teaching as yet. The 90 bicycles are mostly still in the container because we still need funding to build the workshop, and we now have a tractor and some pumps and a 2 stroke engine to refurbish so we feel the workshop is a priority.

We now come to what we think is one of the big success stories so far. We never thought of using sport as a medium of returning pride to the community but what a difference the game of rugby has made.

From the container came an old Kendal RUFC kit and 3 rugby balls. These were handed over to the community in the hope of occupying the young men and keeping them out of trouble, After a couple of weeks they thought they would like to play a game so this was organised against a local farm team. They won, and they also won the next game that was organised and the next, all against local farm teams. What we suddenly noticed was that is was no longer 15-20 turning up for practice it was now 50-60. So two teams were formed along with reserves and they joined 2 leagues. Since then they have won both leagues easily, 5 shields in knock out competitions and 2 cups. They now have sponsorship from Pick & Pay, South Africas number 1 supermarket chain, and now have new strips for the 1st and 2nd team and the youth team now wear the Kendal strip. They go under the name of The Barbarians and the support for them is fantastic. A ladies committee has been formed and they provide refreshments and fund raise for money to buy blazers, track suits etc. This has to be encouraged even if it is not realistically achievable,

KILLINGTON SPORTS

**DOMINO
DRIVE**



7.30pm
Friday 9th February
Killington Village Hall
Good Prizes

and in this respect we come to even more good news

Adjoining the rugby field is a brick building which is used as changing rooms, but following years of standing unused it has been badly vandalised and is generally in a mess. We asked a local plumber to quote for toilets, showers, hand basins and drainage and we also price up paint, glass and wood and the teams all agreed to provide the labour to paint, glaze and refit doors.

One of our Thandi Friends Project Trustees, Liz, gave a presentation to a group at Sedbergh School about the project and included the story about the rugby team and also a story about the now defunct community shop, You can not imagine how we all felt when she emailed to say that Sedbergh School 1st 15 have pledged to fund the refurbishing of the changing room and the school cricket team have pledged to restock the shop. Hopefully when the school cricket team visit South Africa at Easter some of them can come and "open" the refurbished changing rooms and spend some time with our community. So we say a big THANKS Liz, and THANKS to

(Continued on page 10)

Sedbergh School.

Relatively small amounts of money can make a great deal of difference. A visitor recently left us with 200 Rand about £15.00 and apologised for it being such a small amount – but that 200 Rand will educate 1 child for 2 years.

Children and young people are our priority because they are the future of South Africa.

Within the community HIV/AIDS is a great problem with 50% of the children having just one parent. 25% have no parents but live with extended families and 10% of the children have no one at all. I'm sure you can understand how difficult this is to deal with. All our young people get HIV/AIDS awareness lessons and our working youngsters are given awareness and counselling skills.

As a result of our involvement with the rugby team we were invited their Christmas BBQ in the village. Chris and I along with 2 part-time volunteers, Dave & Ann Wilkinson from Scarborough, spent the evening playing games with the community children. We played Farmers in his Den, Statues, lots of games which involved running, jumping and chasing and at the end of it we were completely "banjaxed". Because many of the

children get little affection they clambered on us, over us, round us and hung on to us for dear life. At the end of the evening we had a heck of a job getting them out of our mini bus, and from under it and around it. There were lots of tears and we left with shouts of "just one more game" ringing in our ears. We would love to take them to the seaside one day and have a party with a present each. I don't know of any child who has ever had a present for birthday or Christmas other than from our volunteers. Their families have other priorities - mainly to survive from day to day.

So that's the end of another Thandi Tales. Chris was back in Sedbergh in January so managed to catch up with lots of our friends and give some of the staff at The Cross Keys a well earned break.

If you want to no more about the project there are some new pictures available at The Cross Keys or you can visit our web site. www.thandifriends.org.uk where there are more pictures like the ones below.

Our best wishes to friends and customers for a very happy and joyful 2007.

Alan & Chris Clowes.



COMMUNITY OFFICE NEWS

The beginning of the year is a good time to recognise what is going on in the community and we have worked hard to extend the range of services at the Community Office, hopefully to benefit all members of the community. We are funded partially by the Parish Councils but we are always looking for ways to become financially self-sufficient and rely on local support. The office is run mainly by volunteers who can provide a wealth of local information – and if we can't help you immediately we can usually point you in the right direction. So please use our services in 2007, bring in any mad ideas to run past us or just call in for a nosy and a chat if you've never been before!

- **History Society Room** – with archives and information on property
- **Yorkshire Dales Ranger's office** – to leave messages / concerns
- **Art display** – to exhibit and sell pictures done by local artists
- **Fairtrade Goods** (to support Settlebeck Learning Resource Unit)
- **Environmentally friendly cleaning products** (to support Community Office funds)
- **MP surgery** – every 6 months or so. Next one is Saturday 3rd February 10 – 11a.m.
- **Sedbergh and District Community Fund** – to support local projects in raising funds
- **Parish Clerk surgery** – Tuesday mornings for Parish Council issues
- **Bus passes** – free travel in South Lakeland for over 60's and disabled
- **Joss Lane Car Parking Permits** – day permits are £35, overnight



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- **Planning Surgery** – on Wednesday afternoons 2 – 4p.m. for the next few months
- **CVS (Council for Voluntary Services)** – Occasional surgeries – next one is 14th February from 10a.m. until 12 noon.
- **Books and jigsaws sales / exchange** (to support Community Office funds)
- **Computers / internet access.** Charges are 50p for 15 mins or part thereof.
- **Recorder Group** – meet on Friday lunchtime from 12.30 – 1.30p.m.
- **Notice Board** – for selling, exchange, giving items away. Adverts cost 20p per fortnight.
- **Allotments** – the saga continues but we have a possible site that we are investigating. Please enquire.
- **Farmers Market** – bookings and enquiries
- **Battery recycling** – keeping them out of landfill.
- **Wheelchair hire** – from March we will have a wheelchair provided by Red Cross for short-term loan

Thank you

Deyna Hirst

RETURN TO NAIROBI

In October I returned to Nairobi after 3 years and was delighted to meet the children from Nyumbani again.

Nyumbani is Kenya's first orphanage for HIV+ children and many people here in Sedbergh have made contributions to it. Some will remember Laura Porchel, one of the orphans, then aged 11, who visited Sedbergh in 2003. She is now a lovely teenage girl.

They have just built hostels on the same site for the older boys and girls. From the age of 15 they will move there and, under supervision, learn to do everything for themselves including shopping, cooking and laundry, in preparation for an independent life. With drugs now available their life expectancy is good

and they are happy, healthy children, just like others, most of the time.

Some children are already in High School, which they start at 16 or later. As adolescents, some are finding it hard to come to terms with their HIV status, which of course, they inherited from their mothers.

The Founder of Nyumbani, Father d'Agostino, died last November aged 80. The President and First Lady attended his funeral. They do all they can to encourage AIDS awareness and acceptance of those with the disease. In the past 12 years Father d'Agostino founded the orphanage, started a programme of help for HIV+ children still living with their families in the slums, and founded Nyumbani Village

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.

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where children and their grandparents can be self supporting. There is a school, land to grow food, training in skills. Altogether 2,500 HIV+ children are being helped by these projects. To find out more go to www.nyumbani.org

I also had the privilege, with much help from Settlebeck High School, of assisting a privately run school in a poor area, set up French teaching. The Settlebeck staff are in contact with the teacher by email and

have offered support. The children are so very keen to learn. The Kenyan government encourages French teaching now, as so much of Africa is French speaking. Mary Happy School is half Christian, half Muslim. Boys and girls study side by side and understand and respect each other's faith and festivals. In the nursery class the little Christians were making angels' wings whilst the little Muslims were making a New Year Tree. Leaders of the two faiths have even devised a prayer they can all say in the weekly assembly.

Because most of the pupils live in a poor environment many out of school activities are offered and free school places are given to needy children. The school has recently had permission to open a boarding house for those from very deprived homes where study is



almost impossible. Thanks to second hand computers donated from the UK and flown out free of charge by BA, Mary Happy School is able to start computer courses as well.

I also visited the St Anne's Club for

slum children. This is run by the Sons of St Anne, an Italian Order, who train native brothers and priests to work in very poor areas all over the world. This club invites children and their mothers to the house on Sundays for a

good meal, some religious instruction and recreation. They have a large garden where the children can play football and other games denied them at home. They share this garden with a cow, but nobody worries about that! They find sponsors to get the children into school. Education is not yet compulsory in Kenya although there is some free education. But classes

are very large, and only children from supportive backgrounds can make progress there. Books, stationery and uniforms have to be paid for anyway. The preference is to send them to private schools for less than £200 a

year, everything included. Their progress is regularly checked. St Anne's also sponsors training for mothers so they can improve their food and housing. Many of these children do not regularly get even one meal a day. One mother was given a

hairdressing course, another a tailoring course and a sewing machine. The whole aim is to empower people to help themselves and to avoid hand outs which can sometimes do more harm than good. The St Anne's Club will shortly have a website.

The state of the roads in and around Nairobi is very poor. Huge potholes damage vehicles and slow down journey times. A great deal of investment is needed. Power cuts are also frequent, water supplies can be unreliable. Theft and corruption are problems. Higher education can be unreliable which means those who can afford it seek courses in other countries, especially the UK and America. This leads to a loss of talent the country can ill afford. All these

things slow the progress towards prosperity the country so badly needs.

Staying with very good friends I saw some of the wild life, but that's another story. I was also taken 'up country' to a small village where my friend's mother grew up. Grandma, over 90, with a daughter's help, still grows coffee on her farm. She treats her 2 cows as pets. A small girl cried when she first saw me – she had never seen a white person before!

Everyone was interested to hear about Sedbergh and our area. But they find it hard to understand that, living in the country, I don't keep a cow and some chickens. Only city dwellers buy milk from a supermarket in Kenya. I'm still thinking about that one!!

Christine Wood

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

Once a Lady ...

A play tracing the true story of Charlotte Dean, a travelling actress in the north of England, as she struggles to survive and to entertain against the distant rumble of war and world events over two hundred years ago.

A Blaize theatre company production

written by **Maureen Lawrence**

with original songs by **Jim Woodland**

Wednesday 14th February,

People's Hall Sedbergh, 7:30pm



Tickets: Adult £6, Child £3, Family £16

From Sedbergh Tourist Centre 015396 20125

PHOTO CALL

On the top photo these are the names I know.



Top Row. Richard Metcalfe (Dickie Pip) 5th boy is Brian Haygarth.

Middle row: 6 from left looks like Susan Baker, Jacqueline Wadson, xxxx, Jean Williamson, possibly Elizabeth Anderson, Margery Bainbridge.

Front row: one of the Horns possibly Jimmy, Richard Sutcliffe, Tom Brown, xxxx, Maureen Dixon, Paul Baker, John Moore, A Bolsher - Steven?

I have had only 2 people contact me with reference to the 2 December/January photos and that was Christine Allinson nee Bracken who emailed me a list of some of the names for the bottom photo and a Sarah whose mum was Judith Tyler.

From l- r Top Row:

Miss Cornthwaite, John Moor, Richard Sutcliffe, Paul Baker, ? Parkinson (the vet's son) Richard Horn, Ronnie Garnett.

2nd row. Johnny Patterson, ? Henry Staveley, Billy Thwaites, Robert Airey, Norman Ellis, Christopher Moxam, Georgie Chappel, Ann Cornthwaite.



Next row: Judith Tylrer, Christine Bracken, Susan Dawson, Bridget Kevan, Pat Teal?, Rosemary Farrer.

Next Row: Thomas Scarr with Christine Dinsdale in front of him, Jean Williamson, Jean Wadson, Judith Clough, Linda Greenwood.

Front Row. Stephanie Bland, Margaret Fell, xxxx, Michael Stoker, Tony Wood. No photo this month - sorry but I'll be back in March

ART SOCIETY

The last two meetings of the Society, held in Sedbergh School Chaplaincy, were of wide-ranging interest.

The first, on 8th December, 2006, brought us award-winning Martin Greenland, who talked about his paintings, using slides to illustrate his choice of subject matter. One of the most striking things was the inclusion of unexpected figures in most of his pictures, ranging from the mythological to a boat, or part of a boat ,apparently out of context. There was no doubt about his passion for painting, matched by his technical ability.

The second, on 12th January this year, was the showing of a video, " Autumn and Winter in Watercolour", with artist Lewis Howe Bennett. He painted two pictures, showing in a precise manner each step of the process, from wash to detail--it looked so easy!

The next meeting is on February 9th, AGM. and Members night. Meanwhile, the informal art group continues to meet on Wednesdays, 9.30am to 12.30----no obligation to stay for the whole time. The conversation is as wide-ranging as the art.

V.F.

COUNCILLOR'S CORNER

At the moment we have the unedifying spectacle of the county council and the six districts fighting against each other over the future of local government. Unlike the districts the county has been invited to make a submission for a unitary authority based upon the existing county area. An accompanying report claims that a unitary Cumbria will save £22m per annum in a budget of £500m. I do not believe these savings will materialise. My guess is that on the contrary the process will of itself add about £50m per annum to the costs of running Cumbria. Why? Additional infrastructure costs to replace districts; existing staff having to apply for their own jobs, always an expensive exercise;

the need to create new town and city councils and many a hundred other things no-one has even thought of.

However, my single greatest concern is how this will affect the parishes in the Lune Valley. Like many other aspects of the county report it is extremely vague as to how services will be delivered, come the revolution. There will be an area committee based on South Lakeland and Eden and under that some town based structure delivering services out of Sedbergh and Kirkby Lonsdale. That in turn will relate to the various parishes. Time will tell as to what comes of all this. I am in favour of unitary local government but I feel that Cumbria is far too large and disparate to be one authority.

Locally there has been a lot of discussion over the proposal from the Sedbergh Tourism Office for a new cycle route from Kirkby Lonsdale to Lowgill following the route of the former railway line. I was extremely concerned that a meeting to discuss the project was held in early January at the Crooklands Hotel rather than one of the hostelrys in the Lune Valley itself.

I think the meeting itself was very constructive and impartially chaired by our member of parliament. However, like many of the residents of Middleton, Casterton and Barbon I have serious reservations. This is a project which could have an enormous impact on the valley. It should have been discussed at length with those who would be affected, before there were any firm proposals. I remain extremely concerned by the reluctance of the Cumbria Tourism Board to have a meeting where members of the

FARFIELD MILL
Arts and Heritage Centre
015396 21958

Friends of Farfield
invite you to a **FREE**

OPEN DAY

Friday, February 16th.
10.30a.m. – 5.00p.m.

If you haven't visited Farfield for a while this is the ideal opportunity to see our beautiful and unique range of art and craft, meet some of our Resident Artists, enjoy exhibitions of paintings and ceramics, visit the new Dent Oral History Society room on the Heritage Floor – and take time out for coffee, cakes or lunch!



Bull Hotel, Sedbergh

015396 20264

February Dates for your Diary

February 14th

VALENTINE'S DAY Candlelit Restaurant, excellent food, fine wines

February 17th

VALENTINE'S DISCO 10 pm to 1 am (Over 18's Only)

February 25th

DARTS MATCH from 4 pm. Cash Prize

February 27th

Psychic Show by 'FABIAN' - 7.30 pm Admission £3

Clairvoyant - Tarot Cards - Crystals + more

EVERY WEEK EVENTS

Sundays Italian Nights. Authentic home cooked Italian food

Sundays General Knowledge Quiz from 9pm

Fridays Grill Night. Excellent value Steaks, Fish, etc. Include Free Glass of Wine.



public can consider the project. However, Middleton will be having a special Parish Meeting to look at the implications of any proposal at some time in the middle of February. I will certainly be there to see that all points of view are heard.

On a more positive note Cumbria will be doing some major resurfacing work on the A684 in Garsdale during March. This is long over due and much to be welcomed. The road closure notice covers the whole month although it is likely that the road will be passable on most evenings. As always when this happens it will be extremely inconvenient for Garsdale residents simply because of the constraints of geography. On a similar matter it is concerning that the Clough has begun to eat away at the retaining wall which holds the A684 immediately above the major works at Low Smithy last June.

And then there is the strange case of the fire in the telephone kiosk on Garsdale

(Continued on page 18)

KILLINGTON PARISH HALL

VALENTINES

STARTERS & PUDDINGS NIGHT

Saturday 17th February

7pm



Tickets £5 (£6 on door)

Children U16 £2.50

Tickets available from Committee or

Ring 015242 76333



Station. BT are claiming in a letter to YDNP and others that there has been a deliberate act of arson. They say that the lack of complaints following the “attack” shows that there is no need to continue to provide a kiosk. If you have been inconvenienced by the lack of this facility please let me, Garsdale PC or YDNP know.

I am pleased to see that consideration is being given to a scheme for up to fifteen new affordable houses in Dent. One of the reasons that these schemes can go forward in Dent is that Dent has completed a Local Housing Needs Survey. By law the National Park needs to have the evidence provided by these surveys before it can consider granting planning permission for affordable housing. In the next couple of months survey forms will be going out in Sedbergh and Garsdale. Please take the trouble to fill them in, even if you aren't in need yourself. We all know others who are in very great housing need and we owe it to them to have as high a return rate as possible.

It will be too late by the time you read this but I hope all farmers have returned the brief bit of paper concerning Hill

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PAINTER & DECORATOR

Farming Allowance for 2007. I welcome the decision to retain HFA in its present form for three more years. Perhaps the new ministerial team at Defra have learnt from the follies of their predecessors. We finally got the last part of our Single Farm Payment for 2006 in the last week of December.

