

Sedbergh & District LOOKAROUND

December/January 2004 Issue 207

Donation 50p

Here we are at the end of yet another year with another bumper colour issue for you. Lookaround goes from strength to strength, even after almost 18 years, and we thank-you all for

your valued support.

We wish all our readers and contributors a Very Merry Christmas and a Happy & Healthy New Year.

Dennis & Jacky Whicker

SEDBERGH & DISTRICT CHAMBER OF TRADE

ANNUAL

FAMILY FESTIVE EVENING

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Wednesday 3rd December

Starting at the Posthorn at 6:30 pm

TREASURE HUNT with SUPER PRIZES

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FATHER CHRISTMAS

Will greet children in his Grotto

There will be **Seasonal Music** on Main Street and a **Super Raffle Draw**
The evening will be rounded off at the Bull Hotel with Prize Presentations and Live Music

Come and join us for a Happy Festive Evening!

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

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

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

CHILDREN'S BIRTHDAYS DECEMBER 2003

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

The recipient this month is:-
Ashleigh HALL who is

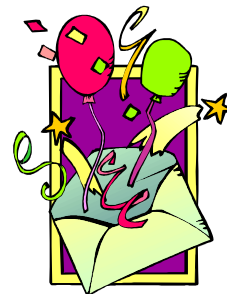
5 years old on 29th December.

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.

A belated Happy Birthday to James Abbatt who was One Year Old on 18th November.



Day	Name	Age
1	Andrew McFADYN	9
5	Isabel ABBATT	3
4	Benjamin ROBINSON	1
6	Freya METCALFE	4
9	Aaron WOODHOUSE	8
9	Simon HUNTER	9
10	Tom FEARNHEAD	2
11	Harry PORTER	10
12	Declan BRITTON	6
16	Brenda LUFFMAN	1
17	Reagan BROOKS	5
18	Matthew WOODFINE	4
19	Rose BANNISTER	11
20	Emma DAWSON	6
20	William DAWSON	6
21	Charlotte CAPSTICK	4
29	Ashleigh HALL	5



CHILDREN'S BIRTHDAYS JANUARY 2004



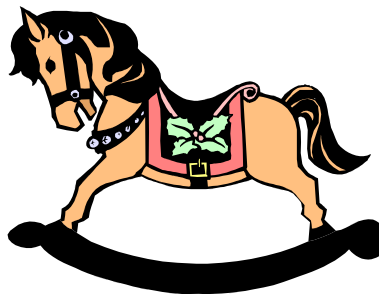
Every month, there is a Children's Voucher for £10 which is kindly sponsored by two anonymous readers.

The recipient this month is:-
Thomas ROSENZWEIG who is
9 years old on 27th January.

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
3	Rebecca MASON	4
3	Jordan GARNETT	5
3	Liam HAWKSWORTH	10
5	Zoe UNDERHILL	9
7	Nathan HANDLEY	6
11	Abraham CARNEY	3
12	Lee CAMPBELL	4
13	Grace COWPERTHWAITTE	8
17	Nicholas PIKE	4
17	Imogen HUTT	8
18	Adam ROSS	5
18	Thomas HINSON	6
19	Alistair BAINBRIDGE	10
19	Grant KIRBY	11
22	Lisa POSTLETHWAITE	11
27	Thomas ROSENZWEIG	9
25	Zoe CRAGG	3
26	Bryony LEDDY	4
31	Liam MASON	4





BED & BREAKFAST

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	<i>2D; 1T; CH; TVL; NS; NP*; P; DR</i>	
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (09/04)	21455
	<i>1T; ES; NS; NP; P; DR</i>	
Miss S Thurlby.....	15 Back Lane, Sedbergh (12/03).....	20251
	e-mail:- antique.thurlby@amservice.net	
	<i>1D; 1T; CH; L; NP*; P; DR; VB</i>	
Mrs S Gold-Wood	10 Main Street, Sedbergh (11/03)	21808
	<i>1D; 1T; 1S; CH; TVL; NSB; P; CB; VB; GF</i>	
	e-mail: sangold.kwood@virgin.net	

CAMPING, CARAVANNING & SELF-CATERING

Holiday Cottages in Sedbergh & Dent sleeping 4 - 6 (08/04)07970 514452
 e-mail: holiday@dalesdusters.co.uk

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; GF = Gluten Free
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

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Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
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Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£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

Happy 2nd Birthday Harry on 1st February 2004. Have a lovely day. Love you lots. Nanna, Grandad and all the family.

BAIRD

Miriam and Jeff wish to thank all the people who have given their time and support for their wedding on 15th November. Special thanks to Brenda and Philip Nolan and helpers.

CAPSTICK

I'm sending Happy Christmas and New Year greetings to all my neighbours and friends near and far and also grateful thanks for all kind help during past and present operations and especially now awaiting hand care. Love and prayers. Nora.

CARTLEDGE

Wishing a Happy **80th Birthday** on December 4th to Donald, a special friend and neighbour.

CLOSE

Fire at Bainbridge Court holiday apartments. Many thanks to all the fine neighbours who raised the fire alarm.-. Luke and Alison Cragg; helped 'little Nana Dixon' across the road to safety.-. Harold and Pat Bainbridge; accommodated the holiday-makers overnight - Mary Hamilton; and thanks also to Sedbergh Community Fire Fighters who, as always, were efficient.

DAWKINS

Happy Birthday Matthew.
Love Simon, Mariana & Family XX



DAWKINS

Happy Birthday Matthew.
Love Auntie Jackie & Uncle Bill



DAWKINS

Happy Birthday Matthew. Love Aunty Jennifer, Uncle Stuart & all in Carlisle



DAWKINS

January 18th 2004. Happy 15th Birthday Matthew. Lots of love, Dad x

DAWKINS

January 18th 2004
Happy Birthday Matthew
Lots of love from baby sister Paris and Kalum xxx

DAWKINS

January 18th 2004
Happy 15th Birthday Matthew.
Lots of love from Grandma XXXX

DAWKINS

Dal, Matthew and Gloria wish a Merry Christmas and a Happy New Year to all our friends in Sedbergh.
May 2004 be filled with health and happiness

PERSONAL & SMALL ADS £1

DIXON

Sally would like to express grateful thanks to her neighbours in Bainbridge Road who assisted her when a holiday flat in the Bainbridge Court apartments caught fire last month. Special thanks to Harold and Pat Bainbridge for the 'transport' and sanctuary over the road.

DIXON

Sally Dixon wishes all her friends and relations a Very Happy Christmas.

HALL

Mabel would like to wish all family, friends, and both old and new neighbours, a very Happy Christmas and Good Luck in the New Year.

KIDDLE

Jennie would like to wish all her friends and neighbours of Sedbergh, Dent and Gawthrop, a very Happy Christmas and a Happy New Year.

KIRBY - JAY WILLIAM

Lorraine and Caspa would like to thank all families and friends, Canon Fell, Mr. Long, Sandra Gold-Wood, Steve Allison and staff at the Bull Hotel. Also Stav, Toddy, Jenna and Allison, and everybody who made Jay Williams christening a happy event.

MCLENNAN

Lyn and Syd McLennan of Sedbergh Outdoor Leisure and Courtyard Crafts would like to thank all their customers for their support during 2003 and send best wishes for Christmas and the New Year. Please remember we are here to serve you.

METCALFE

Doris and family wish to sincerely thank relatives and friends for their support and cards of sympathy following our recent loss. The care and kindness shown by staff on Ward 9 WGH will be a lasting memory. The funeral arrangements so ably managed by Brian Goad were greatly appreciated and the funeral service conducted by Rev. Ann Pitt and supported by Colin Wilson was a lovely tribute to Albert's life. Our thanks also for the support over the past years from Dr. Ann Orr, Sedbergh Health Centre staff and Sandra and the Home Care Team. Generous donations in Albert's memory for Firbank Church amounted to £354.

PACKHAM

The family of the late Thomas (Tommy) Packham would like to thank the generosity shown in the collection at church at the time of his funeral. £281 was raised, which has been donated to the Playing Field Playground Appeal on Howgill Lane, Sedbergh.

PORTER

Dot and Ron wish to say a fond farewell to their friends in Sedbergh as they leave for pastures new in Devon. We leave with many happy memories of Sedbergh.

STANTON

Peggy would like to wish all her relatives and friends a Merry Christmas and a Happy New Year.

PERSONAL & SMALL ADS £1

STEADMAN

Garth and Jean would like to thank everyone for their well wishes, cards, flowers and presents for their marriage on 8th November 2003. Special thanks to Kate at Picture Palace for producing our special Wedding Stationery and to Cynthia at Powell's for her expert professional help. We appreciate having such high standards of specialist help in Sedbergh.

STEADMAN

Congratulations Garth and Jean on your recent marriage. From all your friends in the Chamber of Trade.

TROTT

Freda would like to thank all her friends and neighbours for their support, care and attention received following the operation on her hand. Help has come in a thousand and one ways - cooking, shopping, dog walking and more. I cannot thank you enough. Christmas greetings to all our friends, both two and four legged. Freda & Tessa.

DENT CRAFT CENTRE

Carol & Joe of Dent Craft Centre wish to say a big thank-you to all friends & visitors for the warmth & patronage shown throughout the year. We wish you all Peace, Health & Joy this Christmastide & extend our Festive Greetings into the New Year.

FOR SALE

Mini E-scooter, colour Silver. Unwanted raffle prize, never been opened! Worth £129.99. Will accept £50 cash. Tel: 015396-25308.

FOR SALE

A few new rugs and carpets. Tel: 015396-20408.

FOR SALE

Eavestaff mini piano, iron frame. Good condition. Bargain. £150. No offers. Tel: 015396-21202.

FOR SALE

Eleven porcelain dolls. No boxes or certificates. Good condition. £25. Tel: 015396-21086 or 20508.

FOR SALE

One Umax Asta Slim USB Scanner with software £25. One Creative 48x CD Rom £15. Two floppy disc drives £5 each. One Motherboard and Intel Celron 866mhz processor £50 ono. One 128MB Ram £25. One AGP Graphics card £20. Five computers excluding monitors and keyboards and mouse. Includes Intel Celron 866 Mhz, Windows 2000, Office XP, £100 each ono. Two Supra express modems £15 each. Contact Garry on 21086 or 07745 5962243.

WANTED

Golf Balls. Not just any old balls but golf balls in wrappers. Very good prices paid. Even better if the balls are in their original box. Also want any hickory shafted clubs. Tel: David Lord on 015396-20993.

DOMINO DRIVE

L.F.H.

7:30 pm

Friday 5th December

Settlebeck High School



**MANY
PRIZES**

Everyone Welcome

FOLK CAROLS

Learn these lively old Carols
in Sedbergh and sing them
on a walk through Dentdale

December 6th & 7th 10am to 5pm

Also a Singaround

in The Sportsman Inn

8.30 pm December 6th

David Burbridge 21166

SCOUT POST

At a recent meeting of the 1st Sedbergh Scout Group Executive, it was agreed that the group would again be providing the usual Christmas postal service. After holding the price for 15 years, it was felt in view of rising costs keeping the

headquarters building going, the price per card would have to go up to 15p. We appreciated the support the people of Sedbergh & district had given over the years but would like to ask people to take care when addressing envelopes as our facilities for checking address's are very limited.



SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 3rd December

PRISONER OF NAPOLEON

Dr John Jackson
of Kirkby Stephen

Letters of his early life
and why he went to France

Sydney Richardson

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

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

Chairman: Joyce Scobie 21106

Secretary: Diane Elphick 20605

Treasurer & Member Sec: Richard Cann 20771

★ Thursday 4th December ★
The Lune Spring Garden Centre

Mince Pie & Damson Gin

★ Evening 7 - 9 pm ★

To celebrate the opening of

★ **MADE IN** ★

★ **CUMBRIA** ★

Craft & Gift Shop

★ Enjoy delicious free mince pies & Damson Gin
whilst browsing through our gifts - all welcome! ★

Lune Spring Garden Centre is off the A685

★ between Kirkby Stephen & Tebay ★

Tel: 015396 23318

To the man who attacked me.

This letter is to the leonine man who verbally attacked me in the street outside my home for allowing my dog to relieve itself in the churchyard and then throwing the “poo” bag into the rubbish bin on the corner of Finkle Street/Main Street.

In answer to your allegation that I had no respect for the church – I do – and many know my views on the church garden.

Old man, do YOU know where a white foxglove grows in the garden? Do YOU know where the first Crocuses show themselves in the spring? Do YOU know how many different kinds of daffodils are planted in the lawns? Do YOU know that there is one grave, which produces the most wondrous array of red tulips? Do YOU smell each rose in the summer? Do YOU appreciate the flowers left on old graves by loving relatives living now, who might not know that someone other than god sees their gift? Do YOU ever sit on any seat in the churchyard and drink

in the beauty, or appreciate the hard work put into the garden by the gardeners?

What do YOU know about that lovely garden?

On the gate of the church is a sign that all are welcome so that they may refresh themselves. I try to walk into or through “my” garden every day. Since I left my lovely garden in Kendal, the Church garden has given me the deepest pleasure. It is daily a gift from God as I have no garden but that one now!

The Churchyard is exactly opposite my front door – how silly of me to take my dog to the nearest field half a mile down the road by walking through the town – when by walking through the Churchyard I can use a more scenic and safer route. Do I instruct my dog not to relieve itself on the Church lawn – but wait for the field? Would you rather my dog use the pavement instead?

As for telling me that I should be ashamed of myself for putting the “poo” bag in the rubbish bin – I could hardly believe my ears! I thought a rubbish bin was for rubbish? If a rubbish bin is NOT for a dog “poo” bag – then the council needs to set up a special “poo” bin alongside each public refuse bin. There is only ONE official dog “poo” bin in Sedbergh that I know of – must all dog owners out with their animals trudge all the way to it to throw their doggies’ bags away?

Old man, I’d like you to know, that as I crossed the road I opened my mouth to say “Good morning – what a wonderful day!” It’s such a pity your awareness was so soured with critical thoughts that you spoilt it for me – and most of all – for yourself!

Elizabeth Hilton

SEDBERGH

TOWN BAND

Conductor: Alan Lewis

**CHRISTMAS
CONCERT**

Tuesday 9th December
7:30 pm
People’s Hall

Tickets
Adults £3 14 & Under £2
From
McConnell’s ~ Knights ~ Bull Hotel

BROADBAND

Before computers became a standard item in homes and offices things were much simpler. A hard drive was a long trip on the road and web was something a spider made.

