

SEDBERGH & DISTRICT

LOOKAROUND

February 2003

Issue 197

Donation 50p

A Happy New Year to everyone and warm welcome to another large issue of Lookaround.

We have had a well earned rest and it has been slow to get going again, but here we are.

There is such much in this month's issue that we have no room for the result of the November Survey. It will be in the March issue.

Dennis & Jacky Whicker

Sedbergh School Choral Society
performs

Bach's Mass in B Minor

Saturday, 22nd February
at 7:00 p.m. in Ripon Cathedral
Sunday, 23rd February at 7:00 p.m. in
Powell Hall, Sedbergh School

Soloists from the
Royal Northern College of Music
Jennifer Lowe, soprano
Flora Mcintosh, soprano
Karina Lucas, mezzo-soprano
Robert Pitcher, tenor
Jonathan Pugsley, baritone.

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Sedbergh Wanderers F.C.

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Danny
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CHILDREN'S BIRTHDAYS

February 2003

Every month, there is a Children's Voucher for £10 which is kindly sponsored by two anonymous readers.

The recipient this month is:-
Jack White who is

7 years old on 22nd February.

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



Day	Name	Age
6	Chloe KENDAL	5
7	James WOOF	11
9	Amber TAYLOR	10
11	Thomas BROWN	5
12	Izaak TYSON-HIRST	8
13	Daisy HAMILTON	2
13	Ellie HAMILTON	2
14	Robbie SPROUL	4
17	Scott LOWTHER	11
18	Leanne POSTLETHWAITE	5
19	Erin PROCTOR	5
22	Jack WHITE	7
22	Angela POSTLETHWAITE	7
22	Rose LONGLANDS	11
24	Clare THOMPSON	10
26	Jennifer WINN	7
27	William WILSON	7
27	Eilidh SPROUL	8
28	Rebecca STANTON	6



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Proprietor	Address	Phone (015396)
Miss S Thurlby.....	Stable Antiques, 15 Back Lane, Sedbergh (12/03)..... e-mail:- antique.thurlby@amserv.net <i>ID; IT; CH; L; NP*; P; DR; VB</i>	20251
Mrs S Gold-Wood.....	10 Main Street, Sedbergh (05/03)..... <i>ID; IT; IS; CH; TVL; NSB; P; CB; VB</i>	21808
Mrs S Sharrocks.....	Holmecroft; Station Road, Sedbergh (12/03)..... e-mail:- susan@holmecroftbandb.co.uk <i>2D; IT; CH; TVL; NS; NP*; P; DR</i>	20754
Mrs L Hopkins.....	Brantrigg, Winfield Road, Sedbergh (09/03)..... <i>IT; ES; NS; NP; P; DR</i>	21455

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CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge;
NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); P = Parking;
DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast
CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

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Articles etc. by 19th of every month

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BLAIR

May I say a very big thank-you to all who gave me cards, gifts and flowers on my retirement. They were very much appreciated & enjoyed. Thank-you.
Dorothy Blair.

JAMES



It's A BOY.

Congratulations to Hayley and Chris on the birth of their son Nathan Christopher William. Born on Christmas Day 2002. Weight 7lb 6oz Length 21¼" Thanks for a wonderful Christmas Present. Love Mum, Dad and Jenny

LUFFMAN

Alan and Linda would like to thank everyone for the cards and presents received on the safe arrival of their daughter **Brenda Margaret** on 16th December 2002. Special thanks to Dr. Syred and all at R.L.I. And Helme Chase.

MILD 4 WILD
BE MY VALENTINE
X X

WOOF

Mary and Elizabeth would like to thank relatives friends and neighbours for their kindness following the sudden death of John. Thank you all for the generous donations amounting to £350 divided between St. John the Evangelist, Firbank and St. Andrews, Sedbergh.

FOR SALE

Triple Action, leisure-wise exercise cycle. £35. Tel. Sedbergh 20182 after 7 p.m.

GARAGE SALE

15th/16th February 2003 at River View, Lea Yeat, Cowgill, Dentdale. 10 am onwards. Victorian Cast Iron Fireplace, pots, assorted tools. Petrol Lawn Motors, Garden Tools, spades etc.

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Gents Raleigh Mountain Bike, 10 gears. vgc. £40. Gents Raleigh 12 road bike, 12 gears. vgc. £40. Boys Raleigh Mountain Bike. To suit 13+ years. 18 gears. vgc. (Needs new back tyre). £25. Please ring Sedbergh 20993 evenings.

FOR SALE

Cottage Suite of Parker Knoll Settee & 2 Chairs in vgc. £200. Tel: 25260.

SEDBERGH PARISH COUNCIL

From the minutes of the Meeting held on 30th October.

PLANNING:

Mr. G. Dalton, representative on the YDNP Planning Committee advised us that the application for Dales Park Works was due to be discussed at the next planning meeting and he asked for the Council's view on this application. Mr. Dalton was advised that the Council had always supported this application and continued to do so. The site was well hidden and continued to provide employment for local people.

A site visit was scheduled for Farfield Mill on 22nd November.

A local group is trying to set up an affordable housing project. The idea is for a self build project in association with SLDC and a housing association. The project is at a very early stage and at present 6 families are involved but this may be increased. Ownership would be 50/50 with the housing association. No land has yet been acquired but this would be outside the development boundary as is permitted for low cost housing.

HIGHWAYS:

Parking on the double lines round the junction of Finkle St. and Main St. is still a problem and the new access ramp for the Library is difficult for prams, which have to approach from across the road. The traffic wardens have been asked to enforce the double yellow lines but this has not deterred people from illegally stopping in this area.

The fence by St. Gregory's has been damaged and is sticking out into the road.

PLAYING FIELDS

The grass is growing well and has now been cut by Sedbergh School groundsmen. Sedbergh School was thanked for their assistance. They are also to produce a maintenance plan for future management of the pitch.

The Playground group are in the process of submitting applications for funds for new play equipment. It was agreed that the Parish Council should issue letters of support as required and that we should also consider a donation when preparing the precept for next year. An amount of £1,000 was suggested.

CUMBRIA IN BLOOM

A walnut tree has been planted on Thornsbank estate and daffodil bulbs have been donated by SLDC which will soon be planted. Mr. Paul Wilkinson, The Park Ranger, has agreed to get a working party to do some work in Queen's gardens in November/December.

CORRESPONDENCE

Transfer of Justice's Licence for Spar Store – no objections

OTHER BUSINESS

Chamber of Trade – Mr. Chris Johnson has now taken over as Chairman of the Chamber of Trade.

Gala Group – Request to put a Christmas Tree at the bottom of Joss Lane. This was declined.

The Paddock – Now that the contractors have finished there is still a mess on the Long Lane residents car park.

SPELLBOUND



A huge 'thank you' to all the people who turned out in freezing weather to support "Tales of The Arabian Nights." The feedback has been very complimentary, another huge success to add to our track record! After we have done all our sums, we shall have around £500 plus to give to SCOPE, covered all costs, and have a little left towards our next production.

In true community spirit, many people, who were not credited on the programme

helped. We would like to thank the following "Jane Fisher, Trish Cooling, Chris Johnson, Helen Joel, Nichola Packham, Ian and Heather Dawson, Monica Cleasby, Jennifer Levitt, Mary and Judith Newsham-all who made the refreshments in Dent and Sedbergh. - Chloe Brown and Tim Baines, who did the raffle. Helen Aveyard and Alex Cresswell, who took on stage management at short notice when Natalie Nardone had to become sound operator and live singer! Richard Ellis, for the banners on the Settlebeck railings and other help. Farfield Clothing, for the loan of their van for the weekend and Robin, for making the video. Andrew Allan for hours of technical help. Jonathan Capper, for his time and trailer at both venues.



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Suzan Sedgwick for the Fire-Proofing fluid. Graham and Elizabeth Dalton, for being such welcoming hosts at Dent. Jill Mitchell, Nancy Murdoch and the Dent' over sixties for co-operation at Dent. Last but not least, the Friday Dent audience who laughed so much, we thought about paying them to come back on the Saturday! If we have missed anyone off this huge list it is not for want of wracking our brains, so please forgive us!

Some of our members have said that there was disappointment that this production was not a panto, and therefore, there were not as many 'bums on seats.' The fact is, that by September, when we need to know the cast, a few key actors decided they could not commit to the two weeks around Christmas, and as our plays are always written to suit the available actors, and efforts to fill parts fell through, we abandoned panto in favour of this play, which we did with a few men, a lot of women and a gang of experienced and talented children who could all commit themselves to four hours per week, a week's rehearsal before Xmas with the start of the run on New Year's Day . That is what it takes to put

Flat for rent in Dent village

The first floor flat at
Dent Grammar School
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The accommodation comprises
kitchen, bathroom, bedroom,
box-room and living/dining room.
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Applications close on 15 February
To view the premises,
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015396 25024
or Bob Dobson, Chairman DGSEF, on
015396 25350
e-mail DGSEF@dentdale.com

on a Xmas show ! If you feel you can give that kind of commitment as an actor, and you would like to see a panto happening this year, then please come to our A.G.M. at The Bull Hotel- The Langdale Bar- at 7.30p.m. on Thursday February 20th (see advert page 20). We would particularly welcome anyone who would like to help back stage; with costumes, design, sewing, keeping the costume store tidy, or help dress actors. Also any one who enjoys D.I.Y. who would like their imagination to run riot with props and scenery. We need a sound man. We need someone who enjoys working on a computer. Are you one of these people? If you'd like to have a go, but lack confidence, don't let that stop you. You will have a lot of help. We have been commissioned to perform again at The Dent Folk Festival 2003. This will also be discussed at the A.G.M. Ring 017683 71029 or turn up on the 20th Feb.

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PENSION SERVICE IN SEDBERGH



The Pension Service is part of the Department for work and Pensions. It is a new Government Agency that has been set up to provide a dedicated and customer focused service to today's and future pensioners. The Pension Service, launched in April 2002 is being introduced on a phased basis across England, Scotland and Wales over the next two years.

By bringing together pension-related services, customers of The Pension Service will be given a dedicated service in a way that is convenient for them. Many pensioners already conduct their business over the phone so 26 modern

centres are being developed using the most up-to-date equipment to deal with telephone queries accurately and efficiently.

These centres will be backed up by local services delivered in partnership with organisations very used to dealing with pensioners' needs. The Pension Service is bringing advice and information out into the community in locations accessible to pensioners.

The Pension Service staff will be holding regular surgeries based in Sedbergh. Staff will be available to offer advice and information to pensioners, their families and those who are planning ahead for their retirement. You will be able to make an appointment or drop in



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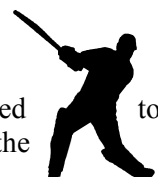
- ◇ The completion of Retirement Pension forms
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- ◇ Verify savings, Birth/Marriage/Death certificates (You won't need to post these items off-they will be handed back immediately!)
- ◇ Winter Fuel queries

Anyone wishing to make an appointment should ring 01539 795000 and ask for The Pension Service.

Information leaflets can be obtained at your local library and there are also local advice centres held at the following locations, where you can just drop in to see a Pension service advisor.

CRICKET CLUB

By the time you are reading this we shall be looking forward with anticipation to a new winter nets season. Nets start in the Sedbergh School Sports Hall on Monday 3rd February at 7.30 pm. A charge of £1 per session will be levied to defray costs. So come along and get some practice in before the season proper starts. We have a new U13 manager, Colin Wales. Colin has agreed to take on the task of keeping the youngsters ticking along.



Please give Colin your full support. On the down side Mike Wilson has had to resign as Club Captain due to work and family commitments. So if you want a job VOLUNTEER!

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A selection from our Specials Board

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Chicken & Bacon Pasta	£8.95
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Chicken Tikka Masala with Saffron Rice & Naan Bread	£8.95
Peppered Pork in a Creamy Sauce	£8.95
Tuna Melt with Potato Wedges.....	£7.95
Potato & Red Cabbage with Red Onion, Port & Mediera Sauce (v).....	£7.95
Wild Rice Spinach & Honey Roast with Ruby Port (v).....	£7.95
Scrumpy Pork Hock in Apple & Cider Gravy.....	£9.95

Children's Menu Available

EUROPEAN WRONGS

First the Metric Martyrs now the Queen. You have probably read or heard about the Metric Martyrs. These were tradesmen who were prosecuted for selling a pound of bananas etc. Trading standards enforcing EU legislation took these traders to court. As a result they were found guilty and now have a CRIMINAL RECORD just because they sold fruit in Imperial units, which their customers understood and hence preferred. These men also have a hefty bill for legal fees etc. The crux of the case hinged around whether UK law was paramount. As it turns out the Law Lords ruled that as our government had signed the Treaty of Rome, the European Act and later the Maastricht, Amsterdam and

Nice Treaties European Law over ruled UK law so the men were found guilty. They have not given up yet. They are challenging the verdict on the grounds that it infringes their personal rights. Guess where? In the European Courts! Now where does this leave every one else? Clearly our courts can be over ruled at any time. What about the Queen you might ask? Well after many attempts the Lord Chancellors Department finally gave an answer. It is hardly surprising they were loath to give one. The Queen, like the rest of us, because she is British is a European, ie EU, citizen and as such is subject to the rulings of the European Court of Justice. Now as we have just seen this court over ruled our courts in the case of the Metric Martyrs. When

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pressed the Lord Chancellors department had to say that EU law over rules UK law and that the Queen is subject to foreign law IN HER OWN COURTS!