OTHER MATTERS: I have heard nothing more about the cattle grids at Junction 37. There are rumours that a planning application is in the offing for the Auction Mart Site. And, no, I don't know why listed building consent was refused for work on the Railway Viaduct at Dandramire.

Kevin Lancaster
 015396 20800



JACKY BAINES

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6 MAIN STREET

On 30th November we moved our business offices from Oakdene to 6 Main Street and we've noticed some people looking puzzled at the nameplate on the door and so we thought it may be helpful to explain a bit about what our business does.

Me-and-Us publishes resources and runs training courses for teachers, health professionals and others involved in education, around the subject of Personal, Social and Health Education, in particular focusing on risky behaviours such as sex and drugs. The general idea is to help students become happy and responsible citizens. You can see more about what we provide on www.me-and-us.co.uk.

We sell teaching resources – books, CDs and a couple of board games – primarily in the UK but also to Ireland, Australia, the USA, Canada, New Zealand and occasionally to more surprising countries like Iceland. We run training courses throughout the UK, from Inverness to Brighton, and in Ireland, facilitated by the top people in this field in the UK.

Currently our offices may look a bit of a shambles and this is for two reasons: firstly we are having to cram ourselves into a much smaller place than before (this we decided on in order to stay in Sedbergh), and secondly, circumstances meant that we had a ridiculously short time to move in – just five weeks during which the building was gutted and re-windowed at the front and carpeted and wired up for the computer network, internet, email and telephone technology that we rely on so heavily.

Alan Steadman project managed the building and electrical work for us and



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did a fantastic job, especially as he discovered early on that the wall of no. 6 was in serious danger of falling into the street (you could push the bricks and they rocked) and so the job grew much beyond what we originally expected. Alan getting the building ready in time for us to move in seemed to us a miracle. When the rain stops and the rendering dries out we'll be smartening up the outside.

We'd like to thank everyone, Alan Steadman and his team, Malcolm Sedgwick, Andrew Major, Trevor Gardner and Allan Biddle in particular who all worked really hard to help ensure our business didn't collapse. And the people who collected up our papers when some filing cabinets fell off the back of the removals van and smashed.

There's still some way to go until we'll be organised. Moving telephone lines in particular seems to be a drawn-out, disruptive and time-consuming matter for some reason. But we'll get there, or not, in which case it won't be for want of trying.

We hope that makes things a bit clearer for those who were wondering.

*David Collier
and Hilary Dixon*

DENT PARISH COUNCIL

A Plan for Dentdale

Since 2000, the government has supported and funded many parish communities to identify the local issues that are most important to them, and to put together a plan to tackle them.

Dentdale, like everywhere else, is affected by social change; we can either do nothing about it and let it happen, or we can discuss it as a community and work out what we want to do about it.

Producing a parish plan would involve everyone in the community and would:

- Enable us to decide what we would like to happen to Dentdale over the next few years
- Give us a strategy for achieving it
- Help us find solutions to local

problems – e.g., shop closure, housing for local people

- Give access to funding for projects, by demonstrating community support
- Enable us to better influence the actions of bodies such as the County Council or the National Park

The Parish Council is keen to start this process, but successful plans are those that are produced by the whole community, not the Parish Council. The first step is to start a discussion about it, and so we are planning a public meeting in March to explain the idea in more detail and to find out whether we want to go further. We hope to have a speaker with experience of producing a plan elsewhere, and more details of the meeting will be announced in the next

Andrea & Neil are pleased to announce our latest evening opening...

A Table for Two



A romantic candlelit dinner for
Valentine's Day,
Wednesday 14th February.

For further information
& bookings please contact us
luvli@tiscali.co.uk
015396 20368

We are open every weekend during February as well as half-term week 19th-23rd.
Lunch bookings now being taken for the mill Open Day, 16th February and for
our special Mother's Day Lunch, 18th March.

The Tearoom at Farfield

Farfield Mill, Garsdale Road, Sedbergh, LA10 5LW

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.

Winter 2007 Opening Hours

Open Wednesday to Sunday 10.00 - 3.00

*Please note we will close Monday **and** Tuesday till the end of March.*

Open Thursday, Friday and Saturday for evening meals but booking essential.

We are happy to cater for Private Parties at any time.

Lookaround and on notices around the Dale.

Affordable Housing

Two Castles Housing Association is currently holding discussions about the possibility of building up to 15 dwellings for local occupancy on the field above Ghyllside. Two Castles have confirmed their commitment to the development and the National Park Planning Officer has expressed the view that YDNPA's response is likely to be positive. The Housing Corporation, who would fund the development, have said they are "receptive to the idea of funding". The Parish Council is supporting the scheme, which will include different types of dwellings, including those suitable for

families and disabled people.

Dent Car Park Permits

In response to requests, the Parish Council is now offering two ways for owners of holiday cottages and second homes to pay for car parking in Dent Car Park:

- by paying the relevant fee in the car park when needed or
- by buying an annual transferable permit for £60 which will show the name of the property.

If you would like to apply for a permit, please write to the Parish Clerk, Birk Rigg, Cowgill, Sedbergh, Cumbria, LA10 5RH, with the name of your property, the payment of £60 (cheques payable to Dent

(Continued on page 22)

Sedbergh Bowling Club

A G M

*White Hart Sports & Social Club
Committee Room*

Thursday 22nd February

7:30 pm



All Welcome

| | |
|--|------|
| Dent C of E Primary School | £450 |
| Dent Oral History Project | £150 |
| Dent C of E Primary School Knitting Club | £50 |
| Dent Reading Room | £100 |
| Dentdale Cricket Club | £200 |
| Dentdale over-60s | £250 |
| North-West Air Ambulance | £200 |
| S & D Community Office | £100 |
| Sedbergh Pepperpot Club | £100 |
| South Lakes Society for the Blind | £100 |

Stonehouse Bridge

Some success: Peter Stybelski, the Chief Executive of Cumbria County Council, has asked the South Lakeland Area Office to look at producing a scheme for permanent width restrictions on the bridge in 2007/08. However, he has said it will be subject to the approval of the Local Committee and the funding available to them, so we're not yet sure what will come of it.

Next Meeting

Because our January meeting was half-way through the month, the Parish Council will not be meeting in February. The next meeting will be at 7.30pm on Monday March 5th at the Sportsman's Inn, Cowgill.

Jock Cairns

Chair, Dent Parish Council

Parish Council) and the address to which the permit should be sent.

Residents' free parking permits are now available from Dent Post Office. Please bring proof of residence and the make and registration number of your vehicle (s) when applying, and please note that YDNPA Car Parking permits and Sedbergh Car Parking permits are no longer valid in Dent.

2007 permits for commercial vehicles can be obtained from the Parish Clerk on payment of the £60 fee.

Dent Stores and Post Office

December's Parish Council meeting heard statements from Dent Stores and Dent Post Office that both businesses are currently up for sale. At about the same time the government report on the future of the Post office Network was published, and though we won't know for some months how that will affect Dent, both businesses clearly need our continuing support.

Grants

The following grants were allocated at the December and January meetings:

| | |
|--------------------|------|
| St Andrew's, Dent | £550 |
| St John's, Cowgill | £200 |
| Dent Folk Festival | £200 |

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TIM FARRON MP

Looking back through the last edition of Lookaround I can see that I was in an optimistic mood as I wrote my last column. Obviously the run up to the Christmas holidays and the promise of spending some time with my family was having a very positive effect on my outlook. Not that I am not feeling any less optimistic now but I realise that some of the issues that I thought were virtually resolved are going to take a great deal more work. Anyway we are now well into 2007 and my nose is firmly back on that grindstone working to resolve as many of these issues as possible.

By the time you read this I will have met with Balliol School and the North Yorkshire education chiefs to discuss the future of the school; you will have read about the vote by the North Yorkshire Council to proceed with the plans put forward earlier in the year but I remain optimistic that there is a future for Balliol in these plans. Balliol is a major employer in the Sedbergh area and I am committed to do all that I can to ensure that this remains the case..

I have just returned from dashing to London to vote to support the second reading of the Sustainable Communities Bill. This is a radical bill that aims to turn the way that Government works upside down, moving power from the centre back to local communities. This would mean that if say people were worried about the level of second homes in the Sedbergh and Dent area the community could decide for itself what it wanted to do about it. So for example you could decide to make it necessary to gain planning permission to convert a home

At the Chair Workshop

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into a second home in the Sedbergh area and so bring some control over the situation. Currently for a great many issues with profound effects upon small towns and villages there is very little that can be. This bill would greatly help places like Sedbergh to remain as sustainable communities where a wide cross-section of people are able to live comfortably. If you want to find out more than I have space to explain here the Bill it even has its own website (<http://www.localworks.org>).

One of the key elements to a sustainable community is access to a local Post Office. Thank you to everyone who has signed the petition to maintain postal services in this part of the world. If you have not signed yet then I urge you to do so and if you have not signed yet because you have not seen a petition form to sign then please contact my office and we will be more than happy to get a form to you for you and anyone else that you know to sign.

As ever you can contact me by writing to Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or by emailing me at tim@timfarron.co.uk

Thanks for your support

Tim Farron MP

RUN 4 RONNIE

Ronnie Farrow organised the fundraising and Paul Brassington ran the Great Langdale Marathon raising £1048 for the local branch of the Parkinson Disease Society.



The photograph is at the Parkinson Disease Society Christmas Party and shows the cheque being presented by Ronnie to the Treasurer with Paul Brassington and other PDS committee members looking on.

The local PDS would like to thank Ronnie, Paul and everyone who helped raise this amazing amount of money which will be used to help local people suffering with Parkinson's Disease.

Thank you *Brenda Sykes*

FEBRUARY GARDENING

If the signs are right, it's going to be a good year for *Camellia* flowers. Plants which usually show a sorry lack of flowers have produced good numbers of fat healthy looking buds and if the mild weather continues they should soon burst open and cover the bushes with those large showy pink, red or white blooms. *Camellia* bushes do well in the ground in some parts of our region, but for those who garden on an alkaline soil (over limestone) they are best grown in large pots or tubs. Chose a frost proof clay or wooden tub in preference to a plastic or concrete one as the former have much better insulating properties and will protect the roots from frost damage in periods of intense cold. Compost used must be Ericaceous or the leaves of the plant will become a sickly yellow green and the plant will be stunted and die. Pot grown plants need to be fed regularly with a feed suitable for lime hating plants and also benefit from a mulch of old tea leaves. We tend to grow two different types of *Camellia* in this country - *Camellia japonica* and *Camellia x williamsii*. This second, hybrid variety tends to be hardier and more free flowering than its parent, and cultivars from it, which include 'Donation' (pale pink), 'Anticipation' (rich pink) and 'Adolphe Addusen' (red) are all reliable and long flowering. *Camellia sinensis* the plant which gives us tea leaves is rarely grown in this country. It is slow growing and has small, nodding white flowers which lack the appeal of its more showy cousins.

Elaine Horne

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GALA IN CRISIS

On February 12th, a meeting will be held to decide whether the 44th Gala will go ahead. The job of secretary is still vacant. This is not the usual type of committee secretary it is a job which requires a great deal of co-ordinating skill, involving phone calls, bookings, community consultation and general planning. The job comes with an honorarium and expenses to cover phone calls. Things were a bit shaky at the end of last year but the people of Sedbergh have come through and the committee is blossoming. However it is uncertain whether the committee will be able to pull things together for this year without a secretary in place.

At the last meeting there was a general discussion and many people spoke of their thoughts, feeling and recollections of Gala's past when they themselves were growing up. Many felt that it was important to keep the event going for the enjoyment of their own children. All agreed that the Gala is a unique event and certainly worth giving up some personal time for.

Richard Kooper has been the secretary for the past four years and must be thanked for all his hard work. All are agreed that he did an excellent job and are pleased he is remaining on the committee to offer assistance.



Robyn Lewes is set to be the Gala Queen and it would be such a shame if she is disappointed. If you can help please let us know sooner rather than later. If the Gala goes then many of the functions supported by the Gala will also be under threat.

On a more cheerful note the Children's Christmas party took place at the Peoples Hall on Saturday, Jan 13. This year there were about 100 children attending the party. Harvey Rush entertained the youngsters with magic tricks, music and games. The party, which continues to be free for all children, happens because of all the hard work the group put in to the Gala and Bonfire night. Of course without the generosity of local people none of these events would take place.

Thanks must also go to students from Sedbergh school and local girls who traditional help out with the party.

If you want to help the Gala continue or have any ideas, thoughts, equipment or muscle power to lend, please don't hold back! Call or speak to one of the committee members now. The next monthly meeting which is crucial to the future of the Gala, will be held on Monday February 12th in the Peoples Hall Committee Rooms beginning at 7.30 pm. All are very welcome. Enquiries 015396 20764/20234.

**HOLISTIC HAPPENINGS
IN SEDBERGH**

Several years ago the name "Options for health and wellbeing" was adopted by an informal association of local health practitioners and therapists. We have met sporadically since then and maintained a listing of members in current practice at the back of the Lookaround. At the end of last year the "Options" concept was taken a step further by a group of people planning to set up a holistic centre in Sedbergh. A room has been made available above Ellie's Bakery on Main Street. Thanks to much hard work, it has been transformed into a space suitable for anything from discussion groups to individual counselling, from massage to Tai Chi. It is warm, private, simply furnished and easily adaptable.

The Sedbergh Holistic Centre will be opened officially by Dave Evans on Wednesday 7th March. Dave is a homeopath, who has practised in Ambleside for many years. He lectures

on homeopathy at colleges throughout the country and is principal of the North West College of Homeopathy. He is well known, both for his expertise and his sense of humour.

The Sedbergh Holistic Centre is already offering aromatherapy, counselling, reflexology, Reiki and Tai Chi. If you are interested in a receiving a treatment or you are looking for somewhere to practice your own therapy or run small groups, please contact Melanie Missenden (07888857775 or melmissy@onetel.net).

Downstairs from the new holistic centre, Ellie's Bakery has a surprisingly good selection of books on various aspects of health and well being. It is also a very pleasant place to browse on a wet Sunday morning. Books on alternative therapies: include homoeopathy, acupuncture, iridology, Alexander Technique and the "A - Z of Natural Healthcare" by Belinda Grant. "How to be a healthy patient" by

S Kliszat

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Stephen Fulder explains how to choose your NHS treatment wisely, how to avoid hospitalisation, if at all possible, and how to make the best of a stay in hospital if this becomes inevitable. "Fat Chance – the Myth of Dieting Explained" by Jane Ogden can be summed up by its last sentence: "Stop dieting and you can get on with life and appreciate all the other things out there, that are on offer". If you don't like that advice, you can go for "The Sensible Person's Guide to Weight Control" by John Yuddin, which is all about dieting.

December saw the appearance of Deyna Hirst's first book, Natural Yoga. Her book signing at the Dales and Lakes Book Centre (where the book may still be purchased) was one of the highlights of the Christmas late night opening. Deyna takes inspiration from our natural surroundings and the book is filled with pictures of Deyna's friends and students in yoga poses in fields and gardens, on beaches, by the river and with the

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Howgills in the background. Especially encouraging, for those of us pressed for time, are the mini sequences of movements at the back of the book, which can be done in a few minutes. One of these is a "Do anywhere salute to the sun", adapted for use on wet grass. This is a truly practical guide for incorporating yoga into daily life.

If you wish to contact me about past or future articles, please telephone. My number is (015306) 20972.

June Parker

Howgills Gift + Home



Treat your Valentine!



check out our brand new shop at
61 Main Street, Sedbergh opposite the NatWest Bank.

All the very best in gifts, homewares, jewellery,
glassware, cards, biscuits, jams and lots more!

Great new gift ideas arriving all the time.

CUMBRIA WILDLIFE TRUST

FLYCATCHER FUTURES

One of the most attractive birds to visit the Sedbergh area for the nesting season is the Pied Flycatcher. The male is especially striking when he returns from migration in early April with his flashing black and white plumage. He will quickly stake out his territory, usually on the edge of mature woodland near a stream or river, and then repeatedly sing a sweet, warbling song to attract any females which by then have also returned to the area. After building a nest and mating, he leaves the female alone to incubate the eggs and then he may turn to a life of bigamy and deceit! The male flycatcher will often have more than one territory with another female, far enough away from the first that his wives are blissfully unaware of each other. He probably justifies his actions as necessary for the survival of the species. That's men for you!

In his book Birds and Boys at Sedbergh, Ingram Cleasby notes that the School Ornithological Society had a few records of Pied Flycatchers before 1960 including a nest of 7 young which were ringed in 1942. In the 1960's there seemed to be hardly any Pied Flycatchers in the area, but then their fortunes changed when Sedbergh resident Colin Armistead started making nesting boxes, about 60 of them, and putting them up in the woods around the district. He had to wait patiently for eight years before a clutch was successfully reared but eventually 30-35 of these boxes were used by the flycatchers and Colin was able to ring 100-130 young birds some years. It is obvious that the provision of nest boxes was helping the bird to increase its numbers in this area.

Some of these boxes are still being used but sadly most of them have been vandalised by woodpeckers and by grey squirrels who take the eggs and young.

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Or 015396 25788

(Continued on page 2)

The Sedbergh group of the Cumbria Wildlife Trust hopes to prevent Colin's work going to waste. We intend to replace some of the old boxes with new ones and encourage these beautiful birds to maintain, or again, increase their numbers.

Later in February (watch for notices) there will be a CWT 'Flycatcher Futures' meeting when any interested volunteers can learn more about the Pied Flycatchers and how to make their nesting boxes from scrap or purchased wood. The numbered boxes will be placed at suitable locations before being regularly monitored throughout the breeding season in accordance with the guidelines of the British Trust for Ornithology

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(BTO). The results of the monitoring will then be sent to the BTO for their Nest Record Scheme and published in the Lookaround at the end of the season.

