

SEDBERGH & DISTRICT

LOOKAROUND

March 2003

Issue 198

Donation 50p

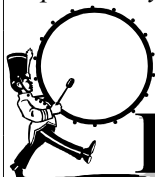
Once again, we thank everyone for this bumper issue of Lookaround. At 72 pages, it is the largest ever *single* issue. We are grateful for all the kind comments regarding Lookaround which is **17 years old** this month. Can

you remember the first issue of 4 pages?

Also, thank-you for the many comments about Dennis working back in Sedbergh since December. It is good to be back. *Dennis & Jacky*

ROYAL BRITISH LEGION SEDBERGH BRANCH

present by kind permission of Sedbergh School Headmaster Mr C Hirst MA



CCF



BAND & DRUMS

Conductor: Alan Lewis B.Phil, LTCL, NABBC

IN CONCERT

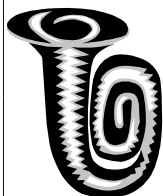
People's Hall

7:30 pm Wednesday 12th March

All proceeds to Legion Funds

Admission by Ticket £3 Adult, £2 Concessions
from

Knights ~ Post Office ~ Library ~ MacConnell's
and any Legion Member



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

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788

e-mail: lookaround@whicker73.freeserve.co.uk ~ Web Site: <http://www.whicker73.freeserve.co.uk>

CHILDREN'S BIRTHDAYS

March 2003

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

The recipient this month is:-
Kimberley Hurst who is

11 years old on 2nd 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
1	Alisha BREWER	2
1	Sam OVERSBY	5
2	Joseph DICKIE	4
2	Ryan MILBURN	10
2	Kimberley HURST	11
3	Thomas THEXTON	5
3	Luke INGHAM	9
7	Melissa HARTLEY	2
7	David GOAD	6
8	Tess PRALL	2
9	Aaron CAPSTICK	3
10	Scott MIDDLETON	6
11	Laura WOODFINE	8
11	Jake SUTCLIFFE	10
12	Kate BROOKSBANK	2
12	John WOOF	5
13	Simon BOYLES	9
16	Connie HODGSON	7
17	Anna McGERTY	10
18	Daniel CLARK	10
19	Wesley BREWER	5
23	Becky LOWTHER	10
25	Kayleigh BROWN	5
26	Molly LIVESEY	11
29	Callum FERREIRA	5
31	Martyn KNAPTON	11



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (09/02) SAE for Brochure
4-5 Berth; H+C; Shower; Sep WC; Fridge; TV; Gas Cooker; Gas + Elec Heating; NS

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite;
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

Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£0.90
Postal Overseas	=	£1.70

All enquiries to
13 Kings Yard, Sedbergh LA10 5BJ
Adverts by 15th of every month.
No adverts
by e-mail or FAX please
Can all adverts please be
accompanied with the correct money
at the time of submission.
Articles etc. by 19th of every month

PERSONAL & SMALL ADS £1

BAINES

Kim would like to thank family, friends and neighbours for their good wishes, cards, gifts and flowers received during and after my stay in hospital. A special thank-you to my mother-in-law and father-in-law Esther and George. You are both wonderful! Thank you to David for being my rock! Love you millions!!! Also thanks to friends for popping in to see me, you have really cheered my up!

BRACKEN

Congratulations and Many Happy Returns Gladys on your **90th Birthday** on March 23rd 2003. Love from Elsie.X

DORMAND

Mary thanks everyone for their messages of goodwill. They have been a tremendous support.

MacMillan Cancer Relief

Norma Ferguson died on November 30th 2002. She was held in great affection and respect. Nearly £700 was donated to be used for MacMillan Cancer Relief. Your local committee has consulted the MacMillan Unit at R.L.I. A particular blood-testing machine is required. It is intended that it should be purchased in her memory. Thank you to Norma's family and friends. R. O'Brien Treasurer.

WANTED TO RENT

Secure Garage size barn/building access for vehicle with electricity supply. Sedbergh area. Tel. 21543.

MISSING JIGSAW

At the St. Andrew's Christmas Fair last November I lent a jigsaw map of the Sedbergh area to someone and I have now forgotten who it was! If anyone has it, I should be glad to have it back, please. Mary Gladstone. (Tel 20438)

TO LET

Three Bedroom House in Dent. Please ring Dent 25352.

URGENTLY REQUIRED

To Rent. Shed, Garage or redundant farm building for the storage of, and occasional work upon old, classic Sports Cars. Within an approx. 5 mile radius of Sedbergh. If you can help, please ring Sedbergh 20509.

WANTED

Person wanted with good skills in Microsoft Word for use with graphics, to help in compilation of book. Must have own computer. Ring 21339.

FOR SALE

Brass Log Box. Height 12 ins. Width 16 ins. Depth 11 ins. £25. Telephone 015396-20319.

FOR SALE

Electric Sewing Machine £150. With extras and full instruction book. Phone 015396-20740 after 6 p.m.

FOR SALE

Ford Orion (1990) 1.4L. V.G.C. 7 months M.O.T. £500 ono. Contact 015396-20851 or 07977-913676.

PERSONAL & SMALL ADS £1

FOR SALE

Priory Welsh Dresser. Oak. £375.
Nathan Dining Table and 6 six chairs.
Mahogany. £395. Pram Two-in-One.
£65. All in very good condition. Tel.
015396-20261 or 20400.

FOR SALE

Boys Peugeot Lynx Mountain Bike, 15
gears, vgc. £50. Also 6' x 4' strong
wooden trailer with ladder rack, lights
and tailgate. Overall length 9'3". In very
good order. £250 o.n.o. New spare 145
R13 tyre available. Tel: Sedbergh 20670.

ALL OCCASIONS

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Stocking a wide selection of fresh dried & silk
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Just call in or phone
9 New Rd, Kirkby Lonsdale
015242 72578
or Sedbergh 20745 after 6 pm

**Bouquets & Sprays for
MOTHER'S DAY
Sunday 30th March
Order yours now**



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Sedbergh Lookaround

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SEDBERGH SWIMMING CLUB

We held our first Inflatable session in the pool on Sat 1st February. About 25 kids (and adults) showed up with their lilos, rings, blow-up dolphins and whales and proceeded to have great fun. The session was declared a huge success and is due to be repeated on March 15.



The Inflatable session was ably managed by 2 senior supervisors and 2 poolside supervisors (all with Bronze Medallion awards), and 2 door supervisors.

As well as offering swimming lessons on Tuesday evenings, the Swimming Club holds regular term-time recreational sessions for members. Contact Mr D Lord on Sedbergh 20993 for further information.

Thursday:

7.30 – 8.00	Families and under 11's
8.00 – 8.30	Students over 11
8.30 – 9.30	Adults only

Saturday:

10.00 – 11.00
Families & open recreational swimming.

CUMBRIAN

BOOK FAIR

People's Hall, Howgill Lane
SEDBERGH
10 am - 4 pm
Sunday 30th March

*Antiquarian & Second-hand Books covering
National History, Country Life & Northern Topography*

Enquiries to: 01768 341577 Admission £1
Refreshments

Disabled Access

SOUTH LAKELAND VOLUNTARY SOCIETY FOR THE BLIND

Good food and good company were in abundance at house of one of the volunteers on Tuesday, January 21st. It was the annual New Year lunch party of SLVSB. Conversation flowed ceaselessly: members and volunteers both old and new enjoyed the convivial atmosphere and the excellent buffet lunch provided by Jackie Stringer.

As a Talking Lookaround volunteer, I was able to meet the users of the service

and I tried very hard to get them to offer some useful criticism. But only one or two minor suggestions surfaced - the general opinion was that the project is already a great success.

This won't stop us from trying to make it even better each month!

Some of the members came by taxi or minibus, while others had lifts from

Women's World Day of Prayer



United Reformed Church
Service at 2.30 pm

Friday 7th March

Speaker: Rev Brenda Willis



friends. It was a chance to get out to an event and relax in the company of people with similar visual problems. The difficulties and irritations of the condition sank into the background and everyone enjoyed chatting about local and world affairs, telling funny stories and catching up with the gossip.

The group meets regularly (though not so luxuriously) on the third Tuesday of every month at the Community Office. So if anyone out there is struggling with deteriorating eyesight, why not come along and meet some new friends. If you are put off by lack of transport or have any other queries, contact Sedbergh 20100. *Carol Dawbarn*

The photograph shows Gordon Axford receiving from Sedbergh School pupils a cheque for The Talking Lookaround after the Sponsored Non-Uniform day held by the School last year.

L. F. H.

End of Season

HUNT BALL

People's Hall, Sedbergh
8pm

Friday 7th March

Bar & Buffet

SEDBERGH METHODIST SUNDAY CLUB

COFFEE MORNING & JUMBLE SALE

Saturday 8th March
10 am to 12 noon
Methodist Schoolroom, New Street
Usual Stalls ~ Coffee & Biscuits
Everybody Welcome
Enquiries ring 20616

30p 30p

NEWS

**AT THE
POST OFFICE**

SETTLEBECK HIGH SCHOOL
Year 11 Interview Day

This years Year 11 Interview Day took place on 6th February with 46 students going through interviews and feedback sessions with local business people, representatives from colleges and sixth forms, governors and employers. As usual the day was very valuable for the students as it really does give them a feel of what it is like to prepare for, attend and evaluate a formal interview. Each year we are truly grateful to the team of interviewers who give up a day, in their busy lives, to take part in this event. Many thanks to you all and to Steve & Alison Mansfield at The Bull Hotel for their fine hospitality and catering. My thanks also go to the team of Year 10

students who helped with the smooth running of the day as guides, waiters etc, Eddie Lord, Jo Chetwood, Robert Close, Chris Milburn, Laura Postlethwaite, Fiona Raw, Sammy Bradley, Tim Baines, Ben Coates and Elliott Beagan.

Judith Walsh

Here are some comments from the day:
1. Comments from Interviewers about our students
"Self assured and good sense of humour."
"Very impressive."
"Well-prepared, thoughtful and mature, I would definitely offer this student a place on the college course."
"Very good appearance, responded well to questions and receptive to suggestions."
"Excellent eye contact, a friendly smile

SEDBERGH WANDERERS F. C.

DANNY'S DISCO

Saturday 8th March
People's Hall
10 pm till late
Admission £2 ~ No Under 16's




and handled difficult questions well, able to analyse effectively.”

“Letter is clear, well-structured and coherent.”

“Definite commitment to the career, enthusiastic and creative.”

Contributions from: Lavinia Mahon, Paul Wallace-Woodroffe, Steve Mansfield, Mike Cavanagh, Graham Keighley, Hilary Dixon, Jim Atkins, Anne Pitt and Ben Lyon.

2. Comments from the Student

“A good experience having such a formal situation.”

“It was well organised and helpful for me in the future when I apply to college or a job.”

“I was nervous and taken aback when Mr Mansfield asked me to do a practical.

But as soon as I got into The Bull

kitchen, I was fine I could use my ‘chef experience’ to complete the task!”

“It was very realistic, smooth organised and done well.”

“It was a helpful day and gave me good practice for the real thing. Also it was fun preparing for it.”

“We all got dressed up and looked really smart.”

“The interviewers gave me a lot of really helpful advice.”

“Very helpful comments from the interviewers in a nice, supportive ‘relaxed’ atmosphere.” Thank you!

Contributions from: Vicky Vernon, Beth Avegard, Lyn Hunter, Jen Hosker, Katy White, Mark Peale, Scott Littlewood, Heather McCullagh, Rachel Thomas and Andy Johnson.



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

Floral Art – A 4 week course to help you get your entries ready for the Spring Show (or just to learn more about Floral Art). Wednesdays 7:00pm – 9:00pm, starting 12th March, Settlebeck High School.

Cost £14.40 (concessions available).

Cumbria Adult Education



Online learning – Enrol with us on any of the 800 courses currently available from Learndirect – ring for more information

email: admin@sedberghcdc.org.uk Tel: Chris Wood, Sedbergh 21385



THE DALESMAN BAR MENU

Main Street, Sedbergh Tel: 015396 21183



Although this is called the Bar Menu, it may be ordered either in the Restaurant or the Bar

Starters

Home Made Soup.....	£2.50
Home Made Chicken Liver Pate with warm toast & Plum Chutney.....	£4.00
Tiger Prawns	£5.00
Prawn Cocktail with Marie Rose.....	£4.00
Chargrilled Flat Mushrooms with Pesto	£3.00
Chargrilled Flat Mushrooms with Red Onion & Cous Cous.....	£3.50
Smoked Salmon & Caper Salad	£5.00
Ham, Tomato, Basil Brie on Toast.....	£5.00
Ham Terrine	£4.00
Chargrilled Asparagus wrapped in Palma Ham, Hollandaise Sauce & Poached Egg.....	£6.00

Off the Chargrill *all served with Chips*

'Our Beef is 100% Aberdeen Angus - this reflects in the price you pay, yet you are guaranteed the fullest flavour & quality'

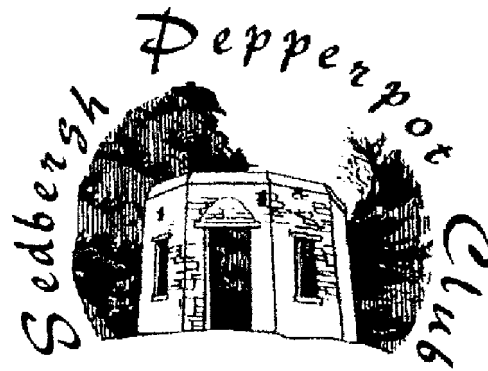
10oz Sirloin, served with Flat Mushrooms & Grilled Tomatoes, Salad or Vegetables.....	£13.00
10oz Fillet, served with Flat Mushrooms & Grilled Tomatoes, Salad or Vegetables.....	£14.00
10-12oz Gammon Steak.....	£8.00
10-12oz Gammon Steak with Cheddar Cheese.....	£9.00
10-12oz Gammon Steak with Blue Cheese.....	£9.00

FISH

Cod in Beer Batter - Fresh Cod bought daily served in our own Beer Batter with Chips & Peas.....	£9.00
Whitby Scampi - Served with Chips & Salad.....	£7.00

PEPPERPOT NEWS

Monday February 24 was an important date in the Pepperpot calendar. Councillor Joe Nicholson came to the after-school rehearsal of the Pepperpot Music Makers orchestra, held at Sedbergh Primary School, to present a cheque from Sedbergh and Kirkby Lonsdale Neighbourhood Forum – and to experience the orchestra from inside! Sedbergh Pepperpot Club is very grateful for this grant and also for a Training and Development Grant from 'Making Music'. Both of these grants will be used to help in financing a gathering of musicians, many from South Lakeland, to make a rehearsal-recording in May of the music of *ACROSS AN UNKNOWN SEA* –



the Quest of St Brendan, to be used for rehearsals with the children who will be involved. The musical drama was specially commissioned, with funding from Northern Arts, from Christopher Gibbs, a founding member of the Lakeland Composers. Anna Gibbs wrote



THE DALESMAN BAR MENU

Main Street, Sedbergh Tel: 015396 21183



Although this is called the Bar Menu, it may be ordered either in the Restaurant or the Bar

DALESMAN SALADS

Dalesman Cracker Salad - Cold Belly Pork Salad	£7.00
Roast Beef - Aberdeen Angus	£7.00
Roast Ham	£7.00
Dalesman Platter - A Platter of all the above 3 Salads	£8.00
Chicken & Bacon - whole fillet of Chicken Chargrilled	£7.00
Smoked Salmon & Caper	£9.00
Prawn - Freshwater Prawns	£8.00
Dalesman Ploughman's - Cheddar, Cropwell Bishop Stilton, Brie - served with Homemade Chutney, Salad, Pickled Onion, Roll & Butter	£7.00

OMELETTES

A huge 3 Egg Omelette, served with Chips & Salad - Choice of 2 fillings - Ham, Cheese, Tomato, Onion or Mushroom	£7.00
Prawn	£8.00

KIDS *All served with Chips & Peas or Beans*

Gammon	£4.00
Scampi	£4.00
Sausage	£4.00
Chicken Nuggets	£4.00
Egg	£4.00

the words based on the story of the legendary voyage of St Brendan. The composer was there too at the presentation and this gave him the opportunity to meet some of the children who will eventually be involved in playing the music he has composed especially for the Pepperpot Music Makers orchestra as part of the whole work. St Andrew's Church will be the venue for the actual performance of *ACROSS AN UNKNOWN SEA*, but it will not take place until June 2004 when it will be one of the events in Sedbergh Festival 2004. Young singers and actors from Settlebeck High School will also be taking part, alongside adult instrumentalists and singers, including

some professionals with local connections. All will be revealed nearer the time!