In other words she is subject to a foreign power just like the rest of us!! The latest scheme is an EU constitution which is well on the way. Now if, as we were originally told, we were joining a common market why do we need a constitution? The answer is of course obvious to everyone, except our government it seems, that the EU is not about common markets but a super state, the United States of Europe, by any other name. One can only surmise that our government, and the other main parties, will do anything to curry favour with Brussels that they hope we won't notice until its too late. Tony Blair in his infamous Cardiff speech made it very clear that he has done an about turn using phrases such as "power to the European centre", "The future of Europe is strong, imperial, bureaucratic", " We need more Europe, not less". As this speech was not made in Parliament MPs, unless they read about it elsewhere are unaware of this dramatic change of emphasis. On the

Private buyer wishes to purchase a small cottage in the vicinity of Sedbergh.

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matter of the EU constitution when ask if the British people would have a chance to vote in a referendum Peter Hain, the current minister for Europe, replied that it was the right of Parliament to decide. So there will be no referendum on the Constitution which will set up the United States of Europe at the cost of British sovereignty. Our Parliament will be left to control some matters dealing with education and health with the rest coming direct from Brussels. So wake up folks unless you want our Westminster Parliament to be a regional council of a wider state run from Brussels and a system that you cannot influence the Brussels machine must be challenged now!

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YORKSHIRE DALES NATIONAL PARK

The YDNP Authority has agreed to phase out advertising of holiday accommodation that has not been inspected and accredited by the English Tourist Board.

By November 2003, the Authority's National Park Centres will remove information on non-inspected holiday accommodation from its shelves and by the 2005 edition the Authority's 'The Visitor' newspaper will only advertise inspected accommodation as well.

The decision will bring the Authority in-line with Craven and Richmondshire District Councils, who both have inspected-only policies.

Steve Macaré, chairman of the

Yorkshire Dales National Park Authority, said: "Today's decision will bring us in-line with Tourist Board guidelines.

However, rather than putting the new policy in place straight away, we have agreed a transition period that will allow accommodation providers sufficient time to become inspected or to find alternative marketing methods."

Annie Galloway, head of external affairs at the Yorkshire Dales



National Park Authority, explained: "In recent years the tourism industry has become much more geared towards inspection, for both quality and safety, which today means that inspected accommodation is more the norm rather than the exception.

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**SOUTH LAKELAND
USER AND CARER EVENTS**

Have your say on services in..... In November a local public meeting, organised by a partnership of health, social services and voluntary organisations, was held in the area, to ask for local people's views on services that support older people who live at home.

Local Health and social services professionals were involved in the discussions at the meeting, which attracted local residents who were keen to give their views of services.

A number of topics were discussed including: access to services, especially transport; finding the right information on services when it was needed; housing;; dental services; benefits; social

opportunities and pressures on staff in rural areas with long travelling distances between patients and clients.

A report on the topics raised and the consultation process will be produced in due course. As part

of this, a mechanism for on-going local consultation and feedback will be developed.



Anyone who was not at the meeting and has comments that they wish to make on local services can send them to Mrs. M. Scott, Lay Member, South Lakeland Local Health Group, Tenterfield, Brigsteer Road, Kendal LA9 5EA.



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BALANCE SUGAR, EAT SOYA

My Christmas reading included two new and very interesting books: "The Treatment of Diabetes Mellitus with Chinese Medicine" by Bob Flaws, Lynn Kuchinski and Robert Casñas (Blue Poppy Press 2002) and "New Natural Alternatives to HRT" by Marilyn Glenville (Kyle Cathie 2002). The dietary advice in the two books was strikingly similar, and I have summarised it in the title.

The primary aim of a diabetic diet is to keep blood sugar glucose as close to normal as possible. It is actually important for everybody to avoid rollercoaster blood sugar levels. If you eat, for example, a Mars bar you will get an instant but short-lived boost to your blood sugar, followed by a sharp fall. At this point you will feel tired, need to eat something to buck you up and the cycle will start again. According to Marilyn Glenville, long term symptoms of low blood sugar can mimic menopausal

ACUPUNCTURE



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symptoms: mood swings, irritability, crying, anxiety, night sweats, tiredness, forgetfulness. Several of my patients have reported feeling tired over Christmas. Could this partly be due to all the sweet things which are traditionally eaten at this time?

In my view, the only way to rebalance blood sugar levels, once there are already signs of trouble, is to cut out all dietary sugar, except that naturally present in fruits and vegetables, and all refined flour products. The two books recommend the following:

- avoid added sugar
- avoid refined carbohydrate
- avoid artificial sweeteners
- don't smoke

- eat unrefined carbohydrates especially oats
- eat good quality protein from fish, eggs, nuts, seeds, beans
- eat fruit and vegetables
- have small frequent meals.

Fats and oils are another area where both books agree. They warn about the health risks of trans fatty acids which are present in margarine, commercial baked goods and fast foods. Most commercially processed foods contain either added sugar or trans fats and it is best to eliminate them altogether.

Many more menopausal women in the West suffer from hot flushes than Asian women. Research has shown that women who have a high dietary intake of soya products are likely to have fewer hot flushes. Soya is recommended for those with type 2 (maturity onset) diabetes as studies have found that it helps maintain healthy cholesterol levels and may lower the risk of kidney disease (this does not only apply to diabetics).

Soya can be eaten as tofu (the nicest, I think, is made by Clearspot and can be bought from the wholefood shop in Allhallows Lane in Kendal) or as tempeh (from Kan Foods in Kendal or drunk as miso (the one I like best is barley miso made by Danival, which I have also bought from Kan Foods). Soya milk is available in Sedbergh at Powells; I recommend the red pack from Provamel. It would seem best to avoid GM soya (also often present in processed foods) and the surest way to do this is to buy organic. All the products recommended here are organic. Soya is thought to be beneficial because it contains isoflavones,

which are also present in other beans and in lentils.

The book on diabetes quoted an interesting study in which diabetics were assigned to follow one of three types of diet (high carbohydrate/high fibre, low fat or weight management). All groups were recorded with lower blood sugar and lower cholesterol levels and the researchers concluded that the positive benefits derived not from the specific regimens but from being attentive and focussed about diet. In other words, find a healthy diet which makes you feel good and stick to it!

Comments and questions are always welcome. My telephone number is (015396) 20972. *June Parker*

New Year Sale

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BUILDING OF DEVIL'S BRIDGE

Although it must be one of the best stone bridges in England, the age of Kirkby Lonsdale's Devil's Bridge is a subject rarely touched upon by experts in architecture. Learned Historians have examined the records at length, but all that has been found is a grant of "portage" in 1376. Even the discovery of this fact does not explain whether this was for a grant made for repairs to the bridge we see today, or was it for an earlier, wooden structure. The recent talk given to Sedbergh History Society by Mr David Smail attempted to consider all aspects of the bridge with an open mind. Not only the type of architecture, but the methods used in it's construction. As

well as taking into account the opinions of those who have been prepared to express a view, it was an attempt to consider the location of the bridge, not only in a geographical sense, but also in a historical sense and to try to establish a likely window of opportunity for those at the time who had both the interest and financial resources to embark on an expensive project such as building a bridge.

Comparisons with other bridges of the same style firmly place our bridge pre-reformation, when Kirkby Lonsdale Manor and Parish belonged to the Abbey of St Mary at York. Its location was key to the transport of goods between York and the many granges the Abbey owned

DENT PARISH COUNCIL

TO ALL LAND OWNERS IN DENTDALE COUNTRYSIDE AND RIGHTS OF WAY ACT, 2000

The above Act is expected to come into force in 2004/2005. It provides for the general public to have rights on "access land" for walking, picnicking, running, sight-seeing, bird-watching, etc.

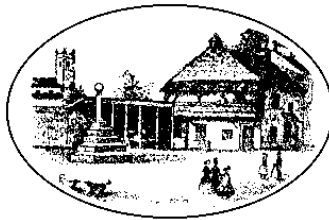
The rights extend to all registered common land and land mainly made up of moor and heath, as identified on maps issued for the purpose.

The proposed map for the north west, which includes Dent parish, has been published and is available for inspection by appointment with the parish clerk, G.W. Dalton - Tel: 25436. The land shown as open access includes all allotment land.

Anyone wishing to object to any land being subject to open access rights must do so in writing to
Access Mapping Team, Countryside Agency, P.O. Box 475,
Redhill, RH1 1WR by 10th March. 2003.

in South Westmorland When the talk was first put together, the Speaker deliberately avoided coming to a conclusion about its age until he, like his audience at Sedbergh, had seen the whole picture. Perhaps the most convincing evidence was when the income of St Mary's Abbey from its granges at Kirkby Lonsdale was examined.

The time of greatest prosperity was at the end of the 13th Century when England was the granary of Europe. A time before invasions from Scotland wrought such havoc following the battles of Stirling Bridge and Bannockburn. This was a time when



tythes of grain and so on were exported via York and Hull to the countries of Europe, making the provision of a bridge across the Lune at Kirkby Lonsdale vital to this trade.

Fortunately for us, when these great religious houses embarked on such a project they saw an opportunity to create something not just functional, but beautiful. Instructions to the Master Masons in charge of such projects were usually that they should build something "of beauty, of convenience, and of durability", in which three arts the builders succeeded to perfection.



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REFLECTIONS

Well into 2003 isn't too late to wish everyone in Lookaround-land, a very happy year to come. For the first time ever, I have made so many resolutions - so that I can afford to break some of them!

There was a lot to learn about in 2002 and I was taken unawares. So, I thought, right, this is it, I will be ready for what ever comes firing at me!

Being more thankful for what I have, I've made it a daily ritual to fling open the curtains and appreciate our lovely world, instead of hoping for more. For ever wishing!

Sadly, the father of Emma's boyfriend died on Boxing Day. It was expected nevertheless it was a shock. He'd had a

full and great life. An intense family man. Emma was with us, but coming home early as she did meant that our Christmas was still absolutely lovely. In fact, she only returned to Manchester a few hours earlier than scheduled.

No way was I ready for Christmas! Spiritually, it was a very special, but looking back on my domestic chaos is quite funny. It wasn't amusing at the time. Not normally being the type to wrap presents on Christmas Eve, I was actually still shopping on Christmas Eve! Parcel wrapping didn't really come into it at all. Except the ones posted to family living over the borders!

Life had been like living in a tumbler dryer. Such was our shock 'reversal' upon receiving my wonderful news, our

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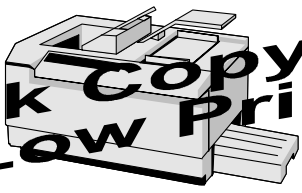
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Sedbergh & District History Society

Wednesday 5th February

MEMBERS EVENING
Genealogy & Family History
Sedbergh Widows Hospital

7:30pm Settlebeck High School

Wednesday 19th February

Bigg, Bedding & Bedstocks
Howgill Wills & Inventories
Audrey Douglas

7:30pm Settlebeck High School

DO COME ALONG - NEW MEMBERS ALWAYS WELCOME

Chairman: - Joyce Scobie 21106 Secretary: - Diane Elphick 20605 Treasurer & Member Sec: Richard Cann 20771

emotions went on strike and into a shock mode like no other, and the result was a total mess!

It seems to me its easy enough going to Hell but its darned difficult clambering back if you are lucky enough to be in that position, having learnt to think positive but to be aware of the devil too! It was ages and ages before we returned to any normality at all.

But with just one daughter home, Christmas was peaceful and it was so lovely once it came. And, the shopping really was fun, all done at the last minute for the three of us. Emma and I purchased a load of brightly coloured, different sized, silvery gift carriers! Tags? What tags? Mum doesn't 'do' tags!

We had fun cooking too, simply because we had to accept my totally vague attitude! What ever we've got, we'll have, but tough if we haven't! Interestingly, the Christmas meal was the best we've ever produced! It was totally professional, and though plenty of it, there was something very sophisticated about it all.