There are several ways for volunteers to be involved: help is needed to make, put up and monitor the boxes for which there will be instructions and support given. Maybe you would just like to attend the meeting out of interest or donate a ready-made box which could be purchased at the local pet shop. If you cannot come to the meeting but you are interested in the project, or if you know of a location where you think a box may attract Pied Flycatchers or if you have any questions at all please contact me. *Jackie Foott*

SEDBERGH & DISTRICT HISTORY SOCIETY

Over fifty members and visitors attended the opening talk after the festive break. It was given by Andrew Lowe on the subject of "Bank Barns, Boskins and Bee-Boles".

Andrew had a career in planning, being Senior Planner with the Lake District NPA and then its Building Conservation Officer. In addition he has lectured for various universities on the industrial archaeology of the Lake District and also on its traditional buildings.

His talk to the society dealt with the various farm buildings that could be found within the Lake District National Park. Farm buildings are the best vernacular buildings for the absence of change whereas domestic buildings are continually altered due to the fashion of the time. Barns by definition are a building where corn can be threshed and stored and they usually have a section for cattle. They need to be watertight yet

ventilated. Most of the barns in the Lake District have been built of stone obtained within a radius of 200 yards of the building. Originally they had steep roofs when thatched but less steep roofs were needed when slates were used.

Bank Barns were built on slopes with the main door, which was situated on the slope, not in the middle of the barn. The larger area was used for storing the corn before threshing and the smaller area for storing it after it had been threshed.

Opposite the door was the winnowing window which helped cause a draught to blow away the chaff which was formed during the threshing. The bottom floor of the barn was used for cattle or storage of carts, etc. The threshing could be done by hand but there were examples where water or horse power had been used. The earliest barn dated from 1659 but even this had been built using some foundations from an earlier barn. The status of a farmer was shown by the quality of the workmanship on the barn

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and by decorative features such as finials on the gable end of the roof.

Inside the barns the partitions were known as boskins and these could be made of wood or stone. They were usually lime-washed to act as an antiseptic. Many of these have now been removed to give larger open spaces within barns.

Other types of farm building still exist such as hennery-piggeries. In these the hens were housed on the upper floor and pigs on the ground floor. Only the top levels of society could afford coach houses and dovecotes. Finally before the advent of sugar from the Americas every farm house would have had its bee-boles. These were recesses where bee hives could be sited to protect them from the rain. They were usually facing south-east so that the bees got the maximum hours of light.

Andrew dealt with a variety of questions and gave his opinion on the uses to which the surviving barns should be put. To date a considerable sum of money has been given as grants to ensure their preservation. He was thanked by the chairman for a most interesting and entertaining talk.

Richard Cann

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SEDBERGH PARISH COUNCIL

Sedbergh Parish Council meets at 7.30 pm on the last Wednesday of every month (except December) in the Committee Room of the People's Hall. The Agenda is posted on the Parish Council notice board on Main Street at least one week before each meeting. Members of the public are welcome to attend to observe the proceedings, and/or to address the Council by prior arrangement.

The draft Minutes of each meeting are posted on the notice board in the Community Offices on the first Tuesday of every month so that members of the public can read them if they wish. A summary of these minutes will be submitted to the Lookaround for publication in the following month's edition. At the beginning of each Council meeting the minutes from the previous meeting are formally adopted by the Parish Council and signed off by the Chairman. They are then retained in a file in the Reading Room in the Community Office and are also available to the public.

Planning applications to, and decisions by, the Yorkshire Dales National Park Authority are also kept in files in the Reading Room and are also available to the public.

The Clerk to the Parish Council, Mr. G. Chivers, is available to any member of the public who may wish to make an enquiry or comment about Parish Council business between 10.00 am and 12.30 pm every Tuesday morning in the Community Office.

Gordon Chivers

CHURCHES TOGETHER

Knowing our Churches; Lent 2007.

People are all different, aren't they?

Over the years these human differences have become reflected in the growth of a variety of Christian churches.

Sadly during the passage of history this has sometimes been a cause of conflict and sharp disagreement. People outside the churches sometimes find it difficult to understand why there are different churches, each claiming to be Christian.

Some people within the churches also find these apparent divisions frustrating, and the Churches Together movement tries to make sense of this.

Others value the variety and see it as an indication of the richness of Christian faith and tradition. For them Churches Together is a welcome sign that our diversity need not mean hostility between different Christians.

In church or out, before we can fully appreciate each other, we need to take the trouble to get to know each other. In our area at a personal level many Christians already work together in a variety of friendly, trusting and practical ways. But there are probably still things that we do not understand about each other.

- How different churches work.
- How and why they understand and express their faith in the way they do.
- How and why they conduct public worship in such a variety of styles.
- What their hopes and ideas are for the future.

This year during Lent, Churches Together in Sedbergh and District is arranging a series of open evenings to help people learn more about the several

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church traditions that exist in Sedbergh. [Roman Catholic, Church of England, United Reformed, Quaker and Methodist.] Each one will take an evening to explain a little about itself, and provide an opportunity for questions and conversation. The final evening will look at Churches Together in Cumbria, of which the local group is a part.

There will be six meetings on Thursday evenings at a range of venues starting at 7.30pm;

22 February

St Andrew's Church Room, Sedbergh

1 March

St Andrew's Church Room, Sedbergh

8 March

URC Rooms, Sedbergh

15 March

Friends Meeting House, Brigflatts

22 March

Methodist Church Rooms, Sedbergh

29 March

Memorial Hall, Dent

For more details please ask your representative on Churches Together, or if you do not go to church feel free to contact the secretary of Churches Together, Martin Dodds on 20308.

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TOWN TWINNING

Sedbergh Town Twinning Committee announces its Annual General Meeting to be held at Settlebeck High School on Wednesday, February 21st 6.30 p.m.

Since the excitement and euphoria of the BBC TV series in 2004, a great deal has been done quietly behind the scenes to grow and develop the relationship between Sedbergh and Zrece in Slovenia. We have had exchange visits of ambassadors, civic delegations of townspeople, including local politicians, hoteliers and farmers, rafts of musicians both from Zrece and from our own town and Sedbergh School, and, of course, spearheading the whole enterprise, joyful annual visits of students from the secondary school in Zrece and visits by Settlebeck High School to Zrece in successive years - the latest of which finished only a matter of days ago. Small groups of walkers, artists and photographers have travelled the length

and breadth of Slovenia, several family skiing trips have taken advantage of the special relationship on prices which exists for Sedbergh people in Zrece, and had a chance to sample the luxuries of spa facilities there too, as well as taking in the unexpected delights of the capital Ljubljana, with its riverside walks and fine café culture.

Clearly there is now an imperative for us to encourage greater tourism from as well as to Slovenia. In 2008, Slovenia takes on the rotating presidency of the EU - the first of the former eastern bloc nations to assume the task - and inevitably the profile both of that country in the UK, and Slovenia's place in Europe will be highlighted in the press and on TV throughout Europe. In Sedbergh, we need to think how we can capitalise on that increased profile.

So, do come to the AGM: air your views, offer your insights and advice, join the membership of the Twinning Group. The twinning initiative, with that of Book Town, is one of the most significant Sedbergh has undertaken in the last decade, and all of us need to become more closely involved in its development for the benefit of the whole community. We are particularly extending a welcome to all those folk who were so wonderfully active during the TV series for whichever town you campaigned. That kind of energy is exactly what the twinning initiative needs!

Now is the chance to get behind the whole twinning initiative, and get Sedbergh onto the new map of Europe!

Stuart Manger
Sec Town Twinning Group

NOVEMBER WEATHER

Another wet and windy month in Sedbergh. The first 6 days were dry but it soon got back to normal with measurable rain on every other day bar one! We ended up with 5.48 inches by the end of the month. It was also quite windy with only 4 days when the maximum wind speed did not reach double figures. The maximum wind speed recorded was 25.3 mph. Another difference was that on 14 days the maximum was not from the north westerly quarter. It was a strangely mild month with 20 days reaching a maximum temperature in the 50sF. The maximum recorded was 56.3F. We had 6 nights of frost and a couple more when the temperature dropped into the low 30sF so that a ground frost would have been seen. We actually woke up to the tops of the fells white on the 18th but on the 29th it was mild enough at midnight for slugs to be about (52F). Atmospheric pressure was over 30 inches of mercury for the first 3 days which coincided with 3 of the colder nights. In the middle of the month we had a period of low pressure for 9 days which naturally coincided with the windiest period. We also had 19 nights when the wind chill dropped the temperature below freezing. What always surprises me is that it only actually froze on 6 of those nights.

Apart from the slug activity there were lots of other signs that we were rather milder than should be expected at this time of year. Doves of midges were on the wing, birds were singing and the Collared doves were courting. Periwinkle continued to flower as did the Prunus subhirtilla. I know the periwinkle is a southern hemisphere plant but you would expect it to know it should be winter!

Daffodil and crocus bulbs are well through though our snowdrops haven't poked above the grass yet. Great flocks of starlings swirl over at dusk on their way to Akay woods. Rooks, jackdaws and crows around the garden in numbers as are the magpies. The few nights of frost have obviously softened the crab apples as the blackbirds are gorging themselves. Also the tree is starting to return to its upright stance as it was bent onto the fence by the weight of fruit.

SEDBERGH/DENT TOWN OR VILLAGE?

Soon after moving to live in Sedbergh I was told by a local resident that Sedbergh is a Town. A few weeks ago a Dent lady now resident in Sedbergh, told me I was wrong. Just because we had a Market Charter it did not make us a Town. And that Dent was the main Town and that Sedbergh was a Village. I have since tried to find out. Surely one cannot be a "Book Town" if we are a Village.

All the tourist information calls Dent a Village and Sedbergh a Town. I am hoping through these pages, someone will clarify the matter for me.

The details I have from Plaques around Sedbergh state:- In 1251 Henry III granted a Market Charter. Market to be held on Tuesday. Then in 1538 Henry VIII granted a Charter. Market to be held on Wednesday. Then in 1861 the Reading Room, which is now the Library, was given to the Town of Sedbergh.

I know that many people, locals and incomers alike, love the History of the area, so I hope someone will reply to my plea with some concrete facts. Many thanks.

Mary Fell



THEN AND NOW

One of our many readers, Philip Hutchings, on occasions a contributor to these pages, has loaned me many photo's

of Sedbergh which were all taken in 1957. As from this month, there will be a "Then and Now" of many locations. The 2007 photo's will be as practically close to the original site as possible. I think that you will agree that they will make very interesting viewing. Note the 'two-way' traffic on Main Street in 1957!! *D J W*

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FAMILY MUSINGS

Christmas was lovely, especially Christmas eve when everyone was home and we went of to the Blessing of The Crib service together as The Family, but then we fragmented, T went home as she was at work Christmas Day, son went home Christmas afternoon, elder daughter and D left on Boxing Day, other relatives came the day after and more came New Years Day. We had our pressie opening after our Christmas dinner which was once again a big combined effort with son and son-in- law preparing the veg, daughters cooking, hubby and I sorting the Turkey and B supervising from his chair. Grandma came to help to eat the feast and spent the day with us. I really thought I had got everything ready but the girls flatly refused to use my bottle of cooking oil for the roast potatoes and went to Grandma to borrow some, well, it was two years past its sell-by-date so I guess they had a point! A newspaper article a few days later stated as a resolution "Remove all the jars and packets from your larder and kitchen cupboards with a use by date from the last century" it was not that old!

Talking of age, this is the summer I reach my Half Century and those of you with a good memory will recall I celebrated my 40 birthday in great style and therefore not be surprised when I do so again for my 50th, or you might be like my hubby for whom nothing I do would ever surprise him, what a challenge! Plans are in hand as they are also for an "Open House" to celebrate the house being 70 years of age this year and still in the same "family".

It is not all celebrations, far from it. B continues to share his life with cancer, go three times a week for Dialysis and take a varied collection of pills over a period of time. We do the best we can to care for

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him, keep him warm and dry and show him that life goes on, because it just has to, somehow.

It seemed recently as if life was stopping for Cleo but after a visit to the Vet and an injection she does seem rather back to her old self although rather more aggressive than she used to be and has developed a liking for trouser legs, male and female, but only when I am here so I can intervene, probably protecting me in her own way. Mitts had an enjoyable time with paper to play with and maltesers to chase and paw under the tv. Some young friends visited and helped erect a Marble Tower and create a railway track across the floor. Mitts joined in and Cleo went to sleep in the hall. Last autumn when I was packing away the garden furniture I could not get the table legs off the tops so was a bit cross to see the wind had managed it and strewn the legs all across the lawn! But then even I blew over in Kendal in the wind so I guess it is very strong.

Hubby showed me the advert for a "diet" then an elderly friend, on hearing about my plans for a Tea Party said "Then you will be fatter than ever" (I do love her!) and then a friend said "All the running about you do I am amazed how big you are!" Huh! Just you wait... ! which is what lots of our friends have had to do for our cards and letter this Christmas, they are coming!

KILLINGTON W.I.

I trust that all your New Year Resolutions are still intact. You will be pleased to hear that I have resolved to make no more mistakes in these W I

reports, but perhaps that will take some of the fun out of it! (Christine Simpson please note)! So this is my final apology, this one to Avril Hobson and Margaret Denton, the former who has **not** yet joined our committee and the latter who has. Welcome Margaret!

Our December meeting was our Christmas Lunch held this year at Thorns Hall, a splendid venue for a very special occasion. In addition to Christmas we were celebrating the 65th Birthday of Killington W.I. **HAPPY BIRTHDAY TO US.**

Thirty-eight members and welcome friends were joined by Mrs Noreen Leece, chairman of the Cumbria/ Westmorland Federation to enjoy a tasty, relaxed, and happy lunch. This was followed by a leisurely coffee, during which our gorgeous birthday cake was cut by two of our founder members, Nora Capstick and Jose Waller. Before the afternoon's fun and games started, Majorie Henson was presented with a prize for winning the most points in the competitions throughout the year. Our sumptuous Christmas hamper was won by Barbara Kooper so we can be sure that at least one Sedbergh family had a festive season above starvation level! Specially drawn original cartoons depicting mystery place names to be guessed (courtesy of a WI husband, John Bird) provided intellectual exercise before we adjourned to the sitting room for a cup of tea, mince pies and some tuneful carol singing. The weather outside was most unkind, but inside, we and our insides, were warm and comfortable!

Wendy F.U.

DENTDALE W.I.

A new year, a new programme and a really good atmosphere for the first meeting of the year. Catherine Sugden, our president, opened the business meeting, which had a distinctly, local flavour! The Bursary is available this year for course fees for local courses. Applications to be made to the treasurer if members wish to be considered.

Jenny Pilgrim gave a short report on the First Responders which now had fifteen trained Responders and eight undergoing training. The group has been called out on average nine times a year! It was good to hear that the group was doing such a worthwhile job.

Catherine then advised us that the Chair Workshop in Sedbergh would be stocking and selling haberdashery items, which would save the drive to Kendal, however, the state of the road between Dent and Sedbergh had become a cause for concern. It was decided to send a letter voicing our feelings to Joe Nicholson and South Lakeland Council. We were told that Dent Parish council brought the subject to their attention on an almost monthly basis.

Several visitors joined us to hear our Speaker for the evening, Richard Chambers give an account of his participation in the Sahara Desert Race, which is a 150 mile, run, over five days in temperatures of 100 degrees of dry heat. He used a superb Power Point presentation to illustrate the talk. We were shown the rough tents, which provided shelter overnight and were moved on for the runners. We were told about the water ration given out three

times a day but otherwise runners carried all food and other items on their back. We were shown some stunning Sahara shots including one of the Race back markers on Camels - but of course!

Needless to say, the foot sores and injuries also featured in this most gruelling of races. Dorte lis Powell thanked Richard for his fascinating talk. Judith Newsham won the competition for a photo of a winter scene and one of our visitors John Ioannou won the raffle prize. Next month Judith Robinson will give a talk entitled "A year at Killington Hall". New members and visitors always welcome.

FROSTROW W.I.

The 2006 Christmas meal was on December 13th at Thorns Hall. On a night of appalling weather, we met for drinks followed by an excellent 3-course meal. The evening was concluded by games and carol singing.

Our first meeting in 2007 was a very enjoyable Social Evening on January 3rd. We arranged ourselves into teams of 3 for what turned out to be a tough but interesting quiz. The winning team was Linda Hopkins, Georgina Devine and Margaret Copestake.

The quiz was followed by something rather less taxing, namely a game of Bingo. This was won by Margaret Copestake. To complete a clean sweep, Margaret Copestake also won the raffle!

Anne Petyt, our President, welcomed a new member, Georgina Devine and thanked Pat Ramsden for re-arranging the speakers for the coming year. The programme promises some good

evenings to come during 2007.

Members were informed about the change of date for the 'Pamper Day' in Kendal which will now be on January 24th.

We were invited to Killington Lake on January 9th, when Nick Henderson will be bringing along some of his birds of prey.

The next meeting will be on February 7th at 7.30 pm

HOWGILL W. I.

Christmas celebrations took place at Thorns Hall on December 7th. President Mary Silva gave a warm welcome to member and their guests. We enjoyed a traditional Christmas dinner before relaxing in the lounge for a game of Mystery Dominoes where we all received a surprise gift. On the seasonal theme the competition was for a home made Santa. First prize went to Mary Stainton with Judith Stainton second. Some of us went home with the added bonus of a raffle prize. A most enjoyable evening.