Fund-raising has become a necessary part of what Sedbergh Pepperpot Club does to keep the Music Makers activities afloat and we have been delighted to receive financial assistance from Dent Parish Council towards group work with ocarinas for Dent children at Primary level. We are also very much indebted to the growing number of Pepperpot Sponsors who are providing a regular income to support the Pepperpot Music Makers activities, though this income is not as yet enough to cover costs. Ideally we should like this to be the case, so if

(Continued on page 12)



THE DALESMAN BAR MENU

Main Street, Sedbergh Tel: 015396 21183



Although this is called the Bar Menu, it may be ordered either in the Restaurant or the Bar

ON THE BONE

Lamb Shank - Oven Roasted slowly, served with Mash & a Red Wine and Redcurrant Gravy & Fresh Vegetables	£8.00
'The Dalesman Cracker - Belly Pork Fillet with Crackling, Oven Roasted served with Mash, Vegetables & Gravy	£9.00

SAUSAGE & PIES - All our pies are Home-Made with shortcrust pastry

Steak & Kidney served with Chips & Vegetables	£7.00
Pork & Leek Sausage served with Mash & Vegetables.....	£7.00
Cumberland Sausage served with Mash & Vegetables.....	£7.00

Homemade Meat Lasagne - Meat Sauce, Layers of Pasta, Creamy Béchamel, Chips & Salad.....	£7.00
Homemade Meat Curry served with Rice (<i>This dish will vary. Please ask at Bar for variation</i>)	£9.00
Homemade Tagliatelli Bolognese.....	£7.00

VEGETARIAN

Homemade Butternut Squash Risotto	£8.00
Bowl of Cous Cous with Roast Vegetables.....	£7.00

Both the above served with Dressed Salad

Mushroom Lasagne served with Chips & Salad	£7.00
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there is anyone out there who is sympathetic to the cause, please contact Shirley Smith on 21196 to ask for a brochure with details of how to become a Pepperpot Sponsor or Friend. Friends give support in particular to the local groups which function in Sedbergh, Dent and Ravenstonedale and their help is much appreciated too. We also have one Company Sponsor and we are hoping that this will be the first of many. The day-to-day activities of the Pepperpot Club provide a regular flow of 'peppercorns' into the fund which can be used to subsidise the regular activities when necessary, but this fund's prime use is to help promising individual instrumentalists with grants towards

lessons or to maintain instruments for loan or for such things as exam or course fees.

Saturday March 1 is also a red-letter day in the calendar because it sees the first meeting of the Pepperpot Folk Fiddlers. Luckily, Carolyn Francis, who established the highly successful folk fiddle group in Kendal at the Brewery Arts Centre five years ago, has now moved to Dent. As well as starting a folk fiddle group at Dent Primary School, subsidised by Pepperpot, she has kindly agreed to run some Saturday morning sessions from 10am to 11am at the Community Office in Sedbergh. The other Saturdays are March 22, April 12, May 17, June 7 and June 21 and the

THE DALESMAN A-LA CARTE MENU

This Menu is very labour intensive, hence the attention to detail and possible waiting time which is reflected in the price.

STARTERS

Soup of the Day.....	£2.50
Chicken Liver Pate, served with warm toast & Plum Chutney	£4.00
Tiger Prawns - dish may vary between Garlic Prawns & Prawns with Coriander & Tomato.....	£5.00
Chargrilled Flat Mushrooms with Pesto & Parmesan	£3.00
Chargrilled Flat Mushrooms with red onion & Cous	£3.50
Smoked Salmon & Caper Salad.....	£5.00
Ham, Beef Tomato, Basil & Brie Bruchetta.....	£5.00
Chargrilled Asparagus wrapped in Parma Ham, Hollandaise & Poached Egg	£6.00

MAIN COURSE

All Main Courses are served with Vegetables & Potatoes of the Day

10oz Fillet Steak filled with Boursin Cheese & wrapped in Bacon with Hollandaise Sauce..	£14.00
Chargrilled Pork Chop served with Mustard Mash & Roast Parsnip & Thyme Gravy.....	£9.00
Chargrilled Chicken Fillet served with Bacon & Mushroom Risotto.....	£9.00
Chargrilled Gressingham Duck Breast served with Mash & Plum halves	£11.00
Fresh Monk Fish wrapped in Bacon served with Garlic Mash, Mustard & Cream Sauce	(Subject to Market Price)
Chargrilled Lamb Steak with Aubergines, Tomato, Chilli Salsa	£10.00
Tagliatelle with Spinach, Tomato & Parmesan ..	£7.00

WINTER OPENING TIMES: Monday to Sunday Lunch 12 - 2 6 - 9

SUMMER OPENING TIMES: Monday to Friday Lunch 12 - 2.30 5.30 - 9.30

Saturday & Sunday - Food served all Day

ACCOMMODATION: We have 5 Luxury en-suite Bedrooms with Indonesian Furniture & Antique Pine. Also 2 Cottages for 1 night or Weekly lets.

For all enquiries, telephone 015396 21183

starter cost for these sessions is £1 a time for children and adults alike. Violin Players and Fiddlers of all ages and abilities (8 to 80!) will be welcome at the sessions. There will be simple tunes to learn by ear, with both easy and 'hard' parts. Written music can be provided at the end of the session as a reminder to have at home or a small tape-recorder could be used for the same purpose. Once the tunes have been learnt, more advanced 'fiddling' techniques and ornamentation will be taught to more advanced players. There may be opportunities to perform informally at the Dent Folk Festival on June 29. Why not dust down that fiddle which has been lying idle under the stairs or bring out the

one which is played only in the privacy of your own home and go along to join in the fun of being part of a group, to explore what may be for you a different sort of music? Carolyn accommodates all styles of playing so there is no need to worry that your technique may be adversely affected!

Last, but by no means least, there is advance notice of an exciting event on May 3 which has been funded by Awards for All. That is the Saturday of the Spring Bank Holiday weekend when the youngsters may be looking for something different to do. Turn the pages of this edition of Lookaround and you will find what you need to know about *GREAT BEAR AND THE JADES*.

**SLDC CONCESSIONARY TRAVEL
SCHEME 2003-2004**

GENERAL ARRANGEMENTS

Half-fare Bus Passes - use and eligibility

The Council's concessionary travel scheme is based on the provision of a statutory minimum bus pass, issued free of charge by the Council, which allows the claimant unlimited half price travel on the services of bus operators whose routes are registered with Cumbria County Council.

South Lakeland District Council and the other District Councils within Cumbria have implemented a scheme, in consultation with Cumbria County Council, which allows eligible persons to use the bus pas throughout Cumbria, so long as the journey starts and finishes

within the County of Cumbria.

The scheme does not however apply to park and ride services or long distance coach services (for example National Express Services)

The half fare bus pass is available to:

All Men & Women aged 60 or over
Specific categories of disabled people
A Disabled Person's traveling companion.

The Council will publish a list of participating operators for the half fare Bus Pass Scheme at the time of issue.

The bus pass will be valid between 1 April 2003 and 31 March 2004.

How do I obtain my bus pass?

By attending your local issuing centre in accordance with the timetable set out below. You will need to take with you:

Steadman's

Budget priced ready prepared meals.

Lasagne (Beef) 550Gm	£2.49	Lamb Hot Pot	£2.29	Tatty Pie (Beef)	£2.99
Lasagne (Pork) 550Gm	£2.49	Lamb Shank /Redcurrant	£2.49	Turkey Drumstick	£1.49
Sweet / Sour Pork 450Gm	£1.99	Pork fillet Apple/Cider	£2.49	Chicken Korma	£2.39
Sweet /Sour Chicken 450Gm	£1.99	Sunshine Sausage Casserole	£2.49	Beef in Burgundy	£2.99
Med. Chill Con Came 550Gm	£2.29	Venison Casserole	£2.99	Stew & Dumplings	£2.89
Chinese Style Ribs 500Gm	£2.29	Liver & Bacon casserole	£1.69	Duck Legs in Plum Sauce	£2.99
Chicken Salsa 500Gm	£2.29	Beef Casserole	£2.49	Duck a la Orange	£2.99
Lambs Liver & Onions	£1.69	Game Casserole	£2.99	Savoury Minced Beef	£1.99
Roast Beef in gravy	£1.99	Chicken Casserole	£2.49	Chinese Chicken Stir Fry	£1.99
Pigs Liver & Onions	£1.49	Turkey Casserole	£2.49	Chicken Curry	£2.39
		Creamy Pork Casserole	£2.49		

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

Telephone 015396 20431

Steadman's

Special Meal Offer! For 2 Roast Aberdeen Angus beef in Gravy with Yorkshire Puddings only £2.69 Each Microwave 5 Minutes At 500 Watts

Special Meal Offer! For 2 Roast Rough fell leg of Lamb with Minted Gravy only £2.29 Each Microwave 5 Minutes at 500 Watts

Special Meal Offer! For 2 Roast Garsdale Pork with Crackling, Stuffing and Apple Sauce £2.29 Each Microwave 5 Minutes at 500 Watts

Special Meal Offer! For 2 Christmas Dinner! Roast Lakeland Turkey with Bacon, Stuffing and Cranberries £2.69 Each Microwave 5 Minutes at 500 Watts

Special Meal Offer! For 2 Roast Cumbrian Chicken Breast with Bacon and Stuffing £2.49 Each Microwave 5 Minutes at 500 Watts

Own Make Family Pies

Shepherds Pie (Lamb)	£1.40	Steak & Mustard	£2.69
Cottage Pie (Beef)	£1.40	Turkey & Ham	£2.69
Cottage Pie (Leek & Pot Top)	£1.49	Chicken Ham & leek	£2.69
Steak & Kidney	£2.39	Pork & Cider	£2.69
Steak Pie	£2.69	Steak. & Kidney Pudding	£2.69
Steak & Guinness	£2.69	Country Chicken Pie	£2.69

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

Telephone 015396 20431

(a) Men and women over 60

Your State Pension Book (or the pink card issued instead of it) or other proof of your age, e.g. passport, driving licence, birth certificate **and** Proof of residence in the district of South Lakeland

b) Disabled or Blind people - one of the following

- If you have registered with the Social Services Department of Cumbria County Council, your F69 Card.
- South Lakeland District Council's "doctor's disablement certificate", this may have been issued previously to you.
- Notice of receipt of higher rate component of Disability Living Allowance for at least twelve months

at the date of claim.

- Notice of receipt of a War Pensioners Mobility Supplement.

If you are not registered with the Social Services Department, but feel you meet the Disable Person's criteria, please enquire at the Issuing Centre or at the Amenities and Development Department (Telephone 01539 733333). You will be required to obtain a Disablement Certificate from your Doctor. Disabled People are entitled to claim an additional half-fare bus pass for use by an accompanying "Traveling Companion". This type of pass can only be used when the companion undertakes a journey with the eligible disabled person.

(Continued on page 16)

The pass should be retained by the disabled person concerned and used by any single, accompanying companion. The appropriate Travel Companions form is available from issuing centres.

Can someone else collect my half-fare bus pass for me?

EXCEPT IN THE CASE OF DISABLED PEOPLE (see below), the issue of the half fare bus pass will require the signature of the eligible person to confirm receipt and to satisfy both security and audit requirements. To claim your half fare bus pass, you must attend the appropriate issuing centre in person.

Any eligible disabled person may nominate someone to collect the half-fare bus pass from the relevant Issue Centre.

This can be done by letter or by obtaining the appropriate form from the Issuing Centre.

The person nominated to collect the concession must be present the disabled person's documents, identified above, as proof of disability.

The Issuing Centres for this area are
Dent

Monday 17th March 1330 - 1530 DMH
Sedbergh

Monday 17th March 1000 - 1200 CO

Tuesday 18th March 1000 - 1200 CO
1300 - 1530 CO

Concessionary Travel - Guidance for Disabled Persons

(a) Department for Transport -

To be eligible for concessionary travel you will have at least one of the

SEDBERGH WANDERERS F. C.

£50 CAR PULL

Can you guess how long the Pull will take? £1 per guess and you could win £50

8:30 am Sunday 16th March
Starting at Sedbergh Police Station
followed by a



Charity Fun Day
in the Bull Hotel
with
Video Snail Racing
and Karaoke



*All monies raised throughout the day will be donated to
Sedbergh Playgroup
PLEASE GIVE US YOUR SUPPORT*

following disabilities:

- Blind or partially sighted
- Profoundly or severely deaf
- Without speech
- Disabled or has suffered an injury, which has a substantial and long term adverse effect on his/her ability to walk
- Does not have arms or has long term loss of the use of both arms
- Has a learning disability, that is, a state of arrested or incomplete development of mind which includes significant impairment of intelligence and social functioning
- Would, if applied for the grant of a license to drive a motor vehicle, have an application refused (otherwise than on the grounds of misuse of drugs or alcohol)

(b) Benefits Agency - (DLA 95 leaflet)

To be able to claim higher rate disability living allowance -

- You will be severely mentally impaired with severe behavioural problems and you need help with personal care both day and night - OR
- You are both deaf and blind and you need someone with you when outdoors; you must have a large amount of hearing loss and sight loss, but you do not have to be totally deaf or blind - OR
- You can only walk a short distance before you feel severe discomfort - OR
- The effort of walking can be dangerous for you - OR



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Mobile: 07889 286 722

- You have had both legs amputated above the ankle or at the ankle, or you were born without legs or feet - OR
- You cannot walk at all.

To claim your concessionary half-fare bus pass, the higher rate disability living allowance must have been awarded for at least twelve months at the date of the claim

Additional information and/or clarification can be obtained from
South Lakeland District Council
South Lakeland House
Kendal, Cumbria LA9 4DL
Tel. 01539 733333 ext.7351 or 7356.

SEDBERGH UNITED REFORMED CHURCH
COFFEE MORNING & GOOD AS NEW
 Wednesday 19th March 10 am - 12 noon
JUMBLE SALE
 Saturday 22nd March 10.30 am

Hotel (courtesy of Alison and Steve) and was extremely busy meeting the youngsters. The Grotto team were really put through their paces. Thanks therefore to Dennis Whicker, Vic Hopkins and Sandra Longlands.

The Treasure Hunt was a major feature once again and special thanks to Tet Graveson and her daughter for devising a fresh set of clues which took the Hunters from the start at the Posthorn via many shops and premises to finish at The Bull Hotel where the entries were marked. Whilst awaiting the results Alan Steadman, acting as M.C., conducted the raffle which was drawn by our Gala Queen, Miss Beth Aveyard .

The musical evening was extended late into the night at The Bull by an exceptionally talented musician from Lancashire who played guitar and sang hit after hit as we danced the night away. Thanks to Sean or "Hippo" as he is known professionally.

The Chamber of Trade Shield for the most festive premises was won for a second time by the Sedbergh Chemist. Congratulations to them, and thanks to our mystery judges who wish to remain anonymous. There are too many people involved to thank them all by name, the businesses who extended hospitality, and all their staff but Steve Longlands and his team deserve a special mention for erecting all the Christmas lights and powering all the venues such as the grotto, the stage and the bus shelter where Heather Dawson was busy with her stunning mulled wine and Barbara Wilson was roasting her chestnuts. Thanks also to Lisa Powell for her scary face painting and the raffle ticket team led by Susie and the B&B mafia. Raising sufficient funds to finance the event is always a worry so a special thank you to our generous sponsors Dalton & Hague, Jackson & Graham, Barclays, HSBC and Nat. West.