Now of course, computers run our cars, our telephones and increasingly our TVs too. One of the key issues in south Cumbria in coming years is going to be the extent to which we take up - or are able to take up - all the immense and exciting possibilities of the Internet.

Just nine years ago, there were 50 sites on the worldwide web. Today there are more than 50 million. Most people in the Sedbergh area who have logged onto the Internet will have done so over an ordinary phone line. When the World

Wide Web is being heavily used, people trying to access sites on ordinary phone lines usually experience the "World Wide Wait."

Telecommunications companies are beginning to provide high-speed Internet access to homes and small businesses that is 10 to 100 times faster than today's Internet -- using technologies such as cable modems, Digital Subscriber Line (a technology that uses existing phone lines), wireless, satellite, and fibre optics. At higher speeds, the Internet can rapidly transmit a digitized X-ray, allow a student to tour a museum located halfway around the world, or enable someone with a disability to work from home.

But as access to the Internet becomes faster and faster for people in big cities, is



MEADOWSIDE CAFE

**The Laning, Dent
Tel: 015396 25329**

e-mail:

meadowsidecafe@btinternet.com

We would like to wish all our customers a Very Merry Christmas & a Prosperous New Year.

We appreciate your custom & look forward to seeing you in the future.

Our very best wishes to you all.
Dave, Jackie, Steph & Karen

**Open Week-ends in December
Saturday, Sunday & Monday
With evening menu served on
Saturdays up to 7:15
*Booking not essential***

*** Fish & Chip Suppers 12 December, 9th January & 13th February***

Closed from 11th January to 11th February inclusive

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Nicola & Gordon

Wish all their customers
A Very Happy Christmas
& New Year

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there a risk that those living in Sedbergh and the surrounding area could be left ever further behind?

In the 19th and 20th century, railways, electricity, and postal services were critical to economic development and job creation. Critically, they were rapidly made available to every part of the country. Today, high-speed Internet access is increasingly becoming important – but there's a digital divide between the urban "haves" and the rural "have-nots".

Rural businesses need broadband Internet access to allow their employees to upgrade skills using distance learning; communicate electronically with their customers and suppliers -- cutting costs, increasing productivity, and reducing inventories; and participate in the rapidly growing "business-to-business" electronic marketplace, which some experts think could grow to a staggering

£5 trillion by the year 2004.

Without affordable broadband Internet access, existing businesses in the Sedbergh area will be denied the opportunity to participate in the digital economy. South Cumbria will also find it more difficult to attract new businesses, since the availability of broadband access will become an increasingly important factor in site selection.

To help places like Sedbergh get broadband, they are asking local internet users to register their support for the service before they invest in upgrading local telephone exchanges. Once a predetermined level of interest is demonstrated in an area, BT engineers get to work making broadband access a reality. Following successful campaigns I've supported, this has already happened in places like Milnethorpe and Grange and will hopefully happen in Kirkby Lonsdale before too long.

If anyone reading this article wants more information on getting high-speed Internet access for Sedbergh, they can e-mail me at listening@timcollins.co.uk

*Also see article on Page 18 From
Adrian Gordon.*

Ed

Stuck for Xmas ideas?

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SETTLEBECK HIGH SCHOOL

Visit to "Escape to Safety" Exhibition
30th September

I thought that the exhibition, Escape to Safety, was very moving. We learnt a lot about asylum seekers and all the ways they are treated when all they want is a safe place to be in. Before we saw Escape to Safety all we knew about asylum seekers was what we saw in the newspapers or on the TV.

Emma Teal

My impressions of the Asylum exhibition are that it was very good and it taught us a lot about asylum seekers. Now I won't judge them by their culture and language. I think the press and police don't treat them properly. It's just

DOMINO DRIVE

7:30 pm

Friday 12th December

Killington Village Hall

GOOD
PRIZES



Everyone Welcome

In aid of Killington Children's Party

like judging a book by its cover.

Richard Martin

I thought the exhibition made you empathise with the refugees who flee to this country, not because they want to, but because they have to. It was good to

Dent Pre-School Association

FAMILY CHRISTMAS FAIR

Friday 12th December

Dent Memorial Hall

5.00: to 7:30 pm

CAROL
SINGING

FACE
PAINTING



MULLED WINE ~ MINCE PIES ~ HOT SOUP & HOMEMADE ROLLS

SANTA'S GROTTTO

CHRISTMAS TREE DECORATIONS ~ HANDMADE SOAPS
CAKE STALL ~ MINI CHRISTMAS CAKES ~ CHRISTMAS FAVOURS
WREATHS ~ CHRISTMAS CRAFTS

CHRISTMAS
RAFFLE

CRAFT
BAGS

Local Trade Stalls plus numerous Side Stalls
Including Santa's Treasure Hunt & Lucky Christmas

WE GUARANTEE A FUN NIGHT FOR THE WHOLE FAMILY



Everyone is Warmly Welcome



know the true side of the story, not just what the newspapers say.

Jenny Lamb

I got a mind-blowing experience and a different view than what the press say. I gained a lot of experience and thought it would not take so long. I have learnt about how hard it would be to get to Britain and how many questions they ask you.

Oliver Wales

It is very different to the things you hear from the press. It showed how asylum seekers really have to cope and that the amount of people who really do seek asylum in Britain is a lot less than the press tell you.

Edward Bannister

I think the exhibition about asylum seekers was amazing because it showed me how much the refugees have to go through before they even get to England and once they get here they get abuse that is so bad it forces some of them to commit suicide. Also, the papers never say anything good about asylum seekers because they're so easy to blame for things that they haven't even done. I have learnt a lot more about these people and now have my own view that they

L.F.H. SOCIAL EVENING L.F.H.
The Moorcock Inn, Garsdale
Saturday 13th December
Dominoes ~ Darts ~ Quiz

should get more help and be allowed into England.

Daniel McCandish

I thought the exhibition of "Escape to Safety" was excellent because you got to feel how asylum seekers/refugees would feel in their attempt to find safety. All I know about asylum seekers is what I see on the television, I didn't know what happened before and after you see them in the back of a lorry. This exhibition really gave you an idea of what it would be like to be an asylum seeker or a refugee.

Sara Kellaway

I thought the exhibition of "Escape to Safety" was brilliant. I felt like I was an asylum seeker myself going through the terror or shouting crowds of people wanting us to go back home but they had no home to go back to.

I learnt that Einstein was an asylum seeker .

Jennie Farrell

Old Tyme Dance
in aid of the People's Hall
SYD BANKS BAND
Saturday 13th December
People's Hall
8:00 pm
Raffle ~ Bar
Supper Available

£2.50



**Thinking of buying a PC
for Xmas?**
If you would like impartial advice
before buying your computer or
tuition on using it
call Adrian:
015396 25685
adrian@adriangordon.co.uk



SEDBERGH BONFIRE

The annual bonfire took place on Saturday, 1st November. With the long spell of dry weather seemingly coming to an end there was some apprehension that the event might again be spoilt by the weather, but after a few drops of rain early in the evening the spectators were able to enjoy the fire and spectacular fireworks in pleasant conditions. As usual the children were very much to the fore.

There was a large entry for the Pumpkin/turnip lantern competition and there were some good entries in the Guy and Fancy Dress competitions. The judges had a difficult task, but finally came up with the following decisions:

**PUMPKIN/TURNIP LANTERN
COMPETITION**

1st Connor Winn



2nd Erin Proctor
3rd Jennie Mather

FANCY DRESS

1st Scarlet O'Neill
2nd Emma Hopkins
3rd Connor Winn

GUY FAWKES

1st Emma Hopkins
2nd Rachel Hopkins

The Bonfire Evening would not take place without the unstinting efforts of numerous volunteers in the community. The Gala Committee extends its warmest thanks to them, to others who made generous contributions, and also to the St John's Ambulance team. *RK*

If you would like a copy of any of these photographs, call into the Lookaround Office and leave details *Ed*



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DIALECT DIGEST

'Kessmas is cumin', an' t'gooise is getting' fat', and once more I am indebted to Yorkshire dialect expert, Dr Arnold Kellett, for some quotes about Christmas time.

In his book 'Basic Broad Yorkshire', he mentions some old customs. Vessil cups were boxes containing a doll representing the Christ child in the manger, and carried around by children. And there's always plenty of singing at Christmas, in olden days by waits (who were originally watchmen) or wassailers.

Apparently, however, it is no longer the custom to wish families: 'A pooakful o' money, an' a cellar full o' beer, a gooid fat pig an' a new cauken coo.'

There was no shortage of good things to eat either. While the yule log blazed on the fire, and the turkey, first landed at Bridlington in the 16th Century, cooked in the oven, folk would get stuck into frumenty, a kind of thick porridge made from hulled wheat, seasoned with sugar and cinnamon. And, of course there was always spice-cake, the dialect term for Christmas cake, which is traditionally accompanied by delicious Wensleydale cheese.

However you celebrate Kessmas, may I wish you a joyous time from t'Dialect Society with this East Riding toast: Ere's tiv us, all on us, all on us ivver; May neean on us want nowt; neean on us nivver!

Michael Park

SPARE TIME?

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

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- Internet and email set-up
- Graphic design
- Tuition

For an informal chat call Adrian:
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adrian@adriangordon.co.uk

Y.D.N.P

The Yorkshire Dales National Park Authority has welcomed the arrival of a new outreach officer, Catherine Kemp, who joins the external affairs team at the Authority's Grassington office.

In her new post, Catherine will be responsible for working with urban-based youth and community groups to increase the number of visits made by them to the National Park from towns and cities outside of the National Park's boundary.

Catherine Kemp said: "One of the purposes of the National Park Authority is to help people to understand and enjoy the wildlife, landscape and heritage of this unique area. Whilst many people already visit and enjoy the many activities the area has to offer, there are

still those who have yet to discover what the National Park can offer them in terms of enjoyment and recreation.

"My role will be to introduce a new range of people to the magnificent countryside of the Yorkshire Dales - especially young people, those living in the region's towns and cities, people from ethnic minorities, and those individuals experiencing physical or sensory impairment - by working with groups and individuals to identify what they would like to get involved with in the National Park and helping them to take their first steps to enjoying this unique area.

"Not only will this introduce a wide range of people to the benefits of getting out and about in the fresh air and countryside; but also play an important



Sedbergh Office Services

13 Kings Yard, Sedbergh Tel./Fax 015396 20788

OPENING HOURS

Monday-Friday 10 am to 4:30 pm ~ Saturday: 10 am to 12 noon

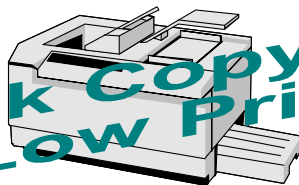
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role in introducing potential new audiences to the National Park who will play an important role in supporting the economy of the Dales into the future."

The National Park will also be celebrating its 50th anniversary throughout 2004 with a wide range of events and marketing initiatives with the theme of 'reaching out'. Catherine will be heavily involved in ensuring that the events and marketing initiatives are appealing to all new audiences so that everybody can get involved in the serious business of celebrating.

Catherine plans to attend a number of festivals and events throughout the next year to show new audiences what the National Park has to offer them.

"There are a number of exciting activities already underway - but we're also looking for new ideas for next year - please get in touch if you are a group or community group leader who would like to learn more about what there is available to do in the National Park or if

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you'd like to find out more about how to join in with the National Park's 50th anniversary celebrations."

If you would like further information on Catherine's work, please contact the Yorkshire Dales National Park Authority on 01756 752748 or by e-mail at catherine.kemp@yorkshiredales.org.uk. You can also write to Catherine Kemp, outreach officer, Yorkshire Dales National Park Authority, Colvend, Hebden Road, Grassington, North Yorkshire BC23 5LB.

Catherine's background is in environmental education and teaching based in and around Halifax and Bradford and has enjoyed visiting the Dales for many years to pursue her interests in walking and the countryside.

BROADBAND

Help the future prosperity of Dentdale. Dentdale now has the opportunity of having the Dent telephone exchange upgraded to allow Broadband access to the Internet. British Telecom announced on 17th November 2003 that it would consider upgrading the Dent exchange if sufficient people registered their interest.

Why would Broadband be good for Dentdale?

- New employment opportunities: businesses increasingly require fast Internet access and new businesses, whatever their size, are less likely to move into areas without fast Internet access. Broadband access also assists employees to work from home and makes it easier to start up home-based

enterprises.

- Education: primary and secondary schools across the UK now use the Internet to aid teaching and many schools encourage children to use the Internet for help with their homework.

- Access to information: more and more information is being made available online – sometimes exclusively so. Medical, financial and legal advice can be obtained online, as well as information about local and national government services and much more.

- Leisure: whatever your hobbies you can rest assured that there's a website of interest to you. As an example the BBC has many websites on subjects such as gardening, food, holidays, languages, sport and news. You can also listen to all

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Sunday 14th Sedbergh Town Band 2pm to 4 pm
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Sunday 21st Harpist AnnaKate Pearson 12 noon to 3pm

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Broadband access would also allow opportunities for developing community access to the Internet for those people without computers.

How you can help?

BT has stated that over 100 people in Dentdale need to register interest in Broadband Internet access before they will consider upgrading Dent's exchange. To date there have been 28 registrations leaving only 72 more households or businesses required to meet BT's 'trigger level' of 100.

By registering your interest with BT you will help get the Dent exchange upgraded. Once upgraded we will all

have the option of using Broadband. If the exchange is not upgraded we will all be denied that choice.

Registering does not commit you to purchase broadband from BT or any other company but it will help those who wish to do so.

What to do next?

You can register your interest on BT's website:

www.btopenworld.com/votebroadband

Or, if you haven't Internet access at this time, Adrian Gordon will be happy to register your interest on your behalf.

For more information contact Adrian Gordon on 25685, or call in at Hodgsons Cottage, The Laning, Dent. There is also a campaign website for the Sedbergh exchange which can be found at <http://www.sedberghbroadbandcampaign.org.uk>.

Remember, by registering your interest for Broadband you're under no obligation to use it but five minutes of your time will help our community and businesses enormously. Thank you.

See also the article on Page 11 From Tim Collins.

Ed

DANNY'S DISGO

Friday 19th December
People's Hall
10 pm till late
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Proceeds to Zebra's Toddler Group



DID YOU KNOW THAT...