The January meeting was held at Firbank Church Hall. Mary Silva opened the meeting by wishing everyone a Happy New Year. Our singing group enjoyed taking part in the carol service at Firbank Church. On behalf of the group, Anita Carey thanked Helen Beare for organising and training them, also to John and Liz for their fantastic hospitality on practise nights.

From January we are organising walks in and around this area. Anyone wishing

to join us would be most welcome. Contact us for details if you are interested.

Sheelagh Dennis is to be our Link Delegate to represent Killington, Dentdale and Frostrow at the Royal Albert Hall in London in June.

Mary gave a warm welcome to our speaker Angela Monkman-Brushett, a member of Newton and Field Broughton W.I. She spoke about her life, loves and achievements. Her passion in life has

been books. This became a highlight in her life when she became involved in an organisation helping under-privileged children in Tanzania where she was born

and brought up. This led to a registered charity being set up "Books 4 Tanzania", which completed its first project in February 2006. Any donations pay for shipping books over to schools and teaching centres. These are of paramount importance to Tanzanian children.

Mary thanked Angela for an interesting talk illustrating, to achieve what you want is to get together and do something.

The competition of Memories of Africa was won by Helen Beare with Elsie Middleton second. Raffle winner was Mary Stainton. The social half hour was a memory quiz. This was won by Tanya Hoare and Bridget Postlethwaite.

We will meet this month on 1st February, when David Harpley from "Cumbria Wildlife Trust" will be the speaker.

Do join us for fun and friendship at Howgill Village Hall at 7.30pm. *A. H.*



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In addition to teaching learner drivers, Drive Time can also help if you simply want to improve your driving skills in a particular area, such as motorway driving or regaining confidence after a period without driving.

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SEDBERGH PARISH COUNCIL

From the Minutes of the meeting held on 3rd January.

This was an additional meeting of the Parish Council so that it could deal with the unusually high level of business before it, in particular the assumption of responsibility for Joss Lane and Loftus Hill car parks.

CAR PARKS

Cllr Blair reported on the on-going negotiations with South Lakeland District Council regarding the Lease for Joss Lane car park. The main issue yet to be agreed upon is that of the rent over the next three years. Other related matters which the Council discussed included:

- local buses and coaches parking overnight and at the weekends,

- motorbikes using the car park but not at the expense of occupying a full car parking space, and
- on the advice of the Council's insurers, a visible boundary to clearly separate the market stalls from the car parking area.

The Parish Council is also in the process of negotiating a lease for Loftus Hill car park with the Bursar of Sedbergh School.

The terms of this lease will include annual rent and maintenance. There will also be some 'set-up' costs such as the purchase and installation of a ticket machine and possibly the reopening of the public conveniences. As with Joss Lane, vehicle owners using Loftus Hill car park will be required to pay a charge so that the Parish Council covers the

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 12 noon to 10.30 pm Sunday

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running costs. This will be either by an annual permit or a ticket from the machine. The District Council parking wardens have agreed to monitor vehicles to ensure that the parking charge has been paid.

PLANNING

The following planning applications to the Yorkshire Dales National Park Planning Authority were considered:

- change of use of the Masonic Hall on Howgill Lane to eight sheltered housing units, with a new three story rear extension and a car park,
- installation of a LPG tank at Hebblethwaite Hall Cottage, Cautley,
- a lodge-style unit for the manager/warden accommodation at Pinfold

Caravan Park,

The Planning Authority has agreed to a first floor extension and replacement porch at 6 Winfield Road, Sedbergh.

OTHER BUSINESS

The Council agreed to make a donation of £100 to South Lakes Society for the Blind towards the cost of their support group held every month in the People's Hall.

It was also agreed to thank SLDC for the speedy completion of the pipework by their contractors along Main Street; but also point out that several kerbstones and paving stones along Main Street and adjoining footpaths have been reported as hazardous because they are missing or out of place.

**SLOVENE CHOIR VISIT TO
FOLK CAROL FESTIVAL**

Many thanks to everyone who helped with the Jurij Vodovnik choir visit to the Folk Carols festival last December. We lost our opportunity for funding, but by driving the mini buses and cooking all the meals ourselves we managed to save at least £2,000 and through active participation created a much warmer sense of community.

The choir was also very grateful to Nigel Close who gave us some generous discounts and was a warm welcoming host, despite the very late hour of our arrival.

Ticket sales also helped towards the costs - so thanks to everyone who came to the concerts in a storm lashed

Heysham church (the sea crashing into the graveyard as we sang) and in Dent, the most appropriate place for what are often called Village Carols - and very handy for all the singers visiting from other parts of the country. There were singers from the Leeds People's choir, the Silsden Singers and Sheffield Socialist choir at the youth hostel, and most of the Harmonise choir from Edinburgh holed up at the Sportsman's Inn.

As you may already know the Slovenian Ambassador came to the concert in the Dent Meditation Centre and addressed the audience with a fine speech praising the twinning initiative and welcoming the Slovene singers. He met local dignitaries from the Town Twinning Committee at the concert - which was packed to

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bursting but thanks to a kind loan of chairs from the Howgill Village Hall and Dent Methodist Church, everyone who wanted to come got a seat.

The Ceilidh was also well attended - Lucia Marquart, despite being eight and a half months pregnant cooked mouth watering meals for the 80 singers and dancers who came, and most of the other meals during the choir visit. Also many thanks to Roger and Judith Bush and Dorcas Thomas - fellow singers from the Cautley Carollers, who provided the music - and washed up a veritable Cautley Spout of dishes at the end!

On our way back to Sedbergh from Stansted airport with the choir we stopped off to sing with a Cambridge choir from the same network as Howgills Harmony who afterwards treated us to an enormous meal together. Carol Clayton who sings with Howgills Harmony, and came with us to Slovenia last year, treated the singers to mulled wine and mince pies in her cliff top cottage before the Heysham concert - and then cooked a festive feast for them in the village hall.

The Slovene choir also met other community choirs from the area when we sang in a candlelit cave near Rydal - and

afterwards round the crackling log fires of the Badger Bar. And many more from Sedbergh and beyond at workshops learning English and Slovene carols together in the People's Hall.

Special thanks to Earl Parker and Luc Gauduchan who came with me to do the driving (and a very kind offer from David Baines,) to those who we thanked in last month's Lookaround for providing a welcome in their homes to small groups of Slovenes during their visit, and to everyone else who helped.

We are planning several other events throughout the year with our Slovene friends including exchanges with a local Male Voice choir in May, a Corsican Choir visiting Sedbergh in September - and with all the Folk Carollers at another festival over the first weekend of December. Our own singers will be meeting them in August and October when they tour Slovenia. Details of all events will of course be advertised in the Lookaround and TIC when flights are confirmed nearer the time, which is when the cost of flying is cheapest.

There's a full report of the 2006 event on the Sedbergh website. When they got

(Continued on page 46)

home many of the Slovene singers wrote to me to say how much they enjoyed their visit and how much they appreciated the hospitality shown by the local singers.

Here are some of their impressions:

"The English people really surprised us very much - we saw they are simple, kind and prepared to care for others voluntarily, and even spent all days to serve other "unknown" people. In our country this was 40 years ago, but nowadays there is no such spontaneity anymore." *Marija*

"As in heaven; the angel's singing, dancing, people as angels and wonderful land. who wouldn't go back?" Mojca

"I will not forget Mrs.Rowena and her choir at Cambridge, where I saw a great apurtenance to music." Andrej

"When I'm trying to collect all my impressions from England, I feel a pleasant feeling which is a combination of wonderful nature and original settlement. And of course the greatness and kindness of people living there is something unforgettable. It is so good to meet those people who are occupied with things which have simple and deep value in our lives." *Milka*

"Dear friends from England! First of all I would like to thank you for each minute which I spent with your company. Here are my impressions from your beautiful country:

Before we left our country I had some doubts whether to go on this trip or not. Today, my view of your world and people is completely different and



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INVESTOR IN PEOPLE

everyone who wants to hear information about our trip from me I give him/her only the truth i.e. positive information about our feelings and experiences.

As I said, before I came I had a completely different view about English people and the country: your land is very different from ours, weather conditions are not the same, and I had an impression of a mournful land and not so opened people.. But today I know that I'm back at home filled with new energy and full of wonderful experiences. Each person whom I was talking to has left a trace inside me, a desire to come back, and a feeling that we are friends forever.

The trip to the cave was for me a big experience. First, when I saw that I was completely inappropriately dressed, I wanted to quit out. I don't know where I got the power to go further. I just know that someone who did not go through this and feel the moment of blissfulness when we were singing together will never be so rich as we are now. It was not easy to rove in darkness, mud and water, but now I'm happy that I went though these obstacles. *Tatjana*

"I enjoyed the English and Slovene dances as well as the singing workshops very much and I would like to repeat this again." *Metka*

Dear friends from England. You are always welcome in my country and I will do all the best to give you joy and happiness as you gave us, and hoping this will be soon." *Tatjana*

We hope we all meet again soon - se srečamo kmalu.

David Burbidge
www.lakelandvoice.co.uk



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BROADBAND

BT Misrepresentation of Broadband Coverage for Cumbria and the Yorkshire Dales

1. In 2005 BT claimed it would be able to provide Broadband to all users in Cumbria. (Then take-up approx. 83%)
2. Government gives £30,000.000 grant to BT to assist in providing Broadband to help Cumbria recover, after the devastation caused by the Foot and Mouth outbreak.
3. By 2006, BT well behind target, so begin a new campaign offering part Broadband in areas not previously available.
4. Because of BT claim that lines would now support part Broadband other
5. service providers followed suit. By end of 2006 Cumbria then had the highest take up in the country even exceeding southern counties and London.
6. In reality, BT had done nothing to justify the improved performance of existing lines, and only extended the claimed possible catchment area up to 10 miles. This now increased the take up coverage to around 95%. Target reached so government happy and BT collects more in revenue.
7. UK now well behind European neighbours with BB coverage and data transfer speeds. Germany for example, offers full Broadband including Television transmissions for around £15 per month!

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8. Despite proven failures BT and most other service providers are still offering 1.5 - 2 M/byte connections for rural areas up to 10 miles when asked today. Thus justifying the 95% success rate and government grant of 30,000.000.
9. Insurmountable technical problems severely limit how far from the telephone exchange Broadband can be made available, using existing BT lines. Approx. 3.5- 5 miles maximum.
10. Other service providers, offering a solution by way of Wireless Broadband are disadvantage by the large capital outlay needed, and are not being offered government funding. The cost per scheme is believed to be around £60,000 per valley/scheme.
11. When other service providers self finance a BB wireless scheme where there was no other service, BT move in and offer a part BB service at a lower cost potentially taking half of the clients and making it impossible for a Wireless provider to recover their capital outlay. (Please see "Edenfaster" Broadband experiences on the Internet)
12. Customers who sign up with other service providers using BT lines, can find themselves with real problems. If a new connection works at all, but is poor in performance, intermittent, or slower than their original dialup facility, the service provider is deemed to have honored his obligation under the contract, and will not cancel the agreement. The problem is then with the BT line company, and it is classified as a line fault.
13. BT line company can charge between £55-£75 for a single call out, only to advise you that they cannot get Broadband at your address. The service providers do not accept this, and customers are left with no one to turn to for help. Calls to overseas call centres, sometimes lasting 30-45 minutes, are quite unable to sort out this sort of problem.
14. Customers expecting to make savings on telephone calls, by routing calls via Broadband and their PC, can also get a nasty shock when BT increases their Direct Debit by nearly 100%

(Continued on page 50)

- without warning after connection to a Broadband service. By these methods, BT still make money on a total failure to provide a BB connection.
15. The writer is not alone in wanting Broadband. In upper Garsdale and the Grisedale valley, businesses and many individuals are disadvantaged by not having this service. One subscriber I have spoken with, reports that she was signed up for Broadband, despite being located some 18.5 k/mtrs from the Sedbergh telephone exchange. On finding that it would not work, it took some 60 telephone calls to BT and the service provider to get the contract cancelled. The subscriber was charged for 5 months for Broadband that did not work at all. It took another 4 months to obtain a refund. All of this is hard for all to except on finding that in the nearby remote valley of Mallerstang, BT subscribers can now get a Broadband connection.
16. With regard to the £30,000.000 grant. I have been informed that BT went ahead via "partnering" with a "non profit" company to get round legislation. So effectively they did not get a government grant, they were awarded a contract to supply broadband through an organisation



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known as CIBI, who got the grant (that they "coincidentally" played a part in setting up). The website is <http://www.cibi.org.uk/> Now for some reason, the claimed funding is now only 20 Million, but last year it was claimed to be 30 Million. (Apparently 8 Million was for used for marketing and 22 Million was spent on network development!) It would be most interesting to learn exactly what the level of funding really was, and how it was used. You will see on the homepage that they clearly associate themselves with BT "The event also celebrated the working of a very successful Public/Private Partnership, led by Thus, (formerly Your Communications),

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- working alongside BT and the Northwest Regional Development Agency which have:-" and they even go as far as to include North West Development Agency.
17. It is also very interesting to note a statement lodged on the internet by Gordon Rimmer entitled "Mickey Mouse Broadband" stating that the Edenfaster project in May 2003 received funding to the tune of £907,000 from the North West Development agency!
 18. During these enquiries, I have learned of more wasted funding. This time affecting the safety of travellers on the Carlisle Settle railway line. Computers that were installed in each signal box on the Carlisle Settle railway are lying unused because of lack of communications! Broadband should be available, as the Mallerstang valley now has Broadband coverage.

It now appears that the government grant of £30,000.000 was not used to ensure Broadband connection to all areas of Cumbria. Questions need to be answered.

JW

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YOGA IN DENT

Additional Yoga Classes

Due to increasing student numbers and in order to keep class sizes small I am now teaching 3 classes in Dent - Monday mornings and evenings (beginners and intermediate students) and Thursday evenings (experienced students)

These are all drop-in classes and are suitable for people of varying levels of experience and fitness. Over time and with regular practice, students gain strength, stamina, and flexibility as well as developing personal confidence mental quiet and skills in deep relaxation techniques. The practice room, in the converted Chapel space at the Meditation Centre is a beautiful and inspiring place to work and encourages a deep spontaneous release of stress and tension.

My training and experience is extensive, I began to practice Yoga at the age of 14 and have trained since then with many excellent teachers as well as with the British Wheel of Yoga and with the Royal College of Midwives (enabling me to teach specialist classes for Pregnancy). More recently, I studied in London with the Yoga Biomedical Trust, gaining valuable specialist medical

training to compliment my Yoga knowledge and gaining the expertise to teach students with a wide range of health problems.

Yoga and Stress

In my work, I draw upon both ancient, spiritual teachings, which describe the cleansing/healing aspects of Yoga, as well as modern Western medical understanding: both approaches agree that a crucial factor in our ability to maintain balance and wellbeing lies in our capacity to respond creatively to the inevitable stresses and strains of life.

Each of us is unique and we respond differently to these accumulated stresses, finding outlets through which to rebalance and recharge (maybe through sport or gardening, music or social activities), on occasion, however, the body is unable to maintain balance, and symptoms of ill health begin to appear. These symptoms may range from mild distress/discomfort, general feelings of physical or mental unease, through to more debilitating disease. Across this whole spectrum. Yoga can have a beneficial effect.

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breathing, it works on every level of our being, allowing us to re-establish balance and to experience a deep sense of well being.

With a suitable qualified teacher. Yoga can provide beneficial support alongside medical treatment for many conditions, not just for structural problems such as back pain and joint problems, but for organic and functional disorders of any body system.

Individual teaching or small classes

My style of teaching is gentle, supportive and informal drawing upon the teachings of many traditions. I aim to encourage natural easy breathing, body awareness and good posture. The profound benefits of this simple approach are experienced over time and with regular practice.

If you are unable to attend a class, I can provide individual tuition, designing a program specific to your needs. Once you have mastered the basics, the experience of a small class will help you to establish a regular practice where your progress can be monitored and any difficulties or questions answered.

If you would like to find out more or to book an individual lesson phone Laura Clare 01539625572

AMATEUR PHOTOGRAPHY COMPETITION 2007

As students at Settlebeck already know, the PTFA have launched a photography competition. We are looking for local interest pictures and we are considering publishing a calendar for 2008 featuring some of the winning entries. With this in mind pictures of all seasons are particularly welcome.

There are 2 age groups:-

- Junior - 16 and under first prize £25.
- Adult - 17 and over first prize not yet confirmed - (we hope to offer a meal for 2 with a local provider.)

We will ask independent judges to choose winners in each age group.

These prizes will be awarded on artistic merit and local interest content, without any direct connection to choice of pictures for a calendar. Other supporting prizes may be awarded.



We welcome all good pictures, a quick snap taken on your phone is fine, along with those using high tech cameras. The quality of your camera will not necessarily affect the decision of the judges. Unfortunately, pictures of lower resolution may not be suitable for use in the calendar, however good the content.

Pictures may be entered as prints or electronically, and all need to be supported by an entry form. Any pictures including people will need written permission from them. Details, full rules and forms are available from Settlebeck reception, the Post Office or the web site www.settlebeck.cumbria.sch.uk. Entry is free, but limited to a maximum of 5 pictures per entrant.

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COUNCILLOR'S CORNER

Happy New Year!!!... I hope you are all looking forward to the year ahead, especially as the days become lighter.

This New Year has kicked off fast and furious in many ways, for many of you will be aware of the push by the County Council for a unitary authority for Cumbria, a new single tier authority intended to enhance services, involve greater local participation and reduce taxes. This would represent the biggest change for local government in our area since 1974 and has implications not simply for the District Council but also for our Parish Councils as well, in terms of their membership, roles and modus operandi.