I must personally thank my small committee for the help and support they have given me especially Ernie Hailwood, Neil Haworth , Tom Askew and my shop staff who had to take the extra strain whilst I was involved with organizing the event. *Martin Powell.*

Sedbergh & District History Society

<p>Wednesday 5th March</p> <p>Village Character In Eden</p> <p><i>Tom Clare</i></p> <p>7:30 pm Settlebeck High School</p>	<p>Wednesday 19th March</p> <p>Historic Railway Structures In Cumbria</p> <p><i>Gordon Biddle</i></p> <p>7:30 pm Dent Memorial Hall</p>
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DO COME ALONG - NEW MEMBERS ALWAYS WELCOME

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

S&D BEEKEEPERS ASSOCIATION

Sedbergh beekeepers held their second meeting of the year in the Friends' Meeting House at Brigflatts on Monday 10th February when eleven members listened to an entertaining, amusing, and informative talk and demonstration given by Ian Molyneux, the Northern Regional Bee Inspector. Ian is a very practical beekeeper with twenty colonies of his own in Bolton, whose responsibility for bee health and advice extends throughout the north of England north of Manchester. One of the Seasonal Bee Inspectors assisting him is Stewart Beattie of Furness Beekeepers' Association, a sister branch of Cumbria Beekeepers' Association.

Ian's talk covered the very useful technique of the "shook swarm". This is a method of achieving a number of benefits to the beekeeper and the bees by transferring the queen and all the adult bees from their present hive to another clean and sterile hive by shaking them (carefully!) from the brood frames of one on to those of the other. The bees are kidded into believing they have swarmed and like real swarms work their socks off to rebuild the colony's stock of brood and honey. As well as building all new clean and disease-free honeycomb on new frames, the bees appear to be even harder working at their honey gathering, and the final honey crops are reported to be bigger! A number of us will certainly be trying out this technique on at least one colony this season.

Ian then showed us the practical test to find out the level of resistance of the parasitic *Varroa* mite from which our bees now suffer, to the standard treatment

WINDER SOCIAL COMMITTEE
**CHEESE
& WINE
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presented by
 E. H. Booths
Thursday 20th March
7:30 pm
Masonic Hall, Sedbergh

Bar	Raffle
Tickets £6.50 from	
Mrs Conchie	20660
Mrs Greenbank	21720
Mrs Pearson	20845

of the mite with the synthetic pyrethroids Bayvarol and Apistan. Misuse of these treatments by some continental and US beekeepers, and nature's own ability to adapt, have together started to produce resistant mites. Fortunately for us in Cumbria at the moment this is affecting only beekeepers in a few apiaries in Devon. The danger is of the resistance spreading! So a nation-wide monitoring exercise is being organised by the Bee Inspectors. Ian left us several test kits which we shall certainly use at the proper time to do our bit!

Ian finished with various tips and hints for better bee and apiary management and was loudly applauded at the end when our Chairman, John Tallon proposed the vote of thanks.

Our next meeting is our 7th Annual General Meeting, which will be held on Monday 10th March at 7.30pm in the Friends' Meeting House, Brigflatts.

Malcolm Fraser-Urquhart

SEDBERGH BOOK TOWN
MANAGEMENT STUDY
PRESENTATION & EXHIBITION
People's Hall, Sedbergh
Friday, March 21st 2003

Everyone is invited to come along
to the People's Hall
between 2.00pm and 9pm
to speak to members of the
Book Town Committee
and to see a small exhibition
of the results of the
Book Town Management Study.

VIOLENCE

What are your children watching? For some time many of us have said that there is a link between violent behaviour and violence seen on TV and videos and increasingly on computer games.

I recently read an article which included an interview with Lt. Col Dave Grossman. Col Grossman is one of the world's foremost experts in the field of human aggression and the roots of violence and crime. He is Professor of psychology at West Point Military Academy. The shootings on school campuses in the USA and the shooting in Erfurt in Germany are examples of crimes committed by people who have been desensitised by playing computer games of the shoot 'em variety. The Erfurt killings were particularly horrific in that the youth shot his victims in the face. As Col Grossman points out there have always been guns about especially

in the US and in Germany between the wars when the Nazis developed massive youth organisations but these brutal killings did not take place. The factor that has brought about a change has been the spread of computer/video games which require killing as the way to score and defeat the opposition.

In the past if you looked at the X-ray of the smoker's lung it was easily recognised from that of a non-smoker. Now it is possible to look at the brain scan of video-game player and that of a non player. In the non video-game player the scan shows a healthy brain full of colour showing an active brain. In the video-game player the scan shows no colour in the forebrain, the cognitive region, it is shut down. Only the mid brain, the emotional region, shows colour indicating that when they kill in their games they do not think about it. A further disturbing fact mentioned in the article is that the US military have been giving away free copies of the "games" that they use to train their soldiers to basically kill without too much thought. The hope is that will get more recruits into the army who have already been trained to kill. This "game" can be downloaded in Europe from the US web site. If the cognitive region of the brain is disengaged it might account not only for the violent behaviour which is on the increase in our society but why schools have such a problem trying to teach these youngsters. You can find out more from Col Grossman's web site at www.killology.com.

Brian Wright

Victorians 'R' US

Farfield Mill

Arts & Heritage Centre
Sedbergh

Saturday & Sunday
22 / 23 March
10.30 am - 5.00 pm

Come back in time with us and
sample life as a Victorian

<i>Be Photographed In costume</i>	<i>Rocking Horse Display</i>
<i>Lace Making</i>	<i>Story Telling</i>
<i>Shell Craft</i>	<i>Spinning</i>
<i>Sing round the Piano</i>	<i>Patchwork</i>
<i>Kids Bran Tub</i>	<i>Basket Making</i>

An event for **all** the family

Join in the fun - come as your favourite Victorian

Admission - £4.75 per Family
(2 adults & 2 Children - All activities Free
Tel: 015396 21958

FOOD FOR CHILDREN

This article was motivated by Ian Dawson's comments about tooth decay in the February Lookaround. I fully agree with him that preventing tooth decay in children is of great importance. The answer lies, in my view, not in fluoridating the water (which in any case targets tea-drinking adults) but in reducing children's consumption of sweets, sugary foods and soft drinks.

Everybody knows that these things are bad for children and not only for their teeth. Obesity is a problem, even amongst six-year olds. Hyperactivity and attention deficit disorder, food allergies and childhood asthma are all linked to the consumption of food additives. Acne is

unknown in some traditional societies where little processed food is eaten.

Many harmful products: sweets, soft drinks, crisps, "snacks", and junk breakfast cereals are specifically aimed at children. Walker's Footballs are promoted using sporting imagery and contain tartrazine. Monster Munch contains several different colourings. Colourings are an ingredient in 78% of children's desserts. One chocolate manufacturer calculates, that on average in the UK, children consume 3 to 5 chocolate bars a week spending £62 per year. There is concern that children consume too much salt (on average twice as much as government recommendations) and too many artificial sweeteners (Diet Coke is not a healthy alternative). Not all children's snacks are GM free, though public opinion has moved even McDonald's to cut out GM potatoes.

Given the amount of damage these products inflict (and the cost to the NHS - in the USA obesity is the second largest killer after smoking) government warnings would be quite in order: SUGAR CAUSES TOOTH DECAY or THE COLOURINGS IN THIS PRODUCT MAY CAUSE HYPERACTIVITY IN CHILDREN. In fact, just the opposite is happening. Coca Cola and Irn Bru were allowed to advertise at school meals counters in Glasgow. In England, the Department of Education and Skills has a key skills website on which Nestlé sponsors the nutrition element. Nestlé was also allowed to advertise in the Labour Party Conference brochure last year. This is the same company many of us have been

boycotting for years because of the way they have pushed powdered babymilk in areas of the world where there is no clean water to mix it with. The World Health Organisation calculates that 1.5 million babies die each year because they are not breast-fed. Baby Milk Action has a pack called "Seeing through the Spin" to help young people understand branding (telephone 01223 46420, www.babymilkaction.org).

A young child's digestion has to work very close to maximum capacity in order to consume enough food to support growth. It is easily disrupted when energy is diverted to cope with life events, emotions, illness or immunization. (Watch out for additives in vaccines. I recently read of a childhood vaccine containing a mercury compound as a preservative.) At times of such stress a child should eat less to avoid overloading the digestive system. One of the main childhood disorders in Chinese medicine is "accumulation disorder" arising from

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digestive overload.

A child's diet should consist of simple (few ingredients), digestible, nourishing foods. Mealtimes should be regular and overfeeding avoided. Foods which frequently cause trouble are: cows' milk, undiluted fruit juices, gluten, food additives, refined sugar, peanuts (including peanut butter), tomatoes and shellfish (these are thought to contain toxins which affect the nervous system and should be avoided). The Asthma and Allergy Research Centre says that "significant changes in children's hyperactive behaviour could be produced by the removal of colourings and additives from the diet." Let's all boycott junk food.

I plan to do a survey of food policy in local schools for a future article. Any information on this would be very welcome. My telephone number is (015396) 20972.

June Parker

ACUPUNCTURE



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a wide variety of conditions.

Free Half Hour
initial assessment
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June M. Parker

Dip Ac, MBAcC

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AGE CONCERN

Age Concern South Lakeland is an organisation, covering the whole of the South Lakeland District Council area, whose aim is to offer help and support to older people (over 55 years) to enable them to retain their independence. We will be hosting a number of events around the South Lakeland Region, from 7th- 11th April, to raise awareness of our services amongst the over 55's, our client group. The emphasis of the week is to encourage older people to claim benefits to which they are entitled but probably have no knowledge of. We will give a short presentation on the full range of our services and will have a "resource adviser spot" where people can talk directly, and privately, to our advisers. Advisers will

then arrange to contact them for a home visit (or our offices if they prefer) to discuss their issues farther and to take follow up action should they wish us to do so.

Information Services available include:

- Advocacy ... speaking up for people who are unable/unwilling to speak for themselves
- General Advice
- Nursing and Residential Care Advice
- Welfare Benefits Advice

We also have a Support Services unit offering support in the form of:

- Befriending
- Promoting Independence
- Lunch Clubs
- Day Care
- Shopping Clubs



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6 - 11pm

Saturday

12 noon to 11pm

Sunday

12 noon - 10.30pm

Sunday Lunch our speciality £4.95

SETTLEBECK HIGH SCHOOL
The NHS conference: Kendal Town Hall 13th February

The NHS organise an annual conference in Kendal for students possibly interested in health related careers because it is increasingly difficult to provide work experience placements in the NHS for school students. This year Rachel Bentham, Jessica Mason, Rachael Wearing, Clare Rowlinson and Jennie Wood went to the conference accompanied by Mrs Cannon, our Science Technician.

‘We split off into workshops and went round to talk to personnel, see demonstrations from various sections

in the NHS. It was really fun and they got us involved in practical work. I found out that there were many jobs in the NHS, not just the usual ones we hear about. A very informative day.

Rachel Bentham Year 10.

‘I found the conference very interesting, there are so many varied careers including, dental, facial and radiography practices which I knew very little about.’

Clare Rowlinson Year 11

‘We did some practical work in the maxillo-facial and prosthetics section. This included colouring silicon to make skin and bending orthodontic wire for braces’

Jennie Wood Year 11

The Swan Inn

015242 76223

A selection from our Specials Board

Two Cheese Florentine (v).....	£7.95
Beef Casserole with Brown Ale	£8.95
Garlic Mushroom Pasta (v).....	£7.95
Broccoli & Brie Rosti (v).....	£7.95
Tuna Pasta Bake	£7.95
Cumberland Pie.....	£7.95
Chunky Vegetable Casserole with Dumplings (v)	£7.95
8oz Venison Steak.....	£8.95
Chicken & Bacon Pasta.....	£8.95
Leek & Mushroom Crumble (v)	£7.95
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 & Madeira 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

SEDBERGH PRIMARY SCHOOL FOOTBALL LEAGUE

It has been a busy first term for Sedbergh Primary School Football Club. High numbers of juniors and infants have turned up to the Thursday Club, improving their skills and competing in small games. The School's first team have already played quite a few matches. The first two matches were friendlies versus Kirkby Lonsdale (lost 3 - 1) and versus Kirkby Stephen (drew 1 - 1) in which many players got the experience of playing against other schools.

This year has also seen the start of a 'Primary School's Football League.' The league consists of ten schools, nine from Kendal and of course, Sedbergh Primary. The idea is that the schools will play each other once during terms 1 and 2. (Either Home or Away) and a table of results will be produced. Sedbergh have made a flying start having played three of their league matches.

v Stramongate - won 7 - 1.

Scorers - McCandlish (4), Beagan-Taylor (2) and Dent.

v St. Marks - won 4 - 2.

Scorers - Beagan Taylor (2), McCandlish and Ellison.

v Dean Gibson - drew 2 - 2.

Scorers - Ellison (2).

The Friendlies.

v Kirkby Lonsdale. - Lost 3 - 1.

Scorer - McCandlish

v Kirkby Stephen - drew 1 - 1.

Scorer - McCandlish.

The football has been of a very high standard with the players using the 'pass and move' method and being full of encouragement for each other.

Mr. Cayley would like to thank all parents for providing transport to and

from matches and great support.

The first team squad includes:- Stewart McCandlish (Capt.), Magnus Dent, Ben Chetwood, George Close, Sam Bolsher (GK), Bryan Beagan-Taylor, Fred Ormerod, Jack Ellison, Sam Fisher, William Teal, Alistair Bainbridge, Luke Ingham and Daniel Clark.

League matches to come are against - Dean Gibson, Ghyllside, St. Oswalds, St. Patricks, St. Thomas, Heron Hill, Staveley.

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SPRING SHOW

Saturday April 5

All the schedules are now in the shops and in last month's Lookaround.. Do think about entering especially if you have not entered before It really is fun and who knows you might win a prize! Sedbergh Primary School, as always, are making us some posters for the town.

Earlier in the year we asked for more helpers to keep the Show going and two very busy people have come along to give their time to help get the Show off the ground. We shall need more helpers on the day, so if you can give a few hours on the afternoon of Saturday April 5 ring up the Chairman, Margaret Milburn, on 20610.

STOP THE WAR PROTEST MARCH

A very successful Stop The War protest march was held here in Sedbergh on the 15th. February The media gave us good support. I was interviewed by Radio Cumbria in the morning and The Westmoreland Gazette promised to give us written and photographic coverage.

A group of about 40 of us moved off from the Joss Lane car park at 11 am equipped with banners posters, leaflets and petition forms and bathed in glorious sunshine. We perambulated the town twice and met with a very favourable response from local people. At its height our numbers swelled to over 60!

We reconverged at Joss Lane car park at about noon when a collection was taken

to cover expenses so far. We were left with a balance of £23. to donate to the Stop The War coalition.

Many, many thanks to those who took part and supported us in various ways. The pressure needs to be maintained and further marches may be necessary. It feels good to be part of such a world-wide grass roots movement opposed to stopping the war in Iraq - and hopefully all wars...

It was also heartening to learn later that at the same time as our own demonstration over one million people were marching in London and millions more throughout the world; an amazing display of people.

lan McPherson

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Please note our opening hours.

Tuesday to Sunday 9.30am - 5.00pm (Closed Mondays unless BH)
Wednesday to Saturday nights open from 7.00 pm. **Booking essential**

Would you enjoy a regular social occasion to see your friends and meet new people?

THE NEW **SEDBERGH LUNCH CLUB**

To get the lunch club going, all (yes, all!) you have to do is to join us for the very first lunch.
Come on your own or bring a friend.

FRIDAY 28th MARCH, 12.00 FOR 12.30 PM
TWO COURSE LUNCH WITH TEA OR COFFEE, £5.50
At THE BULL HOTEL, SEDBERGH

Information & booking, phone Rosie Dent, 015396 23217 (evenings) by Tuesday 25th March
Sedbergh CDC & Age Concern South Lakeland

DENTDALE BUSINESS FORUM

Now that spring is here, we thought that it would be an ideal time to remind everyone living in Dentdale about the Business Forum and our objective

The business Forum was initially set up by the Business community in response to the foot and mouth crisis, successfully securing funding to promote Dentdale to the tourist trade in the aftermath of FMD, which enabled the previous committee to publish a visitor brochure for distribution over the North and West, to promote visitors back to the Dale.