This is a collection of health-related facts I have gleaned recently from my varied reading on the subject. I hope it will amuse you over the festive period. I have included the sources, so you can follow up the information if you wish. (EC = Ethical Consumer, Aug/Sept 2003; CAM = Complementary and Alternative Medicine, Nov 2003; JCM = Journal of Chinese Medicine, Oct 2003; JCMN = JCM News, NI = New Internationalist, Sept 2003)

- In the USA one death as a result of obesity occurs every 100 seconds (CAM).
- People who eat breakfast are significantly less likely to be obese or to have diabetes, than those who do not (JCMN).
- Rats fed food rich in fats and sugars become addicted and have withdrawal symptoms if it is discontinued (JCMN).
- The World Social Forum is calling for a boycott of Coca Cola products following death and serious maltreatment of workers at bottling plants in Columbia (EC).
- The manufacture of computers involves many environmental toxins,

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including heavy metals. There are several eco-labelling schemes for new computers and Computer Aid recycles computers for users in the third world (EC).

- Flat screens of liquid crystal display type are more environmentally friendly than cathode ray monitors and they last on average three years longer (EC).
- Green tea can protect against cancer and lower cholesterol. It also has benefits for the skin and can help prevent osteoarthritis (JCMN). At her seminar at the Meditation Centre in Dent, Guo Bisong recommended using good quality tea, making it strong, using water just below boiling point, but drinking only small amounts.
- Organic food contains higher levels of antioxidants than conventionally grown food (JCMN). Organic vegetables and groceries are delivered to Sedbergh and Dent every week by Growing with Grace (telephone 015242 51723).
- Eating plain, dark (not milk) chocolate increases the total antioxidant capacity of blood (JCMN). If you are going to use chocolate therapeutically, I recommend a restrained consumption of Green and Black's organic dark chocolate, available both from Powell's in Sedbergh, and, for

those who like their chocolate delivered, from Growing with Grace (see above).


- The pharmaceutical industry has the highest profit margin of any industry (beating even commercial banks). In the past decade the number of sales reps in Europe has trebled to 110,000. Medication effects are the fourth leading cause of death in the US, beating car accidents and HIV/AIDS (NI).
- The chances of becoming pregnant with IVF can be enhanced by 50% by receiving acupuncture treatment just once before and once after IVF (JCM).
- Toxins, such as dioxins, accumulated in a woman's fatty tissue can cause pollution in the uterus to the detriment of an unborn child. Dr Michael Odent is looking for volunteer prospective mothers to take part in a six month detox programme, prior to conception. Contact modent@aol.com or 0207 485 0095 (CAM).
- And just in case you are thinking of giving Aunty Vera some soap for

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Christmas, there are similar toxins in animal fats used to make soap. This will show up as sodium tallowate in the list of ingredients. To avoid this look for vegan soaps in health stores. The two brands Honesty and Natural Organic also have a good ethical record (EC). You may recall that most cosmetic and skin care products contain chemicals you would not want to absorb through the skin (Lookaround July 2001).

If you want to consult any of the sources, or you want to know where to buy good quality green tea, please contact me. My telephone number is (015396) 20972. I wish you all a very Happy Christmas and a good start to the New Year.

June Parker



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KILLINGTON W.I.

Another year has rolled by and here we are celebrating the 62nd Annual General Meeting of Killington Women's Institute. What a fine achievement and we think with pride and pleasure of all those ladies who have been members through the years. We still have three founder members among our present number Jose Waller, Nora Capstick and Jenny Wearing.

We started our meeting with a hearty rendering of "Jerusalem" which is unusual for us as at all our other meetings we sing Killington's own song which starts, "A pleasant thing it is to meet in friendship's circle bright", and so it was once again. It was enjoyable to listen to the various annual reports and remember

the happy activities of the last year.

Secretary Sue Sharrocks gave us a review of all our meetings and outings, Anne Macer, our treasurer presented us with a healthy balance sheet and thanked Mike Fenton for auditing the accounts, while Shirley Richardson, our president added her heartfelt thanks for the help received from members and committee alike.

Then followed the election of the committee who were re-elected en-bloc with the exception of Dawn Stephens who needs to concentrate on other matters for the time being. Warm thanks were expressed to Dawn, particularly for her artistic contributions through the year. Shirley Richardson was then unanimously re-elected as president for our 63rd year. We are so pleased that she is willing to continue for another term.

Our annual "social time" enabled us to let our hair down and a varied programme of music, song, verse and prose performed by members kept us amused until the arrival of a sumptuous tea provided by the committee. Once replete we drew our raffle (won by Pam Fenton), judged our competition - "a holiday postcard" - won by Pamela Symonds, cleared up and headed for home. Our next meeting is our Christmas Lunch to be held at the Golf Club at noon on Tuesday 16th December. Please note the change of date. We look forward to seeing Jenny back hale and hearty after her operation but will save a mince pie for Nora who will not yet be ready to join the fray. Crackers and paper hats provided. See you then.

We send all our friends (that is you if you are reading this!) our best wishes for Christmas and the New Year. *W.F.U.*

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HOWGILL W. I.

The October meeting was well attended and included two prospective new members. President Mary Silva gave a detailed report on the Council Meeting held at Kirkby Stephen in October.

Four members formed a team and took part in the Quiz Night at The Bull Hotel on November 3rd. Nateby W. I. Were the winners and will go forward to the next round. A sandwich supper concluded an enjoyable evening.

We were pleased to welcome Stephen Hinchcliffe from the Old Hutton Owl Project. With the help of slides we were given some fascinating facts about the owl. The eyes are big and 'wise looking' which has given rise to the familiar expression 'as wise as an owl' though owls are not necessarily wiser or cleverer than some other animals. Their ears are holes in the sides of the head and their toes are reversible. They have a three foot wing span and they glide around quietly to hunt. Their heads go round 270 degrees. Food is hunted at night and eaten whole, and of course, the owl has become more of interest through 'Hedwig' in the famous Harry Potter films. Stephen has had a long term

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passion for owls so was more than eager to get involved with the Owl Project. The Owl Trust is doing work world-wide to try and save the Barn Owl and has given the project expert support. Work on the project is on-going located at Fellside Wood, Old Hutton. The wood has been planted up, the vole population increased, bird boxes and nesting opportunities provided to create a natural habitat for the owls. Liz Coope thanked Stephen and wished him luck with the Project.

The competition for a home made bird was won by Sheelagh Dennis with Liz Coope second. Sheelagh was also winner of the Social to identify the plants. We are looking forward to the 4th December, when we will be meeting at Sedbergh Golf Club for our Christmas meal. The competition is for a home-made Christmas Gift Tag. Our first meeting of 2004 will be on January 8th, when Andrew Lowe is the speaker. *A. H.*

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FROSTROW W. I.

The November meeting is always the AGM which does not always attract a good attendance, but this year there were not many apologies for absence. Our best wishes are sent to those who are not well. Jean Mitchell gave an enthusiastic report on the Council Meeting held at Kirkby Stephen when the guest speaker was Norman Willis, ex-Trade Union Secretary, who is noted for his humorous talks. Jean encouraged others to attend these meeting to hear such excellent speakers.

The Federation Chairman is progressing well after her operation and thanks everyone for their good wishes.

Our team which entered the Federation Quiz held at the Bull Hotel had enjoyed taking part although they did not win. Linda Hopkins was Highly Commended for her poetry reading in the Federation Competition and we were delighted when she recited for us "A Very Ordinary Poetry Reading" by Roger Mc Gough to round off the evening.

The Story Sack was delivered to the Primary School recently and the children in Year 1 watched intently as the contents were revealed. Their teacher was most

appreciative and the children asked us intelligent questions. We hear that the items are now in use, which makes it all worthwhile.

This year there was no election for the committee and the existing members were all willing to continue for another year, but it is hoped that others will consider standing next year. Josie, our Secretary, reported on a happy and successful year with speakers on varied topics, visits and participation in Federation and locally organised events. Josie and Ann, our President, both paid tribute to Mary Dormand who is sadly missed for her friendship and all her input into W. I. Life. Ann thanked the Committee for all their support and encouragement during her first year in office. Dorothy Gerrard presented a satisfactory financial statement. Margaret Copestake thanked the Committee for all their work during the year. The raffle winner was Nora Walker.

A Jacob's Join supper meant that we all enjoyed each other's tasty contributions which made a delightful spread.

On December 10th we meet for our Christmas Dinner at The Posthorn.

M.F.

DENTDALE W.I.

Mid November and time once more for the AGM. We proceeded very smoothly through the Agenda and I can report no unexpected changes of Officers. Margaret Fothergill was elected to lead us as President for another year and Margaret Schofield stood down from the Committee. Reports were given and thanks all round for what had been an excellent year for Dentdale WI. Mark French the Headteacher of Dent primary school was on hand to act as our independent teller for the elections and to judge the Competition entries of Tray Bakes. Well there was only one way to do that wasn't there? Margaret Fothergill's carrot cake was pronounced the winner out of a mouth watering set of entries, as we all agreed when we ate them with our cup of tea during the break following the AGM.

Catherine Sugden won the competition cup for the year and Nancy Murdoch was runner-up having won eleven times herself over the years.

During the second half of the evening Members were given details of the Christmas meal to be held at the



Sedbergh Golf Club on the evening of Wednesday 10th December.

Margaret Fothergill gave a report on the recent Council meeting held at Kirkby Stephen where the guest speaker had been Norman Willis.

Dorte-lis Powell then spoke to us about the course she had attended at Denman College earlier in the year *Understanding Europe and influencing policy*. Dorte-lis was full of praise for Denman and the way the course had been run. The various bureaucratic layers of the EC were explained to us and we all felt that we knew more about the way our affairs were dealt with in the European Community at the end of the evening.

Next year's programme promises to be full and interesting, starting with a talk by Jennie Loydall on *A Woman in Waste*. A warm welcome awaits anyone who would like to join us.

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BEEKEEPERS ASSOCIATION

Eighteen members and guests attended our 3rd Annual Honey Show on Monday October 27th in the People's Hall committee room, and all agreed that it was the best so far! Many thanks from the committee to all who entered, a

record number of eleven members staged thirty-two entries in the five classes. Many thanks to Bill and Marion Smith for doing all the hard work organising the event, and to David Walmsley, this year's judge, for all his efforts. The official results were:-

Clear Honey

1st	Bill Smith
2nd	John Tallon
3rd	John Tallon
Highly Commended	Tommy Brooks

Set Honey

1st	Tommy Brooks
2nd	Vic Hopkins
3rd	Malcolm FU
Highly Commended	Vic Hopkins

Cut Comb

1st	John Tallon
2nd	Tommy Brooks
3rd	John Tallon

Novice

1st	Jane Timshle
2nd	Mike Hart

Bee Products

1st	June Tallon
2nd	Julie Seward
3rd	Marion Smith
Highly Commended	Bill Smith

Congratulations to all the prize-winners,

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On Monday November 10th we met at the Friends Meeting House at Brigflatts to review our 2003 beekeeping year. Again, all present agreed that this year, the club's eighth, has been the most successful yet. Each member highlighted his/her own reasons for feeling this, but common to most was enjoyment of new members, the very full programme of meets, including our first Annual Conference, meeting beekeepers from Lancashire, North Yorkshire, and the Wirral at different events, fewer swarms than last year, and a record honey crop! The room rang with laughter at many of the stories of success and failure, and not just with our bees!! This was followed by a honey tasting session. Members had

each brought along a jar of honey from this year's crop from their apiary for everyone else to taste. It was remarkable how wide the range of taste and aroma is achieved by our bees in the different parts of our area. All were delicious! Mmmm!

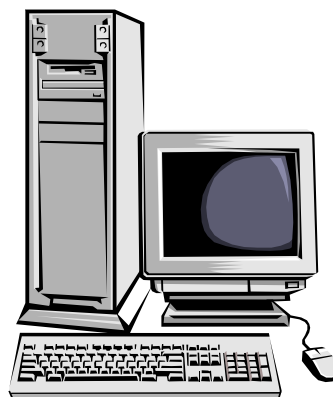
Our next meeting, the last of 2003, is at 7.30 pm in the Friends Meeting House at Brigflatts on Monday, December 8th. The meeting will discuss and set the programme of events for 2004.

The first event of 2004 has already been set. Our 8th Annual Dinner will be held at The Head at Middleton starting at 7.30 pm on Friday 23rd January 2004. Until then Sedbergh beekeepers wish you a very happy Christmas and prosperous New Year.

Malcolm Fraser-Urquhart

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SEDBERGH REFLECTIONS

How are your 2003 New Year Resolutions going? Forgotten long ago? Last November's issue of Sedbergh & District Lookaround included a Readers' Survey which I duly completed and returned and having done so I was prompted to make a New Year's resolution to contribute to the magazine myself. In the survey we were asked to make comments about what we liked in Lookaround, how it might be improved and, by ticking boxes, various questions about the appropriateness and usefulness to us of the many regular items in Lookaround. It made me realise how much I get from Lookaround that really I ought to contribute.

For many years I have eagerly sought to

purchase Lookaround on the first day of each month, and I know I'm not the only one! Hardly a newspaper, but a very valuable reflection of what is happening in and around Sedbergh in the month to come, in the month past and in times past. I was particularly interested in the series about the history of Braithwaite's buses sometime back. In last year's survey we were asked about the usefulness to us of some of the regular items and which items we referred to. I find the bus timetable invaluable. I can never remember the times of the buses and so it has been quite a shock to find this information absent in August and also last month. Jacky tells me that it is a "paid for" item and so it only appears when paid for. I guess not many people

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know that. I'm not sure who pays, but they should know that their payment is greatly appreciated by many readers.

To quote from the last December/ January issue of Lookaround only 4.5 of the readership responded to the November survey and so Dennis and Jacky assumed (correctly I'm sure) that we are all very satisfied with the way they operate. It was stated that the results of the survey would be printed in the February issue but I don't remember seeing it! All I can say is "keep up the good work Dennis and Jacky, we do appreciate your labour of love for Sedbergh".

It is a privilege to be able to live in this wonderful community set in beautiful countryside. Importantly it is the

businesses, people and organisations, which makes it the place it is. Sadly we still have boarded up property in Main Street, but we look forward to it soon being part of the Book Town. Congratulations to Sleepy Elephant pioneering the way. The Wednesday Market has taken on a new lease of life recently with more stalls and even a huge mobile butcher. Much of the year the market is accompanied by a coffee morning in the nearby URC Rooms benefiting local charitable bodies, as well as being a friendly meeting place.