"Mum, this is how Christmas should always be. We've all been beginning the shopping and the preparations too early." Tell me about it, I thought, remembering

my two little girls who counted the days to Christmas immediately following their July and September birthdays.

But, by the actual time of the festival of Christmas, shops have stocked mince pies for so long, we're too used to them. Even cooking for freezers cuts out such a lot of the gorgeous spicy smells. If I cook my own Christmas cake in good time for it to be moist, I eat it!

A couple of special Christmas memories. When we used to stay at Stone Croft, Dent, some Christmas times, our lovely landlady Edith, always brought us her own hot, light, mince pies on Christmas Eve.

And, oh, that glass of sherry on Christmas Eve too, at Dent Post Office. Our Brandy adored Christmas again. She stoically opened all her own presents at her 'Cross Roads Site' in the hall passage-way, where doors and stairs meet and where she plays games with her squeaky toys.

This time, we watched her trundle out of the drawing room, taking present after present to her rug.

Later, we found the paper and tags left there. Pam and Emma bought her loads

(Continued on page 20)

of presents and she was in her element. I've just got to have a Brandy boast! Those readers who remember me and my little old Morrie Stockdale will understand that never a day passes without feeling gratitude for this wondrous creature. Always fun, energetic and sensitive. She still has Peanuts, a soft, brown, toy which squeaks and which she's had a long time, and who goes everywhere with her still.

You can imagine our amazement when we found that when ever she goes outside she takes Peanuts in her mouth. If she hungry she makes him cry at the food bowl, and needing to go out, she takes him to her leash.

Last thing at night, putting the fireguard up and pushing chairs back she knows that its bedtime. Off she goes with Peanuts, and when they come in she takes him straight into the bedroom and onto her rug at the bottom of the bed.

A bit of a doggy overdose I know, but it illustrates well how much she means to us, living in this very out of the way place, where in winter we hardly leave our little tidal peninsula.

The December/January Lookaround is superb. So ongoing, no complacency, always updating on material and technology, newsy and for ever interesting.

It is a credit to all the Lookaround team, who ever, where ever they work from. I love the colour and the silky paper. Especially eye-catching is the Dent Memorial Hall's Christmas Family Fun Night advertisement. And, the Domino Drive in aid of the Killington Parish Hall. I have read a lot of press regarding community halls in small villages and,

Spellbound Theatre

SPELLBOUND THEATRE

A. G. M.

Thursday 20th February
7:30pm

Langdale Bar
Bull Hotel

NEW MEMBERS WELCOME
*For On Stage, Back Stage
or on the Production Team*

See article on page 6

some towns. Indeed, we have the same problem in all the three villages which make up our Parish. Funding has become a nightmare. Little or no lottery funding, and the usual problems of need within the communities, yet fewer people willing and able to put work into keeping these places open.

So, this month's Reflections hand of friendship goes to all those who work tirelessly and voluntarily for the good of our community amenities. And to everyone who kept us going with flowers, cards, gifts and immense support, a big, big thank you. We may live apart from each other, hardly ever see one another, but our hearts are closely linked.

Joan Stockdale

FEBRUARY GARDENING

I always spend a rather anxious time at the end of January and the beginning of February, going around the garden, looking for Winter Aconites as they start to push their way up out of the soil and open up their beautiful clear yellow flowers. I am anxious because, for some reason, I can never remember where I have planted the things and consequently can't decide whether anything else might have engulfed them in the previous season.

Winter Aconites - *Eranthis hyemalis* are always best when planted "in the green" i.e. as growing plants rather than as dry bulbs. You might find them available in pots at a garden centre this month but I

always tend to send away to a specialist bulb nursery for mine, and I buy them in forties or fifties rather than tens because bulb sizes tend to be rather mixed and some of the smaller ones will take a year or two to bulk up to flowering size. Bulbs bought "in the green" from a nursery arrive by post, in early April, swathed in damp newspaper.

Aconites prefer shade and are ideal for planting underneath deciduous trees. Most soil types are suitable but waterlogged soil should be avoided and fertiliser should never be applied. Plant bulbs shallowly at 1½" depth, then make a note of where you have put them!

Elaine Home

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

FAMILY MUSINGS

What a great Christmas. Everyone home, preceded by sons commissioning service at Manchester which was a time to treasure and opportunity to actually see where he has lived and studied these last months. While some of us were treated to a meal (£5 a head) the others caught a bus into the city centre for shopping and food. Because of a train strike son came home with us and we didn't tell Grannie so he gave her a lovely surprise and she decided 'Christmas had begun"! Elder daughter flew into Manchester the same afternoon so came to join us at the service. Her Dad staggered down the stairs carrying her heavy rucksack. How does she do it?! For once - a rare event -

all five of us together in one place.

Younger daughter is on study leave ready for her first exam. She's a hard few months in front of her including catching a bus at 7.20 am to go to school. When elder daughter began Settlebeck I began asking why our village hadn't a bus shelter..... She was 11. She's 21 this year and still no bus shelter.... . But, I'm told, work is to begin this month. Forgive me if I'm not over-excited.... Seeing is believing!

My intense relationship with the kitchen has eased off a bit. I should say cooled shouldn't I? Having hubby plus kinders all in Grans tiny kitchen preparing Christmas day lunch was a sight to see. It worked, what a spread we all enjoyed.

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MEREWOOD
FINE HOME MAKERS

Nine of us, would've been eleven but two were en-route back from a cruise in the Far East. Personally given the choice of that or what we all enjoyed I know where I'd rather be. Making happy family memories here at home.

Charlie and Alex came to visit. Played 'farms' on the living room floor. There were plenty of people to join in. Two little men now, walking about with just the occasional wobble (a bit like Granny!) and a photo of Charlie in full throttle of a giggle has had us in tucks of laughter all Christmas.

We hosted a supper for the Carol singers, and turned a touch refined and invited friends for afternoon tea.

I'm back on my eating plan. No sugar, cows dairy or yeast but it's hard,

especially after all the goodies over Christmas. My miles on my exercise bike haven't increased much. The reason (not excuse, please note!) is it got put up in the attic to make space for a real Christmas tree in the hall... I must get on my bike! The said tree was great, but I'm certain it shed more needles than it ever had in the first place!

Kinders busy re-vamping living room. "Stuff" keeps arriving for me to "sort". One result, a small basket of photo's of our three, plus family and friends from early 1980's.... some gems! Also some old 'minute' books from a local organisation, and Granny really enjoyed them before we passed them on. So many memories, enjoy yours... and making more. Bye for Now.

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MEREWOOD
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FLUORIDE

I feel I must write in reply to the misleading article entitled 'Water' in the last issue of Lookaround which contained some wild inaccuracies concerning the toxicity and efficacy of fluoride.

Fluoride, the ion of the element Fluorine, is a naturally occurring substance. The Earth's crust consists of some 900 parts per million (ppm) whilst seawater has a concentration of 1-2 ppm. Well over 100 million people drink naturally fluoridated water worldwide.

Since the 1940's, following America's lead, many countries added fluoride at the optimal concentration of 1ppm. Now some 300 million people drink fluoridated water, with only 5.5million in the UK. Dental decay, one of the

commonest diseases on the planet has halved in these populations.

As for the safety of fluoride the World Health Organisation states

"The question of possible secondary effects caused by fluorides taken in optimal concentrations throughout life has been the object of thorough medical investigations which have failed to show any impairment of general health. Community water fluoridation is safe and cost-effective"

Some 100 studies in 20 countries have supported the above. These are all scientific studies, involving large population samples; the findings are open to public and scientific scrutiny. The incidence of bone fractures at the optimal fluoride level is in fact less than non-

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fluoridated populations. There is no evidence for increased rates of irritable bowel syndrome or thyroid dysfunction. Severe fluorosis as described in the article is very rare, milder cases are usually virtually un-noticeable and by the way, enamel defects can be repaired

under the NHS and certainly do not need renewing every five or six years. The dirtiest-looking teeth are decayed ones! Fluoride used for supplementing water supplies is not now and never has been obtained from industrial processes.

Since the early 1970's fluoride has been included in toothpastes and this has led to a marked reduction in decay nationally. Sadly, the poorest areas of the country, especially the Northwest have benefited least. These are just the populations that would benefit from water fluoridation.

I can sympathise with those who are uneasy with 'mass medication'. However, if they had seen as much pain and disfigurement caused by dental decay, especially in children, as I have, they may just think it worth it.

Ian Dawson. Dental practitioner



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FROSTROW W. I.

Our new President, Mrs. Anne Petyt, welcomed everyone to the January meeting, especially a prospective new member. We heard news of members who could not be with us because of illness and remembered them. Anne thanked those who had organised the Christmas Dinner arrangements. The evening was a most enjoyable event. Miss Eileen Staveley was presented with a prize for gaining most competition points during the year and the evening was rounded off with singing carols.

Three members have taken photos for the "Snapshot in Time" which will be on view in April. The Consultative Council Meeting will be attended by four of our members.

Our President highlighted various

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Federation events. She will represent us at Dent W. I.'s 60th Anniversary.

Several members will meet together soon to discuss making another Story Sack for the Primary School.

We were all fascinated by Dilys McCaffery's demonstration of Pewterwork. Pewter is a tin alloy and the earliest known was made in China 2000 years ago. Pewter plates were in common use in the Middle Ages, but their popularity declined as porcelain was introduced. Pewterwork is a craft requiring few tools and one or two members were enthusiastic about taking up the hobby. We all followed Dilys' instructions and produced quite pleasing simple designs on a small piece of pewter.

Mrs. Nora Walker thanked Dilys for explaining the art of pewterwork in such an interesting way and we all admired the pieces she had on display.

The competition for "A Favourite Brooch" was won by Mrs. Linda Hopkins and Mrs. Peggy Ingham was the raffle winner.

The next meeting is on February 12th and the speaker will be Mr. George Harrison on "Kirkby Lonsdale Tales". Prospective members always welcome.

SETTLEBECK HIGH SCHOOL

Parking at Settlebeck

It is often mentioned to us how difficult it is for visitors to park at the school, both during the day and in the evening. In particular the residents of Mary Fell become quite understandably annoyed when people park outside their homes, depriving them of their own parking spaces.

As school/community activities increase the problem becomes even more acute. What can be done?

It may surprise you to know that in fact a solution is at hand for Settlebeck, and that is to make more effective use of our bus park. Clearly it is important that our buses have clear access and turning space from 8.25 am – 8.50 am and 3.15 pm –

SEDBERGH BOWLING CLUB

A. G. M.

Thursday 27th February
7:30pm

White Hart Sports & Social Club
Committee Room

All Welcome

3.50 pm but at all other times visitors are encouraged to use our bus park and the paths to and around the school. It is only a hundred or so yards from your car to the school. In addition when our building work is completed, extra parking spaces will be generated.

“Reflections”

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Friday : 09.30 am - 04.00 pm

Saturday: 09.30 am- 04.00 pm

Sunday: 01.00 pm- 04.00 pm

(Lunch 12.30 pm- 01.00 pm)

SEDBERGH TOWN BAND

Christmas Concert. First the band would like to extend their sincere appreciation to their loyal supporters who braved the severe cold to attend the Annual Christmas Concert on Tuesday 10th December.

In a break with recent custom the band elected to play from the stage of the People's Hall rather than the floor. An advantage of this move was that we were better able to satisfy the overwhelming demand for tickets, though we are aware that the band perhaps became too detached from the audience. Members of the band would be pleased to hear opinions of this to assist in future planning.

An additional advantage of the change was that it enabled a sense of drama to be

evoked. With every seat in the hall taken the air was filled with expectation as rustlings could be heard behind the red-plush curtains, the sound of the band taking their seats. A hush descended as the curtains were slowly drawn back and one instrument after another began to play, quietly at first but gradually rising to a stirring crescendo as the opening number, the march, "True and Trusty" was played.

Thereafter the programme consisted of exclusively festive music—a number of classic carols in which the audience lustily participated, such as 'Silent Night' and 'Come All Ye Faithful', as well as the more modern and most entertaining 'Calypso Carol', mixed in with perennially popular Christmas numbers

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including 'Little Donkey', 'Mary's Boy Child' and, providing a rousing finale, 'Christmas Swingalong'.
Carols Around Sedbergh. Our thanks to all the people who over the Christmas period gave so generously to the collections made at the carol playing around the streets of Sedbergh and in the pubs of Dent, Middleton and Sedbergh. Your support is wonderful and is highly valued.

Band News. New Uniforms. The next public performance should see the first airing of the new uniform. We can promise that it is very smart and will, we trust, win universal approval.