This years committee intends to carry on the initiative, promoting Dentdale and its many and diverse businesses, many of which are listed within our www.dentdale.com website. The forum would obviously like to enlarge our membership by asking that if you have a business within the Dale of Dent, and are not currently included on our website, please contact our Website Manager to discuss this further.

If you have any questions regarding our activities - our PR officer for this year is Gerard Johnson - email address publicrelationsofficer@dentdale.com - or telephone 015396 25213 with any queries that you may have regarding the Forum's

activities. There are also "post boxes" for the Forum in Dent Stores and Dent Post Office for those not currently on the 'net. We are interested in all your comments, ideas and opinions, and questions regarding business activity within the Dale.

The Forum has regular meetings - the minutes of which are always available at the above mentioned Dent stores and Post office- as well as being posted in the Sportsman's Inn and Dent Church's Notice board.

We are intent on building on the sound foundations that the previous committee worked so hard to provide, and welcome contact from all businesses within the Dale make contact with the Forum

Gerard Johnson

SEDBERGH & DISTRICT
HISTORY SOCIETY
**ANNUAL
GENERAL MEETING**
&
Jacob's Join
7.30 pm Saturday 29th March
Settlebeck High School

SEDBERGH MARKET FAYRE 2003

Saturday 23rd August seems a long way ahead right now.

This is the date of the next Sedbergh Market Fayre.

Already the planning for this third annual Fayre has been set in motion.

We are compiling a list of stallholders who plan to come along and sell their goods and goodies. The list is quite long, but there is room for more.

With this in mind we invite you to grasp the nettle, take the plunge and telephone Joyce Cox on 015396-21820 to book your stall.

Don't be square
Be there
At the
Annual Sedbergh Fayre

BIG SCREEN RACE NIGHT

Own a Horse for The night *BE A JOCKEY*

**FORGET AINTREE,
EPSON & NEWMARKET
IT'S COMING TO YOU!**

PLACE A BET

You have to be in it to win it!!

George & Dragon, Dent
Saturday 29th March
First Race - 8:30 pm
Raising Funds for the Annual Dentedale Festival

- BY PUBLIC DEMAND -

JOHN OTWAY RETURNS



**SEDBERGH PEOPLE'S HALL
SATURDAY MARCH 29TH
BAR & DOORS OPEN 7.30PM**

GET READY TO ROCK!

**TICKETS £8 SEDBERGH OFFICE SERVICES
OR PHONE ALAN TO RESERVE: 015242 62002
OR SIMPLY TURN UP AND TAKE THE CHANCE!**

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(Kirkby Lonsdale Society)

Accommodation available Travers House

Single en-suite room with lovely view.
Two excellent meals provided each day.
Residents should be reasonably active and
able to care for themselves.

For more details

Tel. Mrs. Hamlett 015242 71015

NEWS

AT THE POST OFFICE

MARCH REFLECTIONS

It was wonderful when February's Lookaround arrived. Like an old friend coming home! Absence really does make the heart grow fonder! But, if anyone ever deserved a rest at Christmas and New Year, it's our hard working Editors.

The article written by Sedbergh Dental Surgeon, Ian Dawson, titled, Fluoride, interested us enormously. Sir being a retired dentist. In the late 'sixties, Fluoride played a significant part in Sir's working life. He moved his surgery from Old Trafford, Manchester, to Holyhead, here on the Isle of Anglesey. It was the era when Anglesey was a testing ground for Fluoride. Sir had come from a practice treating children especially, with teeth in a very bad way. Adults as well. Bad dental hygiene was most usually blamed, and, too many sweets. The controversy on the island though, was hot stuff. Sir certainly is, in general against mass medication, being conscious of freedom of choice in all things. One never knew who was on the side of what! For or against fluoridation of the water. But, as time went on, there was a very noticeable improvement in everyone's

teeth. Many claimed though, that was due to increasing toothpaste brands containing fluoride in the early 'seventies. But the fact is proven! Anglesey's example was passed on to other regions, and as a whole, in Holyhead anyway, by the time Sir retired, early because I was ill, there wasn't half as much dental decay, and not as much work either! There was a lot of fighting too, as to the amount of fluoride that was being put in the drinking water. And so on. But loads of fillings seem almost a thing of the past, here anyway, especially as there are composite type materials that last longer, too. Just a sometimes dental helper, I know exactly what Mr. Dawson means in his article, and I know I've repeated some of his facts, but I do believe this to be a matter well worth the arguments it causes!

And now, folks, from fillings to books! Indeed, mine has been a varied life! I must explain the reason for shorter monthly Reflections! And, it doesn't only apply to Lookaround. Books are flooding in for me to review. Mostly Hodder & Stoughton and Headline Book Publishing. But, after a lot of begging and

book-bribing, the Editor of the Chronicle has allotted me more space! Luxury! I grabbed my chance when a book by Ed's favourite author was published, and though it wasn't really local level reviewing, I did a deal, with all concerned!

His reaction was that I should either move to advertising or joining the United Nations! Argue, me? No! Not much. So, now more books to read, more write-ups. But, I don't ever want to give up my precious connections with Lookaround-land, so I will revert to quality, not quantity - of words! And, so having aired my own fluoride opinions I want to wish you all well, send you all my love, and thank you for all your friendship. My hand of friendship is extended to all

Dental Surgeons in Lookaround-land. You are doing a great job!

And, to another, my hand of friendship goes to Dorothy Goad, the lady of the George & Dragon, Dent. Good luck my friend, and I've yet still, to find better - or as good - steak and kidney pies, as yours, pal. So you take care. Here's to more of the glorious weather we're experiencing now. Yes, we had a chicken-in-the-basket lunch only the other day (15 Feb) on the patio gazing at a kind, clear, peaceful sea. Then, it went cold again and the thirty year-old pump on our central heating system - BLEW! Brrrrrrrr!

We love you. We miss you. Be happy and try not to worry too much about war. Not easy, is it!

Joan Stockdale.

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Settlebeck Gill

If you are heading for the Howgill's from Sedbergh town centre you will probably take one of the public rights of way following Settlebeck Gill. Should you feel the need to pause for breath, linger a little longer, look and listen. The gill holds a remnant of the ancient woodland which covered the area long ago. As such it provides a valuable and increasingly threatened habitat for flowers and ferns, birds and mammals. Depending on the season you may spot wood anemones, bluebells, wood sorrel, primrose, violet and many other plants. Settlebeck Gill has a particularly rich variety of woodland. Oak, ash, sycamore, rowan, hawthorn to name but a few and

there are also areas of low prickly scrub which provide shelter from the elements and from predators for small birds. Bird life abounds from buzzard to blue tit. There is evidence of coppicing, the cutting of wood a few feet up the trunk to provide new growth of narrow branches suitable for tool handles, fence posts and charcoal. Woodland was farmed and managed much more before the days of plastic and mass production. Not only does the gill provide winter shelter for stock but also a haven for winter visitors such as redwings and fieldfares. Red squirrels were seen last year and we anxiously await their reappearance. Many other mammals find refuge in heaps of dead wood and under low bushes. Rabbits, stoats, badgers and foxes interact

The logo for Christopher Whelan is a grey oval with a white border. Inside the oval, the name "Christopher Whelan" is written in a white, serif font, with "Christopher" on the top line and "Whelan" on the bottom line.

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when the light fades and the walkers go home. The whole woodland is an interdependent system. From the smallest insect to the largest predator, all have their place in the ordered society of a wooded gill.

Geologically too the gill is special. Below the fell wall a series of waterfalls tumble over dark red rocks. It is difficult to imagine, but desert conditions prevailed here about 345 million years ago. Fine red sands blew into deep valleys in the lower Silurian rocks. Flash floods brought stones and pebbles which, buried under the pressure of subsequent layers, cemented into a conglomerate. After the Ice Age the overburden of ice melted and the land rose. Rivers cut down to a new base level exposing these ancient Lower Carboniferous rocks. These strata are buried at least a kilometre below the surface to the east of the Dent fault and the Upper Carboniferous layers, which would have covered the Howgill area in former times, were eroded away. Glacial action has also played a part in shaping the gill with great thicknesses of grey boulder clay still collapsing and slumping into the

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upper stretches. Where sheep can graze regrowth of woodland and plants is limited and the local CWT support group is embarking on an exciting Jubilee Wood project which involves excluding stock from the narrow part of the gill above Castlehaw Farm. We hope to restore the eastern hedge to its original thickness with replanting in gaps and supplementing growth in thinner sections. We hope to see a regrowth of ground flora and YDNP volunteers are putting up bird boxes to encourage small birds. Perhaps redstarts and pied flycatchers will be moving in. Funding has already been obtained from the Earthwatch Institute and the outcome of other grant applications is awaited. Meanwhile we must thank Mr Paul Wilkinson (YDNP) and Mrs Jean Postlethwaite for their support and encouragement. Watch this space!

Susan Garnett

KILLINGTON W. I.

Our February meeting was not held in the People's Hall. Instead we assembled at the Brigflatts Meeting House of the Society of Friends, perhaps better known as "Quakers". This Meeting House, built in 1675 is one of the oldest in the country - a place of considerable renown. Our host for the afternoon was Melvin Roberts who welcomed us and once we were comfortably seated proceeded to enlighten us on a great range of fascinating topics.

We learnt how, in the seventeenth century, the hamlet of Brigflatts was a thriving community comprising some 75 souls with an economy based on the growing and weaving of flax to produce linen. He told us how the flax was retted

(the leafy part of the plant rotted away in the acidic water of the village pond), leaving the fibrous central veins of the leaf to be woven into the valuable cloth. The industry was sufficiently profitable to support a number of other craftsmen such as a blacksmith and a tinsmith. Brigflatts was a flourishing and independent community well before the coming of George Fox. Moreover the people here were already of a reactionary frame of mind, happy to worship simply, and unhappy to pay the fines imposed by the authorities for non-attendance at Sunday Worship and non-payment of tithes. Hence when Fox came journeying and preaching his message of a more direct way to worship (- no clergymen, no special places for worship, no service

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book to follow) - at Brigflatts and in the area around, the seed fell on fertile ground. He was made welcome in the area by Justice Gervaise Benson at Borrett and others. However his adherents suffered intense persecution from the authorities and at one time there were 5000 persons from the West Riding of Yorkshire imprisoned and many paid with their lives.

The building of the Brigflatts Meeting House took place at a time when it was illegal for more than 5 people to meet together in each other's houses to worship. Sir John Otway of Ingmire allowed it to be built on his land. With 40 tons of stone in the roof alone the building was evidently meant to last!

We learnt a little of the traditions of Quaker meetings - how baptisms, marriages and burials are conducted. Can you believe that over the years 700 people have been interred in the tiny burial ground at Brigflatts. Re-use of space is not the invention of new environmentalists!

Melvin was warmly thanked for his hospitality and for bringing the subject so vividly to life. It was a most informative and entertaining afternoon. Everything

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was so beautiful from the solid, homely building to the snowdrops nodding in the winter sunshine outside.

After we had had a leisurely look around we adjourned to the home of one of our members nearby and enjoyed a welcome cup of tea and a good crack. (that's me pretending I'm not an offcomer!) Shirley, our President, whizzed through the necessary business and we are now looking forward to our Fair Trade Coffee Morning at High Becks on 6th March. Our next regular meeting will be at the People's Hall at 2.00pm on Tuesday 11th March, at which you would be most warmly welcome. The speaker will be Lucy Morris who will give us an insight into "A Musician's Life". *W.F.U.*



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COBBLE COUNTRY

Cobble Country has become a part of Sedbergh's Main Street and surrounding area since it was first established in 1993. Those who remember will know the Property Agency took its name from the infamous cobbles that were laid the length of the Main Street around that time. Therein lies many a wonderful tale that holds challenging memories for those around at the time.

Nigel Close, 30 years in the area at the time, established the Agency when he realised that there was no full time property agency in the town and brought in Sandy Parker, a time served Property professional from the 'Shires', as Sandy used to like to say.

Sandy stayed with the Company into his third year and became a well liked man who people came to trust as being reliable, efficient and kept the heart and ethos of Cobble Country to the front of his dealings with anyone he met. That fundamental belief is one that I was raised with when I was brought up in Sedbergh living and breathing the life of a Garage owner's son and the joys of keeping peoples cars on the road.

You learn a lot about what matters to people when you are in a service industry.

I have tried to keep those values at the heart of Cobble Country and it is all credit to Ann Holme that she has been the solid support behind all the following

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Property Managers (except the most recent). She has for two years been the link to all the other activities that we have going on at 59 Main Street.

From the Property Management side, the whole area suffered during the Foot & Mouth era and many businesses will take a long time to recover.

It is unfortunate that Sandy Parker had to leave through personal reasons that took him away from the area. He has been irreplaceable.

However, I must share this good news with you. The most recent incumbent in the seat responsible for looking after our customers in the Property department, has excelled during her first three months.

I can honestly say that she is already coming close to returning the Cobble Country service to what it used to be. She loves to have everything just right. Our Landlords are already singing the praises of Janine Zanetti. Our clients looking for Property in the area are thanking us for keeping them informed.

She is eager to help people achieve their ambitions with regard to the Property Business. Utilising her incomparable service strengths with our 'Local and Experienced' Property expertise, I guarantee that you will be pleased with what the 'New Look' Cobble Country has to offer you.

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		Macaroni Cheese	£5.90
		Rice Dishes	
		Chilli	£5.60
		Chicken Tikka Masala	£6.90
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		Ploughman's Lunch	£4.60
		Cold Meat Salad & Roll & Butter	£4.90
		Prawn & Rice Salad	£5.80
		Sandwiches	
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		Ham, Beef, Cheese & Tomato;	
		Cheese & Pickle or Salad	£1.90
		Toasted Sandwiches	£2.20
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		Portion of Mushrooms	£1.00
		Roll & Butter	£0.35

THE HEAD AT MIDDLETON



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Menu

SEDBERGH GALA 2003

The theme for Gala for 2003 is Stars of Stage and Screen there will be lots of opportunity to win the fancy dress competition and impress your friends; you could be Mickey Mouse, a Teletubby, Catherine Zeta Jones, Michael Douglas, James Bond or even Harry Potter. The theme is such a brilliant opportunity that Gala Group and their helpers are keen to join in and would be grateful for the loan of any suitable adult costumes.

Gala will not take place on the People's Hall field this year (in order to protect the newly laid football pitch). The event will take place on Sedbergh School Rugby pitch on Back Lane. The procession will leave as usual from Maryfell at 12.30 and go along Main Street and then turn into

Back Lane. There are many new and exciting events being planned which will be confirmed in later editions of the Lookaround.

Catering businesses or willing individuals are invited to tender for the provision of sandwiches and cakes for the Gala visitors. Usually we sell up to 200 high teas and we would be interested to hear from anybody who would be willing to prepare these at a reasonable cost.

If you are interested in the catering opportunity please contact Joyce Cox on Sedbergh 21820 before March 10th if possible. If you have a suitable costume you would love to see someone look a fool in then again contact Joyce Cox on Sedbergh 21820 or see any member of the Gala Committee



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DIALECT DIGEST

Among my collection of dialect books is a copy of the Clock Almanack, by John Hartley, dated 1891. These flourished from about 1850 to around 1950 and were based on the traditional almanac, except that they were written in dialect, usually that of the West Riding.

As well as the standard predictions for the year ahead, each month they contained stories, opinions, and a section headed 'Smatterins o' Sense'. March includes the following gems.

A chap wi' brass "at cannot finnd what he wants, is as badly off as one 'at wants what he hesn't t'brass ti get.

Nivver bother yor heead abaat ha mich yo'll be able ti leave when yo dee, fer yo'll jist leave as mich as onnybody else

at dees at t'same time - all theer is.

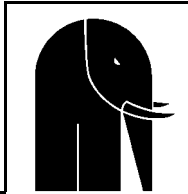
A chap 'at doesn't do all 'at he can, does less nor he should. Nubdy does mooar.

John Hartley was a prolific publisher of dialect, and many of his books command high prices in second-hand bookshops.

However, it is worth looking out for the various 'Alamanacks' which are not only a good read, but also contain advertisements which would never pass today's Trades Descriptions Act.