It is therefore with great interest that I have been following the debates since the idea was first mooted. The plan involves dissolving the District Council, of which I am a member, but please let me assure you that I have refrained from dismissing the idea because of that and I have kept an open mind throughout. Indeed, enhancing services and reducing taxes is a very appealing argument, and had I not been a part of the Council this past ten months I may have felt on the surface that a unitary authority was the way forward. However, working with residents and parish Councils, I have to be honest and say that I haven't been terribly impressed with some aspects of how the County Council has run its operation, particularly in terms of road repairs and its discussions about the future of the Fire Services. Also, the latest Audit Commission report, though it notes progress, still doesn't paint the County Council's performance in the best

light. The figures too do not necessarily add up, and there is an awful lot about this proposal that does not appear to have been fully costed and thought through. The lack of District Council and public involvement in the County Council's decision making process on this matter also leaves me somewhat wary as to how business would be conducted in the future. Given there will only be 84 councillors for Cumbria, I wonder too how accountable the new authority will be and who will truly be making the decisions.

You have probably gathered already where I am going with this article, and have anticipated how I voted at the last District Council Meeting! But that is not to say that we should remain complacent

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and maintain the status quo. Indeed, the District Councils are looking collectively at ways of working far more collaboratively with each other and the County in the future, to challenge duplication, enhance service provision and make efficiency savings... something our District Council is already achieving.

At the last Council meeting I also engaged in the debate about the proposal to merge the Kirby Lonsdale and Sedbergh wards and create a three member ward. I declared a personal interest, as a member of the ward under question. Nonetheless, I felt obliged to speak, given the creation of such a huge administrative district, which on the one hand would address the issue of electorate totals in each ward, but on the

other, would do little to ensure that members could represent residents effectively over such a large geographic area or be fully conversant with and supportive of, the distinct identities of the ward's various communities.

This New Year will also bring a review of the country's post office network and the potential closure of yet more Post Offices, something we will need as a community to keep a very close eye on, particularly with regard to our Post Office in Dent. The Consultation Document on the future of our Post Office Network can be downloaded from the from the National Federation of Subpostmasters web site (www.nfsp.org.uk) and individuals as well as organisations are encouraged to let their views be known (by March 8th).

Residents in Garsdale will be pleased to hear that the road between Slack Cottage and Dander Garth on the A684 will be resurfaced this spring, starting on March 1st, but it will mean road closures on a similar basis as last time, lasting, the Engineers tell us, for about five weeks.

I am also pressing for plastic recycling, for I know a number of you have begun to save your plastics and have been asking me where the plastic recycle bin is, since we were told it would becoming before Christmas. I have been looking into this and pressing for the collection to start as soon as possible and have been told February... something I will keep a close eye on.

Please keep your letters and phone-calls coming and even if you don't leave a return number or address, rest assured any matter raised is always looked into. With gratitude and best wishes,

Cllr Craig Stephenson

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SETTLEBECK NEWS

We started with what, on the surface, appeared to be a fall in our GCSE results last summer. But, as we all knew, the students individually in that year group did well and we have recently seen the CVA (Contextual Value Added) National Performance tables for the group which compare their individual results with what they could have been expected to achieve given their previous national test results at ages 11 and 14. These CVA scores are high, and indicate how well the group achieved compared with their prior attainment. In fact, Settlebeck was in the top 6 schools in Cumbria on the CVA table and in the top 25% of schools nationally. So well done last year's year 11 we are proud of you.

Last term, the student MacMillan Coffee Morning raised £233.91, Jeans for Genes day raised £179.38 and £249.31 was raised at Christmas for Shelter which begins our charity fundraising for this academic year. Last year Settlebeck

students raised £1840.92 for good causes and £1300 towards improving their school environment and resources. In addition, this year's year 9 students have embarked on a series of enterprise activities to raise money towards their Slovenian trip. This is based on the idea that students are to be encouraged to contribute to their own costs by the fruits of their labour. A series of highly successful enterprises have already taken place including Cai Roberts's sponsored walk which raised an amazing £220, Jake Hodgson's Quiz and Car Wash raised £100, Rose Bannister and Alex Lavery-Hoffe raised £150 doing a sponsored walk and a music quiz night raised £30, Oliver Winn and Chris Duncan's bag packing netted them about £50, Adam Robinson, Charlie Cox and Robin Littlewood did a sponsored silence and raised £10, Oliver Brown and Ashley Rainford held a cake stall which raised £15, Chloe Iveson and Clare Thompson raised £104 selling cakes, organising a

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Closing Date for applications - 28th February 2007

Domino Drive and doing a sponsored walk, and recently I had my car very expertly cleaned by Harry Cross (memories of Bob-a-Job week for those ex-scouts among us). Rachel Bainbridge, Freddie Evans-Jeanrenaud and Becky Lowther raised a total of £200 for dog walking, selling Christmas cards, cake baking, making smoothies and car washing. Laura Goad, Lizzie Hunt and Georgina Metcalfe also had a cake sale which raised £46 and, Sam Bolsher and Harry Ellison's Quiz Night was also very successful. Well done year 9 – a very enterprising term.

Just before half-term year 10 were very active in the Local Democracy Week and the week before they were also involved in a writing workshop at The Brewery.

Year 8 had a great French trip in November, our Christmas Fair in November involved all year groups as did our Senior Citizens' Concert/Party in December and the Carol Service in December, on the last day of the autumn

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term, was a wonderful uplifting occasion.

We have a number of new staff; Gillian Rea - English/Drama teacher, Joanna Brennan - Music coordinator, Suzanne Bennett - girls' PE teacher, Jackie Dean - lab technician, Lisa Woof - teaching assistant, and Hayley Williams has joined our catering team as assistant cook.

Austin Sedgley and Angela Nicholas have been running Food Technology last term and this term they are joined by Helen Waring - Food Technology/Catering teacher. We are also very pleased to announce that Dr Judith Greene will be joining the school in September as the new Head of Settlebeck. Judith is currently the Head of a school in Hartlepool and will be spending some time in Settlebeck over these next two terms acquainting herself with the school and community.

I hope that you like our new school signs. This completes the work which has been done to improve the front drive of the school. The new sign retains our traditional name while recognising that the school is now a technology college and member of both the Rural Academy of Cumbria and the South Lakes Federation of Schools. *Dave Smith*

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Conventional medical practitioners worked hand in hand with Masseurs – even the army had a Massage Corps which formed part of the Field Hospitals during battle. Massage began to fall out of favour once the pharmaceutical industry could offer symptom control within a fraction of the time it would take a masseur to achieve the same results.

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Once the NHS began footing the bill for healthcare, speed of recovery became paramount and faster-reacting treatments took preference.

If we zoom forward to the 1990s and the surge of interest in complementary therapies we see how massage reappears alongside Aromatherapy. Gradually the benefits of massage itself begin to be appreciated again and practitioners become interested in applying age-old massage techniques in a modern day format. Today there are many scientific research papers available which explore the effects and benefits of massage.

You may ask what makes Remedial Massage different from other types of massage – ‘Beauty’ massage – Aromatherapy massage etc. Remedial Massage is based on the anatomy and physiology of the body and uses long-established massage and manual therapy techniques to benefit certain musculoskeletal conditions such as sciatica, repetitive strain injuries, chronic soft-tissue injuries, tension headaches and many more. Clients often return for maintenance treatments after symptoms of the original condition have been alleviated because they appreciate the

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significant preventative benefits of having regular massage.

Remedial Massage aims to ease the symptoms of soft-tissue dysfunction and by achieving this, joint function can improve as well. Soft-tissue dysfunction can be caused by numerous factors, and the pain can become debilitating and disabling, rendering sufferers unable to carry out everyday activities. The pain caused can also merely be a niggle or occasional ache when certain movements or activities are carried out. However this is often the first sign of an imbalance within the musculoskeletal system and can lead on to dysfunction, pain and impaired mobility. Remedial Massage can help at this stage to rebalance the soft tissues and allow the musculoskeletal system to work correctly.

Unfortunately everyday activities often put unequal stresses on the musculoskeletal system and can lead to muscular imbalances and strains – driving, using pcs and telephones for more than 2 hours a day - any sort of repetitive activity.

More and more people are realising that they don't have to live with discomfort and that taking long-term pain relief is

not their only option. Reduced mobility is not necessarily a normal part of the ageing process. Through clinics like mine and others around the country Remedial Massage is allowing people to regain a quality of life they had consigned to history.

I offer a flexible accessible service with clinics held in Kendal at The Highfield Practice, in Burgh by Sands near Carlisle, and home visits (location dependent).

Initial consultation and treatment is £30.00 and subsequent treatments are £25.00. If you would like to discuss how Remedial Massage may help you please call me on 015396 23696 or e-mail reflexrm@btinternet.com

Josephine Lade LCSP (Assoc)

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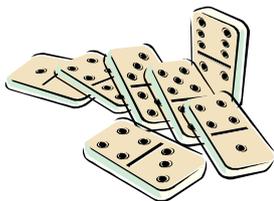
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| | Played | Sept. | Oct. | Nov. | Jan. | Total |
|--------------|--------|-------|------|------|------|-------|
| J. Raw | 4 | 95 | 94 | 85 | 85 | 359 |
| G. Rowlinson | 4 | 90 | 89 | 87 | 86 | 352 |
| K. Wilson | 3 | 88 | 88 | 95 | | 271 |
| A. Waller | 3 | 92 | | 85 | 89 | 266 |
| C. Clarkson | 3 | | 91 | 90 | 82 | 263 |
| C. Wilson | 3 | 88 | 86 | 89 | | 263 |
| J. Waller | 3 | 91 | | 81 | 88 | 260 |
| F. Raw | 3 | 82 | 83 | 86 | | 251 |
| D. Wilson | 3 | 85 | 88 | 80 | | 251 |
| J. Middleton | 2 | 94 | | 78 | | 172 |
| J. Mather | 2 | 89 | | | 81 | 170 |
| M. Hunter | 2 | 93 | 75 | | | 168 |

KILLINGTON WINTER DOMINO LEAGUE

After four monthly domino drives, the current leading positions in the League are above:

Remember, apart from the usual prizes each month, the League Winner will be the person with the best total score from any *four* events over the winter programme (excluding the Christmas Domino Drive) - so there is time to achieve a winning total for even those who have only played twice so far. See the Diary for the dates of the next monthly Dominoes in February and March.



The Business Men's Fellowship

invite you to a **Free Dinner** at
The Bull Hotel, Sedbergh
Thursday 1st March
7 for 7.30pm

Visiting Speakers from Wigan

*Come and hear amazing stories of Faith
and lives changed by the power of God*

The evening is sponsored by the
Wigan Branch of the BMF and
welcomes both men and women.

If you would like to come
as our guest, please telephone
Ron or Jane on 015396 21672
Places available for 70 people.

Please book early

Last Bookings taken 20th February

*An Offering will be taken for the work
of the Business Men's Fellowship*

STEADMAN'S WIN TOP AWARDS

Presentation By TV Chef & Restaurateur Ed Baines

Local butchers Steadman's of Sedbergh in Cumbria have achieved nationwide recognition by winning a number of top awards in the Guild of Q Butchers 2006 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 eight gold and five silver awards. The gold's were awarded for their Pork & Black Pudding Sausage, Black & Blue Burger, Rillettes De Canard, Scotch Eggs, Pork & Cheese Crunchies, Air Dried Pancetta, Dry Cured Back Rashers and Pork & Stilton Sausage.

The awards were presented to Garth Steadman at a special lunch in Butchers Hall, London, by TV chef & restaurateur Ed Baines.

Garth said: "As a member of the Guild of Q Butchers, winning a Smithfield Award is a great honour. Q Butchers



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aspire to the highest standards in the trade and we are thrilled to have done so well in this year's product evaluation. Our customers will be delighted to know they are enjoying award-winning products!"

Over 500 entries from Q butchers all over Britain were judged for the Smithfield Awards which were sponsored by EBLEX (The English Beef & Lamb Executive), BPEX (British Pig Executive), food chain suppliers Dalziel, Lucas Ingredients and expert equipment suppliers Avery Weigh-Tronix and supported by turkey specialists Copas Traditional Turkeys.

The products were assessed at the Meat & Livestock Commission Headquarters in Milton Keynes.

LA VIE EN FRANCE

We had a wonderful Christmas back in Sedbergh and really enjoyed seeing family and friends. Much to the girls' relief Father Christmas found us in Southfield road!

Whilst we were in England the temperatures in France fell to minus 8 during the day, which would have been rather chilly as we only have an unreliable wood burning cooker and a couple of ancient electric heaters .

Thankfully since returning we have enjoyed some very mild weather which has meant that the girls have been able to play outside in the winter sunshine. A particular hit has been the trampoline which travelled back with us on top of the car, along with a wooden 12ft gate, a roof ladder, a generator, boxes and boxes of items for the gite, not to mention the presents...and the dog! (The presents and the dog were inside the car!) Apparently Alan Pratt followed us out of Sedbergh and was rather concerned about our long journey south which, we're pleased to report, went without a hitch.

Our plumbers/electricians started work this week, they said they would arrive on Wednesday and arrive on Wednesday they did.....unheard of in France (so we're led to believe.) We've put the promptness of their visit down to Delia Smith's oat crunchy biscuits!! It's a favourite family recipe, which as children we cooked regularly, and the tradition has continued one generation on. Made with Scottish oats and English golden syrup it appears that the French artisans can't resist them. In fact they've become such a hit that our stocks of golden syrup are



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dwindling! My recipe says cook for 15 minutes but this morning after cooking for over 3 hours in the VERY unreliable wood burning cooker they were just about ready...the guys had nearly given up waiting and resorted to a croissant.

Our menagerie has increased and the latest animals to take up residence are two ponies, who are also female, so Chris is feeling quite outnumbered now.

The girls have settled back into school and nursery and Chris and I have made our New Years resolution to really knuckle down and improve our French, although it's amazing how many other non important things seem to take priority!

We have been surprised by the number of bookings we have already for our gite so we feel enthused and are looking forward to seeing all our guests. Work for the two person gite starts in October to be ready for next year, 2008.

Well, we wish you all a very Happy 2007, if you want to see what we're up to take a peek at

www.rigal.gites.dordogne.com

With love to you all,

Jacky, Chris, Alice and Eliza

2007 CHARITY TRACTOR PULL

On Sunday 27th May at 9 am a team of approximately 70 lads and lassies will attempt to pull a 8.5 ton New Holland, Bryan Haygarth sponsored, Tractor from Morrison's Supermarket, Kendal to Sedbergh.

The route will be down Shap Road, New Road, Aynam Road heading up past the Hospital, turning left through Oxenholme. From Oxenholme, turning left at the Station Inn, up Hayclose Road to the Sedbergh Road, then over the tops, finishing at Sedbergh Fire Station, a journey of approximately 14 miles. All monies raised will be shared between the late Jackie Wilson/Joanne Burrow Breast Cancer Fund, Cystic Fibrosis and local children's groups.

Because of the popularity and support this event has now created we have decided to hold the afternoons entertainment at Settlebeck School Field. There will be good ideas being planned and organised, followed by a Robbie Williams tribute night and disco in the People's Hall.

I have had several meetings with the Westmorland Gazette and will be displaying a full page advert in the paper on Friday 18th May, one week before, at a cost of approximately £2,500, promoting and advertising the days events. To pay for this we have approached many local Sedbergh, Kendal and Tebay businesses *i.e.* builders, joiners, pubs, and clubs for a £35 donation and these firms will then be included in the advertisement in the Gazette.

If anyone would like to support this, please contact me. We are already

recruiting our pull team, for what will be our most ambitious and biggest event so far. If you would like to join our team of around 50 lad and 20 lasses just let me know. Volunteers will be picked from the pull team to take part in a planned event in the afternoon at Settlebeck.

All details of the day/night events will be advertised from March onwards in the *Lookaround*. *Caspa.*

SOUTH LAKES SOCIETY FOR THE BLIND

Sedbergh Group

Thorn's hall was the venue for the January party, and the date that was chosen produced some rare and delightful sunny weather! The buffet was excellent and much enjoyed by everyone. The entertainment which followed was of the home grown variety – in other words we entertained ourselves!

Poetry, stories, amusing anecdotes, jokes and a limerick were interspersed with old favourites played on the piano, flute and also relayed on C.D. and cassette player. A game of 'pass the parcel' caused chaos and amusement. Everyone eventually departed in good spirits with crackers, sweets and small chocolate gifts.

Many thanks to Kath at Thorns Hall, to the volunteers and to the members themselves for participating in the programme with such good humour.

The group meets on the third Tuesday of each month in the People's Hall at 2.15 p.m. New members are always welcome. For further information telephone Sedbergh 21019 or Kendal 01539 742633.

JGL

PEOPLE'S HALL BIRTHDAY

Saturday, 25th November proved to be a night to remember at the 50th Birthday celebration of the opening of The Peoples Hall.

Stuart Manger introduced the entertainment to over a hundred people who joined in the Birthday celebration. The evening began to the strains of the young Pepperpot musicians conducted by Judith Bush. Claire and Ken Pope then sang some of their favourite folk songs, followed by a performance by the Hellions playing together for the first time in many years.

Steve Longlands, Chairman of The Peoples Hall Committee welcomed all the guests and presented bouquets of flowers to Jennie and Jack Dawson and Stephen and Margaret Mason, all of whom were present at the opening of the Hall fifty years before.

Colin and Louise Ryan, relative newcomers to Sedbergh and the owners of The Gallery Café and Restaurant

provided a delicious meal to accompany the entertainment. Certainly an evening full of memories for the people of Sedbergh.