Future Events. The band's programme for the next twelve months is in the

process of being finalised but will include:-

- Concert at Dent Memorial Hall to raise funds for improvements to the Hall. (April)
- Sedbergh Annual Gala—parade and performance on the Playing Field. (May)
- Summer Concert—The People's Hall. (May/June)
- Band Competition—The Bull Hotel, Sedbergh. (June)
- Annual Charity Concert—The People's Hall. (Sept/Oct)
- Annual Christmas Concert—The People's Hall. (Dec.)

Specific details of the above will be published well in advance of the event.

Starters		Fish Dishes	
Prawn Cocktail & Marie Rose Sauce	£3.10	Salmon Steak with Parsley Sauce	£7.70
Garlic Mushrooms on Toast	£2.80	Grilled Rainbow Trout	£7.70
Pate with Garnish, Toast & Butter	£2.80	Beaded Scampi	£5.60
Soup of the Day	£1.90	Breaded Haddock	£5.60
Egg Mayonnaise	£1.90		
Grapefruit Cocktail	£1.90	Vegetarian Dishes	
		Tropical Vegetable Curry	£5.90
		Stilton & Vegetable Crumble	£5.90
		Vegetable Lasagne	£5.90
		Mushroom & Nut Fettuccini	£5.90
		Broccoli & Cream Cheese Bake	£5.90
		Vegetable & Pasta Bake	£5.90
		Vegetable Tikka Masala	£5.90
		Macaroni Cheese	£5.90
		Rice Dishes	
		Chilli	£5.60
		Chicken Tikka Masala	£6.70
		Cajun Style Chicken	£6.90
		Salads	
		Ploughman's Lunch	£4.50
		Cold Meat Salad & Roll & Butter	£4.90
		Prawn & Rice Salad	£5.30
		Sandwiches	
		Prawn with Marie Rose Sauce	£3.10
		Ham, Beef, Cheese & Tomato;	
		Cheese & Pickle or Salad	£1.90
		Toasted Sandwiches	£2.20
		Portion of Chips	£1.00
		Mixed Side Salad	£1.20
		Portion of Mushrooms	£1.00
		Roll & Butter	£0.35

THE HEAD AT MIDDLETON



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Menu

Extra Special Main Courses all £9.65		Main Courses	
Loin of Pork in Cider & Apple Sauce		Roast Dinner of the Day	£5.70
Lamb & Apricot Casserole		Mixed Grill	£11.10
Chicken with Basil, Port & Dill Sauce		Fillet Steak (Aberdeen Angus)	£11.10
Venison Steak with Red Wine Sauce		Sirloin Steak approx. 8oz uncooked	£9.80
Venison Casserole		Half Roast Chicken	£6.80
Supreme of Pheasant Chasseur		Chicken Kiev	£5.90
Pork in Pepper Sauce		Lasagne	£5.70
Cod & Prawn Crumble		Steak & Kidney Pie	£5.70
		Cumberland Sausage	£5.70
		Gammon & Pineapple	£5.70
		Barnsley Lamb Chops	£8.90
		Marinated Lamb Steak (6oz)	£8.90
		Pork Chop in BBQ Sauce	£5.70
		Cheese & Ham Pasta	£5.70
		Tuna Pasta Bake	£5.70

Dear Editor,

I would just like to say thank you for the good work David Labatte is doing, gritting the Garsdale Road and surrounding areas, early mornings and nights.

It makes you feel a lot safer travelling to work. Keep up the good work. *Anon*

To continue the praises, all drivers in our area must be congratulated on their driving abilities during the snow and black ice that we experienced on our roads recently. There were no reported accidents due to the weather, although there were many in the surrounding areas.

A good reminder is that you should check every day that their lights are working. Remember that adage when we were small - **SEE AND BE SEEN.**

L. F. H.
DOMINO
DRIVE

7:30pm
 Friday 28th February

Settlebeck High School



Additionally, check your tyres for the correct pressure and tread. These are major contributions to a lack of proper road holding.

And remember - **REDUCE YOUR SPEED - DON'T BECOME A STATISTIC!**

D J Whicker



Cumbria CREDITS
Sedbergh Community Development Centre

<u>Computer Courses</u>	<u>Weeks</u>	<u>Start</u>	<u>Time</u>	<u>Cost</u>
Silver Surfers – For anyone wanting to get to grips with the internet and email.	5	Monday 10th March	7:00 – 10:00 pm	£30.00
Power Point – An introduction to using this popular presentation software. Make slide shows on your computer for home, business or school use.	4	Wednesday 12th March	7:00 – 9:30 pm	£25.00

Italian for Beginners – A 6 week course to get you started before you take your summer holiday in the land of pasta and Chianti! Tuesdays 10:30am – 12:00noon, starting 25th February.

Cost £16.20 (concessions available).

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SEDBERGH JUNIOR SCHOOL

Our new Junior School, at Low Bentham (about 30 minutes' drive from Sedbergh) is proving a great success. A huge refurbishment programme during the summer of 2002 was finished on time and the first term got underway with the CCF Band & Corps of Drums entertaining parents, pupils and visitors on the school lawns.

With super facilities, including a full sized sports Hall, Music School, heated pool, Science laboratories, Art rooms (including a kiln and photographic room) and Library the Junior School has proved very popular indeed.

A brand new Nursery department 'Stepping Stones' has been created at the very heart of the School. The department has two lovely rooms, a private secure outside play area and direct access to the Sports Hall so that, even on the wintriest of days, the very youngest can play happily.

A good bussing programme run by the Junior School operates daily from a wide range of villages and towns, including a service from Sedbergh.

Like the Senior School, pupils are encouraged to take part in as many activities and interests as possible.

The papers recently described the school as 'having a happy, friendly atmosphere with bright, airy modern classrooms where children are taught in small groups' and went on to note that 'parents may choose between day, flexi, weekly or full boarding and can be assured of specialist teachers.'



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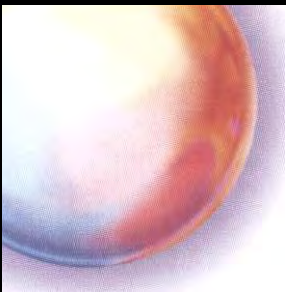
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KILLINGTON W.I.

On Tuesday December 10th a grand collection of members and friends of Killington W.I. gathered at Sedbergh Golf Club. We had our putters, drivers and mashie nibbicks at hand ready to do battle with the elements and put the Ryder cup team to shame! However on sober reflection we decided to stay in and have a party instead! It's just as well we did for apart from the grizzly weather there would have been a lot of wonderful food wasted. Ruth Gardner and her team did us proud providing a splendid Christmas lunch and the whole was spiced with festive fun.

Our President, Shirley Richardson welcomed everybody and rued the absence of Anne Macer, Mary Turton and Joyce Swann from our



celebrations. Pamela Symonds was presented with a prize for gaining the most points in our monthly competition through the year *for the third time in succession* (a handicap has been suggested!) Seriously though congratulations Pam - your varied and interesting entries give us all pleasure. The raffle prize a magnificent hamper of seasonal goodies assembled by our committee (weep your heart out Fortnum and Mason) went to a most deserving winner - **me!** We enjoyed every single item - many thanks.

The party was rounded off with a fine sing-song and much shaking of tambourines and satsumas! Instead of a "party bag" we were each presented with a lovely little cyclamen to take home.

Mine is blooming yet.

W.F.U.

YOGA FOR ACTION RESEARCH

Do you remember April 6 2002? It was a beautiful spring day, bright and gloriously warm. It seems a long time ago, but it saw a group of us assemble in Sedbergh Village Hall for an afternoon of yoga, lead by Laura Clare.

Some of us were 'old hands' and some, like myself, were complete beginners. We relaxed, stretched, bent, breathed and some of us wobbled! But, under Laura's excellent guidance we, all felt refreshed. Over £130.00 was raised for Action Research.

Since then I have continued to raise money. With a total of just under £3,000.00. In October I took part in their 50th anniversary trek to Machu Picchu,

Peru, along with 66 other people.

Coming from the Lake District proved very handy (one does tend to have the right sort of gear for certain inclement weather)! As I was lucky enough to escape the various bugs and altitude sickness I found the challenge truly wonderful.

The grand total raised by the trek has come to around £185,000.00. If you would like to know more about Action Research and their fundraising, please visit their website on www.actionresearch.co.uk.

Thank you to all of you who came that Saturday afternoon and to Laura who made it so special. Thanks

Christine Briggs

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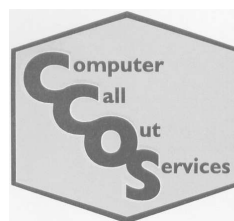
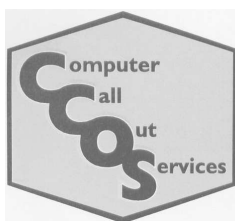
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DERIAN HOUSE

The Sedbergh community continues to support the Derian House Children's Hospice through contributions placed in Sandra Longland's 'Freeze the Knees' collection box in Powells Greengrocers. At the end of November a further £53 donated by shoppers was sent to Derian House making a total of £230 since Sandra started exposing her knees bravely and uncomplainingly to all the extremes of our climate.

Following the success of the stall that formed part of the Sedbergh Street Market in August it was decided to hold a pre-Christmas Table Top sale on Saturday 30th November 2002. Some twenty other organisations and individuals also agreed to have a stall so that come the day The People's Hall was crowded with stalls offering a wide range of good attracting a large and eager crowd of customers.

The Derian House stall was a resounding success and we are delighted to report that almost six hundred pounds was raised on behalf of this most valued charity. In writing to acknowledge receipt of our cheque Lisa Cooke, the Fundraising and Volunteer Co-ordinator, expressed gratitude for Sedbergh's "terrific fundraising efforts in support of Derian House Children's Hospice." She went on to say that it was thanks to all such generosity "that we are able to continue to care for those who are in such desperate need of help." The amount sent "will make a terrific difference" and we are to "rest assured that it will be wisely spent." She closed by observing that "the demands now being placed on the Hospice are growing and as we need to raise over £1 million per year and are

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almost totally reliant on voluntary donations, this donation is very much appreciated."

As organisers of the Table Top Sale we would like to express our sincere thanks to all those who supported us so generously. Masses of excellent bric-a-brac, books, jams etc., were donated which enabled us to offer a wide and attractive selection to the customers who flocked to The People's Hall. Our thanks also to all those who most generously paid 'over the odds' for their purchases and also made cash donations. Thanks also to the many people who were unable to attend the sale but still gave substantial sums after the event.

SETTLEBECK HIGH SCHOOL

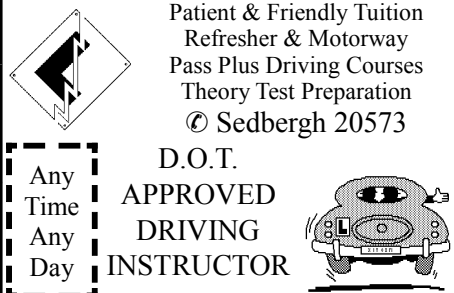
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Earthquake Victims Goma (Non Uniform 15/2/02)	£161.05
LIMA Project (Non Uniform 3/5/02)	£160.50
Derian House/Children's Hospice (Non Uniform 31/5)	£128.95
Africa (Band 18/7/02)	£65.04
Xmas Fair Student Sideshows	£131.00
Sponsored Walk (10/7/02)	£2030.82
Macmillan Nurses contribution from Sponsored Walk	£255.98
GRAND TOTAL	
Charity	£1,054.49
School	£2,434.82

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SEDBERGH SWIMMING CLUB

Congratulations to Helen Atkinson, Kim Ball, Adam Hopkins, Grace Metcalfe, Craig Moffat, Claire Roper, Caroline Smith and Kate Thexton for successfully completing their Life Support 1 and Bronze Medallion Awards. This success was the result of 10 weeks of strenuous training and detailed learning. The course was run under the supervision of Mrs. J. Smith, and many thanks go to her for her patience and enthusiasm! This list boosts the Club's number of Senior Supervisors to an impressive 18 qualified adults.

Dates for your Diary

February 1st	Inflatable Day
March 11th	Sponsored Swim
March 15th	Inflatable Day
May 10th	Inflatable Day
June 24th	Fun Gala

For the Inflatable Day students should bring their own ring or lilo. Thirty students per half hour session on the special Saturdays.

The contact for the Swimming Club is no longer Margaret Brooks. Please ring Mr. D. Lord on Sedbergh 20993 for information.

DENTDALE W.I.

It is the start of an important year in the life of Dentdale W.I. as in March we will be celebrating our 60th Anniversary. In order to mark this occasion the members intend to facilitate a First Responders group in the Dale. By the time that you read this we hope that most homes in the dale will have received an Information Guide published by Cumbria Ambulance Service, and, if interested, will have attended a public meeting on 29th January which will have been addressed by Community First Responder Co-ordinator Elaine Alston. In case you failed to get a leaflet, there are spares in the Post Office and Dent Stores or please get in touch with our President Margaret Fothergill.