Sedbergh School is central to the town and makes Sedbergh known to many throughout the world. I'm sure the town and gown complement and support each other. Another lively part of life in Sedbergh is its churches of various denominations that quietly work together to provide Christian witness and ministry in the town and around. As we approach Remembrance Sunday and also the remembrance of Christ's birth it is good to know that they are there for us to worship God, and that they are daily offering prayer for the community even when only two or three are gathered together in the Lord's presence.

Having been associated with Local Government for much of my adult life I must mention our local authorities, after all we pay them enough Council Tax each year, even though we might not appreciate doing so. Parish Council, South Lakeland District Council, Yorkshire Dales National Park and Cumbria County Council all have a part to play in the way our community ticks. Perhaps it is only when our refuse is

(Continued on page 30)

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collected that we give the councils a thought. The lads on the lorry do a great job. Sadly SLDC introduced £1 a bag green sacks for our garden refuse earlier in the year whilst almost at the same time giving our neighbours in Kirkby Lonsdale green wheelie bins for garden refuse to be collected free of charge. Where is the logic in that I wonder? It just seems to me that Sedbergh is being treated unfairly and effectively being hit by a stealth tax. Perhaps SLDC's recent poor rating is well deserved! It is a strange world where our schools, hospitals, local authorities and the like are categorised in star ratings and league tables, etc. Congratulations to Morecambe Bay Hospitals Trust for their five star status; in my experience they certainly deserve it.

Our own Parish Council meetings are reported in Lookaround, though sadly several months belatedly, particularly when The Westmorland Gazette can report within days of meetings. Sports clubs are another valuable part of the town's society, but it seems that the new football pitch by The Peoples Hall has become a hot bed of political controversy. It seems that because one football club

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has contributed financially to the new pitch the Parish Council are denying the use of it to other clubs even though they have no authority to do so, the recreation ground having been given to the town for unrestricted use by all, so I'm told. Perhaps I've been misinformed but I'm certainly bemused!

Our community is represented in a 2004 calendar now on sale. Let us do our bit and make it sell well for us to be aware of what makes Sedbergh tick, and by giving it away for Christmas presents publicise our pride in our town. Of course a subscription to Lookaround could accompany the calendar!

Well I now feel better for having at long last kept my New Year Resolution. Can I keep it up I wonder. With apologies to the shop on Main Street and to Joan Stockdale, I hope my Sedbergh Reflections have been of some worth!
Best wishes. *N Hastle*

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OCTOBER WEATHER

The first few days were quite mild with temperatures in the 60s F. The month's maximum was on the 2nd with 66.6F On the 9th the maximum temperature was 57.2F at 11.30 pm!! To show that it was autumn we did have fairly keen frosts with a minimum 26.1F on the 25th and temperatures below 30 on 5 other nights. Pressure was generally in the mid 29 inches with a low of 29.03" and a high of 29.97" It was a fairly breezy month with a maximum recorded wind-speed of 21.9 mph and lowest recorded maximum of 7.4 mph. On only 4 days in the month did the wind blow from an easterly direction. For half the month it was in the north west quarter. Total rainfall was a mere

1.38 inches. We had an official drought between the 8th and 24th though some drizzle fell it did not trouble the rain-gauge. On the 4th we hail a short hail shower but again it wasn't enough to record.

Signs of approaching winter were seen with the return of fieldfares and redwings in the middle of the month. Some tortoiseshell butterflies have moved indoors to hibernate but some were still flying outdoors on the milder days. Bats were still around and queen wasps were looking for places indoors. Honey bees haven't balled up yet and were regularly active. Several plants have had another flush of flowers but the frosts caught any dahlias and nasturtiums that were still in the garden.

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BRITISH LEGION 1981

Help is required for this photograph. Can you identify anyone in this 1981 British Legion Party? Any information would be appreciated. Please contact Shirley Tebay, Walnut Bungalow, Dent Tel: 01539625001 or e-mail: shirley.tebay@btinternet.com or contact Lookaround.

EVANS TESTIMONIAL FUND

The Reverend J.H. Evans was the Master of the Free Grammar School of King Edward VI in Sedbergh. His former pupils made a collection to show their esteem for him and using that money and some is his own, he built a Reading Room and Market House for the use of people living in Sedbergh. Today that building is owned by Sedbergh United

Charities and Widows' Hospital and is rented by Cumbria County Council for use as a public library.

Any surplus from the rent and investments can be used for charitable purposes for the general benefit of the inhabitants of Sedbergh and its neighbourhood. In the last two year grants have been made to organisations such as Sedbergh Toy Library, Sedbergh Walking Buses, Sedbergh Playing Field Playground and St. John Ambulance.

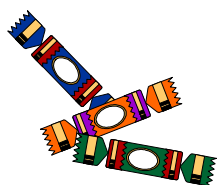
Anyone wishing to obtain further information can phone (20771) the clerk to the charity. Any applications for grants must be submitted in writing, by 18th January 2004, to the clerk at the following address:- 31, Loftus Hill, Sedbergh, Cumbria, LA10 5RX.

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HISTORY SOCIETY

The History Society was privileged to welcome its former President Dr Peter Addyman who gave a most interesting and comprehensive talk on his thirty years excavating in York. As a pupil at Sedbergh School he became interested in archaeology and spent some time excavating near the Yorkshire Museum and St Mary's Abbey in York. He then turned his attention to Underbank and Hallgarth in Sedbergh.

Later in his career he returned to York and became the Director of the York Archaeological Trust where he was known as Mr Jorvik. York was one of the biggest settlements in England and

through archaeological research it has been possible to trace the history from the Roman period when it was the site of a large legionary fortress. Later it was settled by the Vikings (hence the Jorvik Museum) and then became a large ecclesiastical centre when the Minster was built. Increasing population led to an expansion of the woollen trade made possible by improved road systems.

Dr Addyman then outlined the way future research was progressing from large excavations to rescue and keyhole archaeology. After many searching questions Graham Dalton gave the Vote of Thanks

Some people!

It constantly continues to amaze me as to why people behave the way they do!

Whatever happened to "Help thy neighbour", "Do unto others as you would have them do to you", "You scratch my back and I'll scratch yours"! But oh no, the world doesn't seem to work like that anymore, it's a case of "Blow you Jack. I'm alright"!

Don't get me wrong, I am not preaching, just Shouting! I don't expect someone to do me a favour just because I did one for them, but a little bit of courtesy never hurt anyone!

I hear you say, "Whatever are they ranting on about!" The plain and simple truth is the amount of times I have walked the Dent to Sedbergh road, in all kinds of weather. A lot of people seem to think I am just out for a stroll (fair enough if the weather is glorious), not so normal if I am carrying shopping bags and the rain is absolutely teeming it down with strong to gale-force winds! I don't expect every Tom, Dick & Harry to stop & offer a lift, obviously not everyone will recognise me, and I understand that in this day and age it isn't safe to pick up hitchhikers. This past week alone I had one lady driver smile at me, she seemed to slow down and pull in. Brilliant I thought, then tried to waddle up the hill, bags and all, dripping all over the place. No such luck, she pulled away again and sped off! It seems she was smirking rather than smiling. She must have been thinking, "What idiot would be out in this kind of weather, carrying shopping!" Well I am sorry to say we can't all afford

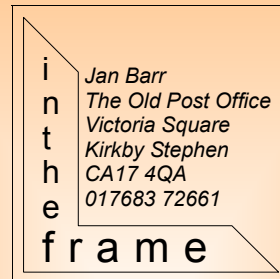
the luxury of our own car, if I could I would gladly pay all the generous people who do stop to give me a lift.

Next time your out & about, just stop and think, would you like to be in their shoes walking in that weather laden down with shopping, I'm sure you wouldn't.

Many thanks to all the very generous drivers who have given me a lift in the past, may you be blessed with the same warmth and kindness you showed me.

To the lady who gave me a lift recently, many many thanks and I'm sorry I got your seat so wet! (I was truly sodden by the time I was picked up.)

Remember a little bit of kindness goes a long way! *Name & Address supplied*



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SEDBERGH CDC

New Courses after Christmas!

We are very pleased that we have been able to arrange a programme of exciting new courses starting after Christmas. For the artists amongst you we are offering **Life Drawing** and **Pastel Drawing**.

If you own, or are thinking of buying, a digital camera you may be interested in **Digital Photography**. This course will give you help and advice on using the equipment, transferring and editing pictures.

Ian McPherson will be running a **Tai Chi** class for us and Elaine Horne will be giving her expert advice in **Practical Gardening**.

We will also be running a daytime **Desktop Publishing** course to help you to create your own posters and

newsletters, plus a daytime **Italian for Beginners**.

For the parents (or grandparents!) amongst you with children aged 11-14 years we are running a special **FREE Maths for Parents** course to help you get to grips with the kind of maths being taught at school.

Other classes such as **Yoga, Spanish & Italian at various levels, Circle Dance** and **Sugar Craft** will also continue into next term, along with our longer computer courses.

If you would like to know more about any of these courses, or our range of **Learndirect** self-study courses, please contact us on Sedbergh 21031, or come to our enrolment evening on Thursday 8th January.

Chris Wood



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FRIDAY EVENINGS: The Wildwood Bluegrass Band *LIVE*

Sunday 28th December

Domino Knockout Competition @ 2 pm ~ Domino Drive @ 7:30 pm. Entry £1
Lots of prizes



CHRISTMAS OPENING HOURS

Christmas Eve	6 - 11 pm
Christmas Day	CLOSED
New Years Eve	6 - 1 am
New Years Day	CLOSED

WINTER OPENING HOURS

Tuesday to Friday	6 - 11 pm
Saturday	12 noon to 11 pm
Sunday	12 noon - 10.30 pm

Food Served all day Saturday & Sunday

SETTLEBECK HIGH SCHOOL

We arrived at the Lowry on Thursday 2nd October to see a production of the previously studied *Animal Farm* performed by the Northern Stage Drama Group.

We settled promptly into our front row seats all ready to be entertained by a reproduction of George Orwell's fantastic work.

The story of *Animal Farm* is a tale of a dramatic revolution and a communist movement. The animals of Manor Farm begin with set values and commandments to live by. As the story progresses though, these virtues are edited to benefit the new self-appointed leaders.

The set was magically transformed to resemble an amazing barn scene. Laden with soil to represent dirty conditions of the farm, the stage had very little on it. However, the props which were viewable to the audience were used well in many different ways.

One example of this was the water-filled bath which represented an old drinking trough for the animals. This was used mainly to show the animals' excitement and refreshment. However, when the actors splashed in and out of the bath, the front row of the audience got splashed with mud. Another example of this was the wooden pallets which were used to resemble strength when held above the animal's heads. They were also used to resemble stalls for the animals but their main purpose was served when they were stacked to make a windmill which is a major part of the play.

At the beginning of the performance we saw several refugees enter carrying bags and other belongings. They settled

around the stage and used the bath to wash themselves whilst one of them sat in the centre and began to read the opening pages of Orwell's book, this helped to set the scene for the audience.

I was impressed with the stage mainly because it looked so realistic as a barn. The corrugated iron walls and the muddy floors finished the effect off extremely well. I was also very impressed with the actors, they were really animal-like in their appearance and stature.

By the end of the production it was clear to the audience that the pigs were of high status and definite leaders of the animal society. The performance was a great benefit to years 10 and 11 students who are able to use this experience for their GCSE Drama exam. *Jake Dinsdale*

SEDBERGH PRIMARY SCHOOL.

Peter Covey's Visit

Peter Covey came to Sedbergh Primary School on 20th October to give an able writers workshop. There were also children from Grayrigg and Dent school who came to enjoy the fun with us.

Peter Covey is a writer; he writes the 'Coping with...' series.

At the beginning he told us all about his life and his school years. Everyone thought he was very funny. In the second lesson he told us all about how a story has to have detail. He also told us about the way stories have to have different levels of excitement.

By the end everyone had written their own stories, or at least had started to write it and will be finishing it before the half-term. All in all every one had a fantastic day.

Hannah Smith-Saville & Jessica Joel.

DECEMBER GARDENING

Is it just me, or do the short winter days seem exceptionally short and dark this year? Perhaps it is because the summer was so beautiful and bright that the contrast seems much greater. Whatever the reason, it has made me appreciate the winter flowering plants even more than I usually do.

Heading the cheerful flowers league in my garden is the winter jasmine (*Jasminum nudiflorum*), a sprawling shrub which is usually grown trained on a wall or fence. Flowers are born along the length of the bare green stems and are a lovely bright yellow. Winter jasmine comes from China where it has been cultivated since ancient times, in fact the familiar climbing plant which we grow is never found growing in the wild. The only variety which does occur is a dwarf (possibly grafted) form.

Next in line, another yellow flowered shrub which I would hate to be without is the Witch Hazel (*Hamamelis*). This usually waits until the depths of winter to burst into bloom, and the delicate looking flowers seem to withstand any amount of wind, rain snow and frost and still perfume the air with their wonderful clean fragrance. I like to extend the season of interest by cutting Witch Hazel twigs before the buds open and bringing them indoors. In a warm house they will quickly open fill a room with fragrance. My Witch Hazel is the cultivar "Pallida" which has large, pale yellow flowers. *H.* "Arnold Promise" and *H. mollis* are two other good yellow forms, *H.* "Jelena" and *H.* "Diane" are orange/ red. Witch Hazels

are relatively difficult to propagate and are chosen cultivars are usually grafted onto a rootstock of *H. virginiana*. This species flowers in September/ October, so if you find that your shrub is coming into bloom much too early, do make sure that the rootstock has not suckered and begun to take over the rest of the bush.

Elaine Home

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Give me a good digestion Lord,
And also something to digest,
Give me a healthy body Lord,
With sense to keep it at its best.
Give me a healthy mind, O. Lord,
To keep the good and pure in sight,
Which seeing wrong is not appalled,
But finds a way to set it right.

Give me a mind that is not bored,
That does not whimper, whine or sigh,
Don't let me worry overmuch,
About that fussy thing called I.
Give me a sense of humour Lord,
Give me the grace to see a joke,
To get some happiness from life,
And pass it on to other folk.

Happy Christmas Everyone

Betty Pearson.

**SOUTH LAKELAND VOLUNTARY
SOCIETY FOR THE BLIND
SEDBERGH GROUP**

There was a large turnout at the November meeting to meet the new Chief Executive, Malcolm Fair and to hear about the latest gadgets for visually impaired people from the outreach worker Scott Helmsley.