JT

PEOPLE'S HALL LOGO

The results of the competition to design a logo for the People's Hall to mark its fiftieth birthday are given below.

Entries were invited from all local schools. Sedbergh Primary School responded with a large number of entries.

The winning design was entered by Shannon Shaw from Year 5.

The runners up were:

Stephanie Gardner - Year 5

Adam Ronn - Year 3

Jenny Storey - Year 3

Samuel Ingle - Year 3

They each won a book token; the tokens were presented by Carole Nelson on behalf of the Sedbergh Book Town Limited.

Well done to all of them and thanks to all who took part.



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LITTERING IN TOWN

Maybe some people will remember back in the 60's and 70's (well unfortunately lots of us can!) the government ran a campaign to persuade people to be more careful about dropping litter in the streets. Two of the slogans were "Don't be a Litter Lout" and "take your Litter home". Back then there weren't many take-aways, probably there wasn't so much packaging and there certainly weren't trillions of aluminium cans! The problem in Sedbergh is that the town is small, with narrow streets and any litter is only too obvious. Please, please can you all help to make our town cleaner by making sure that anything you want to throw away lands in a bin or can you please "take your Litter home".

Parents, if your children are often in town, please ask them to remember not to drop anything in the street.

The traders of Sedbergh are trying to make sure that their shop fronts and pavements are clean and tidy and thank everyone in advance for helping to make Sedbergh a cleaner and tidier town. Sedbergh Chamber of Trade.

This is a subject that I have raised many times over the last few years. The biggest culprits are, unfortunately, the children of the town. Just have a look at the ground after our very well behaved children vacate an area and see the mess. It is a big shame. However, if I do see anyone, I will point out to them the error of their ways. If everyone did that, we would have a cleaner place. Ed.



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Dear Editor,

Was it really necessary to have the article - A Sedbergh Viewpoint, by N. Hastle in the Dec/Jan issue *Lookaround* twice. (That was my error. There should only be one of each contribution. Ed)

The comments about the Parish Council I find, are becoming increasingly nasty and are untrue. N. Hastle can attend any meeting in the People's Hall, last Wednesday of the month, and listen in the audience to the Councillors discussing business.

Because of important matters to discuss and other council matters there were three meetings in January.

We are elected to work on the electorates behalf and we all do our best. Perhaps N. Hastle would like to stand for the next Parish Council Election.

E. M. Scarr (Parish Councillor)

THE CALENDAR NEEDS YOU!

Sedbergh Community Calendar 2008

Perhaps you noticed that this year there is no Sedbergh Calendar? Since the Pulse Project has now succeeded in providing the gym for us all they no longer have any need to raise funds so the Tourist Office has decided take the calendar over. Funds are very much needed to make the office self-supporting, as you can imagine many of the visitors in the office simply come for information and do not make a purchase so transactions of that type result in a 'loss' for the office.

Anyway the TIC would like to invite anyone from Sedbergh or around who takes good fairly high resolution pictures with a digital camera to submit a landscape or a townscape for inclusion in the Calendar 2008. Pictures should be aimed at a particular month with appropriate weather and vegetation, please put the month you consider each picture suitable for. We would like to include 12 different people's work so please supply 2 pictures at the most, on disc, CD or by email to tic@sedbergh.org.uk.

In addition to the scenery pictures we would also like cameo pictures of noteworthy Sedbergh and district personalities past and present (if present please ask permission). The idea is to include a very small picture no bigger than 2 inches square on each page with the person's name and an extremely brief note about why we value them – e.g. If there was a picture of Roger Lupton the caption would read “ Roger Lupton 15?? -???? Founder of Sedbergh School” or if there was a picture of Mrs. Freda

Trott it would read “Freda Trott 19?? – 20?? Local author and historian”, get the idea? These pictures again should be digital and in colour if possible and of normal size, do not try to shrink them, we will do that. If only old photographs are available that's fine but please stick a label to the back of each with all the information and the address it must be returned to.

So that's it, 24 opportunities to have your work and idea included in next year's calendar. The DEADLINE for submissions is 1st April 2007 so obviously many of the scenery pictures will have to be from last year – Happy Snapping!

**DENTDALE OVER 60's
CHRISTMAS PARTY**

The annual Dentdale Over 60's Christmas Party was held on Saturday 9th December 2006, in the Memorial Hall in Dent. A traditional Christmas lunch, with all the trimmings, was cooked to perfection, and served, apparently effortlessly, to ninety-three people. This was followed by a lively entertainment from the Dent Warblers. Their programme of singing and comic recitations spanned the sublime to the ridiculous, and was much enjoyed. Tea and mince pies were served, and then everyone joined in the carol singing. Thank you to everyone who supported the event with generous donations and gifts of raffle prizes, to the Dent Warblers, and to the tireless band of helpers and cooks who worked so hard to make the party such a success.

SETTLEBECK HIGH SCHOOL

Thanks to all local shopkeepers and businesses

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

Thank you also for supporting the students who asked for and collected donations; they were helpful and well-organised at school and earned certificates for their Citizenship files. The team this year were: Emma Teal, Tracy Hodgson, Nick Game, Matthew Burrow, Dean Raw, James Thompson, Robert Dias, Michael Griffin and Richard Martin.

Judith Walsh

PULSE COMMUNITY GYM

Have you put on a bit of weight over Xmas? Why not get yourself down to the gym. This month (Feb) if you're a member you can bring a friend with you. You sign them in and they pay just £3.00 a session. This offer is for February only and the friend will be the responsibility of the member. Hopefully this will encourage more people to join.

Gym instructor Gary Holmes, has now started a women's tag rugby team on top of his other duties. What it is to be fit, just think what the gym could do for you.

Membership is building and the gym is proving very popular. The bank account is holding its own but bills are coming in re the setting up costs. Insurance and maintenance costs will be on going but in

JOHN SOUTER
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ALL RUBBISH REMOVED

the future there should be a surplus of funds and it is hoped we can purchase a 'cross trainer' for the gym.

It is the job of the management committee to decide on how these funds would be used. The committee is also responsible for deciding on membership charges and concessions. However it is not possible to make these kind of decisions on behalf of the membership unless there is at least 7 people on the committee. At present we are struggling and need committee members in order to consolidate ideas and future practices. If you are interested in becoming a committee member please contact me on 21808 or Dot at Baliol School on 20232

Sandra Gold-Wood

**COMMUNITY
DEVELOPMENT CENTRE**

Once a Lady, play and workshops

The next Highlights Rural Touring Scheme production in Sedbergh will be on 14th February at 7:30pm in the People's Hall when Blaize Theatre Company will be performing **Once a Lady**, the true story of a travelling actress in the North.

Charlotte Dean is the heroine of the play, though whether she was a lady was the big question that shaped her life. It is over 200 years since at the age of seventeen Charlotte ran away to join her lover, who happened to be a play-actor. Fifty years and seventeen children later she tells how she became a travelling player.

The play retraces her journey through the north of England – struggling to survive and to entertain – against the distant rumble of war and world events. The writer of the play is **Maureen Lawrence** with original songs by **Jim Woodland**.

Tickets are available from the Lakes & Dales Book Centre, 015396 20125

Accompanying the play is a project called **What's your story?** The project aims to find poetry and prose, fact fiction and photos depicting and celebrating the lives of people living in rural Cumbria and beyond. Sedbergh CDC will be hosting two workshops to support the project. The first, on February 7th will be a creative writing workshop run by Maureen Lawrence herself. The second on February 8th will be a photography workshop run by professional photographer **Catherine Caton**. The aim of the workshops is to help you to

develop your writing or photographic skills and, if you wish, to produce words or pictures which can be used on the project website. Chosen pieces will be published a book. Booking for the workshops is via Sedbergh CDC on 015396 21031.

Chris Wood

DIALECT DIGEST

'February fill-dyke' is how this month is known, and it's true that it can often be cold, wet and miserable. However, it does include one pleasant celebration to cheer us up - Valentine's Day.

For some strange reason, Yorkshiremen have never been renowned for being particularly romantic. This led to me penning a dialect poem some thirty years ago, which I hope shows that, underneath, we really are as romantic as the next man – we just dean't mek a fuss abaht it!' It's called: Noa bletherin'.

'Of coorse Ah luvs thoo, darlin', so dean't thoo leek so scared/ Why, Settda, Ah said "Middlin'" when thoo asked hoo mich Ah cared/Then t'ither day Ah met thoo when walkin' doon oor street/Thoo asked if Ah thowt thoo pretty, an' Ah said thoo leaked "orlreet"/Thoo mentioned weddin's last neet, an' t'happy times we'd hed./Thoo asked if we'd get married: "Happen" were what Ah said./ Thi mother's bin on at ma ti finnd oot what Ah's at./She claims Ah nivver sez nowt, an' Ah can't deny that./Ah's nivver mich fer bletherin' when jist yan word'll do./But of coorse Ah luvs thoo, darlin' – aren't Ah telling thoo, reet noo?'

A varyy 'appy Valentine's Day tiv ivveryan!

Michael Park

HOLISTIC CENTRE

News from Ellie's Bakery and Tearoom

I would like to take this opportunity to thank all our customers for their support since I took over in April and further more to wish everyone a very happy and prosperous New Year.

I am pleased to announce that the Holistic Centre is now ready for use and open for business. It is to be known as Options - Sedbergh Holistic Centre. This is not a commercial enterprise but forming a Therapeutic Holistic Community in the Lune Valley district and we hope to communicate and network with other holistic centres in the area.

Options is offering a comprehensive range of therapies and complimentary treatments by a large group of experienced therapists, including Aromatherapy, Reflexology, Massage for Health, Reiki, Hot Stone therapy, Homoeopathy, Craniosacral therapy, Life Coaching and Counselling, plus many others. Please come and pay us a visit to find out more - or contact Mel at Ellie's on 078888 57775

A Launch Day is planned for Wednesday March 7th at 2pm; to be conducted by Dave Evans a highly respected local Homoeopath with national recognition. See next month's Lookaround for more details.

Melanie Missenden

LADIES NFU

There were 21 members at the December meeting which started with Mrs Bateman demonstrating Christmas table decorations using candles and baubles. This was followed by a short



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quiz with Mrs Sandy's Clarke as the quizmaster. Tea and mince pies were then served, raffle drawn and minutes of the last meeting read. Mrs Gorst then played us Christmas Carols, which we all sang along to. Thanks were given to Mrs Sandy's for her work as President, and Mrs Dobson was welcomed as the 2007 President.

The charity coffee morning for Marie Curie raised £428.00.

Our guest speaker at the January Meeting was Mr T Playfoot who gave us an amusing talk on his working life with the police, starting in a small Lancashire mining town called Tilsley. He belonged to one of the under water search units for the police in Merseyside, North Wales, Cheshire and Manchester which he achieved after taking a 14 weeks course plus going on refresher courses. He finished in Salford in 1992 coming to Cowgill to live. He is a member of the Sedbergh Town Band and is also one of the few people who repairs brass instruments. Thanks were given by Mrs A Sykes.

The February meeting in the Peoples Hall Committee Rooms will be Tuesday 20th at 7.30pm.

DENTDALE RUN

Saturday 10th March

The annual Dentdale Run in aid of Dent Church of England Primary School is being held on Saturday 10th March.

This years race is being sponsored by Dent Brewery, the Committee are pleased to welcome them as sponsors as Dent Brewery has a long association with this event over a number of years. Between 400 to 500 runners are expected to take part from experienced elite runners to those who just take part for the fun of it. A number of attractive prizes are on offer with the winners receiving a weeks self catering holiday in Dentdale. Entries can be made online through www.dentdale.com so come on have a go at this tough road race extending to 14 miles 379yds.

The race starts at 1pm outside of the Primary School and Dent and the approaching roads will be very busy leading up to the race. Large numbers of runners will be on the roads around Dentdale from 1pm until approximately

4pm so please can other road users take the necessary care. The Committee appreciates the patience of all Dentdale residents on the day of the race as some disruption may occur but this will be kept to a minimum. We would also like to thank everybody who has contributed to this years race and to all of the small army of helpers who will assist on the day.

SOUTH LAKES SOCIETY FOR THE BLIND

Sedbergh Group

Thank you to all the generous people of Sedbergh, Garsdale and Dent. Following our "Help" notice, over £1300 has been raised towards the Sedbergh group of South Lakes Society for the Blind.

The majority of the money has come from private individuals, most of whom wished to remain anonymous. In addition, a tea party organised by Janet Browning at Stone Close Teashop in Dent was great fun and raised over £200. Local Dent artist John Cooke donated some of his lithographs and sketches which raised over £100 and Dent and Sedbergh Parish Councils each gave very welcome grants of £100.

The money was needed in order to pay for the hire of the People's Hall and also taxi fares for our monthly meetings. We can now provide these facilities, and due to the very kind offers from two local people to drive some members to the meetings, the money in the kitty will pay the bills for some time to come.

Many thanks to everyone who organised or supported the fund raising ventures, to those who gave individual donations, and to the volunteer drivers. *JGL*

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DENT METHODIST CHAPEL

Our evening with the film about Grisedale went very well and included the sale by auction of a copy of the book of the same name which sold for £100, we had planned an event with a hot-pot supper in February but as this goes to press have not finalised the arrangements, other proposed events include An Antique Valuation Day, An Eve with Mr Eric Brennand and a Flower Festival. More on those next month. The re-decoration and new floor covering for the kitchen and we are now complete and as ever the room is available for hire.

The first Sunday in Feb sees a "Sankey" hymn favourites service and all the services are 2pm, Pray and Share is fortnightly 1.45pm on a Thursday from Feb 1st and so on, Bible studies are monthly, details available in the porch or from the stewards. Prayer requests can be left in the prayer-room in the chapel. Our Christmas carol service was lovely and like the Covenant service was followed by fellowship over tea in the adjoining room, tube of Smarties are available, eat the sweets and re-fill the tubes with 20p coins to support NISCU (northern Inter-Schools Christian Union), any excuse for a sweetie! Eat one while trying out one of the "sample" chairs which are in the chapel for consideration for the future to perhaps replace the chairs we have at present.

Sarah E Woof.

CAR PARKS UPDATE

JOSS LANE

Negotiations with South Lakeland District Council (SLDC) to safeguard cheap parking for local residents have been completed successfully. Agreement

over the lease for Joss Lane car park has now been reached. The parish council has been working hard, together with the community office and the tourist information centre, to agree on the day to day running of the car park and of the markets.

LOFTUS HILL

SLDC gave notice to Sedbergh School that they no longer wished to lease the Loftus Hill car park from the school. Consequently the Parish Council has been discussing with Sedbergh School what the options might be to ensure that the car park could continue to function. Agreement has now been reached. The Parish Council will take over the responsibility for running the car park and a lease is being drawn up to allow this to happen. The two car parks in future will be run on the same basis. In order for this to happen a parking meter will need to be installed and the charges will be the same for both car parks. In addition, the Parish Council is to look at the possibilities of re-opening the toilets at the Loftus Hill car park, but the outcome will depend on what it would cost to make this happen.

Dorothy Blair

Vice Chair, Sedbergh Parish Council

DENTDALE MEMORIAL HALL.

The cleaner and caretaker is Mr John Woof. The Bookings Clerk remains unchanged, Mrs Ann McClurg. A sample chair is on its holidays in the building at the moment and comments are invited on the paper provided as to what folks think of it as a replacement for the wood chairs. The main committee meets in March but the Fund Raising committee will meet before then.

SETTLEBECK HIGH SCHOOL

Young Cumbria courses

Young Cumbria is providing its second workshop-based course for Year 10 and 11 students.

Following their very successful "First Gear" course in the Autumn Term, they are now providing an opportunity for students to do an intensive certificated First Aid course. This involves six sessions after school, some of which are based at Settlebeck and some at the People's Hall.

Paulyne and Matt are in school on Wednesday lunchtimes when any students can discuss future courses they would like. Please encourage your son/daughter to see them or Mrs Walsh if there is anything they feel young people in the area would like to do.

Judith Walsh

RECYCLING NEWS

At the beginning of each year we like to take a look at the amount of waste that was recycled during the previous 12 months. We take the tonnage of each material and average the number of items that were collected during the year.

During 2006 we collected the equivalent of:

- 11 million cans
- 10 million newspapers
- 7.5 million glass bottles
- 6.5 million plastic bottles
- 145 tonnes of cardboard
- 160 thousand books

This is an incredible amount of waste, but we believe it is only about half of the amount that could have been recycled. During 2007 we expect to collect even more as the kerbside recycling scheme

will be extended into Kendal, Natland, Oxenholme and Burneside in March. We also expect to collect more plastic and cardboard as the level of use continues to increase and more banks are introduced. We are now collecting a million plastic bottles every month, around 20 for every house in the district.

We'd like to say a big thank you to everybody who joined in and recycled with us during the year, and hope you will carry on in 2007.

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

Thank you for recycling.

SEDBERGH & DISTRICT HISTORY SOCIETY

Evening talks have begun again after the Christmas break. The next one, on 7th February at Settlebeck, will be by John Glaister who has written a book about cricket in the area. He will be talking about cricket played by the Sedbergh School and the Sedbergh Town teams starting in the 1840s until 1930. In the nineteenth century cricket rather than soccer was the national game and the records of the clubs cast an interesting light on the society and transport systems of those times.

Photographs exist of both teams from the period covered, the earliest being taken on the school ground sometime in the 1850s. The town were the best club side in the region in the 1920s and contained a mixture of local men and school staff. The talk will be of interest to everyone and not just cricket fans.