For instance, Dr Robinson's Purifying Pills cured indigestion, loss of appetite, dropsy, headache, languor and flatulence, as well as purifying the blood and strengthening the nerves. And all for a mere seven pence ha'penny per box in old money!

Michael Park



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SETTLEBECK HIGH SCHOOL

Student Participation at Settlebeck

We are always pleased to report how much the school benefits from the full commitment and involvement of its students in so many ways. Here are a few examples from recent weeks:

Student Council and Governing Body

Like most secondary schools, Settlebeck operates a school council made up of students who are elected to represent the views of their tutor group and to make a contribution to decision-making and school planning. This year, for the first time, the student council sent representatives to Full Governors meetings. These students joined in discussions on certain agenda items, and we've asked their opinions as a matter of

course during meetings. They are not simply observing, they're fully participating. Hilary Dixon, Chair of Governors, described this as "ground breaking".

It was natural, then, that when the governors curriculum and staffing committee invited Judith Walsh, Head of Upper School, to enlighten them on current changes to the 14-19 curriculum, she responded by bringing two year 10 students, Abigail Wales and Chris Milburn to talk about their Kendal College placements. They both spoke superbly and the committee was really impressed.

Who broke the chair? – Drama for the primary school

This year's year 10 GCSE Drama group

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is smaller than usual so they have easier opportunities to work on projects as a whole group. After only three weeks preparation, on Wednesday 12th February the group invited Year 4 at Sedbergh Primary School to be their tailor-made audience for a specially devised and wacky version of Goldilocks and the Three Bears. At the planning stage much consideration had been given to what eight year olds would enjoy, what would make them laugh and how to involve them fully in the experience. The script and stage area were particularly created with this unique audience in mind.

As time marched on the group became more confident and sure of their ground, 2.50 p.m. arrived. The children were waiting at the door from the playground. They were escorted upstairs and seated in the round by the cast. Instantly they felt at ease and soon got into the swing of things by interacting with the cast. They had strong ideas about who was to blame for the broken chair in the bear's house. After the performance we had a question and answer session which also ended in a hotly contested dispute about the chair! All in all it was a great success, and very gratifying to see our students working so

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Committee Room all sessions as above - £5
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well with younger children.
School Dinner Sir? Certainly, table for eight.


For as long as anyone can remember Settlebeck dining room has operated a canteen service with queuing being the order of the day. Imagine everyone's surprise when, on Thursday 6th February students were invited to take a seat by a smiling year 10 boy who took their order and provided a fully comprehensive waiter service. There was a fair amount of appreciation and compliments all round from the kitchen staff. This was such a success that we are considering introducing waiter service for one day a week in May and June when the Year 11s have left and things are a little more quiet.

John Fisher, Deputy Head

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FAMILY MUSINGS

I am addicted to them... and now the local shop is selling them, indeed has them on display right in the middle of the counter I can supply my addiction! Not bacon sarnies this time but those wonderful fridge magnets with those great sayings on them. i.e. "Do you want to speak to the man in charge or the woman who knows what is happening?" "Without stress my life would be empty." "Don't try to understand me, just love me." etc.

Everyone has been home. Elder daughter finished her studies in France now going back to Durham; son working about the area doing odd jobs and gardening; younger daughter on half term, Grannie loves them popping in and out and we had a very interesting lunch one day. Mini veg spring rolls, samosas, onion bhajis, veg. Pakoras, egg rich, and ... oven chips, all eaten by chop sticks... most of us managed a bit but Granny was determined to boss the chopsticks and complete her meal. Go Gran!

I'm getting better with my typewriter but look longingly at adverts for Word Processors perhaps one day....? When I write my short stories I use long hand 'cos I can't type quick enough to keep up, but they need typing out before submitting to magazines etc.. I'm enjoying the writing course and the writing magazines but really need to get down to the proof-reading.. Latest idea is to try watercolour painting... been better not to bother really but then if I hadn't tried I would have gone through life thinking I could've, wouldn't I?

Some glorious rides out these sunny days so lovely and warm in the car, a different one now, big estate car, blue

Vauxhall Astra, another gift. We were offered it over a year ago by the mum of the extra teenager who lived with us for a while, we declined, the car not the teenager, though having her was an education, but then there was no escaping ..a friend found this car for us and whoa! Ha! Same car! We just had to have it, it seems. Kinders share the 106, and Charlie lives elsewhere. I call this one Ermitrude, the name I once told people was my second name, they believed my for a while. Until I got married and everyone heard my second name .., but one of the Kinders calls it Derek... something to do with Only Fools and Horses What is she trying to tell me? Enjoy the sunshine and look out for Ermitrude/Derek!

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HISTORY SOCIETY

February 5th was Members Night for the History Society. Once a year we dispense with professional lecturers and learn something of the work that individual members are carrying out. This year we started with Judith Robinson whose talk entitled 'Geneology and Family History' gave us a fascinating account of her research into her family history. She outlined the various methods and sources which can be used when delving back into the past and how these have altered since the early nineteenth century when more assumptions and fewer firm facts were the order of the day. The emphasis is less on family trees and more on the social background. Nowadays, more use is made of diaries, memoirs, wills, letters,

account books, census returns, newspapers and oral interviews.

Richard Cann followed with a very interesting history of the Widows' Hospital which was started by Thomas Palmer. The original mid-nineteenth century building is still in use although it has now been converted from six houses to three to allow for indoor washing facilities and kitchen etc. There were specific conditions for entry :- the widow had to be born in Soolbank, be a regular attender at church and be an upright, honest woman (with no past history against her!). She was supposed to live alone but there are known cases where grandchildren were living there – presumably to avoid going into the workhouse. From 1891 the Hospital was administered by the Trustees of Sedbergh United Charities.

Richard then went on to give the history of the Reading Room which was built in 1858 with money collected from Sedbergh School pupils, past and present. This was in honour of Dr John Harrison Evans, the much admired (and feared) Master of Sedbergh School. An old house that had stood there previously was demolished and the ground level was used by various markets. At one time it was a butter market, later farm and garden produce were sold there. It was used as a store of a local grocer before being taken over by the SRDC as a public shelter. Meanwhile upstairs became a library and was later leased to WRCC. As it was insufficiently endowed it was taken over by the Trustees of Sedbergh United Charities and Widows' Hospital who still own the building.

Our President, Ingram Cleasby gave the Vote of Thanks.

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SEDBERGH SCHOOL GIRLS FUND

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

1. The income of the Fund shall be applied by the Committee for the benefit of beneficiaries, in one or more of the following ways:-
 - A) The award of Scholarships, Bursaries or Maintenance Allowance tenable at any School, University or other place of learning approved by the Committee;
 - B) The provision of financial assistance, outfits, clothing, tools, instruments or books to enable beneficiaries on leaving school, a University or any other educational establishment, to prepare for, or to assist their entry into, a profession, trade or calling;
 - C) The award of Scholarships or Maintenance Allowances to enable beneficiaries to travel abroad to pursue their education;
 - D) The provision, or assistance towards the provision, of facilities, of any kind not normally provided by the Local Education Authority, for recreation and social and physical training, including the provision of coaching in athletics, sports and games, for beneficiaries who are receiving primary, secondary or further education;
 - E) The provision of financial assistance to enable beneficiaries to study music or other arts; and
 - F) In otherwise promoting the education of beneficiaries.

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

Anyone wishing to make an application for a grant from the Fund should contact the Honorary Secretary, Mr. N.A.H. McKerrow, at the Bursary before 12th March 2003.

Daphne Jackson D. O.

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SEDBERGH PRIMARY SCHOOL

2nd team football

So far this year Sedbergh Primary's 2nd football team have played two matches Vs. Stramongate lost 5-1 (dark) vs. Dean Gibson drew 0-0

Both matches have seen lots of good football being played and when the first match was slipping away, the players kept on trying their best. There are more matches arranged for the Spring term and hopefully if the Settlebeck field pitch dries up, some of them might be at home.

Mr Cayley would like to thank all parents for providing transport and support.

CHRISTIAN AID

Christian Aid is very active at a national and local level particularly in promotion of a negotiated rather than a military resolution to the International crisis threatening the delicate stabilities of the Middle East and the repercussions that will have globally.

The organization is also co-ordinating mass lobbies to promote Fair Trade so that producers wherever they may be will get a fair return for their produce and not be exploited by the heavyweight buyers for the international companies. Most of our local churches have representatives on the Sedbergh and District Christian Aid Committee and can give you further information about the organization or if you are interested in finding out more you could contact Mrs Kath Hannam, the Committee's Secretary on Sedbergh 20897. Two local events are coming up which you may like to come to:

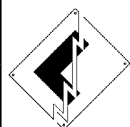
A Coffee Morning for Christian Aid is to be held at the URC Rooms, Sedbergh, from 10 –12am on the 13th March at which there is an informal opportunity to meet members of the local committee and supporters of Christian Aid

On Tuesday, the 25th March at 7.30pm in Sandylands Methodist Church, Kendal there is to be a meeting open to all in South Cumbria who are interested in the work of Christian Aid. The speaker is from one of Christian Aid's partner organizations in Serbia. Ankica Dragin is one of the eleven strong team of the Ecumenical Humanitarian Organization based in Voivodina. Ankica (pronounced Ankitza) will be explaining the team's work on youth reconciliation for the internally displaced people from Kosovo

and the small projects they help set up as practical bridge-builders between the estranged communities of former Yugoslavia. *Rev'd. Anne Pitt*

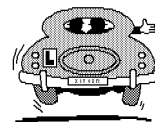
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SEDBERGH PRIMARY SCHOOL

Sedbergh Primary Schools netball club is now up and running on a Wednesday afternoon (straight after school). The school now also has a team playing competitive matches against other schools.

Three fixtures have been played so far:
Vs. St. Mary's won 10-3
Vs. Kirkby Stephen won 7-0
Vs. St. Marks lost 4 - 3

This is a great start for a newly formed team and the level of skill and knowledge of the game is increasing all the time. More fixtures have been arranged for term 2.

The squad : Megan Ingham (Capt.), Kimberley Hurst, Claire Winn, Claire Hunter, Robyn Lewes, Elizabeth Thexton, Emily Crompton, Vicky Farrell, Sophie Schools, Emily Armitstead, Chloe Packham.

Mr Cayley would like to thank all parents for transport and support.

**ST. JOHN AMBULANCE
SEDBERGH DIVISION**

St. John Ambulance have now purchased an Automatic External Defibrillator (AED). With grants from Craven Trust, Sedbergh United Charities and Widows Hospital, and Neighbourhood Forum.

Thank you for donations from White Hart Club, Methodist Carole Singers and everyone else who has supported us in raising the money.

The defibrillator (AED) is used to treat patients who have suffered a cardiac arrest, with the use of the defibrillator the patients survival rate will be greatly improved.

The division now has 10 members fully trained in oxygen therapy and the

defibrillator, with another 5 members undertaking training.

The defibrillator will be on all events and duties covered by Sedbergh Division of the St. John Ambulance.

If any one is interested in learning about first aid, ambulance aid, medical gases and is willing and able to give up Saturdays or Sundays through the summer, then contact Mark Winn on 21096. We meet every other Monday night 7.30 to 9pm.

Congratulations to Jayne Kellaway, who has gained her promotion to Officer Grade 6 and now takes over as Cadet Officer.



White Rose Fisheries & Café



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Tuesday		5 - 7:30
Wednesday	11:30 - 1:15	5 - 7:30
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PUBLIC NOTICE

LOCAL GOVERNMENT
(MISCELLANEOUS PROVISIONS)
ACT 1982 PUBLIC
ENTERTAINMENTS LICENCE

TAKE NOTICE THAT Dent Folk Festival Committee of Smithy Fold, Dent, Sedbergh, Cumbria intends to apply for the grant of a Public Entertainments Licence under the provisions of the Local Government (Miscellaneous Provisions) Act 1992, in respect of the following premises:- land adjacent to Dent Sports Field as in 2002.

The proposed days and hours of operation contained within the above application shall be as follows:- From 6 p.m. on Friday 27th June 2003 until 6 p.m. on Sunday 29th June 2003.

Any representations on the above application must be made in writing to the Director of the Environment and Housing, South Lakeland District Council, South Lakeland House, Lowther Street, Kendal, Cumbria. LA9 4UD within twenty-one days of publication of this notice.

Signed:- Mr A.J. Cheetham on behalf of Dent Folk Festival.
Dated this 10th day February 2003.

HAVE YOUR SAY?

Do you have an idea for improving local services or for something which would help your community?

Do you have a concern you would like to raise?

You can talk to your local Councillor about these, but another opportunity will be at meetings Cumbria County Council is arranging around South Lakeland.

For the daytime events, we have invited Councillors; the Police; Voluntary Action Cumbria; SLDC; the Member of Parliament; the Volunteer Centre; the Council for Voluntary Action; Health Visitors; the National Park Authority and others. The Meetings will be held in Sedbergh on 5th March in the Library from 9:30 to 11:30 (adults) and 5:00 pm to 7:00 pm (youths)

And, of course, there is the regular Neighbourhood Forum Meeting which is taking place in the DMH at 7 pm on 17th March..

We hope to see you there.

If you require any further information, please contact Debbie Binch on 01539 773180 or Dianne Whitehead on 01229 894103.

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SETTLEBECK HIGH SCHOOL
Settlebeck's new Learning Resource
centre (LRC)

You will no doubt be aware that for the last two months we have been seeking planning permission from the YDNP planning committee for our new learning Resource Centre and after considerable negotiation our plans were unanimously approved on Tuesday 11th February at Hawes Museum.

There had been two major concerns about the new building.

The first was that the line of yew trees across from Settlebeck Cottage would be at risk, and we have had the plans redrawn to move the building further away from the trees to protect them. We have unfortunately had to lose several

trees, but some of these were already in a poor condition and our students have planted over a hundred new trees adjoining our playing fields this year, with the YDNP ranger. Some of these will provide hedging, others will be allowed to mature. We have plans to plant more trees along our side of the river paths and some of these will be yew trees to replace those lost.

The second concern was parking and we have identified ways of providing more parking in our front grounds by taking out 2 dying trees and using the larger space outside of our new Community Development Centre (CDC). We will in fact have 5 more spaces than previously here when all the building is complete. We're opening up our bus park for



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- 2nd: Darts Open. 3pm onwards
Everyone welcome.
- 14th: Curry Night
- 16th: Charity Day. Sedbergh Wanderers
Car Pull, Snail Racing, Karaoke
and other Fun activities
- 17th: St Patrick's Day celebrations
Special Offers, Prizes
- 30th: Mother's Day - Sunday Lunch
3 Course Meal £.50
Free Gift for every Mum!

Every Sunday Night
Quiz Night with the
Singing Quiz Master. Cash Prizes.

Happy Hour every Friday 7-8 pm

greater use and will have made 10 new spaces there by this summer. However in the short term, parking will be difficult at Settlebeck due to all the building contractor's vehicles. We apologise for this and urge visitors to park well away from the school entrance but not on Maryfell or the other surrounding residential areas.

We look forward to our new LRC being completed by the beginning of September when 3 new students with autistic spectrum disorders will join our school and benefit from the new facilities. The new facilities will also be used by most other students in the school and by some of the adults on our adult education programme in the evenings.

NEWS

AT THE POST OFFICE

Our CDC is still on course for completion before Easter when our parking problem will ease a little.

We look forward also to a grand opening of all our facilities (including our extended hall) in the autumn term.

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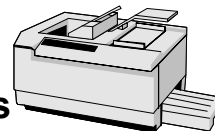
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VICTORIANS 'R' US

Weekend March 22/23

Saturday and Sunday 10.30 – 5.00

Get out your Victorian costumes and come and join us in a splendid weekend of activities, have your photo taken and try your hand at all kinds of crafts. Be entertained.

This is not a Victorian Fair à la Kirkby Lonsdale. At each stall there will be an activity that you can try out for yourself, such as Victorian quilling, rug making, patchwork, sweet making or making pictures with sea shells. Anything started during the weekend can be entered for the Spring Show a fortnight later in a special class for such objects.