Scott demonstrated the latest 'talking' devices, from can magnets which read aloud the contents of the cans in the kitchen cupboard, to voice recorders on which to record the shopping list or even one's autobiography! The most sophisticated (and expensive) piece of equipment was a scanner which would read aloud typed letters and bills. All these devices are designed to assist

people with serious visual problems to remain independent.

The most popular items, however, were the large and very large print diaries and calendars, and the wide felt tip pens used to enter information into them. These were found very useful by those members with some degree of useful vision (by far the majority of visually impaired people).

Although the word 'blind' is in the title, the organisation assists mainly people who are having difficulty with their vision, who are very far from, and usually unlikely ever to suffer from total blindness. The causes of the impaired vision are many and varied but one of the main problems amongst older people is age related macular degeneration.

Although most people with this condition

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are unlikely to be offered a surgical or medical cure, that does not mean that nothing can be done. There are many devices which are available which may assist with the tasks that have to be carried out in everyday life.

Malcolm Fair gave a summary of the latest work of the Society. This included a focus on young people with visual problems and on visually impaired people wishing to find work. The use of computers to help access information by visually impaired people is also being targeted. All the other work is still continuing, including the help desk at the local hospital and the resource centre in Stricklandgate House, Kendal as well as the invaluable outreach service to people in their own homes.

Future Events:-

There will be no meeting in December.

The Christmas lunch party takes place at Sycamore Close on Sunday, January 18th at 12.10 p.m.

A talk on musical subjects by Mr E. Lawton will take place on the 17th February at 2.00 p.m. at the People's Hall. Friends, relatives and other visitors are very welcome at this event.

After that monthly meetings will continue as usual on the third Tuesday in the month at 2.00 p.m. in the Community Office. Transport will be provided for members to all events.

New members are most welcome and should contact Sedbergh 20100. People with visual problems needing help can also contact Kendal 01539 742633. *JL*



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SERVED UNTIL CLOSING TIME

Christmas Bookings now being taken

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DECEMBER REFLECTIONS

How terribly saddened I was to learn of the death of Jackie Stringer. She was such a very lovely lady. I became acquainted when her Epicure Restaurant in Main Street, Sedbergh, was the 'Lookaround Office' when I first contributed to this newsletter. I am sure that Jackie will be much missed and I send our sincere condolences to her family. Jackie's departure from the Epicure signaled the making of another great friend, Janice Rusling, whom I already knew, and who is the proprietor of Sedbergh Office Services, in which is housed the 'Lookaround Office'. A super lady with a great sense of humour! We have had a few laughs on my account, with my pin

brain and an odd, otherwise unheard of, portable font-writer word processor, which requires special ribbons and non-formatted discs! Nothing is ever impossible for Sedbergh Office Services. And, I know I'm not on my own in admiring both Janice and Pete, for the enormous battle they have fought for Pete's health. In fact, the last time I saw Pete, I was disc-desperate even then! That, no-disk-compatible-lark! "Put some sticky tape over the box that's open," he told me, explaining that my discs had to be formatted by me. First I knew of that! And, I might add, the Sharp help-line didn't know a thing about it.

There are periods in one's life that are filled with love, fun, excitement and

<p style="text-align: center;"><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £3.20 Garlic Mushrooms on Toast £2.95 Pate with Garnish, Toast & Butter £2.95 Soup of the Day £2.10 Egg Mayonnaise £2.10 Grapefruit Cocktail £2.10</p> <p style="text-align: center;"><u>Extra Special Main Courses all £9.95</u></p> <p>Loin of Pork in Cider & Apple Sauce Lamb & Apricot Casserole Chicken with Basil, Port & Dill Sauce Venison Steak with Red Wine Sauce Venison Casserole Supreme of Pheasant Chasseur Pork in Pepper Sauce Cod & Prawn Crumble</p> <p style="text-align: center;"><u>Main Courses</u></p> <p>Roast Dinner of the Day £5.90 Mixed Grill £11.30 Fillet Steak £11.30 Sirloin Steak approx. 8oz uncooked £9.80 Half Roast Chicken £6.80 Chicken Kiev £5.90 Lasagne £5.90 Steak & Kidney Pie £5.90 Cumberland Sausage £5.90 Gammon & Pineapple £5.90 Barnsley Lamb Chops £8.90 Marinated Lamb Steak (6oz) £8.90 Pork Chop in BBQ Sauce £6.10 Cheese & Ham Pasta £5.90 Tuna Pasta Bake £5.90</p>	 <p style="font-size: 2em; font-weight: bold; color: red;">THE HEAD AT MIDDLETON</p>  <p style="font-size: 1.5em; font-weight: bold; color: blue; text-decoration: underline;">Menu</p>	<p style="text-align: center;"><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £7.90 Grilled Rainbow Trout £7.90 Breaded Scampi £5.80 Breaded Haddock £5.80</p> <p style="text-align: center;"><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £5.90 Stilton & Vegetable Crumble £5.90 Vegetable Lasagne £5.90 Mushroom & Nut Fettuccini £5.90 Broccoli & Cream Cheese Bake £5.90 Vegetable & Pasta Bake £5.90 Vegetable Tikka Masala £5.90 Macaroni Cheese £5.90</p> <p style="text-align: center;"><u>Rice Dishes</u></p> <p>Chilli £5.60 Chicken Tikka Masala £6.90</p> <p style="text-align: center;"><u>Salads</u></p> <p>Ploughman's Lunch £4.60 Cold Meat Salad & Roll & Butter £4.90 Prawn & Rice Salad £5.80</p> <p style="text-align: center;"><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £3.60 Ham, Beef, Cheese & Tomato; Cheese & Pickle or Salad £1.90 Toasted Sandwiches £2.20 Portion of Chips £1.00 Mixed Side Salad £1.20 Portion of Mushrooms £1.00 Roll & Butter £0.35</p>
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support. They are never lost. Though my "Paradise" feels a long way away now. It was uncanny reading about Jackie Stringer, because, I had just made the decision that I have come to a crossroads of life. How I have wondered which road to take. Yet, twelve months is a long time when a battered human frame like mine, is one year older! There are things I'd never thought I'd ever be able to manage without. Yet now, wisdom challenges. How very different the overall picture is, from that of last Christmas. Sir and myself have mulled it all over, realising how, for instance, the very hot summer weather affected our health.

Other things too. And then, as a new winter peered at me with more darkness

to the day, with even less sparkle in the mornings to grab the writing material beside my bed, to easily meet challenging deadlines.

Its a changing world, we are but ships that pass in the night. I write now in the dead of a stormy Anglesey night. When the clarity of my pen will put down truth-absolute, for judgment to be in the morning, beneath a watery, wintry sunshine. A journalist's deadline times comes round faster with the passing of time. I do think it was my countenance with the adder which did more aging, mental damage, and complications, than I'd ever dreamed could be possible, so, I began to fall behind. To satisfy the real

(Continued on page 42)

me, I have to be on top of my work. What ever it is. That 'work' includes when first I had cancer, so these twenty years of utter determination, that I would never ever give up, are beginning to slow me down.

Success has been due to the support I have had from hundreds and thousands of people, like yourselves. But, suddenly, my energy lacks some more, and has for some time, which only my Sir can see and understand. He fights with me, day and night. Our love is a beautiful partnership. We have never made it back to my Lookaround-land. I have missed you all like crazy. More than you will ever know. I hate the thoughts of becoming a fading, clinging on columnist - yawn-yawn! Or, part of a family which can no longer partake in holidays, helping that little bit in the success of your tourism businesses. Living on a holiday island means we feel this intently. Such is not fair.

And so, its time to say farewell. Traditionally a newspaper 'butchers' its pages at this time of year, thus I my aim is to finish in a professional manner. I cannot remember the date of this column's beginnings. But my first sighting of Lookaround was when on holiday in Gawthrop in 1990 - I think. Before, my love affair with Dent, the little shops and pubs, the friends, the green of the Dale and the smiles of the people. You are, all of you, friends. We admire and love you and will continue to read our Lookaround each month - unless it always makes me cry, which is very possible!

In May 1986, a consultant oncologist said that in a few weeks I would die.

THE HEAD

AT MIDDLETON

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*Christmas Fayre available
throughout December*

STARTERS

Soup of the Day with Roll & Butter
Prawn Cocktail with Marie Rose Sauce
Wedge of Honeydew Melon sprinkled with Ginger
Farmhouse Pate served with Toast and Garnish
or Grapefruit Cocktail

MAIN COURSE

Roast Turkey with Chipolata Sausage,
Sage & Onion Stuffing and Cranberry Sauce
Succulent Roast Pork with Apple Sauce and Stuffing
Roast Beef & Yorkshire Pudding & Horseradish Sauce
Grilled Rainbow Trout with Bacon and Almonds
or Vegetarian alternative available

*All served with Roast and Boiled Potatoes
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SWEETS

Festive Christmas Pudding with Rum Sauce
Peaches and Brandy Pancake with Ice Cream and Cream
Deep-filled Apple Pie and Custard
Hot Chocolate Fudge Cake served with Cream
Vanilla Ice Cream with Chocolate Sauce and Nuts
or Cheese and Biscuits

Mince Pie and Satsumas
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£12.95 including Christmas Cracker



Christmas Day Lunch	£29.95
Boxing Day Lunch	£16.95
New Years Day Lunch	£16.95
New Years Eve Dinner	£16.95

Thank you, God, that you intervened, otherwise there never would have been any Sedbergh and Dent for me. Sometimes, tackling those lumps has been an uphill struggle, yet, worn out as I might be, I still have my life. And, after twenty years, I have just been discharged from the hospital clinic! I feel very free.

So, its love and thanks to you all. Our open hands of friendship pull you into our arms now and always. A very happy and peaceful Christmas, and the best New Year ever, with many more to follow.

Dennis and Jacky, thank you for 'having me' within the pages of your exceptionally brilliant publication. Nona and Edith, thank you being so very special. And, Stone Croft, Main Street, Dent, I'll never forget those strong,

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SEDBERGH & DISTRICT
HISTORY SOCIETY

Wednesday 7th January

THE BRONTËS & THE DALES

Christopher Heywood

Wednesday 21st January

BROKEN LINKS

Secondary Railways in Cumbria

Canon Robert Western

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

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

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

rounded walls, founded amongst the cobbles.

And lastly, before quoting our Celtic Benediction, I ask you to keep an eye on that little bit of my heart, for ever hidden under a boulder, on the old Coal Road, between Cowgill and Garsdale. Maybe one day, I'll come back for it.

Deep Peace of the Running Wave to you
Deep Peace of the Flowing Air to you
Deep Peace of the Shining Stars to you
Deep Peace of the Son of Peace to you.

JOAN STOCKDALE

Joan and Sir have been part of Lookaround for a very long time with regular 'Reflection'. Not everyone is able to make a regular contribution so we thank both Joan and Sir for being part of Lookaround's history. Although Joan will not be submitting any more 'Reflections', they will continue to receive the Lookaround so they will still keep in touch with our 'Paradise'. We wish Joan and Sir all the best for the future. *Eds*

SINGING

THE SETTLE-CARLISLE LINE

The cynics said that no one would want to walk through the Pennines in late autumn singing songs about the building of the magnificent Settle-Carlisle line. But the 35 men and women aged between 20 and 84 who gathered to warm up their voices in Dent station in the middle of November clearly thought otherwise. Songs had come from a variety of places - from Ken Pope, whose songs about the line will be well known to those who have seen the excellent Spellbound Theatre play on the subject; former steam train driver Dave Goulder; the late Mike Donald, who visited Sedbergh to sing in the Middleton Head folk club a couple of decades ago, and whose song The Settle-Carlisle Railway is perhaps the best known folk song on the theme. As the train rushed into Blea Moor tunnel we sang The Old Miner arranged by the harmony group Coope, Boyes and Simpson remembering the plight of the

hundreds of miners who were killed by explosion and fall. Len, a retired miner in his 70's, sang with feeling: "Oh who will cry when the roof caves in, and friends are dying all around, and who will sing the miner's hymn, oh dear God when I go."

At Ribbleshead station Babs Shearing treated us like royalty as we sang Ken's song the Navvies' Lament, and then we moved onto the viaduct where we sang The Battle of Jericho in the very place where this shanty town had housed the navvies and their families while they built the railway- perhaps the very site of the legendary bare-fist fights.

The group didn't need to imagine the scenery for Dave Goulder's 1910 Christmas Eve at Hawes Junction - we sang exactly where this famous train crash happened when the London Glasgow express smashed into the rear of slow moving light engine, the gas lit carriages exploding in a fireball that could be seen in Garsdale. "Hurtling onto

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Aisgill," and there was the summit of the railway before us, and: "the Moorcock tunnel astride her," and there was the tunnel. "She burst out into the night and straight ahead is the light, slow moving engine to guide her."

On to the wild, but timeless church at Lunds in upper Mallerstang where some of the navvies are buried and we sang John Fish's funeral hymn. Written in the mid-19th century, it could well have been sung by mourners at the navvies' funerals - although this version had extra verses from epitaphs telling the stories of the drunken navvy who slept on the railway line and was decapitated by the morning train, and the man who was drying off some dynamite and blew himself up. We ended with our 16th song on a farewell railway theme under the stars on Garsdale Station's platform - feeling like all journeys should finish like that..

Personally, I was delighted to hear so many different voices singing outside - a real counter to the abundance of recorded music which belches out of every shop, café and public place as if no one who isn't a pop star has a voice of their own. And showed that people don't just want to be passive audiences of the experts - many want to join in too when there's singing.

Many thanks to all those who helped - Ken Pope, who lent us his songs to be sung, and sang them himself alongside the author Bill Mitchel at Chapel-le-Dale church; Roger Bush, who helped create some of the harmonies and lent music which Mike Donald had given him when he visited the Middleton Head folk club; Aiden at Dent Youth Hostel who made



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the group's stay so comfortable; Bob and Sid from the Settle-Carlisle railway and Arriva trains who made our singing on the train and in the stations so welcome; Janet Russell- who many will remember from when she led the Roses and Thorns Choir singing the Christmas Truce of 1914 in Dent last year.

And of course the thousands of navvies and miners who worked in such appalling conditions, often dying in the process, so that this glorious feat of engineering could be here for us today.