EDITORIAL

There seems to be a problem with some e-mails coming to me. Either they do not leave your machine, they do not arrive in mine or my system deletes them as a 'Spam'. Occasionally, e-mails from Mike Park with his Dialect Digest end up in my Recycle Bin and I have been fortunate to see it before deleting everything. As from now, can I suggest that you request a "Read Receipt" when you send anything to me *or* I will send you a reply to say that I have received it. You should have a response from me within 48 hours. If you have not, send me an e-mail with a short note saying what you have done but do not attach anything and hopefully, there should be no further problems.

Many Thanks to everyone who has wished me well in my Retirement and



commiserated with Jacky!!! We have been overwhelmed with the large amount of Cards and Gifts received. A Special Thanks to Georgina who worked 'Under Cover' to organise a Presentation to me at the Ladies NFU Coffee Morning on 13th December which consisted of cards signed by many people of Sedbergh, a large cake (even too big for me to eat on my own) and an excellent idea of Gift Vouchers which I will use around the town. Again, thank you to everyone.

On 20th December, we held a Coffee Morning on behalf of the Large Print & Audio section of *Lookaround*. A big thanks you to everyone that rolled up their sleeves and helped in any way to raise £170.10 for funds. I felt it was an ideal way of sharing 'that' cake and everyone that attended was treated to a piece. DJW

THOUGHT FOR THE MONTH

Amazing selections of chocolates came our way over the festive season but it was a disappointment to discover illustrations on the menu for varieties not contained in our particular selection! Of course the idea is that it makes one go out and buy the other Selections, not in our case. Made us think about how we "sell" ourselves and how we share our faith with others, do we show them the one true Jesus or whet their appetites for a taste themselves or do we put them off? It ill becomes us if we do not 'give them a true taste' of the Gospel and Jesus. LD

SEDBERGH RUNNER

Cumbria Cross Country Championships.

Eilidh Sproul representing Settlebeck competed in the Cumbria Schools Cross Country Championships held at Sedbergh School on 17th January. She ran in the Y7 Girls competition finishing FIRST (on home ground).

Eilidh also competed in the Athletics Clubs Cumbria Cross Country league championships for the U 13 Finishing 3rd and qualifying to run at Nottingham on 24th February in the Inter-counties Championships.

This is a fantastic achievement Eilidh. Your family and friends are proud of you.

CAROL SINGING IN DENTDALE

A special thanks to those who joined the Carol Singers on three evenings in Dent, Gawthrop and Cowgill during the week before Christmas and to those who gave so very generously. A wonderful total of £335.92 was raised that has been shared equally between **The Children's Society** and **The National Children's Homes**.

Sincere thanks also go to Mr & Mrs Playfoot, Mr & Mrs Pilgrim, Rev. & Mrs Cleasby and Mr & Mrs Fothergill who so kindly provided refreshments for the singers at the end of each evening. Thank you all again for your support.

Neville Allen

PEOPLE'S HALL AGM

This will be held in the People's Hall on Monday 5th March at 7.30pm. Please do come along and learn how the Hall has fared this year and of the plans for the future. These will affect the many users of the Hall whose views and ideas are being sought, as are those of all local people who wish to contribute. The Management Committee looks forward to seeing you on 5th March.

A report of the AGM will be published in the April edition of the *Lookaround*.

Please also find a Questionnaire regarding the People's Hall in the centre of this issue of *Lookaround*. It is most important that views of the community are received to provide the best possible facilities.

SETTLEBECK ENTERPRISE

Year 9 have continued to raise money for their Zrece trip of a charity of their choice. Jake Hodgson successfully raised £100 with a quiz and numerous car

washes. Georgina Metcalfe, Lizzie Hunt and Laura Goad made £46 with their delicious cakes sale. While Alex Lavery-Hoffe achieved over £60 with a sponsored walk while Rose Bannister netted over £90, and together their music quiz raised £30. Cai Roberts' fundraiser netted £220 for his Zrece trip, not £20 as mentioned previously.

Our trip departs on February 6th for seven days. We will have the opportunity to further develop cultural links with our Slovenian friends.

Alison Brown

SEDBERGH & DISTRICT SPRING SHOW

Saturday 31st March 2007

Sedbergh's own Spring Show for the town and the local community.

Please look carefully through the schedule published this month and make this the year that you enter all those wonderful items. Remember that this is your chance to contribute your community event.

Do encourage your family to enter too.

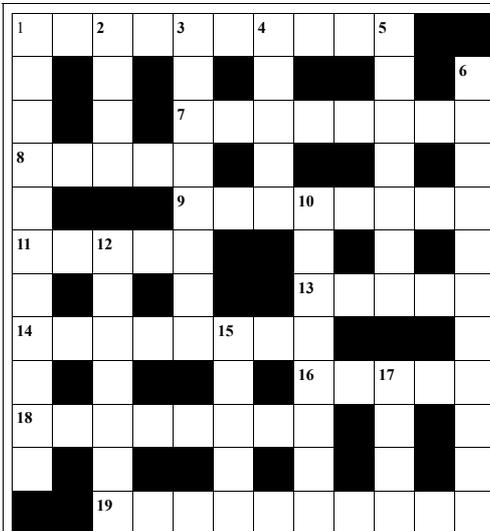
Now is the time to get busy with your entries.

Wendy Fraser-Urquhart. Secretary

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



Across

- 1 Type of vehicle sketched by Best Mate, perhaps (5-5)
- 7 Floating cobwebs look like some rags swirling around (7)
- 8 Slowly move crop next to lake (5)
- 9 Rent out workers and players (8)
- 11 Unfashionable party beat (5)
- 13 Scandinavian veg (5)
- 14 Most tiny exotic mats sell (8)
- 16 Wasted time being led around Arizona (5)
- 18 Bet a dot pulls up inside the Modern (2-2-4)

19 Soon pixels will change appearance of eruptions (10)

Down

- 1 Seasonal food made in very warm and cold part of Scotland, with a twist (3,5,3)
- 2 A hill to climb to find list of duties (2)
- 3 Golf shot seen by low flying bird of prey (5,3)
- 4 Another exam result: computing (5)
- 5 Candidate has no time to take drugs (7)
- 6 Needs soccer to change: they're getting louder! (11)
- 10 Jumpy? Don't sleep as much (8)
- 12 Part of foot holding fizzy wine and snack? (7)
- 15 Send message back in Galia melon (5)
- 17 Inside maze, Ross finds nothing (4)

Answers to December Crossword -

ACROSS: 1 Snowflake; 5 Misbehaved; 9 Effect; 10 Peter; 11 Bootleg; 13 Insight; 14 Inns; 15 Impress; 16 Beef Wellington; 22 Dearth; 24 Tress; 25 Lapwing; 26 Wise men; 29 Brine; 31 Inters; 32 To-ing and fro-ing; 36 Collate; 38 Star; 39 Surreal; 40 Ravioli; 41 Sally; 42 Oblige; 43 Cartwheels; 44 Triathlon.

DOWN: 1 Sleigh Bell; 2 Offside; 3 Latrine; 4 Elect; 5 Meeting; 6 Babes in the Wood; 7 Volume; 8 Dogfishes; 12 Outpost; 17 Wadi; 18 Large intestine; 19 Induct; 20 Teams; 21 Spain; 23 Russia; 27 Spur; 28 New Guinean; 29 Bric-a-brac; 30 Embargo; 33 Normans; 34 Formosa; 35 Ill will; 37 Leaver; 39 Splat.

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KILLINGTON W.I

Wow! That was some meeting! This was such a special meeting that we had decided to hold it in the Main Hall. Nick Henderson of the Corio Raptor Centre at Settle was our speaker and we hoped that lots of people would come. And we were not disappointed, and I am sure that they were not either. *Raptors* I knew were birds of prey, but I couldn't fathom the meaning of "Corio". It turned out to have no special meaning, merely the name of his house! But the birds he brought were very special and beautiful. The purpose of his centre is to rescue and whenever possible to return to the wild, birds which have come into his care. Birds come to him as a result of cruelty prosecutions, as injured birds, as birds abandoned by pet owners and as fledglings found and picked up by well meaning people. The birds he brought are one which cannot be released into the wild, either because of injury, or because they have become too accustomed to humans to be safe in the wild. The birds included a turkey vulture called George (not a bird of prey), a peregrine falcon, a barn owl, a tawny owl, an Asian short-eared owl, and finally an impressive eagle owl about three feet tall. We had an opportunity to have a close look at and photograph these beautiful birds and to study their markings. Nick explained the difficulties of releasing these birds back to the wild and the impossibility of releasing others. Last year he took in just over 100 birds and was able to release 74 of them.

A Killington W I tea followed, together with an excellent raffle, and then our business meeting. Among other notices we were informed that the Chair

Workshop is now stocking haberdashery items since the closure of Courtyard Crafts.

The competition for a Christmas card resulted in a three-way tie between Valerie Cann, Wendy FU & Wendy McClean.

Next month we look forward to another interesting talk when Judith Robinson will tell us about the happenings in Killington Hall in the 1800s. Come and enjoy it with us at 2-00pm on Tuesday 13th February, in the People's Hall .

W.F.U.



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LIBRARY READING GROUP

This months book is *A Tale of Two Cities* by Charles Dickens to be discussed on Monday February 12th.

The dates for the year have been entered in the *Lookaround* Diary. Generally the second Monday in the month at 3 pm in the Library upstairs room.

Please note April is the third Monday to avoid Easter.

J.E.D.

Dear Editor

I would like to thank all my friends in Dent and Sedbergh for the friendship and encouragement shown to me this Christmas.

I would especially like to thank the lady who sent me a lovely and touching note, and the mysterious benefactor who very kindly left a most wonderful Christmas present on my doorstep on Christmas morning.

I would also like to extend my heartfelt wishes to a certain couple in Sedbergh (I am sure you know who you are), whose love and support has been invaluable.

So, a huge thank you to those very good friends who showed me the real spirit of Christmas.

Jane James

DECEMBER WEATHER

December carried on where November left off i.e. very wet and very windy! It was the 17th before we did not measure any rain! The heaviest fall in a day was 1.5 inches with over an inch falling on several days. We finished the month with 8.87 inches which was a lot but Garsdale recorded 14 inches and Fell End 18 inches. It shows that the surrounding hills protect Sedbergh from the worst. I heard today that Ravenstonedale had had 45 inches since the beginning of October!! Now back to Sedbergh. Although it wasn't quite as warm as November, as you would expect, we did have 10 days when the maximum reached the 50sF with a high of 53.8F. We only had 7 nights of frost with 4 more when there would have been a ground frost with a minimum of 24.6F. Atmospheric pressure varied somewhat through the month with an early period of low

pressure, into the 28 inches of mercury, linking to windy period, and towards the end of the month a high pressure period for 7 days when the winds were calmer as the pressure reached over 30 inches of mercury. On every night bar 3 the wind chill dropped the temperature below freezing.

Early shoots are opening on the honeysuckle and tulips and snowdrops have joined the other bulbs pushing through. The hazel catkins are about an inch long now. We had a good crop of holly berries but somebody thought they had more right to them us and chopped of all within easy reach! That means a few less for the birds to eat also. Geese, swans have been flying over and the feeders have been regularly visited by sparrows, blue tits, great tits, robin, chaffinch and the woodpecker. Wren, goldcrest, long tailed tits have been occasional visitors in the garden as have badgers in the field. Rabbits seem to be around again but not in the numbers previously seen. I regularly have fox tracks in the mud in the chicken run. Talking of mud the poor old sheep must be fed up of wading around in it. The earliest lambs I heard of were born on Christmas eve, in doors I hasten to add!

GARSDALE CAROL SINGING

The final amount raised from Carol Singing in Garsdale came to £277 which is being donated to National Childrens' Homes, Action for Children. Grateful thanks to all who gave of their time, money and voices to support this worthy cause. A special 'thankyou' to Auntie Agnes.

Mary Airey

| ORGANISATION | CONTACT | Tel: | 015396 |
|---------------------------------------|--------------------|-------------|---------------|
| After School Club | Mrs Packham | Sed: | 21484 |
| Age Concern South Lakeland PH (M & F) | Mrs Alderson | Sed: | 20814 |
| Angling Association Latest Amendment | Mr Wright | Dent: | 25533 |
| Art Society (S & D) | Miss Nelson | Sed: | 20034 |
| Badminton (Dent) | Mrs Rushton | Dent: | 25306 |
| Badminton (Sedbergh) | Mr Mason | Sed: | 20565 |
| Beekeepers Association (S & D) | Mr Fraser-Urquhart | Sed: | 21902 |
| Book Group | Mr Wheten | Sed: | 21488 |
| Bowling Club (Queen's Gardens) | Mr Killops | Sed: | 20279 |
| Bridge Club | Mr Estensen | Sed: | 21060 |
| Butterflies Tots & Carers | Mrs Gerrard | Sed: | 21217 |
| Canoe Club (S&D) | Mr Hinson | Sed: | 20118 |
| Caving Club (Kendal) | Mr Teal | Sed: | 20721 |
| Chamber of Trade | Mrs Baines | Sed: | 21287 |
| Chameleons Drama Club | Mrs Bush | Sed: | 20058 |
| Christian Aid | Mrs Hannam | Sed: | 20897 |
| Conservative Association (Sedbergh) | Mr Beck | Sed: | 20336 |
| Cricket Club (Dent) | Mr Hyde | Dent: | 25503 |
| Cricket Club (Sedbergh) | Mr Hoggarth | 01539 | 731140 |
| Cumbria Wildlife Trust | Mrs Garnett | Sed: | 21138 |
| Dentdale Choir | Mrs Bush | Sed: | 20058 |
| Dent Memorial Hall | Mrs McClurg | Dent | 25446 |
| Dentdale Players | Mr Duxbury | Dent | 25535 |
| Dent School (Friends of) | Mr Hartley | Dent: | 25317 |
| Dog Training (Sedbergh) | Mrs Robertshaw | Sed: | 20316 |
| Farfield Mill Arts & Heritage Centre | Mr Clark | Sed: | 21958 |
| Fire Service (Tuesday Evenings) | Mr Packham | Sed: | 20302 |
| First Responders (Dent) | Mrs Brown | Dent: | 25542 |
| Football Club (Dent) | Mrs Mitchell | Dent: | 25432 |
| Football Club (Sedbergh) | Mr Moffat | Sed: | 21797 |
| Gala Group Latest Amendment | Mrs Fisher | Sed: | 20764 |
| Garsdale Village Hall | Mr Adams | Sed: | 21085 |
| Golf Club | Mr Lord | Sed: | 20993 |
| Good Companions (Dent) | Mrs Woof | Dent: | 25275 |
| Gladstone House | Mrs Mackereth | Sed: | 20346 |
| Help Tibet Northern Branch | Mrs Howarth | Sed: | 20090 |
| History Society | Mr Cann | Sed: | 20771 |
| Howgill's Harmony | Mr Burbidge | Sed: | 21166 |
| Howgill Harriers | Mr Brassington | Sed: | 21212 |
| Howgill Schoolroom | Mrs Stainton | Sed: | 20665 |

| | | | |
|--|-----------------|-------------|--------|
| Howgill Toddlers | Mrs Alderson | Sed: | 22050 |
| Kent Lune Trefoil Guild | Mrs Mitchell | Sed: | 21144 |
| Ladies National Farmers Union | Mrs Escholme | Sed: | 20376 |
| LETS around Sedbergh | Miss Wheaten | Sed: | 20959 |
| Liberal Democrats | Mrs Cleasby | Dent: | 25476 |
| Playgroup (Sedbergh) | Mrs Brewer | Sed: | 21504 |
| Over 60's (Dent) | Mrs Murdoch | Dent: | 25335 |
| Parent Support Group | Mrs Goad | Sed: | 20402 |
| Parish Council (Dent) | Dr Ioannou | Dent: | 25023 |
| Parish Council (Garsdale) | Mrs Donaldson | 07967 | 972160 |
| Parish Council (Sedbergh) | Mr Chivers | Sed: | 21456 |
| People's Hall | Mrs Griffiths | Sed: | 20677 |
| Peoples Hall Day Centre (Mon & Fri) | Day Centre | Sed: | 21126 |
| Pepperpot Club (Sedbergh) | Mrs Smith | Sed | 21196 |
| Pistol and Rifle Club | Mr Middlemiss | Sed: | 20662 |
| Playing Fields (Sedbergh) | Mr Hinson | Sed: | 20118 |
| Rag Ruggers | Mrs Hennedy | Sed: | 20899 |
| Residents Association (S & D) | Mrs Capstick | Sed: | 20816 |
| Royal British Legion | Mrs Brassington | Sed: | 21212 |
| Scouts | Cubs | Sed: | |
| | Scouts | Mr Mawdsley | Sed: |
| | | Sed: | 20723 |
| Settlebeck High School P.T.F.A. | Mrs Wood | Sed: | 21385 |
| South Lakeland Carers Association | Mrs Woof | Dent: | 25212 |
| South Lakeland Voluntary Society for the Blind | Mr Axford | Sed: | 21019 |
| Squash Club | Mrs Cooling | Sed: | 20622 |
| St Andrew's Church (Sed) Sunday School | Mrs Denton | Sed: | 20521 |
| Slimming Club | Mrs Uttley | 01539 | 722568 |
| Swimming Club | Ms Pakeman | Sed: | 21279 |
| Tennis Club | Mr Robinson | Sed: | 21014 |
| Town Band | Mrs Waters | Sed: | 20457 |
| White Hart Sports and Social Club | The Committee | Sed: | 20773 |
| United Reformed Church Rooms | Mrs Mason | Sed: | 20048 |
| Westmorland Gazette Correspondent | Mrs Gold-Wood | Sed: | 21808 |
| Women's Institute (Dentdale) | Mrs Sugden | Dent: | 25303 |
| Women's Institute (Frostrow) | Mrs Hopkins | Sed: | 21455 |
| Women's Institute (Howgill) | Mrs Hoggarth | 01539 | 824683 |
| Women's Institute (Killington) | Mrs Sharrocks | Sed: | 20754 |
| Young Cumbria | Mrs Hartley | 01524 | 781177 |
| Young Farmers Club | Miss Capstick | Sed: | 21032 |
| Young Kidz | Mrs Baines | Sed: | 21287 |
| Zebra's Baby & Toddler Group | Mrs Woof | Sed: | 21644 |