During the meeting new programmes were eagerly perused with the whole year in front of us. To get us off to a good start we listened attentively to Susan Cox telling us about *Women and the Law*. Susan gave a brief account of her career path

PEOPLE'S HALL

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8 am to 12.30 pm - £8

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by way of introduction followed by some historical facts about how women have been treated under the Law and the current position. She told us that 51% of newly qualified Lawyers are women a fact that has still to work up to the top jobs regarding the ratio of women to men.

Freda Meakin thanked her.

Stella Bannister won the first competition of the year for My Granny's Life in 100 words and Nancy Murdoch won the raffle prize.

New Members are always welcome to our meetings, the next being February 12th when the subject will be *Journeys in Venezuela*.

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SEDBERGH COMMUNITY DEVELOPMENT CENTRE

The new "Settlebeck Cottage" is due for completion at the end of March.

Sedbergh CDC will use the ground floor for community courses and events, while the first floor will provide admin offices and additional space for Settlebeck High School.

The new CDC will have computer training facilities, a meeting room and an office. There will be full disabled access and toilet.

Plans to extend the old cottage had to be scrapped when it was discovered that the building was in a seriously unstable condition.

In the meantime we are running courses in Settlebeck High School. As we have no office at present things are a bit chaotic, so please bear with us!

In February we are planning to introduce "Number Crunch", a course about how children learn to deal with numbers, and some different ways you can help them. Teachers from Sedbergh Primary School have helped with the design of the course, which will be full of fun activities – not just a load of sums!

This is the first in a series of family learning courses that we hope to introduce over the coming year. If you think you might be interested give us a ring. It doesn't matter if you are not too confident with maths, the course will help you too!

Also in February we will be opening as a Learndirect centre. You will be able to enrol with us on any of more than 800

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computer-based courses available from this national scheme. You can work at your own pace through the course, using a computer at home or in our centre. Subject areas include improving computer skills, business & management and skills for life (reading, writing & working with numbers).

Finally you will have the opportunity to get geared up for your summer holiday by coming to our new Italian for Beginners class. The course will run on Tuesday mornings for 6 weeks, starting on 25th February.

If you would like further information on any of our courses please ring me on 015396 21385. *Chris Wood*

DENT PARISH COUNCIL

There may be disruption to traffic, in Dentedale during February and part of March. It is difficult to gauge the extent. Ewegales, Barth and Lea Yeat bridges are all to be strengthened by the Highway Authority, using a new technique of inserting rods. Formal general notices of intended closure have been issued, but more precise details are not available. Residents should be prepared for detours to be operating on occasions and obviously will be long.

Also, work on the passenger shelter at the entrance to the car park should start in early February.

Notices have been posted, about the map, now published, which shows land intended to be subject to the open access rights, which come into force into 2004/2005. It includes all common land and the allotments. If any land owner wishes to object to their land being included as open access on the basis that it is not moor or heath, or other reasons, written notice of objection must be lodged by **10th March 2003**. The map can be inspected by arrangement with the Clerk, Mr. G. W. Dalton. Telephone Dent 25436.

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BAND & DRUMS

Conducted by Alan Lewis

People's Hall

Wednesday 12th March

Admission by £3 ticket

SETTLEBECK HIGH SCHOOL

Modern Languages – Can you help?

At Settlebeck High School, all students now have the opportunity to study both French and Spanish. Alison Brown and I are always pleased with the effort put in by students, in particular the enthusiasm of our younger language learners, we are also encouraged by the positive comments from past students' language teachers in further education. We are finding that at the age of 14, some students begin to question the relevance of European languages to their lives. We are aware that some local people use languages very effectively and we would be extremely grateful if you could contact us if you are using any foreign languages in any small way for work or for pleasure. We could then inform our students and highlight the importance of modern languages in later life. It would also be of benefit if you felt you could come into school and talk to some of our students, or maybe write an article for a school display or for our School Newsletter.

Many thanks, merci beaucoup, muchas gracias.

Ruth Buxton

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SEDBERGH TENNIS CLUB AGM

Sedbergh Tennis Club AGM will be held in the Bull Hotel at 8.00 pm on Tuesday 18th March. Please note that the meeting is open to everyone - players and non-players, members and non-members - and we welcome everyone who is interested in tennis. We particularly look forward to seeing all of you who are interested in helping the club to flourish and grow. We look forward to reporting our activities over the last 12 months and hearing your views on how we can do things better this year. A full agenda will be circulated at the meeting but here is an abbreviated agenda for your information : -

Minutes of the last A.G.M; Matters



arising; Chairman's report; Secretary's report; Treasurer's report; Appointment of Officers.

The Club will be organising coaching for Juniors (contact Mr Cayley at the Primary School or Mrs Nicholas at Settlebeck) and Adults (contact Ysabel Sugden on 21153). Coaching will be in the Summer Term.

In addition we have the opportunity to put names of Club Members into the ballot for Wimbledon tickets - if anyone is interested, please contact Graham Robinson on 21014 as early as possible.

We look forward to welcoming members old and new on to the Guldrey Courts this Spring.

JOHN OTWAY RETURNS



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SEDBERGH SCHOOL

The new School term is well underway with senior pupils already sitting module examinations in AS and A2. Although only ten weeks long, much lies ahead.

In the first half of term Jodie Wright, Glass Designer -whose studio is at Farfield Mill - will lecture on her work whilst in late February the School Choral Society will sing Bach's Mass in B Minor at Ripon Cathedral (Saturday 22nd) with a second performance in Powell Hall on Sunday 23rd. (Tickets £8 are available for either evening 015396 22228).

The Cumbria Schools' Cross Country Running Championship takes place on January 18th and later that week the Royal Navy Presentation Team arrives to give what will doubtless be a very impressive

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demonstration. The last week of January proves to be just as busy with trips to see Swan Lake at Manchester, Yerma at the Royal Exchange and a visit to the Leeds Art Gallery and Henry Moore Foundation. The month closes with two lectures – the History Society Lecture on 'The Music of the Vietnam War' given by Guy Ayling MA, Housemaster of Sedgwick and the Economics Lecture 'The UK Economy' by Stuart Thompson Esq.

For a day boasting variety few will compete with Sunday 2nd of March. At 5.00am boys and girls undertake a gruelling physical challenge across the fells as part of their preparation for the School's forthcoming expedition to Mount Everest, the Hockey 1st XI (boys) will be competing in a tournament with Fettes, Glenalmond and Edinburgh Academy, the Fives Team will be playing Durham University whilst in the evening will be the Sixth Form Chinese New Year Invitation Dinner!

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*What about the acronyms like CLEO and EdenFaster?*

Yes, the infrastructure's there, it's the affordability that's lacking.

*What is Sedbergh Chamber of Trade doing?*

Looking for best solutions, liaising with authorities e.g. SLDC, and hoping to cut through some of the waffle (an uphill struggle at times). It may be that affordability will come through some sort of shared business access via satellite link.

*Questions?*

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### NOVEMBER WEATHER

November's Weather. The month was characterised by blustery, showery weather. 4.26 inches of rain were recorded along with plenty of wind. The calmest day recorded a wind speed of 6.7mph from the North west. We then had 6 days with over 20mph recorded and every other day had wind speeds in the teens. Temperatures started in the 50'sF but then cooled slightly into upper and mid 40's. We did not have a minimum actually below freezing but got very close with 32.7F on two nights. On these nights and a few others we had ground frosts. With the wind we did not see the usual fogs of November. With all the wind it was to be expected that the atmospheric pressure would be on the low side in fact



it varied between a low of 28.44" and a high of 29.56" of mercury.

### SEDBERGH BEEKEEPERS

Sedbergh beekeepers held their final meeting of 2002 on 16<sup>th</sup> December in the Friends' Meeting House at Brigflatts.

Now that the bees have been fed, protected from the worst of the weather and predators such as mice and woodpeckers, and generally 'tucked up' for the winter, we turned our thoughts to planning the 2003 beekeeping season. As usual there were plenty of volunteers willing to host a visit from other members to their apiaries at various times in the active season from April to September, to demonstrate new equipment and methods of handling bees, to lead discussions at evening meetings from October to March, and to assist in all the other events we hold each year. In 2003 we plan to hold our first Summer Convention, open to all beekeepers from the county and the bordering areas of Lancashire and Yorkshire. Dates and details for all of our meetings will be found in the Lookaround calendar.

2003 has started very well for us, with 21 members and guests attending our 7<sup>th</sup> Annual Dinner on 17<sup>th</sup> January, which this year was held at The Swan Inn at Middleton. An excellent meal and convivial company were enjoyed by all, with some local country music included.

Our next meeting is at 7.30pm on Monday 10<sup>th</sup> February at the Friends' Meeting House at Brigflatts as usual. Our guest speaker will be Mr Ian Molyneux, the Northern Regional Bee Inspector, whose area of responsibility extends throughout Northern England north of Manchester.

You will be very welcome to join us.

*Malcolm Fraser-Urquhart*

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### SEDBERGH WANDERERS FOOTBALL CLUB

On Saturday 18th January the towns football club held its second Charity Bingo Night in the White Hart Club. Allison and Caspa would like to thank all the businesses and individuals who donated well over one hundred prizes to make this another brilliant success.

Special thanks to Maureen Airey, Joanne Haygarth and Joan Campbell who ran the night excellently. Finally special thanks to everybody who supported us on

the night which enabled us to raise £510 split between the Primary School and Playgroup. Thanks to the following donators:-

*The Football Club, S. & M. Finishers, The White Hart Club, White Rose Fisheries, The Dalesman, Steadmans Butchers, The Red Lion, Knights, The Bull Hotel, Leightons Hairdressers, Spar, Farfield Clothing, Les Maddocks, The Paper Shop, Paul Hoggarth (builder), Sedbergh Pharmacy, Graham & Roger Keighley, Sedbergh Dentist, Steve Longlands, Powells, Mike & Nicola Packham, Stephenson's Market Stall, Win Kirk, Martins, K. Shoes, H.S.B.C., Classic Drinks, National Westminster Bank, Killington Services, Astons Bakery, Spinner, The Posthorn, Pete & Anna Carty, Cobble Country, Mel & Ali Cragg, Morphets Garage, Caspa & Lorraine, Closes Garage, Angela & Dorothy Kirkby, Helen Moore, Tommy Allen, Karen Brewer, Lisa Woof, Jeanette Swallow, Mary Teal, Mrs. Pratt, Grace Crawford and finally Margaret Hall for all her hard work and donations.*

On Sunday 16th March the Football Club will be attempting a car pull to The Fat Lamb at Ravenstonedale with all monies raised going to the Playgroup. Please give us your support.

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Dear Eds,

I should like to attempt a link-up through your columns between two men who served in India together during WWII.

Before Christmas I got engaged in conversation with a Mr. E. Procter from Kendal. On learning I live in Sedbergh he mentioned Mr. 'Gertie' Craig with whom he had lost touch and often thought about.

Mr. Procter could only recall Mr. Craig's nickname of 'Gertie', and did not know why he gained that name.

I have Mr. Procter's address and telephone number in Kendal and should be very happy to pass them on. Fingers crossed.

*Susan Sharrocks*  
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## DENTDALE METHODIST CHAPEL AND CAMEO

Two of us meet on a Tuesday at about 7 - 10 am. (Yes am!) to pray for the community and other matters. If you'd like to join us do get in touch. In January we shared a service with the Anglicans this year in St. Andrews for the week of prayer for Unity and "Unity" seems the issue at the moment, with talks and meetings to discuss this. At present there are no evening services at the Methodist Chapel, just afternoon ones at 2 pm, a warm welcome to all. At one recent service some of the Circuit Young People took part, a wonderful time together.

Our "Good Companions" has changed its name to CAMEO (Come And Meet Each Other) and I hope to organise a meal to kick us off as it were, details will be circulated. "Good Companions" have enjoyed some good get-togethers especially for those with no-one to get out and about with, and hopefully CAMEO will fill a need. Do get in touch with ideas. I know there are lots of organisations people can belong to but the main emphasis of CAMEO is getting together for fun and laughter and a good natter.... Possibly with food! *S. E. Woof*

## J J MARTIN

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Sedbergh 20005  
Sedbergh 20778



### **CUMBRIA WILDLIFE TRUST**

At the December meeting of the local branch of the Cumbria Wildlife Trust, Peter Mawby spoke about his detailed study of dippers in the Sedbergh area.

If you walk along the banks of any of our local rivers you will probably pass by a small brown bird with a white bib, perching on a stone above the water. This is the local breed of dipper. The birds hunt for their food under water, walking or swimming and moving pebbles to dislodge insect larvae, their favourite prey. They are fiercely territorial birds, and can be seen at any time of the year. We have a particularly strong population in our area.