.Our 'bodger' has made us some wooden skittles for anyone who wants to try their hand at 'bowls' Victorian style and there will be a display of Victorian objects. If you have anything interesting we could put on display, such as Victorian books, ornaments, kitchen equipment, we would be glad to borrow them for the weekend. It would be helpful to have a little note about them such as where they came from and what they were used for. We will look after them! Ring the Centre on 21958 if you have anything. There will be story telling and other entertainment. There is no charge for taking part in the activities but a small charge will be made for any materials used. The entrance charge for one day for the whole family (2 adults and 2 children) will be £4.75.

Wearing Victorian costume is not essential but there will be a photographer on hand to take photographs in the Victorian Manager's Office. If you are not in costume you may borrow one for

the photo.

It will be something new and something different and we hope you will find it worth a visit.

Astons Bakery

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phone 015396 21058

CHILDREN'S WORKSHOP

Does your child enjoy drama? making music? creating and painting?

If so then they will want to come to a special day being organised by Sedbergh Pepperpot Club on Saturday May 3rd in the People's Hall, Sedbergh.

The workshop is open to children aged 6 to 11 and will be based on a Chinese folktale, 'Great Bear and the Jades'. The children will have the opportunity to make props, create background music or act, under the guidance of Val Finch, Ann Wright and Judith Bush.

The session starts at 10 am and runs through until 4 pm, with a break for eating packed lunches. At 4.30 there will be a performance of 'Great Bear and the Jades', to give parents and friends a chance to see what has been going on all day.

Wear old clothes and bring a packed lunch. For more information ring: Val Finch 015396 21592 or Judith Bush 015396 20058

DENTDALE W. I.

The February meeting opened with a short tribute to former member Monica Tarring who died recently. Monica had also been a tireless member of the executive of the Cumbria Westmoreland Federation for many years.

During the Business meeting our President was able to report the success of the Public meeting for the First Responder project. Elaine Alston (Community First responder co-ordinator) had given an informative talk on the aims of the project and a Paramedic was on hand to demonstrate how to work the defibrillator. An Inaugural meeting of the group was arranged for 19th February.

60th celebration arrangements are well in hand. Old minute books have come to light recording the first meeting in March 1943 and these will be on show along with as many old photographs as possible of Dentdale W.I. over the years.

It will soon be time for the Dent Run on the 8th March. We might not have any members running but many of us will be busy preparing and serving the refreshments as has become the tradition.

On a cold February night our speaker Susan Garnett transported us to Venezuela with her slides of this colourful country taken while on holiday a few years ago. We were shown slides of Angel Fall the highest falls in the world and lots of other interesting geological features that Susan had seen on her journeys and expeditions around the Country.

Our competition was for a photograph of moving water and was won by Catherine Sugden. Audrey Thompson

won the raffle prize.

Next month is the Anniversary Dinner with entertainment that we are all looking forward too.

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SEDBERGH SWIMMING CLUB Sponsored Swim for Asthma Research Tuesday 11th March from 6.30 pm.

If you are a member of Sedbergh Swimming Club, this is your chance to do your 'bit' for charity.

The Club will no longer be offering Rainbow Awards but the sponsored swim will still give members the chance to swim as far as possible, but with the bonus of raising money for Asthma Research. Certificates will be awarded and also prizes for the members who raise the most money.

The event is open to swimmers of all ages and abilities. Even if you are unable to swim, we would be grateful for any assistance on the 11th March.

Please ask for an entry form the next time you're at the pool or give your name if you are willing to help.

There will be no lessons or recreational swimming on Tuesday 11th March. For more details contact Heather Pakeman on Sed. 21279 or Jacqueline Smith on Sed. 20760.

FROSTROW WI

Our president, Mrs Anne Petyt, welcomed us to the February meeting and gave news of members absent through illness. The business of the meeting was speedily and efficiently dealt with and future Federation events were brought to our attention.

We were then entertained by Mr George Harrison with his "Kirkby Lonsdale Tales", based on the tours of Kirkby Lonsdale he runs for SLDC in the summer. With the aid of slides, we heard fascinating tales from the rich history of the town, its old buildings, curiosities and local characters.

Mr Harrison's knowledge and enthusiasm for the town were quickly apparent, and father and grandfather, the blacksmith, were soon introduced as sources of many of his tales. The local characters were brought to life and we learned the truth about who shot Toplis, Matron's Rules and Regulations and the gas works attendant who swapped gas works and went to Ingleton on his holidays to mind the gas works there. We saw some of the interesting old buildings, including the church with its fine stained glass windows and a font which was found in a farm yard at Killington, and we learnt about the market cross and the naming of the Royal Hotel, courtesy of Queen Adelaide after she had stayed there.

Mr Harrison's other interests of calligraphy and heraldry contributed to this most enjoyable and informative talk by an excellent raconteur and he was warmly thanked by Mrs Sheila Bainbridge.

Mrs Eileen Stavley won the competition

for an old local photograph and our guest won the raffle prize.

The next meeting is on March 12th, when Mrs Fiona Cartmel will speak on "The British Red Cross". Prospective members are always welcome.

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SEWERAGE WORKS

Work has started on a five month project to connect two small villages on the outskirts of Sedbergh to the sewerage system. Farfield and Hallbank will be hooked up to the main sewers after years of relying on septic tanks, which have to be regularly emptied by tankers.

United Utilities is carrying out the work and said the project would make the tanks redundant and end wastewater being discharged into the River Clough, a tributary of the River Rawthey. The septic tanks at two private gardens will be removed and landscaped, while sewage will be pumped from Hallbank, where it will join a pipeline that will be laid to take it from Farfield to a pumping station.

"Wherever we put it, the pipeline will be crossing some roads - including the A684 - so with the best will in the world to avoid disruption some may be caused", said project manager Martin McGrath.

DIET

Bread-the staff of life? I have just re-read June Parker's and Carol Dawbarn's articles on diet. Recently I have been doing a bit of reading also and visiting the internet and have come up with some interesting findings.

Now most of us were brought upon the idea that a balance diet was the best for us but, according to what I read it seems that man, as a species, is naturally a hunter gatherer and our digestive system is geared to this way of life. In the 21st century there are few true hunter gatherers on the earth. The ones remaining are probably the Kalahari bushmen and to a limited extent some Inuit and some Australian Aboriginals and some Masai. Now for convenience man, decided that keeping and domesticating animals and farming the crops he needed would make life easier. It is from this point in man's evolution that things started to go wrong. Although our diet changed our physiology did not. Carol mentioned that the ancient Egyptians were a great civilisation based on the use of wheat flour. Apparently the Egyptian soldiers were rationed to FIVE POUNDS of bread a day. The Greeks called them bread eaters apparently. Autopsies carried out on Egyptian mummies have shown that many of them, including the Pharaoh's, died in their mid 30s of heart disease brought about by their high carbohydrate diet.

Archaeologists can, by examination of bones that are found can tell whether, in life, the person was a hunter gatherer or a farmer eating a starch based diet. The firmer have long strong bones whereas the latter have much weaker bones. I

would recommend several web sites to research this topic and related items. These include www.second-opinions.co.uk and www.carblife.co.uk.

Brian Wright

(I would be happy to talk to anyone interested on this topic)

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DENTDALE FIRST RESPONDERS

On January 29th Ms. Elaine Alston, Community First Responder Co-ordinator, gave a presentation to those interested in forming a group in Dent. As a result, it was agreed to proceed and a further meeting was held on February 19th when the proposed constitution was discussed. It was agreed that Mrs. Brown, Mrs Fothergill and Mr. Lawton would attend the Cumbria Community First Responder Conference at Newton Rigg on February 28th. They will report back to the AGM to be held on Monday 3rd March at 7pm in the Sedgwick Room. Dentdale W.I are very pleased with the response which they have received to the scheme which was agreed to mark the institute's 60th anniversary and as part of the NFWI Community Challenge Project 2002 – 2005. If you are interested in joining please come along to the AGM.

DENTDALE OVER 60'S

What a great Christmas party we all enjoyed, and the outing in the summer, the regular on-going Friday afternoons now with lunch (in term time) and all these are made possible by generous donations from local people and charities and by a committee who give their time and energy freely.

At the recent AGM the following were elected:-

Chairperson	Mrs. Nancy Murdoch
Treasurer	Mrs. Doris Foster
Secretary	Mrs. Sarah Woof
Asst. Secretary	Mrs. Audrey Fothergill
Asst. Treasurer	Mrs. Connie Chambers
Vice Chair/Friday Org.	Mrs. I. Burrow

Committee members:- Mrs. Marlene Williamson, Audrey Thompson and Miss E. T. Middleton.

The DMH committee has given permission for our new Library cupboard, The Secretary is running s Sissons Plant Catalogue with £1 in every £5 for our funds and we are to have a Coffee Morning on 22nd March. The programme on Fridays usually alternates with a speaker and the chance to share a game of Scrabble or do a jigsaw or read the papers and chat. Come and join us.

S.E.W.

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ACCIDENT - WINDER FELL

During last weekend a lady fell and injured her wrist quite badly. One gentleman came to us for help and another one went to collect a car, to pick up the lady when she eventually manage to get off Winder Fell.

She was not so badly injured that she required an ambulance, or 999 call, but I was dismayed that no qualified person could be contacted to give first aid or advise as to whether a trip to hospital (in their own car) was needed.

I phoned the Health Centre, no reply (Saturday, early afternoon). I phoned both Doctors, (No reply, engaged or leave a message, which I did). The St. John Ambulance drivers are also Cumbria Ambulance therefore ex-directory.

Finally I did manage to contact our ambulance station direct, said an ambulance was not required, but made arrangements for the lady to be taken to the ambulance station, so that the paramedic on duty could assess the situation. Surely a phone number should be available so that somebody not too badly hurt, and with own vehicle, need not take up an ambulance (999) or an unnecessary trip to Kendal or Lancaster.

Wendy Morphet

JANUARY WEATHER

Generally a chilly and breezy month with only 2 days when the temperature reached 50F. We had 18 days with maximum temperatures reaching 40'sF, 11 days 30'sF and 2 when it just made 50F. On the 7th Jan the temperature stayed below freezing all day with a maximum of 31.8F. We had some hard frosts at night with 10 nights when the minimum temperature did not get out of the 20'sF. the lowest minimum temperature being 18.3F.

Due to the winds we had some truly low wind-chill readings. On the 30th January, when we had gale force winds, a wind-chill of 0F was recorded!! On that day, around noon there were gust which did

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structural damage. I know as I had a shed roof blown off which crashed down on my kennels, fortunately the dogs were out at the time. Mysteriously the recorded maximum wind strength recorded on that day was only 28.6 mph from the south. Now my damage was sustained from an easterly gust, confirmed by a large Christmas tree and pot that was also blown over. Did we have a mini twister that confused the anemometer?

January lived up to the rhyme by bringing us some snow. On the 3rd January and again on the 28th the fell tops were covered with a white end to the month due to heavier falls on the 31st January. Generally the pressure was fairly high throughout the month, which coincides with the cold Arctic air being drawn in from the continent, and the low temperatures. In spite of the cold we had blue tits visiting a nest box on the 5th January and snowdrops flowering in sheltered spots. The daffodil bulbs had pushed well through by the end of the month and some shrubs were showing green tips to their buds. (as I write this, mid Feb, the sap was running in sycamores I cut in the hedge yesterday)

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HOWGILL W. I.

The February meeting held at Howgill Schoolroom commenced on a sad note. A minutes silence was held in memory of Monica Tarring and Lady Elizabeth Brunner. Their lifelong contributions to the W. I. Were immeasurable.

President Mary Silva has received an invitation to Dent W. I.'s 60th Anniversary.

Four members will attend the half yearly council meeting at the Lakes School.

Our own apple expert member Hilary Wilson is to hold an 'Apple Day' at the W. I. Office in March. Members were reminded of the Sedbergh Show in April.

We were pleased to welcome Ruth Rigg. Ruth is a member of the Executive

Committee and a member of Old Hutton W. I.

The year 2000 took Ruth and husband Brian on a six week tour of America and Canada.

The highlights of the tour was the car ferry trip to Vancouver Island, the magnificent scenery in Jasper, the heart of the Rockies, mountains, lakes, and wildlife were spectacular. The cable car rides and attending an ice hockey match were great fun. The statue of Liberty and the Whitehouse were magnificent sights. Elsie Middleton thanked Ruth for sharing the experience with us and for such an enthusiastic talk.

A Jacobs Join supper and get-together was enjoyed. The competition for 'Something from America' was won by Barbara Axford with Audrey Hoggarth second. Raffle winner was Mary Silva.

Next months meeting will be held at Firbank Church Hall on March 6th when the speaker will be Anne Pearson from The Brewery Arts Centre. *A.H.*

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Dear Editor,

Please may I, through your columns, correct a significant error printed by the Daily Mail in their article on Lester Garnett?

What I did say to the Mail is "Lester is a character who has never done **me** any harm."

The Daily Mail printed it as, "Lester is a character who has never done **anybody** any harm."

Clearly there is a world of difference between those two statements. Thank You.

David Lord

OTWAY TICKETS GO FAST

As readers of last month's Lookaround will know, Sedbergh is about to welcome back some of the friends & fans of John Otway, sixty of whom are staying at Ingmire Hall for a weekend this month.

Those looking for a good laugh and a great evening of musical entertainment are encouraged to get tickets for another lively concert on Saturday 29th March in Sedbergh's People's Hall. Apart from showcasing John's own talent as a songwriter, Otway is set to delight the audience with his unique cover versions of such rock anthems as Rolf's *'Two Little Boys'* and the classic *'House of The Rising Sun'*. Once again, well respected musicians will be complimenting a superb programme - the popular Otiey based *Hall Brothers* and up from London, *The Sweeney*.

Tickets are priced £8 and available from Sedbergh Office Services. Any unsold tickets will be available at the doors which open at 7.30pm. Last year's Otway concert attracted plenty of interest and attention, but since the top-ten hit and numerous TV appearances this year could well be a sell-out.

Organiser of the event, Andrew Scull from Addingham, says, *Planning the weekend in Sedbergh takes a lot of hard work, but it's made so much easier by the helpful, and amazingly understanding local folk. We thoroughly enjoyed ourselves last year and made so many new friends it didn't take much to persuade us to do it again so soon. We know people are bound to enjoy it, and already some are hoping it will become an annual event. After-all, how many top-ten artists*

choose to make Sedbergh a priority booking!

More about Otway on www.otnews.net

Nic Sheppard



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SEDBERGH PLAYGROUP

Sunday 16th March see the start of an uphill struggle! About 8.30 in the morning, while most people are reading the papers and having breakfast, 16 members of Sedbergh Wanderers Football Club, supported by many, will attempt to pull a car from the Police Station on Long Lane to The Fat Lamb, a distance of 8.9 miles.

It is hoped to raise money for Sedbergh Playgroup so your support is appreciated.

Can you guess how long the Pull will take? For £1 a guess, you will have the chance to win £50 if you guess the nearest time.

If that was not enough, when the Pull is over, there will be a Charity Fun Day in the Bull Hotel where you have the chance of winning some more money with the Video Snail Race. And if you still have some air in your lungs, you can take part in the Karaoke.

A good day guaranteed for everyone so please give your support.

MARCH GARDENING

The intensely cold weather of last month has polished off one or two of the least hardy plants in the garden and has made others look ragged and untidy. March is a good month for taking stock because if things are going to grow away and recover they should be showing signs of it now with new buds breaking, from the base if not from the tops of plants. I also choose this month to do any pruning of slightly tender plants - Penstemons, Lavender, Sage *Lavatera* etc. assuming that the coldest weather is over.

After all this pruning and tidying I like to spruce up beds and borders by mulching over with spent mushroom compost (this goes on all the borders except those which contain Ericaceous plants - Rhododendrons, Azaleas, summer flowering heathers Witch Hazel etc.), well rotted horse or cow manure, garden compost or bark chips. I usually use mushroom compost if possible because it is sterile and therefore provides a weed free surface to my borders for much of the year (although perennial weeds such as couch grass and ground elder will of course grow up through it.) Compost can be spread across the top of herbaceous perennials, but do beware that you do not mulch young trees and shrubs too deeply as a soggy layer of compost next to thin new bark can cause it to rot and die and kill the whole plant. Mulching always makes borders look neater and, should we have a hot dry summer (it is good to live in hope!) it will help to conserve valuable moisture in the soil.