Buses from Sedbergh

To Kendal

Via Oxenholme Rail Station

Monday – Friday

| | | | |
|---------|-----------------|-------------------|-----|
| 7.45am | 564 | Stagecoach | (*) |
| 9.40am | 564 | Woofs of Sedbergh | |
| 10.05am | 564 | Stagecoach | (*) |
| 10.15am | Wed 564B | Woofs of Sedbergh | (*) |
| 12.40pm | 564 | Woofs of Sedbergh | |
| 1.00pm | 564 | Stagecoach | (*) |
| 2.00pm | Tue 804 | D & H Travel | (*) |
| 2.40pm | 564 | Woofs of Sedbergh | (*) |
| 3.50pm | 564 | Stagecoach | (*) |
| 5.11pm | 564 | Woofs of Sedbergh | |

Saturday Only

| | | | |
|---------|------|--------------|-----|
| 10.05am | 564 | Stagecoach | (*) |
| 10.50am | 564A | D & H Travel | (*) |
| 1.00pm | 564 | Stagecoach | (*) |
| 3.50pm | 564 | Stagecoach | (*) |

To Kirkby Stephen

Via Cautley and Kirkby Stephen Rail Station

Monday – Saturday

| | | | |
|---------|----------------|------------|-----|
| 9.00am | M-F 564 | Stagecoach | (*) |
| 11.20am | 564 | Stagecoach | (*) |
| 2.40pm | 564 | Stagecoach | (*) |
| 4.55pm | 564 | Stagecoach | (*) |

To Kirkby Lonsdale

| | | | |
|--------|-----------------|--------------|-----|
| 9.45am | Thu 567A | D & H Travel | (*) |
|--------|-----------------|--------------|-----|

To Hawes

| | | | |
|---------|----------------|--------------|-----|
| 10.00am | Tue 804 | D & H Travel | (*) |
|---------|----------------|--------------|-----|

To Dent & Cowgill

Wednesday only

| | | | |
|--------|------|-------------------|-----|
| 1.30pm | 564B | Woofs of Sedbergh | (*) |
|--------|------|-------------------|-----|

Saturday only

| | | | |
|--------|------|--------------|-----|
| 9.40am | 564A | D & H Travel | (*) |
| 3.00pm | 564A | D & H Travel | (*) |

Returning to Sedbergh

From Kendal, Blackhall Road

(opposite Bus Station)

Via Oxenholme Rail Station

Monday - Friday

| | | | |
|---------|-----------------|-------------------|-----|
| 8.30am | 564 | Stagecoach | (*) |
| 8.35am | Sch 564 | Woofs of Sedbergh | |
| 9.30am | Tue 804 | D & H Travel | (*) |
| 10.30am | 564 | Woofs of Sedbergh | |
| 10.50am | 564 | Stagecoach | (*) |
| 1.30pm | 564 | Woofs of Sedbergh | |
| 1.00pm | Wed 564B | Woofs of Sedbergh | (*) |
| 2.10pm | 564 | Stagecoach | (*) |
| 4.25pm | 564 | Stagecoach | (*) |
| 4.30pm | 564 | Woofs of Sedbergh | |
| 5.45pm | 564 | Woofs of Sedbergh | (*) |

Saturday Only

| | | | |
|---------|------|--------------|-----|
| 10.50am | 564 | Stagecoach | (*) |
| 2.10pm | 564 | Stagecoach | (*) |
| 2.25pm | 564A | D & H Travel | (*) |
| 4.25pm | 564 | Stagecoach | (*) |

From Kirkby Stephen, Market Square

Monday – Saturday

| | | | |
|---------|----------------|------------|-----|
| 7.10am | M-F 564 | Stagecoach | (*) |
| 9.40am | 564 | Stagecoach | (*) |
| 12.25pm | 564 | Stagecoach | (*) |
| 3.15pm | 564 | Stagecoach | (*) |

From Kirkby Lonsdale, Square

| | | | |
|---------|-----------------|--------------|-----|
| 12.15pm | Thu 567A | D & H Travel | (*) |
|---------|-----------------|--------------|-----|

From Hawes

| | | | |
|--------|----------------|--------------|-----|
| 1.25pm | Tue 804 | D & H Travel | (*) |
|--------|----------------|--------------|-----|

From Dent, School

Wednesday only

| | | | |
|---------|------|-------------------|-----|
| 10.00am | 564B | Woofs of Sedbergh | (*) |
|---------|------|-------------------|-----|

Saturday only

| | | | |
|---------|------|--------------|-----|
| 10.35am | 564A | D & H Travel | (*) |
| 4.00pm | 564A | D & H Travel | (*) |

KEY : M-F Monday to Friday Only
 Tue Tuesday Only
 Wed Wednesday Only
 Thu Thursday Only
 Sch Schooldays Only (M-F)

* Provided with Support from Cumbria County Council

Please note whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.

For Comprehensive up-to-date information ring :-
 Traveline 0870 608 2 608 (Open : 7am – 8pm Daily)

Whilst every effort has been made to ensure the information in this poster is correct, Cumbria County Council cannot be held responsible for any loss, damage, injury or inconvenience caused by errors, omissions, timetable changes or cancellations, delays or diversions of services.

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

Rev. C Gotham Tel: 22030

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
 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

SEDBERGH CHRISTIAN CENTRE

6.30 pm People's Hall every Sunday

Tel: 21436

*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

Sedbergh Code: 015396

| | | |
|-------------------|--|---------------|
| Denise Williamson | Homoeopathy, Bowen Technique | 20846 |
| June Parker | Acupuncture | 20972 |
| Ian McPherson | T'ai Chi, Flower Essences, Homoeopathy | 20648 |
| Melanie Kingsbury | Aromatherapy, Counselling | 07 8888 57775 |

Complementary therapists practising locally

DIARY OF EVENTS

Dates are held up to 12th December 2007

| FEBRUARY | | | | | |
|-----------------|--|-----------|--------------|-------------------------------------|---------------|
| 1 1930 | Domino Drive | KVH | 1 1930 | WIH North Air Ambulance | FCH |
| 1 1930 | WIH Cumbria Wildlife Trust | HVH | 3 1000 | Sunday Club Jumble Sale/Coffee (40) | SMCR |
| 2 2000 | Young Kidz Bingo (1) | WHC | 3 1030 | Northern Potters Association (6) | FM |
| 3 1030 | Northern Potters Association (6) | FM | 4 1030 | Northern Potters Association (6) | FM |
| 3 1400 | SS Football v Stoneyhurst | SS | 5 1930 | PH AGM | PH |
| 3 1930 | Choral Society Concert (1) | Kendal | 5 1930 | Dent Parish Council | Sportsman Inn |
| 4 1030 | Northern Potters Association (6) | FM | 6 1930 | FCH AGM | FCH |
| 4 1900 | Choral Society Concert (1) | SS Chapel | 6 1900 | Beekeepers' Meeting | Holly Bank |
| 7 1900 | Neighbourhood Forum | KL | 7 1000 | Christian Aid Coffee Morning | URCR |
| 7 1930 | HS Sedbergh School & Town Cricket (7) | SHS | 7 1315 | Muncheon Music (55) | SSQH |
| 9 | SS Half Term Begins | | 7 1400 | Holistic Centre Opening | Main Street |
| 9 1930 | KS Domino Drive (9) | KVH | 7 1930 | HS Northern Rebellions of 1536 | SHS |
| 9 1930 | Art Society AGM | SSC | 8 1930 | Churches Together | URC |
| 10 1030 | Northern Potters Association (6) | FM | 8 1930 | How the North West was Sung | PH |
| 11 1030 | Northern Potters Association (6) | FM | 9 1930 | Domino & Potato Pie Supper | HVH |
| 12 1500 | Reading Group | L | 9 1930 | How the North West was Sung | PH |
| 12 1930 | Gala Group Emergency Meeting | PH | 10 1030 | Northern Potters Association (6) | FM |
| 13 1400 | WIK A Year at Killington Hall | PH | 10 1300 | Dentdale Run | Dent |
| 14 | St Valentine's Day | | 10 1430 | How the North West was Sung | PH |
| 14 1400 | Art in the Park | DCMH | 10 1930 | How the North West was Sung | PH |
| 14 1915 | WID A Year at Killington Hall | DMH | 11 1030 | Northern Potters Association (6) | FM |
| 14 1930 | Once a Lady ... (14) | PH | 12 1500 | Reading Group | L |
| 16 1030 | Farfield Mill Open Day (16) | FM | 13 1400 | WIK visit to Dent Heritage Centre | Dent |
| 16 1400 | Storytelling | DCMH | 13 1930 | Domino Drive | FCH |
| 17 1030 | Northern Potters Association (6) | FM | 14 1000 | URC Coffee Morning | URCR |
| 17 1900 | Valentine's Starter & Pudding Night (17) | KVH | 14 1915 | WID African Experiences | DMH |
| 17 2200 | Valentine's Disco (17) | Bull | 15 1930 | Churches Together | BF |
| 18 | SS Half Term Ends | | 17 1030 | Northern Potters Association (6) | FM |
| 18 1030 | Northern Potters Association (6) | FM | 17 1400 | SS Football v Giggleswick | SS |
| 19 1930 | Beekeepers' Bee Diseases | PH | 18 | Mothers Day | |
| 20 1415 | SLSB Meeting | PH | 18 1030 | Northern Potters Association (6) | FM |
| 20 1930 | Domino Drive | FCH | 20 1430 | SS Wilson Run | Back Lane |
| 21 | Ash Wednesday | | 20 1415 | SLSB Meeting | PH |
| 21 1930 | HS Members Evening (7) | DMH | 21 1930 | HS Victorian Photography | SHS |
| 21 1830 | Town Twinning AGM | SHS | 22 1930 | Churches Together | SMC |
| 22 1930 | Bowling Club AGM (22) | WHC | 23 | SS Term Ends | |
| 22 1930 | Churches Together | StAS | 24 1930 | HS AGM | SHS |
| 24 1030 | Northern Potters Association (6) | FM | 25 | Clocks go Forward | |
| 25 1030 | Northern Potters Association (6) | FM | 26 1930 | Beekeepers' AGM | PH |
| 25 1600 | Darts Match (17) | Bull | 28 1000 | Barnardo's Coffee Morning | URCR |
| 26 1930 | Beekeepers' Honey Survey | PH | 28 1930 | CWT AGM & Work of the Trust | SHS |
| 27 1930 | 'Fabian' Psychic Show (17) | Bull | 28 1930 | Sedbergh Parish Council | PH |
| 28 1930 | CWT Flycatcher Futures | SHS | 29 1930 | Churches Together | DMH |
| 28 1930 | Sedbergh Parish Council | PH | 31 1200 | Sedbergh Spring Show | PH |
| MARCH | | | APRIL | | |
| 1 1900 | Business Men's Fellowship (60) | Bull | 1 | Palm Sunday | |
| 1 1930 | Domino Drive | KVH | 4 1000 | WIF Coffee Morning | URCR |
| 1 1930 | Churches Together | StAS | 5 1930 | WIH Embroidery & Everest | HVH |
| | | | 6 | Good Friday | |

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

| | | | | | |
|----|--|-------------|--|--------|--|
| 8 | Easter Sunday | | | | |
| 9 | Easter Monday | | | | |
| 9 | 1930 Beekkeepers' Swarm Management | PH | | BF | = Brigflatts |
| 10 | 1400 WIK Swaziland | PH | | BK | = Becksides, Killington |
| 11 | 1000 NW Cancer Coffee Morning | URCR | | BS | = Baliol School |
| 11 | 1915 WID On Horseback in France | DMH | | BVH | = Barbon Village Hall |
| 13 | Cobweb Orchestra | SS | | CDC | = Community Development Centre |
| 14 | Cobweb Orchestra | SS | | CO | = Community Office, Main Street |
| 15 | Cobweb Orchestra | SS | | CS | = Casterton School |
| 17 | 1415 SLSB Meeting | PH | | CWT | = Cumbria Wildlife Trust |
| 16 | 1500 Reading Group | L | | DCMH | = Dales Countryside Museum, Hawes |
| 18 | 1000 Sedbergh Playgroup Coffee Morning | URCR | | DCP | = Dent Car Park |
| 22 | SS Term Begins | | | DMH | = Dent Memorial Hall |
| 23 | St George's Day | | | DMC/S | = Dent Methodist Chapel/Schoolroom |
| 25 | 1000 Garsdale VH Coffee Morning | URCR | | EG | = Embroiderers' Guild |
| 25 | 1930 CWT Forestry & Conservation | SHS | | FCH | = Firbank Church Hall |
| 25 | 1930 Sedbergh Parish Council | PH | | FM | = Farfield Mill |
| 28 | 1430 Beekkeepers' First Inspections | Middle Row | | GFK | = Grassrigg Farm, Killington |
| | MAY | | | GH | = Gladstone Houser |
| 2 | 1000 Firbank Church Coffee Morning | URCR | | GL | = Garsdale Ladies |
| 3 | 1930 WIH Music & Humour | FCH | | GVH | = Garsdale Village Hall |
| 5 | 0930 Beekkeepers' Furness Convention | Bardsea | | HB | = High Becksides |
| 5 | 1000 Open Garden | GFK | | HC | = Health Centre |
| 6 | 1000 Open Garden | GFK | | HS | = History Society |
| 7 | May Bank Holiday | | | HVH | = Howgill Village Hall |
| 8 | 1400 WIK Resolutions | PH | | JLCP | = Joss Lane Car Park |
| 9 | 1000 StAS Mission Coffee Morning | URCR | | KC | = Killington Church |
| 9 | 1915 WID Women of Ethiopia & Uganda | DMH | | KL | = Kirkby Lonsdale |
| 12 | 1930 An Evening With | DMC | | KVH | = Killington Village Hall |
| 14 | 1000 Christian Aid Week | URCR | | L | = Library |
| 14 | 1500 Reading Group | L | | LHCP | = Loftus Hill Car Park |
| 15 | 1000 Christian Aid Week | URCR | | MCCCKL | = Methodist Church Centre KL |
| 15 | 1415 SLSB Meeting | PH | | PH | = People's Hall |
| 16 | 1000 Christian Aid Coffee Morning | URCR | | SBH | = Sedbergh Bright Hour |
| 17 | 1000 Christian Aid Week | URCR | | SC | = Swimming Club |
| 18 | 1000 Christian Aid Week | URCR | | SCC | = Sedbergh Cricket Club |
| 19 | 1230 Sedbergh Gala | Sedbergh | | SHS | = Settlebeck High School |
| 21 | 1930 WI Group Meeting | Thornton | | SLSB | = South Lakeland Society for the Blind |
| 23 | 1000 Garsdale Church Coffee Morning | URCR | | SMCR/H | = Sed. Methodist Church Room |
| 26 | SS Half Term Begins | | | StAS/D | = St Andrew's Church, Sedbergh/Dent |
| 26 | 1430 Beekkeepers' Artificial Swarming | Field Maple | | SR | = Spooner Room |
| 26 | 2000 PH Dance | PH | | SSC | = Sedbergh School Chaplaincy |
| 28 | Spring Bank Holiday | | | STO | = Sedbergh Tourist Office |
| 30 | 1000 WIK Coffee Morning | URCR | | URCR | = United Reformed Church Rooms |
| 30 | 1930 Sedbergh Parish Council | PH | | WHC | = White Hart Club |
| 31 | 1830 Killington Sports | BK | | WID | = Women's Institute, Dentdale |
| | JUNE | | | WIF | = Women's Institute, Frostrow |
| 3 | SS Half Term Ends | | | WIH | = Women's Institute, Howgill |
| 6 | 1000 Dent Foot Chapel Coffee Morning | URCR | | WIK | = Women's Institute, Killington |
| 7 | 1930 WIH Members Evening | HVH | | | |
| 9 | 1430 Beekkeepers' Spring Cropping | Holly Bank | | | |
| 11 | 1500 Reading Group | L | | | |
| 12 | 1400 WIK Textile & Embroideries of India | PH | | | |
| 12 | 1900 Beekkeepers' Meeting | Beck House | | | |
| 13 | 1000 Zebra's Coffee Morning | URCR | | | |
| 13 | 1915 WID Folk Songs. A British Journey | DMH | | | |
| 17 | Fathers Day | | | | |
| 22 | 1945 Dent Folk Festival | Dent | | | |

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 | Health Visitor |
| ☎ 015396 21690 | ☎ 015396 20979 |

A Collinge Optometrist

Every Friday 0900 - 1300 1400 - 1730 *

DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Ms G Turner, Mrs D Ross
 & Mr B Taylor

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 1600

e-mail office@sedbergh.org.uk

web page www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 0870 1264061

e-mail via site www.cabkendal.ndo.co.uk

PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600

☎ 01539 795000 or 0845 6060265

SLCVS @ Community Office

1st Wednesday every month

10 am to 12 noon

☎ 01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

e-mail: admin@sedberghcdc.org.uk

POLICE ☎ Kendal 0845 33 00 247

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