Next year we're planning a longer tour - walking the whole line and performing in different locations along the way. Anyone like to join us?

David Burbidge

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FAMILY MUSINGS

"She's a lassie from Lancashire"
"Hold your hand out naughty boy" no I am not old enough to remember those songs being sung on the Pier at Morecambe-but Granny is. She is taking a trip along Memory Lane helped by a book about Morecambe. We enjoyed meeting friends and looking out at the sea during our recent holiday in Morecambe, only one trip out in the wheelchair, and our one trip out in the car to Heysham found it all rather dismal, it was a grey day but nearly everywhere was shut & the PO isn't there any more. We didn't even get to Lubin .. next time'. Elder daughter Graduates this month, Hubby & I are going, her HND in Travel & Tourism, she's now busy with a year top-up Degree in Business, Management & Administration .. you could say a degree in BMA? Hubby came into the kitchen to the perfume of home-baking, looked at the rather pink buns cooling in the tin and thought "No, they don't look like her baking", then he looked closer & saw the icing had "run" then saw the sugar-paper tom & jerry characters & decided yes they are hers. Thing is folks, should I

be flattered or not? Answers on a postage stamp. By the way I don't usually bake pink buns it was a cake-mix left at a coffee morning. Talking of hubby, a recent letter to him said "it will surprise you, it will astonish you & its a mystery, yet it could mean a great deal to you". how dare they call me "it" ... a great description of me, though I hope I DO mean a great deal not "could" ..?

Everybody ready for Christmas? Baking done, cards done, pressies wrapped? Yes? Not sure I believe you, I am not ready but I will be, probably at 11. 59 pm on December 24th. All the kinders will be here for Christmas, two are off to a footy game on Boxing Day ... no stamina. Talking of stamina, we've friends who in under a year have climbed Sydney Harbour Bridge & walked about in Australia walked the 3 Peaks AND had a couple of weeks walking in Corfu .. and are still on the go. Go rather seems to be what my eating plan has done so I must get back on sugar free, yeast free and dairy free .. have found a regular supply of Goats milk so can have porridge once more. Trouble is I know I need to not only get back on the plan properly (as

against 1/2 measures now) but for good. Ever. And ever is a long time. It will mean I sometimes go out for a meal & find nothing I can eat on the menu. But the weight loss will be a great plus...

So lots of encouragement needed, I will slip now & then but once I get in the swing all will be well. I've a super book on "Easy Wheat, Egg & Milk-free cooking" with lots of good recipes.

We do see life here, Bingo last night, "60's" Disco tonight .. soon be carol singing and the Christmas festivities.

Younger daughter is off to the Ball tonight, the gown is hanging in the wardrobe and she'll have her dancing shoes on. Our favorite hairdresser is due today to 'put up her hair' & I hope she

brings news of an ammonia free hair-dye for me as I can't cope with the normal ones, like I can't cope with the vapours from any cleaning fluids or perfumes. Does cause problems.

Son is doing well but as he & younger sister reminded me this Musings is really meant to be about elder daughter, not them ... anyway a very Happy Christmas to you all wherever you are, whatever you do & a special greeting to those who record this on tape and those who put the tapes together. Be happy. Treasure the elderly, treasure the young, and all the in-betweens. Happy New Year, celebrate in style. See you in February (Seems ages away) . Big hug.

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The Common Buzzard

If you see a large bird soaring on outstretched wings, mounting higher and higher, lifted by a thermal current, it is almost certain to be a common buzzard, although in midwinter many have moved away to lower country in search of food - short-tailed field voles, young rabbits, moles, carrion or an occasional bird caught by surprise.

The buzzard is now our commonest hawk, and what a handsome bird he is with his rich brown back, barred breast, yellow legs and three foot wingspan. But it is not long since the buzzard was far from common. A hundred years ago Bill Morris of Guldrey kept careful diaries of the birds in the Sedbergh district from

1901-1911. He was an outstanding field naturalist, notorious egg collector, poacher and fisherman, but his only mention of breeding buzzards was of a pair on Great Yarlside in upper Borrowdale.

There were possibly other pairs in the Howgill Fells during the twenties, although there is no reference to any in the records of the Sedbergh School Ornithological records. Then one day in 1935 a hailstorm drove me off Fell Head, when I heard a mewling cry which I realized was a buzzard protesting that I was near its nest. Moments later the bird appeared out of the mist and shortly afterwards I spotted the huge nest made of heather and sticks, lined with grass and wool. There were two young birds in the



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nest, about two weeks old. I was overjoyed and still more when they were fully fledged and had left the nest.

In the following years we found several other pairs of breeding buzzards - all in the Howgills and all of them on small crags or gills, or occasionally on a scree. The numbers gradually increased in the postwar years, though checked for a time in the seventies, probably due to the effects of mixamatoxis on the rabbit population. What is interesting is the fact that the great majority of these birds are now tree nesting, building their nests high up in the fork of an oak, ash or other tall tree. These nests may be less prone to predation by foxes, stoats or human beings than those on crags, but whatever the reason there are now probably not



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less than twenty five pairs in the Sedbergh district.

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CARLISLE-SETTLE RAILWAY

Santa Claus has confirmed that he will be traveling on the scenic Settle-Carlisle railway again this year/ say the Friends of the line.

Santa will travel on Monday 22nd December/ using the 0947 Leeds - Carlisle and 1333 Carlisle-Leeds services. These trains also call at Keighley / Skipton / Settle / Kirkby Stephen / and Appleby. All children up to the age of 12 will be offered a free Goody Bag with presents in/ whilst adults can enjoy complimentary mince pies and coffee.

The trains Santa will ride on are already of great interest/ as they are the recently introduced locomotive hauled services/ with traction provided by classic type 37 diesel engines top and tailing the train (one loco at each end). Formed of four luxurious coaches/ they have big armchair seats/ tables/ and large windows to enjoy the views.

The added bonus of Santa/ with his Fairies and Elves/ will provide a magical day out for everyone. Some of the coaches will be fully trimmed up with seasonal decorations.

Normal train fares will apply - ie. no surcharges for presents / coffee / or mince pies. Under fives travel free / whilst child fares apply for 5-15 year olds. And for those passengers with a local Dales Railcard / there is a special offer available which reduces the adult fare to just £3. A collection on the train will raise money for the Air Ambulance.

Confirmation of train times for intermediate stations / details of fares /

and eligibility for the Dales Railcard / can be obtained from Arriva Customer Services on 0870 602 3322.

Friends spokesman Pete Shaw said "Santa and his Fairies and Elves are looking forward to meeting you on this fun packed trip over the Settle-Carlisle railway / so be sure to put the date in your diary now! With presents / drinks / and mince pies / this is going to be a brilliant journey!".

DENTDALE MEMORIAL HALL

As I write this its our fund-raising 60's Disco today ,hope you all come & enjoy. Looking back over the year we've provided a varied programme of Fund-Raising events including Brass Band Concert, Dance Evenings, Antique Valuation Day and Table Sale. Many thanks to all who have come along and helped in any way .Yesterday (November 14th) the Nursery moved into the new room, a joy to see, made all the agro worthwhile, there could be a few teething problems but if we work together we will get through. Thank-you Joan Stockdale for your very supportive words last month, I do the best I know how, I can't do other, I can't agree with a point of view I don't agree with however much I sometimes wish I could. Fund raising goes on so watch this space & the notice boards. The next big thing is stage 2....no groans allowed, at the AGM later in November we hopefully will gain some small sub-committees, for such things as Publicity and Fundraising, and as ever I am always willing to hear your point of view, especially the positive.

SEW (Secretary)

THE ALPHA COURSE

an opportunity to explore the meaning of life

Looking for answers? The Alpha course is an opportunity for anyone to explore the Christian faith in a relaxed, non-threatening manner over ten thought-provoking weekly sessions.

It's low key, friendly and fun – and it's supported by all the main Christian denominations. You're not on your own either. Almost 5 million people worldwide have already found Alpha to be a worthwhile experience.

So join us on a journey of discovery. There's a course starting in Sedbergh in January 2004.

We will meet Wednesday evenings in Sedbergh Methodist Rooms, New Street, commencing 21st January. Evenings will start with supper at 7.00 pm, and finish around 9.30 pm.

The introductory Alpha supper will be held on Thursday 15th January, venue to be confirmed. There will be no charge, but we need to know numbers for catering. Leaflets for this purpose will be available in Sedbergh Office Services from early December.

Further details from Tim Widdess 20329, or Sandy Roy 20785.

SEDBERGH DOG TRAINING

The Sedbergh Dog Training Class has now been running for two and a half years. First starting with just the one class but it has now become so popular that three classes are run each Thursday evening most weeks in the year. A new innovation started by The Kennel Club last year which Sedbergh Dog Training runs is a class for young puppies from the age of around twelve weeks up to the age of 12 months and is called The Puppy

Foundation Assessment. The aims of this is to provide a means of socialising puppies and to lay down a foundation for educating and training. On successful completion of the course puppies will respond to their handlers and the handlers will have an awareness of the responsibilities of dog ownership. Around twenty puppies have already successfully completed this course.

Fifty three dogs have passed the Bronze Test, twenty one the Silver Test and seven the Gold Test. It is encouraging that we now have a number of children partaking with either their own dogs or borrowed dogs, and a number of them have already gained awards.

If there are people who do not have a dog and may be thinking of acquiring a dog in the near future and would like to learn more about training and the responsibility, they are quite welcome to come along.

A number of dogs acquired from various rescue societies who sometimes come with problems are fitting into the classes and progressing well.

After meeting the cost of hiring the hall and any other incidental expenses, any surplus funds generated from enrolment fees are shared equally between the Charities "Animal Rescue Cumbria (Wainwright Kennels)" and the other two dog related Charities which help humans; "Pets as Therapy," which provides visits by dogs and their owners to Hospitals, Schools, Hospices, and Retirement Homes. The other "Support Dogs", which trains dogs to help the disabled in their everyday life.

So far the Sedbergh Dog Training Class has been able to donate the grand total of one thousand nine hundred pounds to the above mentioned charities.

ST JOHN AMBULANCE CADETS

The Cadets have been a driving force to get a new ambulance for Sedbergh Division.

All through summer, a small band of cadets have raised money for Sedbergh Division to help purchase a new ambulance. The main source of funds has been Car Booting. The idea was suggested by Matthew Dawkins and he has designed and printed posters and other literature. Matthew has been assisted by many other members including Sarah, Daniel, Anthony. Gary, Raymond, Mark and Jayne to name but a few.

The latest event was at the Peoples Hall Sedbergh on 1st November when a Table Top Sale and Fun Day was organised and arranged by the cadets. There was of course the table top sale, apple bobbing, first aid demonstrations, tea, coffee, cakes, safety video recruiting display and even a magician.

The event was of course attended by Her Majesty Queen Elizabeth 1st in full regal splendour. The event raised over £150 which brings the overall total for the summer to around £500. The enthusiasm of the cadets in raising this money is fantastic. Matthew and the cadets would like to thank all the local people who have supported the fundraising by donating goods to sell and helping to store, and move goods around. Special mention goes to Mrs. Marriot for kindly allowing the cadets to run car boot stalls from her garage and storing much of the sale items all through the summer. Thank you

St John Ambulance is a charity and any donations would be gratefully received.



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KARTING 1

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If you have been reading the mistakes that Sam and I have made over the last few races then you will know that a good lead was lost at the 4th round and Sam now needs to concentrate on making back those lost points and there is no better place than at Sam's local track, Rowrah near Cockermouth.

Saturday Practice

Practice day went OK, there was no problems, though Sam was not as quick as we would have liked, this would mean the racing on Sunday would be a nail biter of a race weekend.

Sunday Raceday

I like to stand back and look at the racing as Sam is out on track to see if I can see if I can see away to improve the set up of he's kart, but I could not see where Sam was loosing time, "I say loosing time" but that would be wrong as Sam had not had the speed or a quick time all weekend, this could be that the pressure was getting to Sam or he was just trying to hard and over driving, this can loss you time as you are not settled and your driving style suffers as you are no longer driving smoothly, or it could be that the others are just driving better, well I could not see the answer, so I talked Sam it must be a little bit of all of them, this didn't help Sam, as he expects me to give him the answers, the heats were not good as Carl kept winning and Sam had two 3rd places and a 4th place.

The final was won by Carl and Sam finished 3rd this was turning into a nightmare, it was not what Sam needed at

this time in the championship, it was knocking his confidence, he drove harder than ever driven before be I didn't think that was his problem, disappointment had set in, that could have been one of the things that could have coursed the lack of speed, the last round of the ICC championship would be held at three sisters track nr Wigan, and it would be crucial that we get back to putting the quick times up and finding the lost confidence but you can only give it your best.

Sam's Dad & a nervous spectator

SEDBERGH PRIMARY SCHOOL

Book Week

On the first day of Book Week our school had a poetry slam. In the first round Year 6 won and then our class won. The next day (Tuesday), after going to the Library, we had a look round Book Week and I set my heart on a little check book that we bought the next day.

One of the extra things we did during book week, is we listened to a tape and watched a video about how to put sentences into poems. This is a poem I made up using sentences:-

The sea, the sea, the sea,
Rolled in, Rolled out,
And called to me.

I could not swim,
I could not float,
I was dragged under,
With the boat.

Another great aspect of Book Week was when Wes Magee spent an hour on Wednesday reading some of his work to our class and Year 6. *Grace C. O.*

SEDBERGH CRICKET CLUB

The Annual Presentation Evening was held at the Golf Club and a good night was had by all. The award winners for this season were: 1st XI batting: R. Neal; bowling: D. Archer; fielding: S. Wilson; outstanding performance; R. Neal (121 & 3 for 13 against Cartmel) most ducks B. Longlands; clubman of the year; Caldrick Lewis. Midweek batting; I. Cousins; bowling; D. Metcalf. U16 batting; A. Burrows; bowling; B. Longlands; fielding; D. Mason. U13 batting; G. Close & I Bainbridge; bowling; C. Hurst; fielding; N. Close; U13 clubman of the year C. Livesey.

At the AGM the following officials were elected President; David Lord, Vps; en bloc; chairman; Richard Gorst; secretary; Les Hoggarth; treasurer; David Calvert; 1st XI captain Caldrick Lewis; Midweek managers Simon Close & John Thornton; U16 & U13 managers were not resolved so if you feel you can help contact the secretary.