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PEOPLE'S HALL

At its recent AGM the People's Hall committee welcomed four new members - Judith Aston, Ron Gerrard, Sandra Gold-Wood and Nichola Packham. We are always glad when new people decide they would like to help - any volunteers please ring the Chairman on 21339.

It was agreed that the charge for booking the Main Hall for an evening session, will remain the same as previously at £20 for functions without a bar (£35 if the function is one with a bar serving alcohol). From 1st April the committee room charge (including heating) will be £6 per session, and the Main Hall daytime sessions will be £9. People booking the Hall and wanting to use the committee room should book both rooms.

All payments are due in advance, not after events. Bookings remain with Sedbergh Office Services.

The Hall is very attractively located, with excellent parking available. There is plenty of space and its proximity to the playing field and fells make it a good venue for many different activities.

Norris Chamley thanked the committee for all their hard work, and said how well cared for the Hall is. Looking after it is not always an easy job.

PROPERTY MATTERS

At last the long cold winter is drawing to an end and spring is in the air, its at this time of year we start thinking about spring cleaning, decorating and gardening, but do you sometimes wonder with the property market being as it is at the moment whether it would be more profitable putting your energies in a different project, such as climbing the property ladder.

We can learn from watching TV and reading the newspapers that the interest rates are the lowest they have been since 1955 and many experts do not foresee a rise for quite a few years so quite possibly you could say that it is the ideal time to invest money in property. It is generally believed that good properties in this area have shown a 50% - 60% rise in value over the last 3 to 4 years.

If you are one of those people who will ponder on the idea of spending money on home improvements this spring or spending it wisely by taking their first

step onto the property ladder or by climbing another prong or two, then you could do no better than calling in to your local Property Professional who can advise on current trends. Established local estate and letting agents will be your first point of contact and then check out their services on offer.

Cobble Country

SEDBERGH PRIMARY SCHOOL

Football - Sedbergh Primary V St Oswalds (second team)

The second team were really downhearted at first because we had to play on a little pitch with tiny goals (about 2 feet high). Then Mr Caley said we could go on the bog pitch. This pitch is full sized with full sized goals (it looked a bit big to us). The goals were at least 7 strides across.

In the first half we scored five goals (hat trick for Luke Ingham), Zav scored 1 and Sam Fisher scored another. In the second half we scored another three goals - Daniel Clarke scored 1 and Sam scored another. To our dismay Sam and Alistair Bainbridge were asked to join the other team to give them a hand (St Oswalds hadn't scored at all by this point even though they were trying hard). Ten minutes later Sam booted the ball into the left hand corner of the goal.

I thought man of the match was Cai R because he did really well for his first match. Final score - Sedbergh 8, St Oswalds 1

Team-

Sam F (VC), Alistair B, Will T (GK), Oliver F, Zav B, James SS ©, Daniel C Cai R, Luke I.

William Teal

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SEDBERGH PRIMARY SCHOOL

1st team Football report

Sedbergh 5 St. Oswald's 0

In the first half the match began with a bad start then Bryan got the ball and crossed to Stewart and Stewart scored. Then Bryan was on a run and tried to have a shot but scuffed it across the goal to Stewart and Stewart drilled it in the back of the net. After that it was half time. In the first half we did lots of good passing about and shouting for the ball in good spaces. The second half started with St. Oswald's kick off. We were doing lots of passing and moving into spaces. Three more goals were scored two by

Bryan and one by Jack. The football team would like to say a big thank you to James and Thomas for setting everything up. Player of the match: Bryan Beagan - Taylor.

Fred Ormerod

THOUGHT FOR THE MONTH

Don't you ever wish you really did not have to Or that every one could be super good..... or bring its own rewards? Don't you ever tire of hearing everyone else's, especially when they seem to consider theirs better than yours.... If this is true of you remember it's the thought that counts! Remember that when you hear of another's pain. Think about it.

L.D.

DALTON & HAGUE

There has been much rumour recently about Dalton & Hague Estate Agents.

Yes there are changes being made, the Halifax Agency is being moved in March but the Estate Agency will remain at 70 Main Street under new ownership.

Mr Dalton will continue with the legal practice at 7 Main Street under the title of Dalton & Hague Solicitors.

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Tel: 015396 20006 Yard



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WOODYARD OPEN

Monday - Friday
8:00am - 4:00pm

The Estate Agency will continue to operate to the highest standards of service which will include residential property letting and full management, property caretaking and business and property finding.

Buyers will also be able to take advantage of the new Buyers Agent Service which can include inspections, surveys, environmental report, negotiation of purchase price, instruction of Solicitors and general hand holding right through to moving in.

Owners of holiday or second homes who live out of the area will benefit from the caretaking service which includes regular inspections, maintenance and repairs and can also cover bill payments.

The aim is to take away as much of the strain of owning, buying or selling as possible. Should you have any other requirements or for further details of these services contact Christopher Whelan, Auctioneers, Estate Agents and Property Managers.

GALA GROUP

Calling All Voluntary Groups and Local Businesses Sedbergh Gala will be held on Saturday 17th May, this event has taken place for many years and has massive attendance figures, including many visitors from outside the area. It is an ideal opportunity to publicise your group or business and to raise awareness of what Sedbergh has to offer. A recent survey undertaken by members of the Gala group showed that local people would like the Gala to maintain its community base and not to become too commercial. In order to achieve this we need people to set up stalls to sell their wares, to arrange games, or provide information, so that as much entertainment is provided from within Sedbergh as possible.

Sedbergh Gala is run as a community facility and funds raised are used to provide bonfire night celebrations and a party for the primary school children. If you would like to increase your profile in Sedbergh and would like to spend an afternoon in the sunshine raising masses of funds then please contact Gala Group Secretary Joyce Cox on Sedbergh 21820

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SEDBERGH PRIMARY SCHOOL

On Thursday 16th January, Y4 and Y6 in Sedbergh Primary School had the privilege of working with an artist in residence Steve Wilson. Weaving and felting were the two activities done.

Y4 and Y6 really enjoyed it. The weaving was brilliant. We have the long cloth that we made hanging up in Sedbergh Primary School's entrance hall. We made pictures of Tudor warships out of felt. We learnt loads of new skills and Mr Wilson was really kind.

On the same day Y4 also made some Viking ships and also pictures of Viking ships out of felt.

Y6 also worked with Henry from Sedbergh School and Mr Barret to make some Tudor galleons.

*Sophie Schools, Vicky Farrell,
Chloe Packham.*

STABLE ANTIQUES

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Anything old & interesting bought

BROWSERS WELCOME

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Bed & Breakfast available

Dear Eds,

I would like to take this opportunity to thank everyone who sponsored me back in September to do the Glasgow half marathon for Breast Cancer Research and Breast Cancer Care. Together with two of my sisters we raised approximately £1000.

Kim Baines

HOG ROAST SUCCESS

On late night opening on December 4th Steadman's of Sedbergh sponsored a Hog Roast and a competition to guess the weight of the turkey.

Mrs C Gibson was the winner of the turkey competition and received the winning prize.

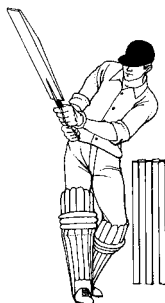
All together £160.00 was raised and the money was equally split between, The Cystic Fibrosis Trust and Sedbergh and District Chamber of Trade Late Night opening expenses.

Steadman's also sent £75.00 to the Mari Curie Cancer Care Fund which was the contents of the collecting box in the shop.

ORGANISATION	CONTACT	Tel:	015396
After School Club *	Mrs Packham	Sed:	21484
Age Concern	Mrs Alderson	Sed:	20814
Age Concern Monday Club	Mrs Winder	Sed:	20512
Age Concern South Lakeland PH (M, & F)	Mrs Hancox	Sed:	21986
Angling Association	Mr Dandy	Sed:	
Art Society	Miss Nelson	Sed:	20034
Baby & Toddler Group (Howgill)	Mrs Stainton	Sed:	20665
Baby & Toddler Group	Mrs Packham	Sed:	21484
Badminton (Dent)	Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	Mr Mason	Sed:	20565
Beekeepers Association (S & D) *	Mr Fraser-Urquhart	Sed:	21902
Bowling Club (Queen's Gardens)	Mr Killops	Sed:	20279
Bowling Club (Indoor)	Mrs Greenbank	Sed:	21720
Bridge Club	Mr Mr Stanton	Sed:	20901
Buildings Preservation Trust (S & D)	Mrs Lamb	Sed:	20553
Caving & Potholing Club (Dent)	Mr Stephenson	Sed:	21285
Chamber of Trade	Mrs Rusling	Sed:	20788
Christian Aid	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	Mr Beck	Sed:	20336
Cricket Club (Dent)	Mr Smith	Dent:	25209
Cricket Club (Sedbergh)	Mr Wright	Sed:	21038
Cumbria Wildlife Trust	Mrs Garnett	Sed:	21138
Dentdale Choir	Mrs Bush	Sed:	20058
Dentdale Festival Committee	Mrs Owen	Dent	25505
Dentdale Players	Mrs James	Dent:	25037
Dent School (Friends of)	Mrs Mason	Dent:	25461
Dog Training (Sedbergh)	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	Mr Clark	Sed:	21958
Fire Service (Tuesday Evenings)	Mr Packham	Sed:	20302
Football Club (Dent)	Mrs Burrow	Dent:	25434
Football Club (Sedbergh)	Mr Moffat	Sed:	21797
Gala Group	Mrs Cox	Sed:	21820
Golf Club	Mr Lord	Sed:	20993
Good Companions (Dent)	Mrs Woof	Dent:	25275
Gladstone House	Mrs Mackereth	Sed:	20346
Help Tibet Northern Branch	Mrs Howarth	Sed:	20090
Hockey	Miss Capstick	Sed:	20259
Howgill Harriers	Mrs Moffat	Sed:	20907
Howgill Schoolroom	Mrs Stainton	Sed:	20665

SEDBERGH CRICKET CLUB

February saw the start to winter nets in Sedbergh school sports hall. There was a good turn out of youngsters, especially U13's, which was encouraging for Colin in his first sessions in charge. A handful of U16 made a useful start to the new season but sadly



no seniors turned up to practise. Lets hope that the message spreads around a bit so we get some support for the senior team this summer or else, on this evidence we shall have a leaner year than last and that was bad enough.

History Society	Mrs Scobie	Sed:	21106
Kent Lune Trefoil Guild	Mrs Taylor	Sed:	20440
Ladies National Farmers Union	Mrs Woof	Sed:	21343
LETS around Sedbergh	Miss Wheaten	Sed:	20959
Liberal Democrats	Mrs Cleasby	Dent:	25476
Masonic Hall	Mr Conchie	Sed:	20660
Playgroup (Sedbergh) *	Mrs Stainton	Sed:	20665
Over 60's (Dent)	Mrs Murdoch	Dent:	25335
Parish Council (Dent)	Mr Dalton	Dent:	25436
Parish Council (Garsdale)	Mr Holden	Sed:	21577
Parish Council (Sedbergh)	Mr Stanton	Sed:	20901
People's Hall	Mrs Beare	Sed:	21339
Peoples Hall Day Centre (Mon & Fri)	Day Centre	Sed:	21126
Pepperpot Club (Sedbergh)	Mrs Smith	Sed:	21196
Pistol and Rifle Club	Mr Middlemiss	Sed:	20662
Playing Fields (Sedbergh)	Mr Hinson	Sed:	20118
Rag Rugger *	Mrs Hennedy	Sed:	20899
Residents Association (S & D)	Mrs Capstick	Sed:	20816
Royal British Legion (Men)	Mr Gray	Sed:	21884
Royal British Legion (Women)	Mrs Bateman	Sed:	20474
Scouts Cubs	Mrs Sewell	Sed:	20793
Scouts	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	Mrs Wood	Sed:	21385
South Lakeland Carers Association	Mrs Bartle-Ross	Sed:	23334
South Lakeland Voluntary Society for the Blind	Dr Noble	Sed:	20100
Squash Club	Mr Close	Sed:	21000
St. John Ambulance Cadets *	Mrs Kellaway	07799	26055
St. John Ambulance Adults	Mr Winn	Sed:	21096
Swimming Club *	Mr Lord	Sed:	20993
Tennis Club	Mr Ellis	Sed:	20344
Town Band	Mr Waters	Sed:	20457
White Hart Sports and Social Club	The Committee	Sed:	20773
United Reformed Church Rooms	Mrs Mason	Sed:	20048
Westmorland Gazette Correspondent	Mr Hinson	Sed:	20118
Women's Institute (Dentdale)	Mrs Fothergill	Dent:	25257
Women's Institute (Frostrow)	Mrs Dormand	Sed:	21178
Women's Institute (Howgill)	Mrs Scambler	Sed:	20603
Women's Institute (Killington)	Mrs Sharrocks	Sed:	20754
Young Farmers Club	Miss Winn	Sed:	21699
Zebras	Mrs Swallow	Sed:	21034

FARFIELD MILL

It may have come to your attention that in order to complete the restoration work at Farfield Mill it was necessary to put in a new planning application. This was in the main to install workshops and studios on level 4 and to extend the lift to this level. The studios will be rented out and the workshop areas are for community classes in creative activities such as pottery, weaving or rug making.

We are pleased to say planning consent was given and this will release grants for improvement of the road and parking as well as the restoration. The grants come from the Cumbria Rural Development Programme and the EU from the Rural Action Zone Programme. The latter is a fund specifically for the rural areas in Cumbria in recognition of the need for economic development.

Such funding is very welcome and we are pleased that in this instance it is helping a local community project directly. Much European funding is used

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PTFA
Settlebeck School

? **Quiz Night** ?

Friday 4th April
7:30 pm

Settlebeck High School Hall

Teams of up to six people
£2.00 Adults - £1.00 Students
(Prize for Adult and Student winners)

? **Bar on the Night**

locally but it is channelled through bids made by local authorities so the general public are not always aware of its source. The funding is not 100% and we are having to find the matching funding from elsewhere or from our own resources.

Although we try to operate in a business like manner, such a project as the Centre at Farfield can never expect to manage without help from its supporters and the general public. We would particularly like people to consider becoming Life Members of the Trust. The advantages of membership are regular newsletters and free entry to the Arts and Heritage Centre. There is one subscription only for the whole family. For details contact the desk at Farfield Mill or the Membership Secretary on 015396 20790.

ABBEYFIELD

(Kirkby Lonsdale) Society Ltd.
Travers House

Once again there is an opportunity for someone to say "Hang spring-cleaning!" (like the Mole in The Wind in the Willows') and to come and join our small community in Kirkby Lonsdale, where the cleaning, cooking and gardening are done for you! We have a single room available with a lovely view - bring your own furniture and furnish it yourself in the way you like it. All our accommodation is en-suite and two meals are provided each day at a very reasonable inclusive cost. Travers House is within easy reach of the town centre. For further details please contact Mrs. Hamlett on 015242 71015.

There is also a vacancy for a resident deputy housekeeper (the present one is retiring) - we are looking for a caring, dedicated person - good cooking skills essential!

For further details please contact the House Manager on 015242 71306.

LADIES N. F. U.

The February meeting was held on Tuesday 18th February in the People's Hall.

Two officers from the Salvation Army gave us an informative talk on their work both at home and abroad. The many different aspects they cover, in education health and community work.

Mrs. Susan Woof thanked them both. The raffle was drawn and tea served.

FOR SALE

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Property

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SEDBERGH PLAYGROUP

We would like to thank Sedbergh Football Club and the Bingo Ladies at the White Hart Club for all their kind efforts in organising the Prize Bingo Night held in January, which raised £225 for Playgroup funds.

Forthcoming events include a Car Pull to be held on 16th March which the Football Club is very kindly organising, and a Coffee Morning to be held in the URC Rooms in June 2003 - everyone welcome.

The Committee would like, to pass on our congratulations and thanks to the Playgroup staff in achieving a successful OFSTED Report, and for providing such an enjoyable learning environment for all the children who attend.