Dippers nest under river banks, or on bridge supports, building a small domed nest. The same nest site is often used year after year, and they may start breeding from February onwards. Although numbers have decreased a little over the past 40 years, there are still about 50 nesting pairs on local rivers and streams. Numbers may have fallen as a result of lower water quality. Attention to the spreading of slurry, and care over the disposal of agricultural chemicals will help to maintain pure water. Also, changes to river banks and structures have resulted in the loss of some nest sites. For instance, birds like to nest on bridge supports where stones or bricks are missing. Careful restoration can leave suitable niches where nests might be built.

It would be a pity to lose these attractive birds, which are so characteristic of hilly western Britain. By attending to water quality, and by ensuring availability of suitable nesting sites, we should be able to keep the population steady.

### **DENT'S CHRISTMAS FAMILY FUN NIGHT**

For the first time this year we held our Christmas Fayre on a Friday evening. It was the most amazing success being both pleasurable and profitable. We raised over £800 for Dent Pre-School. Thank you to all our loyal supporters and helpers.

The festive atmosphere was set with Father Christmas being escorted through the cobbled streets of Dent by our children. Carol singing was led by Rita and the School Choir.

Our mulled wine and home-made mince pies went down exceedingly well with one and all. We were very noisy and full of Christmas cheer!

We had some very successful stalls, all mothers and I might add grandmothers excelled in their baking. We will be having both a Savoury and a Sweet stall next time.

Our Christmas decorations Stall selling candle table decorations both willow and holly wreaths and an assortment of Christmas tree decorations was a sell out. What fun we had. Although I say it myself we really excelled in our creativity. We will be taking orders for wreaths before the Fayre this year.

Other stalls sold Fairtrade products and crafts.

Family games were plentiful with Nathan Mattinsons game being a real highlight.

We feel really inspired by our success and are looking forward to producing our handmade soap stall for the May Day Sale, with preserves and pickles to follow.

Happy New Year to everybody and thank you for all your support.

**YORKSHIRE DALES  
NATIONAL PARK**

Dr Karen Griffiths has taken up a new post at the YDNP Authority, as the Authority's 'Out of Oblivion' project officer.

Karen will be seconded for two years from her current post as the Authority's interpretation officer. Her appointment follows last year's news that the Authority had been awarded a £90,000 grant from the Heritage Lottery Fund to fund the Yorkshire Dales National Park Authority's 'Out of Oblivion' project.

Over the next two years, the 'Out of Oblivion' project will revolutionise access to information about the historic environment of the Yorkshire Dales National Park. At the cutting edge of archaeological interpretation, it will provide full public access to the Authority's Sites and Monument Record (SMR), which is the most comprehensive record of the historic environment of the National Park.

When complete, the public will be able to access information at the touch of a button: via the internet; through new workstations at the Authority's National Park Centres; or by using a portable computer that will be available throughout the area.

Karen graduated with a degree in Archaeology from Durham University, before completing a PhD in the Roman Market Economy at Newcastle University in 1986.

The Authority's SMR currently contains over 25,000 records supported by a range of historic maps, aerial and ground based photographs and comprehensive details of field surveys and reports of excavation

projects. The SMR includes information about historic sites, ranging from prehistoric caves to structures built in the cold war. It also holds information on historic buildings, both listed and unlisted, as well as information about features of the historic landscape, such as sheepfolds and dry stone walls.

The project is expected to be completed by 2004.

Dear Editors,

I would like to thank the people of Sedbergh who so kindly sent me photos, medals, pay books and in one case a plague recording a local mans name 'K.I. A. First War' also the several phone calls with information and interest in the subject.

On Remembrance Day on 11<sup>th</sup> November last year, Mrs Shirley Tebay of Dent and Mrs Elspeth Griffiths from Sedbergh School Library, put some of the files with photos in Leighton's Hairdressers shop window.

They did a fine job and therefore all the Renewed interest in Sedbergh men lost in the war.

I am most grateful for any mementos to help make the files as complete as we can before its out of memory by most. Some very brave and sad stories have come to light but in many cases the files are thin the old Sedbergh families themselves now long gone.

I ask please don't throw anything away. I will add to each file everything I can regarding the short lives of these men, and they will be available for people with an interest to see. I will also make sure that theses files will always be safe for times to come

*Jack Hill*

### **OTWAY RETURNS TO SEDBERGH**

So much has happened since John Otway visited Sedbergh last year.

Having been a one-hit wonder for over 25 years, Otway fans once again pestered record shops in October and procured a top ten hit. A second HIT was the perfect 50th birthday present and was announced by Johnnie Walker at a special celebration concert at the London Palladium. Within the audience were 900 fans who had been to Abbey Road studios to take part in a unique rendition of The House of the Rising Sun to feature on the B side of the Hit. Appearances on Top of The Pops and Never Mind The Buzzcocks helped make the Microstar year almost perfect.. And to think all this started last March, in Sedbergh!

The People's Hall gig on March 29th this year is just part of a weekend programme of musical fun for over sixty friends and fans who are staying at Ingmire Hall. The Saturday line-up is made all the more complete with the return of The Sweeney plus a set from Nick Hall and his brother.

Those who have already experienced an Otway concert will know this is the perfect antidote to manufactured pop & rock as John always delights and amazes with his very own style of live & energetic musical rock chaos. As the T-Shirts proclaim "It's nearly rock & roll - but I like it".

The renewed interest in Otway's music is likely to draw folk from many miles around so the organisers are advising early ticket buying to avoid disappointment. Advance tickets are now

available from Sedbergh Office Services so don't leave it too late and risk missing a superb evening of live musical entertainment.

More about Otway on [www.otnews.net](http://www.otnews.net)

*Nic Sheppard*

## **TREADWELL FLOORING**

Suppliers, planners & Fitters of  
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on

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Fax: 015396 21142

### **CAROL SINGING IN DENTDALE - DECEMBER 2002**

A special thanks to more than forty people who joined the Carol Singing in Gawthrop, Dent and Cowgill on the evenings of Friday Saturday and Monday before Christmas, and especially to those who gave so generously. A wonderful total of **£234.84** was raised and is to be shared between The Children's Society and The National Children's Homes. Our thanks also go to Mrs Sarah Woof, Mr & Mrs Fothergill and Mr & Mrs Pilgrim who so kindly provided refreshments for the singers. Thank you to all again for your support.

*Neville Allen*

## YORKSHIRE DALES NATIONAL PARK

The YDNP Authority has welcomed the Government's decision to increase its core grant by almost 10%, the largest increase of all the English National Parks, as exceptional news for the area.

The announcement by the Rural Affairs Minister, The Rt Hon Alun Michael MP, came with an extra bonus for the area's communities, with a Government commitment to the continued funding of the recently launched Sustainable Development Fund for a further year. Come April 2003, the Fund will increase from £125,000 to £200,000 a year for the National Park Authority to distribute for sustainable development projects.

The increase in the grant, which will come into effect from 1 April, will fund the Authority's current conservation, recreation, interpretation and community work. The funding will pay for a range of initiatives to address social exclusion and prepare for access to the open countryside. The Authority also received a further £500,000 towards its new northern office in Bainbridge.

In total, the Authority's core grant will rise from £3,958,616 for the current financial year to £4,337,283 come April. Alongside the additional £200,000 for the Sustainable Development Fund and £500,000 for the new northern office this amounts to an extra £1,078,667 for the National Park.

In addition to paying for the Authority's responsibilities under the Countryside and Rights of Way Act, the additional

money will pay for the Authority's joint Limestone Country Project and amongst other projects, finance initiatives to tackle social exclusion, informing non-traditional audiences about the National Park.

## STABLE ANTIQUES

15 Back Lane, Sedbergh ☎ 20251  
e-mail:- antique.thurlby@amsolve.net

*Anything old & interesting bought*

**BROWSERS WELCOME**

*OPEN 6 DAYS A WEEK  
SUNDAY BY APPOINTMENT*

Bed & Breakfast available

## DENTDALE OVER 60'S

As the committee prepare to meet for the AGM and look back on another year, it is good to remember all the enjoyment provided at the Friday afternoons which will continue and lunch is now available at 12.30 in The Sedgwick Room with the Club following on. Lunch must be pre-booked with Mrs. I. Burrow on the previous Wednesday.

The summer's outing was to Ripon with tea in Hawes en-route and entertainment took place in December as did the annual gift of bulbs to the 80's and over. All these events provide a meeting place for the senior members of the community which is especially welcome in the winter months. Ideas or donations are always happily received and the committee is grateful for them and for all support.

*S.E. Woof*



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

At the start of our first meeting of the New Year we heard from our President, Shirley Richardson, of the success of the Christmas Lunch which took place at Sedbergh Golf Club on Tuesday 10th December. Twenty nine members and guests enjoyed an excellent meal, for which our thanks go to Ruth Gardner and her helpers. Everyone received a delightful gift of a miniature Cyclamen plant and thanks are due to Dawn Stevens for undertaking and preparing this surprise for us.

After lunch entertainment was provided by Peter Barcock who played the accordion and soon had everyone joining in a chorus of two! Wendy Fraser-Urquhart won the seasonal hamper and Pam Symonds was the years most successful competition winner. Our congratulations to Pam.

Our speaker at this first meeting of 2003 was one of our own member, Wendy Fraser-Urquhart, who gave us a most interesting talk entitled "A Family History", the family being her own. Wendy and her husband have spent a great deal of time touring around Garsdale, Ravenstoneworth and surrounding countryside in an effort to trace ancestors and old family dwellings and discover something of the way of life of past generations and how the family had moved around and settled in the area. It was a very interesting story and on the way home I wondered if any others members, like myself, would be tempted to start researching their won family history. Susan Sharrocks gave the vote of thanks for a most interesting journey into the past.

During tea and home-made biscuits the raffle, a box of chocolates, was won by Joan Moores and this months competition, "A Christmas Card", was won by Valerie Cann.

A Fair Trade Coffee Morning is to be held on Thursday 6th March at 11 am at High Becks. All are welcome.

### At the **Chair Workshop**

- Chair seating & supplies
  - Tuition
  - Tool sharpening
- 
- ❖ Bead jewellery
  - ❖ Restringing
  - ❖ Repairs – clasps, earrings, chains

99 Main Street, Sedbergh.  
Tel: 015396 21489

### **DENTDALE MEMORIAL HALL**

Re-decoration of the Sedgwick Room, store and WC is now being done, and as Nursery has moved into a portacabin the room is available for day time events. A questionnaire will have been delivered to you and we do ask that you fill it in and return to the boxes in Post Office, School and Dent Stores as soon as possible.

Bookings for the hall and for the Sedgwick Room can be made with the booking clerk, Ann McClurg on Dent 25446 and any questions, ideas or problems raised with the DMH Secretary, Sarah Woof on Dent 25212. Please remember that any hirers planning to have a Bar must write to the committee for permission. We also need to know the name of the person applying for the Licence.

*S.E. Woof*

### **COMPUTER CALL OUT SERVICES**

*Help is at hand!*

During the last 12 months we have become increasingly called upon to service the I.T. needs of Kirkby Lonsdale/Sedbergh folk and surrounding areas, and it is with this in mind that CCOS was formed.

The beauty of CCOS is that, like roadside assistance for your car, both you and your computer are covered for a modest monthly fee from £9.99 a month. You are then entitled to call out one of our I.T. qualified/teacher trained Engineer/Tutors, who will come to your home/office and either fix the problem then and there, or, if it is a major fault, will tell you what it is, and if you wish, dismantle it and take it to a local reputable repair centre. The Premium Plus cover loans you replacement equipment whilst yours is being repaired. You can also call out CCOS if you would like a tutorial on a particular area of computing that you feel you need some help with.

There are many times when you probably wished you could have had I.T. assistance but not wanted to pay the high call out fees charged by the repair shops or the lengthy premium rate telephone support most suppliers charge. CCOS offers you the opportunity to have help repeatedly for advice, repair or tutorials for a fixed monthly fee! Various levels of cover available to suit individual needs.

Call 0845 126 0956 or 015242 76433 for a free brochure or more information.

Gift Vouchers also available.

Don't be left alone with your computer

### **S&D HISTORY SOCIETY**

Mark Newman one of the three Territorial Archaeology Officers of the National Trust gave the first talk of the new year to the History Society. To start, he outlined the function and work of the National Trust and gave various statistics relating to the number and size of the various properties it owns and manages. 590,000 acres of countryside is in its care including one third of the unspoilt coastline in Britain. Many of the properties and much of the land is in the care of tenants.