HISTORY SOCIETY

Peter Marshall, Vice-Chairman of the Ewecross Historical Society, took the History Society on a 'Journey through Westmorland' by means of some wonderful and colourful slides. He explained the various heraldic devices which are to be found in most churches and on public buildings, monuments etc. Coats of Arms were originally assumed in a military society for recognition in warfare. Later, the more important families acquired their own, partly to display their prestige and ancestry.

The basic shapes were the Shield indicating the male side, and the Lozenge for the female side. On marriage the lozenge of the new wife was placed in the centre of the shield; sons and daughters had various quarterings (not necessarily in four parts!) and/or impalements. In fact the history of a family can be learned from a series of their Coats of Arms; the Countess Pillar near Penrith provides a good example of this.

Certain rules had to be observed – a colour must not be next to another colour but be separated by a metal (i.e. gold or silver). Similarly, two metals should not be adjacent. The size of the crown above the shield indicated the rank of the holder – a baronet's crown was larger than an earl's.

Mr Marshall also gave examples of Hatchments – which are portable Coats of Arms found in both churches and houses of the gentry.

We were surprised to hear that these days, nearly everyone can apply for a Coat of Arms - for a mere £3000 - £4000!

Tony Hannam recalled his school days drawing heraldic shields when he gave the Vote of Thanks

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DENTDALE METHODIST CHURCH

We extend wishes to you for a lovely Christmas. If you are able to join us for worship our Christmas service is on Sunday December 14th at 2 pm when our Minister, Rev Tim Widdess will be with us.

Details of all our services: 2pm every Sunday, no evening service, are found in the Porch. We held our "Come and meet the Minister" at Rhumes in October and the inter-denomination Pray & Share continues every other Thursday at 1.45 pm, all are welcome. Work will have to be done on the building, or in it, to provide an accessible toilet and there is a possibility we will do more than that, but its alt still in the discussion stage. The Pray & Share dates are December 4th & 18th and Jan. 8th & 22nd. The United Service for Week Of Prayer For Unity will be with us & the Thursday morning Coffee & Service will be in our schoolroom. Every blessing.

J & SE Woof



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CHAMBER OF TRADE

Twinning: There have been several applications. Three representatives from Guglingen in Germany stayed in Kendal 1 -3 November and will visited Sedbergh for the day on Sunday 3 November.

Brass Band Contest: S Mansfield expressed his concern regarding the comments made about the band contest in the last minutes, and requested an apology. It was stated that the Chamber had received no return for or mention of their support. It was made clear that all advertising had included the Chamber's name, both on local posters and adverts in the national press. The Chamber expressed its apologies to the Bull Hotel for any misrepresentation or inaccurate views expressed. However, it was anxious to assure all members that there was no direct criticism of the Contest intended. The comments were made as part of the wider issue of how the Chamber deals with applications for financial support, over which it has not been as responsible as it might have been. This is not the fault of the Bull - or any other individual - but a reminder to the Chamber as a body to be more aware of the criteria on which money is given out. M Powell expressed concern that in the July minutes it was stated that two member of the Chamber had objected to the Medieval Market. He wished to point out that the objection was only to the closing of the road, not to the market itself.

DENT METHODIST CHURCH

Latest News! At our recent Church Council meeting we decided 'in principle' to continue to explore the following possibilities and we need your input!

First, we have to have an accessible WC. Also suggested by a local G.P. and supported by various 'Health Professionals' *i.e.* Social Worker, Health Visitor, is that we provide a 'wet room' including a bath and shower and thus provide a 'bathing' facility for those who would appreciate/need help to bath. Obviously a trained person/carer would assist. Would you use this facility? Do you have any comments?

Second, in addition to the 'wet room' we would run, again with help, a Day Centre where elderly/disabled people could socialize, have lunch/tea with the added bathing facility if needed. Would you appreciate this facility or would an elderly/disabled relative appreciate it?

Sedbergh Day Centre is full, one in Dent would benefit the area, what do you think? The Day Centre wouldn't meet every day unless a definite need/support is available. The Doctors' surgery will continue and the main schoolroom remain the same/ Obviously we've a lot of research still to do, funding to apply for etc., but we need, as our Minister put it "to test the water".... So, over to you.... What have you to say about it? Comments please, in writing or verbally to: Mrs. Sarah E. Woof, c/o Rhumes, Dent. Telephone 25212./ Rev. Tim Widdess Telephone 20329./ Church Secretary Mr. Brian Haygarth, Telephone 25319, or in the box at the back of the Methodist Church in Dent. If you would

like to be involved in any way please also get in touch. Thank you. *Sarah E. Woof*

SEDBERGH FESTIVAL 2004

The Festival will feature two large scale choral concerts. The opening concert will be given by the Ulverston Choral Society, who will be celebrating their 160th anniversary. Their programme will be Handel's Dettingham Te Deum and Puccini's Messa di Gloria - two fine works. The Conductor of the Ulverston Choral Society is Heather Paynes.

Heather Paynes it was who founded the Sedbergh Summer Singers in 1998 as an offshoot of the Sedbergh School Choral Society for those members who wished to continue singing during the summer months.

It will be the Summer Singers who will be giving the final concert of the Festival. The work will be Bach's St. John Passion: a great and moving masterpiece. The soloists will be Rachel Little, Anne Andrew, Roger Cann and Clive Constance, with Nicholas Hurndall Smith singing the Evangelist and Julian Cann leading the orchestra. Deryck Cox will be conducting.

Rehearsals for the St. John will commence on Monday February 16th at 6.30 pm in the Parish Church and all singers who would like to take part in this wonderful work are invited to join the Summer Singers. Copies of the music will be available.

As mentioned in a previous article, the Festival is generously supported by Patrons and Sponsors. If you would like to become a Patron please contact the Patrons Secretary on Sedbergh 20843.

D. C.

THE PEOPLE'S HALL SERVICE

Some of you may have already found your way along to one of these services, which are held on Sunday mornings in the People's Hall, Sedbergh, once a month.

We meet in a relaxed informal environment, with all ages sharing in Christian worship using contemporary music and multi media resources as appropriate. We have a wide variety of visiting speakers, and children of all ages are catered for. We particularly welcome people who have no regular church connection.

The next service will be held on Sunday 14th December at 10.30 am, and will take the form of a Christmas Tree Service.

Dates arranged so far in 2004 are Sunday 25th January, Sunday 15th February, and Sunday 21st March (Mothering Sunday)

Why not join us at one of these services – you're invited!

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SETTLEBECK HIGH SCHOOL

Maths Maths Maths

How does the M word make you feel? Scared? Edgy? Exhilarated? Imagine you were invited to spend part of your Friday evening, Saturday and/or Sunday doing statistics – how would you react? This was the offer made to year 10 and 11 students at Settlebeck before their modular GCSE exam on the weekend on November 14th and once again we were amazed by the response with nearly three quarters beavering away at cumulative frequency graphs, histograms and probability questions for at least one session. Several students attended for the whole weekend – 20 hours in total! A wonderful atmosphere of diligence, cognitive engagement and friendly fun pervaded throughout and everyone felt that the time had been well spent. We're all now looking forward to the next one next summer.

Thinking of a fresh bird
this Christmas?
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MADE IN CUMBRIA

Mince Pies & Damson Gin for all!

The Lune Spring Garden Centre is having a Mince Pie & Damson Gin evening to celebrate the official opening of the first Made in Cumbria shop in the upper Eden Valley. The event takes place on Thursday 4th December between 7pm and 9pm.

There will be a short opening ceremony at 7.15pm after which free delicious mince pies and damson gin will be served to keep everyone warm. With plenty of Christmas gift ideas, guests can browse through the collection of Cumbrian crafts and gifts on display in the barn.

The barn features work by local artists and craftsmen including wooden crafts by Barry Charnley and Barrie King, ceramics by Graeme Glynn of Sedbergh and Mary Chapelhowe of Interlude Ceramics, Pintail Candles, Lakeland Fragrances and much more.

The Lune Spring Garden Centre is situated just off the A685 between Kirkby Stephen and junction 38 of the M6. As well as the garden centre there is also a large collection of antiques for sale in the beautiful old Westmorland barn, also the home of Made in Cumbria's collection of crafts and gifts. During normal opening hours visitors can also enjoy delicious home made cakes, scones and sandwiches in the Lune Spring cafe.

Said Norman Ousby, owner of the garden centre "We are proud to be supporting Made in Cumbria by providing them with an area to display their gifts and crafts. The barn has been doing well so far and hopefully the mince pie & damson gin evening will raise the profile of Made in Cumbria in the area even further."

SEDBERGH TOWN BAND

Christmas 2003 Annual Concert - The Band's Christmas Concert takes place in the People's Hall on Tuesday 9th December at 7.30 pm. As previously mentioned in the pages of *Lookaround* the emphasis this year will be on music and entertainment for all the family. The first half of the programme will feature a number of popular Christmas time items, with the second half bring devoted to carols and audience participation. Father Christmas will be joining the festivities and looks forward to handing out pre-Christmas gifts to the children.

This year the ticket includes refreshments of a festive nature.

Tickets for the concert are available from McConnell's, Knights and The Bull Hotel. The band would like to take this opportunity to express their sincere thanks to these three Sedbergh traders for so generously being prepared to act as ticket outlets. It is thanks to their cheerful, unstinting efforts that we have been able to play to practically sell-out audiences at all our concerts. Our thanks also to all the shops and businesses who so kindly display our posters.

Bandstand Carols - Tuesday 23rd

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December. As a change from playing carols around the town, this year the Band will be performing on the bandstand located in The Bull Hotel's garden. Playing will start at 6.30 pm: there is no entry fee and a bar-b-que will provide the opportunity for refreshments. Wrap up, bring the family and get Christmas off to a stirring traditional start.

G. B.

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SEDBERGH PRIMARY SCHOOL.

Book Week Success

Book week was a phenomenal success! We raised £832.93 for books for the school. Every morning before school and after school there was a huge selection of books in the hall which were suited to everybody's likes. Apart from the books we also had stationery like pens, pencils, rubbers and notepads.

On Monday, we held a poetry slam which was a competition for the best performance poem. There were two categories: one for a made up poem and the other for a poem written by someone else. We held the final in the school hall and it was good fun.

We also had a special treat which was Wes Magee coming in for the day on the Wednesday and signing his books. The school bought a lot of books which are being tested out by pupils to see if they are suitable for boys and girls of different abilities.

Hannah Smith-Saville & Jessica Joel

SEDBERGH FOOTBALL CLUB

Annual Charity Bingo Night

On Saturday 24th January the Football Club will be holding its third annual Grand Bingo Night in the White Hart Club. All monies raised will be shared between Sedbergh Playgroup and Sedbergh Primary School.

The past two events have been so successful, with the prizes and donations exceeding our expectations. Last year £500 was raised and shared between the two children's groups.

We are yet again asking if any persons, groups or businesses have any leftovers from their Christmas and New Year functions, parties or whatever, *i.e.* Chocolates, wines, spirits etc. If you would like to donate a little something as a prize please contact Allison, Lorraine or Caspa. All persons are welcome on the night.

SLVSB

The Sedbergh branch of the South Lakeland Voluntary Society for the Blind holds meetings at least once a month which usually consist of wide-ranging discussions on matters of local interest, including those highlighted in journals such as the Sedbergh Lookaround and the SLVSB publication called "Insight".

We now think that we should try the innovation of a guest speaker for the meeting scheduled for Tuesday the 17th February, and have asked Mr. Edward Lawton, a well known oboist, to speak on his instrument and his lifetime experience of playing as a soloist and orchestral performer. He has given this talk to several of the other groups in South Lakeland and has been well received.

This occasion has been arranged in the People's Hall at 2pm, Local members of the public are cordially invited to attend..

LADIES N.F.U. - Sedbergh Branch

The October meeting was held in the People's Hall committee room. A good attendance enjoyed a cookery demonstration by Mrs. Farnell on 'Easy Starters'. She gave many ideas and different dressings to make them more interesting both in taste and presentation.

Mrs. Greenbank thanked her for a most interesting talk.

Mrs. Jackson and Mrs. Mason were the tea hostesses. The raffle was won by Mrs. Milburn.

The Charity event in aid of Bendrigg Trust was held on October 24th in the People's Hall.

Mrs. Lauren Luckhem demonstrated a menu for a Dinner Party with a French slant, she gave tips on the French way of cooking. A cake stall and raffle was well supported. Coffee and biscuits were served. The profit of the evening was £478.

PEOPLE'S HALL

The AGM of the People's Hall Committee will be held on Monday 2nd February at 7:30 pm in the People's Hall Committee Room. All are welcome.

BLOOD PRESSURE MONITORS

Any patients of Dr. Orr who still have one of the blood pressure monitors belonging to the surgery are asked to return them as soon as possible. No questions will be asked!

We are also short of nebulisers, so please return any which are not in use. Thank-you.

KARTING 2

125cc gearbox kart ICC Championship 6th round

This weekend saw three drivers with the chance of winning the ICC championship. This was the same three that finished the super 4 British 125cc championship in that Carl Millington was 1st. Then came Nick Smith in 2nd then my boy Sam Moore 3rd. Going into this weekend, Sam had the best chance of the ICC title, but only just this is after dropped scores, but there was no answer to Carl this weekend, he had the edge over Sam and with every heat, Carl narrowed the gap. The final saw Sam still with no answer to Carl's speed at the final flag. Carl had stolen the title from Sam by 4 points.

All I can say is you drove very well all year and I know how disappointed you were to lose the ICC title that was nearly yours, but for Carl to be No 1 in both championships, this tells me that we aren't quit there yet, and Carl is a nice chap to learn off., Lets give him a run for his money next year. Well done Sam, 2nd in this ICC championship and 3rd in the Super 4 championship and don't forget, you are the fastest driver ever, on three different tracks with new lap records all in the same year that can't be bad.

I can't guarantee the same will happen next year but let's go and enjoy our selves and see what happens as Sam's younger brother Tom returns to karting after a two-year break. *Sam's Dad*



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SEDBERGH REFLECTIONS

I don't seem to have too much to reflect on this month. I was out of town at the beginning of November and so missed the firework display and bonfire which I have always enjoyed in previous years. I missed Remembrance Sunday too, which is always well organised and well attended. Not having heard to the contrary I'm sure both events proceeded with usual Sedbergh efficiency.