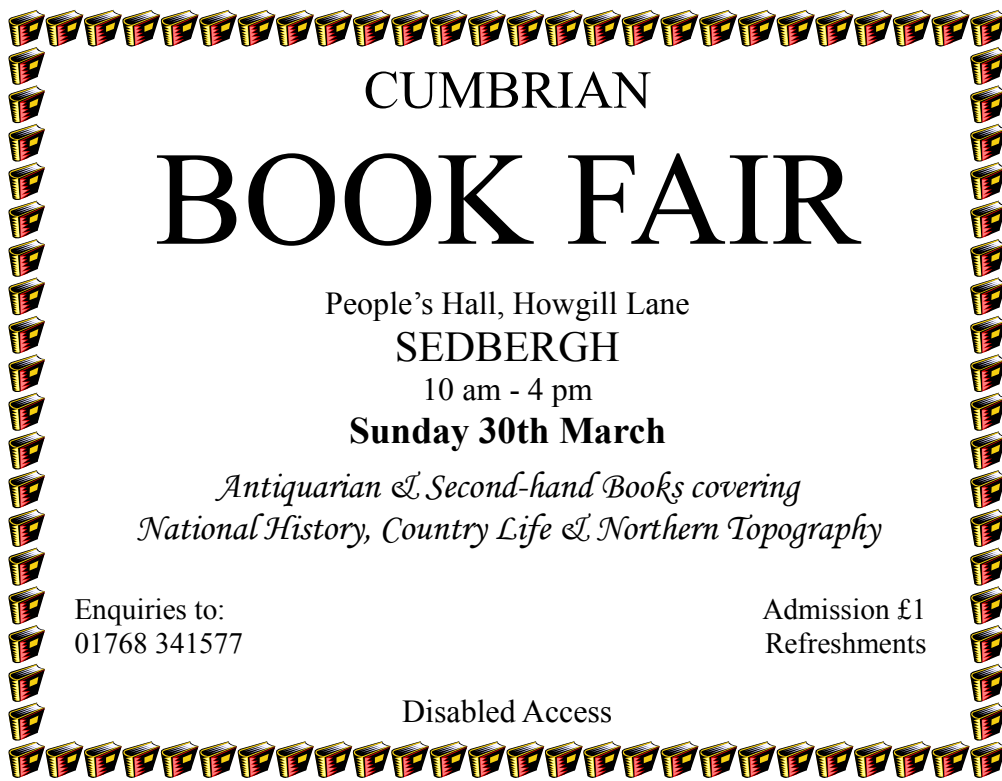
LUNCH CLUB

Age Concern South Lakeland together with Sedbergh Community Development Centre (based at Sedbergh Primary School) are hoping to start a monthly Lunch club at The Bull Hotel, Main Street, Sedbergh.

The first Lunch has been arranged for Friday 28th March 2003 at 12.30 p.m. The cost of the two-course meal with tea and coffee will be £5.50 per person.

Age Concern has 28 Lunch clubs throughout South Lakeland. Every month over 500 people meet to enjoy lunch and to meet new and old friends.

I do hope you will join us on the 28th March, and look forward to meeting you. For more information please contact Jean Birkett at Age Concern 01539 728118 from 9.30 a.m. - 4.00 p.m. or Rosie Dent 01539623217.



CUMBRIAN
BOOK FAIR

People's Hall, Howgill Lane
SEDBERGH
10 am - 4 pm
Sunday 30th March

*Antiquarian & Second-hand Books covering
National History, Country Life & Northern Topography*

Enquiries to: 01768 341577
Admission £1
Refreshments

Disabled Access

EUROPE

They are at it again!

Those of you who own a horse know by now that you will have to have a passport for your animals. No it is not so you can take them on holiday it is so that all drugs administered to the animal can be recorded. Now where could such an idea have come from? You've guessed it, straight from Brussels. In their wisdom the commissioners have decided that as horse meat enters the food chain on the continent that all horses must carry a passport in future. Now there is no indication what will happen to all the horse meat that ends up on the table which comes from outside the EU. Now the logic of all this seems to be that soon every chicken, duck, pheasant, rabbit etc. which could end up on our dinner plate will be destined to have a passport. Could be a bit tricky for every pheasant shoot to record for each bird they shoot.

Another pearl that has come from the same source is that farmers will no longer be able to bury fallen stock on their farms in case water courses become polluted. Now how the disposal is carried out and who pays is not sorted out yet. Even the incinerators which might do this task are facing possible shut down if they do not reach a certain temperature. After incineration the ash has to be disposed of in set sites.

Would it surprise you that the best year for farmers earnings, in real terms, was 1973. Now what happened that year in this country? We entered the so called common market and the average earnings for farmers in the UK have dropped ever since to record low levels so much that, on average, they did not earn the so called minimum wage in 2001.

SEDBERGH NEWS AGENTS

AT THE
POST OFFICE

HELLO SUGAR

Come CLOSER lets have a CHAT. Do you enjoy the COUNTRY LIFE or are you more COSMOPOLITAN?. Are you LOADED or near the REDLINE? Are you still TRUCKING your stuff or PLAYing THE FIELD for a NEW WOMAN? Lost your ZEST or losing your HAIR? There's no need to put on your TOP GEAR or TRAIL down to our shop in your OLD GLORY. Whether you're 19 or THE OLDIE. Avoid the RED HEAT of the Q. We have the magazines to MATCH any taste. We're the PEOPLES FRIEND. So don't get on your BIKE or in your CAR. Let us deliver.

The first three customers to correctly identify the title mentioned above that we don't stock will win the Magazine of their choice.

Newsagent Opening Times
Mon-Fri 7.00am to 5.30pm
Saturday 7.00am to 2.00pm
Sunday 7.30am to 1.00pm
SEDBERGH 20406

BUS SERVICES

Sedbergh to Kendal via Oxenholme				Blackhall Road, Kendal to Sedbergh via Oxenholme					
<u>Monday – Friday</u>				<u>Monday - Friday</u>					
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	
<u>Saturday Only</u>				<u>Saturday Only</u>					
09.55		564	GP	❖	09.40		564A	S	❖
10.45		564A	S	❖	10.45		564	GP	❖
12.45		564	GP	❖	13.45		564	GP	❖
15.25		564	GP	❖	14.20		564A	S	❖
15.25		564	GP	❖	16.20		564	GP	❖
<u>To Kirkby Stephen Via Cautley and Kirkby Stephen Rail Station</u>				<u>From Kirkby Stephen, Market Square</u>					
<u>Monday – Saturday</u>				<u>Monday – Saturday</u>					
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	❖
<u>To Kirkby Lonsdale</u>				<u>From Kirkby Lonsdale Square</u>					
09.45	Thu	567A	W	❖	12.15	Thu	567A	W	❖
<u>To Hawes</u>				<u>From Hawes</u>					
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	
<u>To Dent & Cowgill</u>				<u>From Dent School</u>					
<u>Wednesday</u>				<u>Wednesday</u>					
12.05		564B	W	❖	09.50		564B	W	❖
14.15		564B	W	❖	12.45		564B	W	❖
<u>Saturday</u>				<u>Saturday</u>					
10.15		564A	S	❖	10.30		564A	S	❖
14.55		564A	S	❖	15.10		564A	S	❖

<p>M-F Monday to Friday Only Tue Tuesday Only Wed Wednesday Only Thu Thursday Only Sat Saturday Only Sch Schooldays Only (M-F) W&F Wednesday & Friday Only T&F Tuesday & Friday Only <i>All times are from and to The Dalesman Inn</i></p>	<p>GP Grand Prix of Brough W Woof's of Sedbergh B Braithwaite's Coaches S Stagecoach in Cumbria ❖ Provided with Support from CCC Please note whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice. For Comprehensive up-to-date information ring :- Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)</p>
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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, Hypnotherapy, Meditation	015396 20648

Complementary Therapists practising locally

DIARY OF EVENTS

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

MARCH		
1	St David's Day	
2	1500 Darts Open Competition (48)	Bull
3	1900 First Responders AGM	DMH
4	1400 John Willis Slide Show	HC
4	1930 FCH AGM	FCH
5	1000 Coffee Morning St John Ambulance	URCR
5	1330 Butterflies	StAS
5	1930 HS Village Character in Eden (19)	SHS
6	1100 Fair Trade Coffee Morning	Cancelled
6	1930 WIH Westmorland Gazette Photographer	FCH
7	1430 Women's World Day of Prayer (7)	URC
7	1930 LFH Ball (7)	PH
7	1930 KVH Domino Drive	KVH
8	1000 Coffee Morning & Jumble Sale (8)	SMC
8	1300 Dent Run	Dent
8	1400 Jumble Sale & Cake Stall	MH
8	2200 SFC Danny's Disco (8)	PH
10	1900 CDC Internet Surfing	SHS
10	1930 Beekeepers AGM	BF
11	1930 FCH Domino Drive	FCH
11	1830 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 (1)	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	Clocks go Forward	
16	1030 Kids Klub Service	PH
16	0830 SFC Car Pull (16)	Sedbergh
17	St Patrick's Day	
18	2000 Tennis Club AGM	BH
19	1000 Coffee Morning URC Church (19)	URCR
19	1330 Butterflies	StAS
19	1930 HS Railway Structures in Cumbria (19)	DMH
20	1930 Cheese & Wine Evening (20)	MH
21	SS End of Term	
21	1400 Book Town Exhibition (21)	PH
22	1030 Victorians 'R' Us (22)	FM
22	1030 URC Jumble Sale (19)	URCR
23	1030 Victorians 'R' Us (22)	FM
26	1000 Coffee Morning Barnardo's	URCR
26	1330 Butterflies	StAS
26	1930 CWT AGM & California	SHS
28	1230 Age Concern Lunch Club (28)	Bull
29	1930 HS AGM + Jacob's Join (28)	SHS
29	2000 John Otway in Concert (29)	PH
29	2030 Race Night (29)	G&D
30	Mothering Sunday	
30	1000 Cumbrian Book Fair (6 & 66)	PH
APRIL		
2	1000 Coffee Morning N W Cancer	URCR
2	1330 Butterflies	StAS
3	1930 WIH Table Talk	HVH
4	1930 SHS Quiz Night (64)	SHS
5	1930 Great Northern Roadshow (42)	DMH
5	Spring Show	PH
7	1000 Your Rights Week (33)	PH
8	1400 WIK A Box of Miscellanies	PH
9	1000 Coffee Morning St Andrew's Mission	URCR
9	1330 Butterflies	StAS
9	1915 WID RAF & Low Flying	DMH
9	1930 WIF Lacecrafts	PH
11	SHS & SPS End of Term	
12	1930 Dentdale Choir Concert	DMH
16	1000 WIF Coffee Morning	URCR
18	Good Friday	
19	1000 Kids Klub	PH
19	Classic Commercial Vehicle Rally	KS
20	Easter Sunday	
20	Classic Commercial Vehicle Rally	KS
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
27	1330 KVH Treasure Hunt & Tea	KVH
28	SHS & SPS Start of Term	
30	1000 Coffee Morning Garsdale Church	URCR
MAY		
1	1930 WIH Decoupage	FCH
3	1000 Pepperpot Great Bear & the Jades	PH
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
14	0930 Christian Aid Week	URCR
14	1915 WID Ways with Pasta	DMH
14	1930 WIF Resolutions Meeting	PH
15	0930 Christian Aid Week	URCR
16	0930 Christian Aid Week	URCR
17	1000 Kids Klub	PH

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

17	1230	Sedbergh Gala	Back Lane	11	1000	Coffee Morning Sedbergh Playgroup	URCR
18	1030	Kids Klub Service	PH	11	1915	WID Corn Dollies	DMH
19	1930	WI Group Meeting	HVH	11		WIF Outing	TBA
21	1000	Coffee Morning WIK	URCR	15		Father's Day	
23		SHS & SPS Start of Half Term		18	1000	Coffee Morning RBL	URCR
23	1930	Firbank Parish Meeting	FCH	24		SC Fun Gala	SC
24		SS Start of Half Term		25	1000	Coffee Morning St Andrew's Mission	URCR
24	1830	FCH Barbecue	FCH	27	1800	Dent Folk Festival	Dent
26		Spring Bank Holiday		28	1000	Cumbria in Bloom Coffee Morning	URCR
28	1000	Coffee Morning St John's Firbank	URCR	28	1800	Dent Folk Festival	Dent
JUNE				JULY			
1		SS End of Half Term		2	1000	Coffee Morning URC Church	URCR
2		SHS & SPS End of Half Term		3	1930	WIH Rugmaking	FCH
4	1000	Coffee Morning Beekeepers	URCR	4		SS End of Term	
5	1930	WIH Lo Salt	HVH	8		WIK Outing	TBA
10	1400	WIK L'Espirit de Provence	SMSR	8		SHS Summer Fete	SHS
DIARY KEY				AUGUST			
BF		= Brigflatts		9	1000	Coffee Morning Masonic Hall	URCR
BS		= Baliol School		9	1930	WIF Life of a Coastguard	PH
CO		= Community Office, Main Street		12	1900	KVH BBQ & Games Night	KVH
CWT		= Cumbria Wildlife Trust		16	1000	Coffee Morning WIH	URCR
DCP		= Dent Car Park		18		SHS & SPS End of Term	
DMH		= Dent Memorial Hall		23	1000	Coffee Morning Dent Foot Chapel	URCR
DMC		= Dent Methodist Church		30	1000	Coffee Morning Network Methodist	URCR
EG		= Embroiderers' Guild		SEPTEMBER			
FCH		= Firbank Church Hall		4		August Bank Holiday	
FM		= Farfield Mill		6	1000	Coffee Morning Howgill Church	URCR
GVH		= Garsdale Village Hall		7	1930	WIH Open Meeting & Bring & Buy	HVH
HC		= Health Centre	3	13	1000	Coffee Morning NW Cancer	URCR
HS		= History Society		13	1915	WID Lakeland Life	DMH
HVH		= Howgill Village Hall		13	1930	WIF Mystery Meeting	PH
JLCP		= Joss Lane Car Park		17		Fun Run	KS
KVH		= Killington Village Hall		20	1000	Lookaround Audio Coffee Morning	URCR
KS		= Kirkby Stephen		23		Sedbergh Market Fayre	Sedbergh
LHCP		= Loftus Hill Car Park		25		Bank Holiday Monday	
MH		= Masonic Hall		27	1000	Coffee Morning Beamsmoor	URCR
PH		= People's Hall		OCTOBER			
SHS		= Settlebeck High School		2		SHS & SPS Start of Term	
SMC		= Sedbergh Methodist Church		3		SS Start of Term	
StAS		= St Andrew's Church, Sedbergh		3	1000	Coffee Morning URC Church	URCR
StJAR		= St John Ambulance Rooms		4	1930	WIH Fawltly Towers 2	HVH
SC		= Swimming Club		7		Dog Show	KS
SMC		= Sedbergh Methodist Church		9	1400	WIK Christmas Customs	PH
SMSR		= Sedbergh Methodist Schoolroom	6	10	1930	WIF Lancaster Young Offenders	PH
SR		= Spooner Room		10	1000	Coffee Morning Dent Foot Chapel	URCR
SS		= Sedbergh School		10	1915	WID Making a Splash	DMH
URCR		= United Reformed Church Rooms		17	1000	Coffee Morning St John's Firbank	URCR
WHC		= White Hart Club		20		Cowper Day Horse Sale	KS
WID		= Women's Institute, Dentdale		24	1000	Coffee Morning Garsdale Church	URCR
WIF		= Women's Institute, Frostrow		NOVEMBER			
WIH		= Women's Institute, Howgill		1	1000	Coffee Morning Barnardo's	URCR
WIK		= Women's Institute, Killington		2	1900	WIH AGM	FCH
WVH		= Westhouse Village Hall		8	1915	WID Flower Essences & Reika	DMH
YDNP		= YDNP Centre, Main Street		8	1930	WIF Give it serious thought	PH
				14	1400	WIK Taste 'n' Try	PH
				15	1000	Coffee Morning Christian Aid	URCR
				17		SS Start of Half Term	
				22	1000	Coffee Morning CWT	URCR

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill © 21079

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
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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 *
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DENT SURGERY

(Methodist Chapel)

Monday	1230 - 1300	Dr Ann Orr
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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
web pages 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

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