Mr Newman's brief is to visit and examine archaeological features owned by the Trust and advise on their preservation with possible access by the public where feasible. Using new computer technology he was able to show us digital pictures of a varied selection of sites in the area including Hadswell Woods, East Scar Top (Addleborough) and Upper Wharfedale including the settlement at Yockenthwaite where recent archaeological work has revealed manmade terraces and earlier buildings. An ancient barn called the Huntsman's Lodge could well be an old bastle house.

There were super photographs of Malham and Branthwaite Hall and East Witton Camps in the Cover Valley which will be well worth visiting in the summer. Graham Dalton gave the Vote of Thanks

### **N.C.H.—ACTION FOR CHILDREN**

The proceeds raised from carol singing in Garsdale for N.C.H. Action for Children amounted to £186.

Grateful thanks to all who gave time, money and voices, and a special thank you to Auntie Agnes!

*M. A.*

**SETTLEBECK HIGH SCHOOL***Senior Citizens Concert*

Once again Settlebeck held a very successful Senior Citizens Concert just before the end of the Christmas term. Our choir and orchestra provided the entertainment, staff collected our guests from their homes and the food was prepared and served by a group of Yr 11 students ably led by Mrs Nicholas who had stepped in at the last minute. The Evening went very well and we received some very welcome praise from the people who attended. We would like to say a big thank you to all the local businesses who donated raffle prizes.

**DECEMBER WEATHER**

December's Weather. The blustery feel continued with a wind being recorded every day from a low of 5.4mph to high of 32.2mph. the most significant factor being the wind-chill. Some of these wind were biting cold with day time temperatures in the low 30'sF and when the wind-chill factor a low of 9F being recorded. We had some hard frosts with a lowest of 22.5F. By comparison Christmas was comparatively mild with day time temperatures reaching 50+F and night time 40+F. To give a more seasonal touch we woke on the 30th to snow on the fell tops. Throughout the last to months of the year the winter jasmine has continued to flower. Many bulbs were pushing through and the snowdrops could be seen showing white tips in more sheltered spots. Is spring just around the corner?

**SCOUTS CHRISTMAS POST**

Dear Editor

May I through your pages thank everyone involved in our annual Christmas Postal Service. From our many supporters who use the service to the boys, girls, parents, committee members (& families) who do the deliveries and the owners of premises who allow us to take up precious space with our post boxes.

From humble beginnings in 1988 when we made £6.29 net profit, this year we delivered over 2650 cards and with donations etc raised just over £300 for group funds. Many thanks.

*Andy Denton*

**SEDBERGH LADIES N.F.U.**

The January meeting was held in the Committee Room of the People's Hall. Present were 24 members and one friend.

Mrs. Helen Woof introduced Mrs. Mary Airey who gave a very interesting and amusing talk of her life as an Auxiliary nurse at the Westmorland General Hospital. Mrs. Fowler gave the vote of thanks.

The supper hostesses were Mrs. Swift and Mrs. Susan Woof. The raffle was won by Mrs. K. Milburn.

**J.B. RYCROFT & SON**

As you now know, Tom, Anne and Peter have retired from the shop.

We would like to thank all our customers and friends for their loyalty and support since we started in 1938, and wish them health and happiness in the New Year and beyond.

Don Aspin, who lives at Beckfoot and is assistant Scout Leader, is the new proprietor, and we wish him every success.

## BUS SERVICES

| <b>BUS SERVICES</b>                                                         |                                                   |                                                                |                             |                                                                                                                               |   |
|-----------------------------------------------------------------------------|---------------------------------------------------|----------------------------------------------------------------|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------|---|
| <b><u>Sedbergh to Kendal via Oxenholme</u></b>                              |                                                   | <b><u>Blackhall Road, Kendal to Sedbergh via Oxenholme</u></b> |                             |                                                                                                                               |   |
| <b><u>Monday – Friday</u></b>                                               |                                                   | <b><u>Monday - Friday</u></b>                                  |                             |                                                                                                                               |   |
| 07.45                                                                       | 564 GP                                            | ❖                                                              | 08.35                       | 564 GP                                                                                                                        | ❖ |
| 09.40                                                                       | 564 W                                             |                                                                | 08.35                       | Sch 564 W                                                                                                                     |   |
| 09.55                                                                       | 564 GP                                            | ❖                                                              | 09.30                       | Tue 804 W                                                                                                                     | ❖ |
| 10.05                                                                       | Wed 564B W                                        | ❖                                                              | 10.30                       | 564 W                                                                                                                         |   |
| 12.40                                                                       | 564 W                                             |                                                                | 10.45                       | 564 GP                                                                                                                        | ❖ |
| 12.45                                                                       | 564 GP                                            | ❖                                                              | 11.30                       | Wed 564B W                                                                                                                    | ❖ |
| 13.00                                                                       | Wed 564B W                                        | ❖                                                              | 13.30                       | 564 W                                                                                                                         |   |
| 14.00                                                                       | Tue 804 W                                         | ❖                                                              | 13.40                       | Wed 564B W                                                                                                                    | ❖ |
| 14.40                                                                       | 564 W                                             | ❖                                                              | 13.45                       | 564 GP                                                                                                                        | ❖ |
| 15.25                                                                       | 564 GP                                            | ❖                                                              | 16.20                       | 564 GP                                                                                                                        | ❖ |
| 17.11                                                                       | 564 W                                             |                                                                | 16.30                       | 564 W                                                                                                                         |   |
|                                                                             | <b><u>Saturday Only</u></b>                       |                                                                | 17.45                       | 564 W                                                                                                                         | ❖ |
| 09.55                                                                       | 564 GP                                            | ❖                                                              | <b><u>Saturday Only</u></b> |                                                                                                                               |   |
| 10.45                                                                       | 564A S                                            | ❖                                                              | 09.40                       | 564A S                                                                                                                        | ❖ |
| 12.45                                                                       | 564 GP                                            | ❖                                                              | 10.45                       | 564 GP                                                                                                                        | ❖ |
| 15.25                                                                       | 564 GP                                            | ❖                                                              | 13.45                       | 564 GP                                                                                                                        | ❖ |
| 15.25                                                                       | 564 GP                                            | ❖                                                              | 14.20                       | 564A S                                                                                                                        | ❖ |
|                                                                             |                                                   |                                                                | 16.20                       | 564 GP                                                                                                                        | ❖ |
| <b><u>To Kirkby Stephen Via Cautley and Kirkby Stephen Rail Station</u></b> |                                                   | <b><u>From Kirkby Stephen, Market Square</u></b>               |                             |                                                                                                                               |   |
| <b><u>Monday – Saturday</u></b>                                             |                                                   | <b><u>Monday – Saturday</u></b>                                |                             |                                                                                                                               |   |
| 09.05                                                                       | M-F 564 GP                                        | ❖                                                              | 07.11                       | M-F 564 GP                                                                                                                    | ❖ |
| 11.15                                                                       | 564 GP                                            | ❖                                                              | 09.21                       | Sat 564 GP                                                                                                                    | ❖ |
| 14.15                                                                       | 564 GP                                            | ❖                                                              | 09.30                       | M-F 564 GP                                                                                                                    | ❖ |
| 16.50                                                                       | 564 GP                                            | ❖                                                              | 12.11                       | 564 GP                                                                                                                        | ❖ |
|                                                                             |                                                   |                                                                | 14.51                       | 564 GP                                                                                                                        | ❖ |
| <b><u>To Kirkby Lonsdale</u></b>                                            |                                                   | <b><u>From Kirkby Lonsdale Square</u></b>                      |                             |                                                                                                                               |   |
| 09.45                                                                       | Thu 567A W                                        | ❖                                                              | 12.15                       | Thu 567A W                                                                                                                    | ❖ |
|                                                                             | <b><u>To Hawes</u></b>                            |                                                                | <b><u>From Hawes</u></b>    |                                                                                                                               |   |
| 08.45                                                                       | Fri 112 B                                         |                                                                | 08.00                       | Sch 112 B                                                                                                                     |   |
| 09.10                                                                       | Tue 111 B                                         |                                                                | 09.20                       | Fri 112 B                                                                                                                     |   |
| 10.00                                                                       | Tue 804 W                                         | ❖                                                              | 12.00                       | T&F 112 B                                                                                                                     |   |
| 11.20                                                                       | Fri 112 B                                         |                                                                | 13.25                       | Tue 804 W                                                                                                                     | ❖ |
| 14.00                                                                       | T&F 112 B                                         |                                                                | 14.45                       | Fri 112 B                                                                                                                     |   |
| 15.35                                                                       | Sch 112 B                                         |                                                                | 16.35                       | Sch 112 B                                                                                                                     |   |
| 15.35                                                                       | Fri 112 B                                         |                                                                | 16.35                       | T&F 112 B                                                                                                                     |   |
| <b><u>To Dent &amp; Cowgill</u></b>                                         |                                                   | <b><u>From Dent School</u></b>                                 |                             |                                                                                                                               |   |
| <b><u>Wednesday</u></b>                                                     |                                                   | <b><u>Wednesday</u></b>                                        |                             |                                                                                                                               |   |
| 12.05                                                                       | 564B W                                            | ❖                                                              | 09.50                       | 564B W                                                                                                                        | ❖ |
| 14.15                                                                       | 564B W                                            | ❖                                                              | 12.45                       | 564B W                                                                                                                        | ❖ |
|                                                                             | <b><u>Saturday</u></b>                            |                                                                | <b><u>Saturday</u></b>      |                                                                                                                               |   |
| 10.15                                                                       | 564A S                                            | ❖                                                              | 10.30                       | 564A S                                                                                                                        | ❖ |
| 14.55                                                                       | 564A S                                            | ❖                                                              | 15.10                       | 564A S                                                                                                                        | ❖ |
| M-F                                                                         | Monday to Friday Only                             |                                                                | GP                          | Grand Prix of Brough                                                                                                          |   |
| Tue                                                                         | Tuesday Only                                      |                                                                | W                           | Woof's of Sedbergh                                                                                                            |   |
| Wed                                                                         | Wednesday Only                                    |                                                                | B                           | Braithwaite's Coaches                                                                                                         |   |
| Thu                                                                         | Thursday Only                                     |                                                                | S                           | Stagecoach in Cumbria                                                                                                         |   |
| Sat                                                                         | Saturday Only                                     |                                                                | ❖                           | Provided with Support from CCC                                                                                                |   |
| Sch                                                                         | Schooldays Only (M-F)                             |                                                                |                             | Please note whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice. |   |
| W&F                                                                         | Wednesday & Friday Only                           |                                                                |                             | For Comprehensive up-to-date information ring :-                                                                              |   |
| T&F                                                                         | Tuesday & Friday Only                             |                                                                |                             | Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)                                                                             |   |
|                                                                             | <i>All times are from and to The Dalesman Inn</i> |                                                                |                             |                                                                                                                               |   |

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

St. Andrew's Parish Church  
Sunday 08.00; 10.30 & 18.30

**Rev. 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. G. Hall Tel: 20329**

### UNITED REFORMED CHURCH

Main Street  
Sunday 10.30

**Rev. J Armitstead Tel: 01539 720524**

### SOCIETY OF FRIENDS

#### QUAKERS

Brigflatts  
Sunday 10.30

**Mr. M Roberts Tel: 20005**

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal  
Sunday 11.00  
Wednesday 19.30

**Rev G Jones Tel: 01539 - 722079**  
**or Mr G Watson Tel: 20561**

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

### CHURCH OF ENGLAND

Firbank; Howgill & Killington

**Rev. A Pitt Tel: 20670**

Cautley & Garsdale

**Rev. 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 & Frostrrow

**Rev. G. Hall Tel: 20329**

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



## OPTIONS for health and well-being

|                     |                                                               |              |
|---------------------|---------------------------------------------------------------|--------------|
| June Parker         | Acupuncture                                                   | 015396 20972 |
| Caroline Cattermole | Counselling                                                   | 015396 21570 |
| Wendy Cooke         | Aromatherapy, Reflexology                                     | 015396 25354 |
| Ian McPherson       | T'ai Chi, Flower Essences, Reiki,<br>Hypnotherapy, Meditation | 015396 20648 |

*Complementary Therapists practising locally*

## DIARY OF EVENTS

*All Diary entries are FREE. Dates are held up to 12th December 2003*

| FEBRUARY |                                           |            |
|----------|-------------------------------------------|------------|
| 1        | SC Inflatable Day                         | SC         |
| 3        | 1930 PH AGM                               | PH         |
| 5        | 1330 Butterflies                          | StAS       |
| 5        | 1930 HS Members Evening (19)              | SHS        |
| 6        | 1930 WIH Canada & USA                     | HVH        |
| 7        | SS Half Term Starts                       |            |
| 7        | 1930 Killington Sports Domino Drive       | KVH        |
| 10       | 1930 Beekeepers                           | BF         |
| 11       | 1400 WIK Brigflatts                       | Brigflatts |
| 12       | 1330 Butterflies                          | StAS       |
| 12       | 1915 WID Journeys in Venezuela            | DMH        |
| 12       | 1930 WIF Kirkby Lonsdale Tales            | PH         |
| 14       | SHS & SPS Half Term Start                 |            |
| 14       | St Valentine's Day                        |            |
| 15       | 1000 Kids Klub                            | PH         |
| 15       | 2130 SFC Valentine's Disco (1)            | PH         |
| 16       | SS Half Term Ends                         |            |
| 16       | 1030 Kids Klub Service                    | PH         |
| 18       | 1400 SLVSB Meeting                        | CO         |
| 19       | 1930 HS Howgill Wills & Inventories (19)  | SHS        |
| 20       | 1930 Spellbound Theatre AGM (20)          | Bull       |
| 23       | 1930 SS Choral Society (23)               | SSPH       |
| 24       | SHS & SPS Half Term Ends                  |            |
| 26       | 1330 Butterflies                          | StAS       |
| 26       | 1930 CWT Bitterns & Bearded Tits          | SHS        |
| 27       | 1930 Bowling Club AGM (27)                | WHC        |
| 28       | 1930 LFH Domino Drive (28)                | SHS        |
| MARCH    |                                           |            |
| 1        | St David's Day                            |            |
| 4        | 1400 John Willis Slide Show (38)          | HC         |
| 5        | 1000 Coffee Morning St John Ambulance     | URCR       |
| 5        | 1330 Butterflies                          | StAS       |
| 5        | 1930 HS Village Character in Eden         | SHS        |
| 6        | 1100 Fair Trade Coffee Morning            | HB         |
| 6        | 1930 WIH Westmorland Gazette Photographer | FCH        |
| 7        | 1930 LFH Ball                             | PH         |
| 8        | 1300 Dent Run                             | Dent       |
| 8        | 1400 Jumble Sale & Cake Stall             | MH         |
| 10       | 1900 CDC Internet Surfing                 | SHS        |
| 10       | 1930 Beekeepers                           | BF         |
| 11       | SC Sponsored Swim                         | SC         |
| 12       | 1000 Coffee Morning Christian Aid         | URCR       |
| 12       | 1330 Butterflies                          | StAS       |
| 12       | 1930 WIF British Red Cross                | PH         |
| 12       | 1930 RBL CCF Band & Drums Concert (38)    | PH         |
| 11       | 1400 WIK A Musicians Life                 | PH         |
| 14       | 1930 Domino Drive & Tattie Pot Supper     | HVH        |
| 15       | 1000 Kids Klub                            | PH         |
| 15       | SC Inflatable Day                         | SC         |
| 16       | 1030 Kids Klub Service                    | PH         |
| 16       | SFC Car Pull                              | Sedbergh   |
| 17       | St Patrick's Day                          |            |
| 18       | 2000 Tennis Club AGM                      | BH         |
| 19       | 1000 Coffee Morning URC Church            | URCR       |
| 19       | 1330 Butterflies                          | StAS       |
| 19       | 1930 HS Railway Structures in Cumbria     | DMH        |
| 20       | 1930 Cheese & Wine Evening                | MH         |
| 21       | SS End of Term                            |            |
| 22       | Victorians 'R' Us (41)                    | FM         |
| 23       | Victorians 'R' Us (41)                    | FM         |
| 26       | 1000 Coffee Morning Barnardo's            | URCR       |
| 26       | 1330 Butterflies                          | StAS       |
| 26       | 1930 CWT AGM & California                 | SHS        |
| 29       | 1930 HS AGM + Jacob's Join                | SHS        |
| 29       | 2000 John Otway in Concert (39)           | PH         |
| 30       | Mothering Sunday                          |            |
| APRIL    |                                           |            |
| 2        | 1000 Coffee Morning N W Cancer            | URCR       |
| 2        | 1330 Butterflies                          | StAS       |
| 3        | 1930 WIH Table Talk                       | HVH        |
| 6        | Spring Show                               | MH/PH      |
| 8        | 1400 WIK A Box of Miscellanies            | PH         |
| 9        | St Andrew's Mission                       |            |
| 9        | 1330 Butterflies                          | StAS       |
| 9        | 1915 WID RAF & Low Flying                 | DMH        |
| 9        | 1930 WIF Lacecrafts                       | PH         |
| 11       | SHS & SPS End of Term                     |            |
| 16       | 1000 WIF Coffee Morning                   | URCR       |
| 18       | Good Friday                               |            |
| 19       | 1000 Kids Klub                            | PH         |
| 20       | Easter Sunday                             |            |
| 21       | Easter Monday                             |            |
| 22       | SS Start of Term                          |            |
| 23       | St George's Day                           |            |
| 23       | 1000 Coffee Morning Asthma                | URCR       |
| 23       | 1930 CWT Bites to Stings to Medicines     | SHS        |
| 28       | SHS & SPS Start of Term                   |            |
| 30       | 1000 Coffee Morning Garsdale Church       | URCR       |
| MAY      |                                           |            |
| 1        | 1930 WIH Decoupage                        | FCH        |
| 5        | May Bank Holiday                          |            |
| 7        | 1000 Coffee Morning WIH                   | URCR       |
| 10       | 1930 MH Fun Night                         | MH         |
| 10       | SC Inflatable Day                         | SC         |
| 12       | 0930 Christian Aid Week                   | URCR       |
| 13       | 0930 Christian Aid Week                   | URCR       |
| 13       | 1400 WIK Resolutions & Social Time        | PH         |

*The S & D Lookaround is edited and published monthly by Dennis & Jacky Whicker, is printed by Stramongate Press, Kendal and distributed by Suzy Thurlby. 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.*

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**DIARY KEY**

|       |                                 |   |
|-------|---------------------------------|---|
| BF    | = Brigflatts                    |   |
| BS    | = Baliol School                 |   |
| CO    | = Community Office, Main Street |   |
| CWT   | = Cumbria Wildlife Trust        |   |
| DCP   | = Dent Car Park                 |   |
| DMH   | = Dent Memorial Hall            |   |
| DMC   | = Dent Methodist Church         |   |
| EG    | = Embroiderers' Guild           |   |
| FCH   | = Firbank Church Hall           |   |
| FM    | = Farfield Mill                 |   |
| GVH   | = Garsdale Village Hall         |   |
| HB    | = High Becks                    | 3 |
| HC    | = Health Centre                 | 3 |
| HS    | = History Society               |   |
| HVH   | = Howgill Village Hall          |   |
| JLCP  | = Joss Lane Car Park            |   |
| KVH   | = Killington Village Hall       |   |
| LHCP  | = Loftus Hill Car Park          |   |
| MH    | = Masonic Hall                  |   |
| PH    | = People's Hall                 |   |
| SHS   | = Settlebeck High School        |   |
| SMC   | = Sedbergh Methodist Church     |   |
| StAS  | = St Andrew's Church, Sedbergh  |   |
| StJAR | = St John Ambulance Rooms       |   |
| SC    | = Swimming Club                 |   |
| SMC   | = Sedbergh Methodist Church     |   |
| SMSR  | = Sedbergh Methodist Schoolroom | 6 |
| SR    | = Spooner Room                  |   |
| SS    | = Sedbergh School               |   |
| URCR  | = United Reformed Church Rooms  |   |
| WHC   | = White Hart Club               |   |
| WID   | = Women's Institute, Dentdale   |   |
| WIF   | = Women's Institute, Frostrow   |   |
| WIH   | = Women's Institute, Howgill    |   |
| WIK   | = Women's Institute, Killington |   |
| WVH   | = Westhouse Village Hall        |   |
| YDNP  | = YDNP Centre, Main Street      |   |

**HOWGILL W. I.**

Members and guests met at the Sedbergh Golf Club in December. A lovely festive meal was served which everyone thoroughly enjoyed.

A game of Mystery Dominoes, where everyone went home with a prize followed by a good raffle and competition concluded a most enjoyable evening.

Competition winner was Bridget Postlethwaite with Audrey Hoggarth second. Due to icy weather conditions it was decided to cancel our January meeting.

We are now looking forward to the February meeting which will be held at Howgill on February 6th, when the speaker will be Ruth Rigg. She will be taking us to Canada and the U.S.A.

Everyone is welcome. *A.H.*

**N.C.H.—ACTION FOR CHILDREN**

The proceeds raised from carol singing in Garsdale for N.C.H. Action for Children amounted to £186.

Grateful thanks to all who gave time, money and voices, and a special thank-you to Auntie Agnes! *M. A.*

**THOUGHT FOR THE MONTH**

Have things settled down after Christmas, perhaps not perhaps family celebrations to keep us on our toes. One of my brother-in-laws celebrated his 60th birthday this month and will welcome his first grand-child around that date. But perhaps you are back to the mundane even boring? Perhaps there's trouble at home. Someone causing heartache?

Here's some advice, attack the problem not the person; get all the facts; (yes, that is difficult I know!), list all the options; look for the positive and NEVER ever stop loving. When people feel loved and supported they will weather just about any crisis. *L. D.*

# PUBLIC INFORMATION

## SEDBERGH HEALTH CENTRE Loftus Hill © 21079

**Dr P.A. & W.G. Orr** © 20218

### Dr Ann Orr

|           |             |               |
|-----------|-------------|---------------|
| Monday    | 0830 - 1100 | 1600 - 1900 * |
| Tuesday   | 0830 - 1100 | 1600 - 1900 * |
| Wednesday | 0830 - 1100 | 1300 - 1800 * |
| Thursday  | 0830 - 1100 | 1600 - 1900 * |
| Saturday  | 0830 - 1130 |               |

### Dr Graham Orr

|        |             |               |
|--------|-------------|---------------|
| Friday | 0830 - 1100 | 1600 - 1900 * |
|--------|-------------|---------------|

### DENT SURGERY (Methodist Chapel)

|        |             |            |
|--------|-------------|------------|
| Monday | 1230 - 1300 | Dr Ann Orr |
|--------|-------------|------------|

### Dr J. Syred

 © 20239

|                         |               |
|-------------------------|---------------|
| Monday to Thursday      | 0900 - 1000   |
| Friday                  | 0900 - 1000 * |
| Monday & Wednesday      | 1400 - 1500   |
| Monday                  | 1800 - 1900   |
| Saturday (Urgent Cases) | 0900          |
| Friday Female Clinic    | 1015 *        |

### DENT SURGERY

|         |      |
|---------|------|
| Tuesday | 1530 |
|---------|------|

### District Nurse

  
© 21690

### Health Visitor

  
© 20979

### DENTAL SURGERY

  
Finkle Street © 20626

|                                             |             |
|---------------------------------------------|-------------|
| Mr I. R. Dawson, Mr C. Ross & Mr M Brickles |             |
| Monday to Friday                            | 0900 - 1715 |
| Wednesday Evening *                         |             |
| Saturday Morning *                          |             |

### 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 *                      |               |

### PENSION SERVICE SURGERY

Community Office  
© 01539 795000  
Mondays 10am - 2pm

\* By Appointment Only

## SEDBERGH CHEMIST

  
41 Main Street  
© 20270

### LATE NIGHT CLOSING

|           |      |
|-----------|------|
| Monday    | 1730 |
| Tuesday   | 1730 |
| Wednesday | 1730 |
| Thursday  | 1730 |
| Friday    | 1730 |
| Saturday  | 1300 |

### LIBRARY

Main Street © 20186

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

### Y. D.N.P. CENTRE

Main Street © 20125  
Open Friday, Saturday & Sunday (Winter)  
10.00 am - 3.00 pm

### COMMUNITY OFFICE

(Above Y.D.N.P. Centre)  
Monday to Friday 10am to 4pm  
© 20504  
e-mail [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)  
web pages [www.sedbergh.org.uk](http://www.sedbergh.org.uk)

### RURAL CITIZENS ADVICE BUREAU

Community Office  
Every Wednesday 10 am to 1 pm  
Every Friday 9.30 am to 12.30 pm \*  
© 21185 or  
08451 202 999 (local rate) 24 hours  
e-mail via site [www.cabkendal.ndo.co.uk](http://www.cabkendal.ndo.co.uk)

### RSPCA

Kendal Office  
Monday to Friday 9am to 1pm  
© 01539 736036 (local)  
© 0870 55 55 999 (national)

### POLICE

Long Lane, Sedbergh  
© Kendal 01539 722611

### PUBLIC TOILETS

Main Street, Sedbergh  
Dent Village

MARKET DAY  
HALF-DAY CLOSING

WEDNESDAY  
THURSDAY