I was saddened to read in the November Lookaround of a traffic incident at the Settlebeck School zebra crossing. I don't have cause to use that one but the one on Back Lane frightens me. I think it is too close to the Main Street junction and not visible far enough down Long Lane. I would have thought it ought to be

opposite The Folly archway, where most people walk through to Back Lane. The main cause of problems with both crossings though is that vehicles travel far too fast along Back Lane. I'm not an advocate of road humps, Kendal style, (ie everywhere) but I'm thinking they might be advantageous in Back Lane and possibly on Long Lane too.

Well, December, here we come. Panic stations all around. Whatever shall I get Aunty Ethel for a present? Then there are all those cards to be bought, written, stamped and posted; what a chore. Hopefully the Scouts will do some of the local deliveries as in past years. The efficient staff at our local Post Office must dread this time of year. We congratulate them on a job well done



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Sedbergh Community Development Centre *NEW CLASSES for Winter and Spring*

	Start date	Time	Cost (full/60+/concs)
T'ai Chi	Mon 12th Jan	7.30—9.00pm	£13.50/8.10/3.40
Circle Dance (alternate Tuesdays)	Tues 13th Jan	7.00—8.30pm	£13.50/8.10/3.40
Life Drawing	Tues 13th Jan	7.00—9.00pm	£28.00/16.80/7.00
Digital Photography (10 weeks)	Tues 13th Jan	7.00—9.00pm	£36.00/21.60/9.00
Maths for Parents of 11-14 yr olds	Wed 14th Jan	7.00—9.00pm	FREE!!!
Pastel Drawing	Wed 14th Jan	7.00—9.00pm	£18.00/10.80/4.50
Desk Top Publishing	Wed 21st Jan	Mornings	£25 (£13 benefits)
Italian Beginner (daytime class)	Thurs 15th Jan	10.30—12.00	£13.50/8.10/3.40
Practical Gardening	Thurs 15th Jan	7.00—9.00pm	£18.00/10.80/4.50

All classes run for 5 sessions unless otherwise indicated.

Yoga, Sugarcraft, Spanish, other Italian and Computer classes continue after Christmas

ENROLMENT EVENING (for new classes only) THURSDAY 8th JAN, 6-8 pm

email: admin@sedberghcdc.org.uk Further info tel: 015396 21031

throughout the year; being a post delivery person (politically correct I trust) on cold wet miserable days can't be too much fun.

The weather this past year is certainly one thing to reflect on. I can't remember such a warm, dry, and sunny year in Sedbergh. I think I heard that the last time we had such a spectacular year was back in the 50's. This year it started in March, was scorching in August and still warm and sunny in October. Even in November, whilst we have had some rain temperatures are still unseasonably high. We'll pay for it, I hear some of you say, but we haven't had a good fall of snow either for quite a few years now.

On the subject of weather I thank Malcolm Fraser-Urquhart for his weather reports on Radio Cumbria every weekday

morning. A labour of love which puts Sedbergh on the Cumbria map and cheers us up when we hear we are doing better than some of our neighbours.

Furthermore, Malcolm's report is always the most comprehensive. No doubt Malcolm can supply all the facts and figures for the year.

A large crop of autumn berries on the trees is said to be a sign of a hard winter to come, so be prepared. I have been particularly intrigued by the show of berries on the yew trees this year. I never realised how many yew trees we have in Sedbergh until this year when for seemingly months I've been trying to avoid treading on their fallen berries. The path on the south side of St Andrew's

(Continued on page 64)

Church has been thick with berries, and there have been other locations too where I've not even noticed the presence of yew trees before. But then I always do walk around looking at my feet! Not really because if I did that I would miss out on the glorious countryside in which we have the privilege to live. When you have been away from home a while there is nothing like that first sight of Sedbergh nestling below Winder as you start to descend Black Horse Hill. Ah, it is good to be coming back home.

At this time of year it is good to ponder on the comfort of our homes, the ample provisions in our local shops and all that makes the community tick. Christmas shopping night is always great fun and much to be appreciated. Just think though

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that Jesus is the reason for the season. We celebrate His birth, in a cold mucky stable surrounded by animals, born into humble surroundings, soon to be a refugee, living a life with no place to lay his head, depending on others to care for him and support him. Yet he took the sin of the world on his shoulders on the cross, rising again to give us a new quality of life. The Christian faith, though threatened more than ever now in this country, still lives on. In all our jollity spare a thought that Jesus really is the reason for the season, think of Him, and remember all those throughout the world today who are hungry, thirsty, homeless and who suffer through no fault of their own as a result of war and famine. Then give thanks for being able to live in Sedbergh.

Finally, for this year, I wish all readers a very Happy Christmas and New Year; and don't forget those New Year Resolutions, make them and keep them!

N Hastle



HISTORY SOCIETY

This is a photo of pupils at the British School 1924 as far as we know. Can anyone put names to the pupils even some would be a bonus.

This is one of several hundred photos and slides collected by the Sedbergh & District History Society. Currently these are being catalogued and Indexed but can normally be seen in the Society's Room in the Community Office where everyone is welcome to go in and have a look.

Although we have very many old photos and slides of Sedbergh and District, we do not have many of local people apart from the wealthier section of society. I would like to see more locals among the collection and more old school photos even from the 1950s & 60s.

So if your ancestors lived in the area dig out those old photos and let them live on for posterity. They will be carefully copied and returned. They can be left at the History Room but don't forget to leave a note saying who they belong to or

you can get in touch with me, Shirley Tebay, Walnut Bungalow, Dent Tel: 01539625001 or e-mail: shirley.tebay@btinternet.com or contact Lookaround.

THOUGHT FOR DECEMBER

Christmas. Ba Humbug perhaps? Sick of it all already? The buying of presents, freezers of food, acres of tinsel, packs of cards, have you got writers cramp yet? All the postage stamps to lick? All the wine and beer you have to consume, the crisps & nuts & turkey trimmings, the left-overs eaten up for days-surety there's another way.

Yes, there is. Treat those you love without breaking the bank or going overboard on the credit card, eat well, be warm & safe, and perhaps remember what Christmas is really about? How would you like it if everyone celebrated your birthday by all the above as if you didn't exist? Happy Birthday Jesus'. LD

MY CAVE

- is it a palace or has it potential?

So who's been listening to the latest scare talk coming from Government and Bank of England lenders? Everyone seems to be talking the housing sector and home owners into a state of fright and fear about an imminent crash in prices and a return to negative equity with domestic mortgages.

Far be it from me to go against all that weighty opinion but I would just suggest that when you listen to someone speaking in a 'global' context it can quite often make no sense whatsoever to particular conditions that people are experiencing at a local level.

Its what matters to you in particular that you should consider and therefore there

are many factors that will be taken into account when you are considering any move concerning the housing and property sector.

After assessing your financial position with an Independent Financial Advisor (IFA) with regards to affordability of repayments and borrowing levels available to you, you are now in a position to look at the market with a view to seeing what is available.

Personal needs for you or family such as workplace, schools, entertainments, or other family responsibilities may play a part in your choice of location. Town life and activity may be preferred to country tranquility or seasonal seaside or tourist hotspots.

Having sorted out a guide to the location

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needs for yourself, you can now turn some thought to the type of property most suitable.

Grand Victorian mansion or country house with all its attendant upkeep and responsibilities down to a minimalist apartment, there are so many wide and varied options available. Such is the variety of the human mind and preferences that there is, I would suggest, an infinite number of styles of what is ultimately a shelter from the weather and predators.

My own fascination with property is in how we as individuals create 'our own world' within that shelter.

The sheer joy of being invited to look around someone's house when they have turned it into a warm inviting home where they may restore their energies away from the daily flack of life, holds just as much pleasure to me as looking at somewhere that has been 'well used'.

The opportunity available to others who will make their own mark on a property and create a haven to suit their needs is vital. Most properties inevitably get altered by a new set of owners and I would suggest that there are a high number of brand new homes that also

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Opportunities to differ from the conventional way and 'the norm' come in many ways and quite often it will be an opportunity that will be recognised by someone with experience and knowledge of current trends in the market. This may well attract those additional viewers to generate the most interest in a property being sold.

Equally, a buyer should try to give a clear explanation of what they are searching for to the local specialist property agency in order to be notified ahead of any new sales details being prepared.

You are buying - its your cave - your choice. Wealth warning - you can't make a silk purse out of a sows ear and it applies to property along with the other major fact in the next Lookaround issue.

Nigel Close

Cobble Country Property

CAROLLING THROUGH THE AGES

"We wish you a merry Christmas, and a happy new year." You can hear the carol singers outside your window and it's all jollity and goodwill. But Christmas wasn't always like that. No matter how much of a damper on Christmas spirit those unwanted relatives might put on your day, no-one could compare with Cromwell's puritan government. First they decreed that as Christmas day in 1644 fell on the last Wednesday of the month it had to be a day of fasting. And then three years later they banned the whole event

The 17th century puritan Hezekiah Woodward writing about the day would have put even today's most hardened

cynics to shame describing Christmas as: "The old Heathen's feasting day, The profane man's ranting day, the Multitude's idle day, Satan's - that Adversary's - working day."

The Oxford book of Carols sites St. Francis of Assisi as the founder of the modern carol. In his jovial singing and his invention of the crib and the enactment of the Christmas story he got the whole thing rolling - despite fierce opposition from the Pope of his day who felt it wasn't really the done thing.

But St Francis was harking back to an even older tradition. The word carol has it's roots in the wild circle dancing that often accompanied Greek drama known as the "chorus" - these were later transformed into the old French ring



DALESMAN NEW YEAR EVE MENU



STARTERS:

- | | |
|--|-------|
| * Cream of roast parsnip soup | £2.50 |
| * Homemade chicken liver pate with plum chutney and warm toast | £4.50 |
| * Prawn and Apple salad with mayo | £4.00 |
| * Smoked duck breast and spring onion salad with a hoi-sin dressing | £4.50 |
| * Warm salad of bacon and artichoke with a mustard and herb dressing | £4.00 |
| * Salad of seared scallops with monkfish finished off with pepper sauce | £6.00 |
| * Mussels with a homemade white wine, cream and pesto sauce, roll and butter | £5.00 |



DALESMAN NEW YEAR EVE MENU



MAIN COURSES:

- * 10 oz Aberdeen Angus sirloin steak served with parmentier potatoes, flat mushrooms and tomatoes £13.00
- * Salted rack of tenderloin Gloucester "Old Spot" Pork served with apple mash, parsnip puree, mashed carrot and suede £12.00
- * Roast Lamb with all the trimmings and rosemary gravy £8.00
- * Homemade Game Casserole with roll and butter £9.00
- * Fresh Monkfish wrapped in bacon with a wild mushroom and potato patty, mustard and cream sauce £12.00
- * Chicken breast stuffed with a black pudding mousse served with mixed beans and rosemary potatoes £11.00
- * Risotto of Radicchio, red wine and herbs (V) £8.00
- * Tagliatelle with a spinach and tomato red sauce and parmesan (V) £8.00

"AS WELL AS THIS MOUTH WATERING MENU , A BAR MENU
WILL BE AVAILABLE WITH GAMMON, SCAMPI, PIES AND SUCH LIKE"

dances known as "caroller."

The carols we know today in England really started with Chaucer whose story telling led to plays and ballads coming into religion. Early carols like The Carnal and the Crane are more like folk ballads than hymns, telling of a conversation between two birds about the Christmas story. The Boar's Head Carol has one of the first urban myths attached to it - it is said to originate from the story of a professor who was chased by boar, which he killed by throwing a book of philosophy.

The various professional Guilds in the 15th century had their own mystery plays - the Coventry plays ran from 1400 to 1450 and included the story of the

murder of the innocents by King Herod and what is today known as the Coventry Carol - a favourite with the Cautley Carollers who sang it at the Cautley carol service last year, as well as outside many a door while doing the rounds before Christmas.

People wanted something less severe than the old Latin services to celebrate the mid winter season and carols flourished until the Puritans forced them underground - imagine singing carols as a subversive act!

The new king towards the end of the 17th century did make one concession to the carol - he gave royal assent to a new song by Nahum Tate: "While Shepherd's

(Continued on page 70)

Watched their Flocks by Night." Today most of us sing it to an old psalm tune known as Winchester, but with so few carols to choose from, composers in the 18th century wrote prolific tunes to accompany the words - there are over 350 of them with names often associated with where they were written: Pentonville, Liverpool, and Crimond or like Old Foster after its composer John Foster of Sheffield.

The Cautley Carollers sing a dozen of these, many of them outside and, when invited in, round the fires of the cottages near Frostrow. Derek Cox could easily echo the words of an American visitor to Yorkshire in 1820 who was surprised one Christmas night by what the Oxford Book of Carols describes as "beautiful

music from rustics:" He wrote: "I had scarcely got into bed when a strain of music seemed to break forth in the air just below the window. I listened and found it proceeded from the waits from some neighbouring village. Even the sound of the waits, rude as may be their minstrelsy, breaks upon the mid-watches of a winter night with the effect of perfect harmony."

Some of the carols have pagan origins such as the Holly and the Ivy said to symbolise the meeting of the male and female, sung as a dance by 18th century lads and maids. Likewise the berry of the mistletoe was a pagan symbol for fertility.

During the 18th and early 19th century, country churches were encouraged to

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SEDBERGH WANDERERS F. C.

**GRAND
BINGO
NIGHT**

White Hart Club

Saturday 24th January

Starting 8 pm

All Monies Raised shared between

Sedbergh Playgroup

& Primary School

Please give us your support

form their own village bands to provide music since the killjoy Cromwellians had smashed up all the organs. Carols were sung alongside bassoons, fiddles, cellos, and large wind instruments known as a serpents - because of their reptilian appearance.

These choirs - which we know today as West Gallery choirs after the gallery in which they sang in the West end of the church - had a great deal of independence, often with their own entrance, and curtains which they could close and eat, drink and discuss the merits of their singing while the service continued.

The Victorian clergy thought this was all very improper, the carols were considered to be too frivolous and the choirs too unruly. While claiming to renovate the dilapidated churches of that time, they pulled down the galleries and installed organs played by the schoolmistress, sometimes accompanied by choirs of obedient school children.

But good music dies hard. The west gallery choirs continued singing their carols on the village green and while doing the rounds of the cottages at Christmas. And when it got too cold they

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**Contact: Marjory Glover
015396 25438**

went into the nearest, warmest place they could find - the village pub. Today there is a fine tradition in Yorkshire and Cornwall - and Dentdale - for singing carols in pubs leading up to Christmas.

On behalf of my fellow singers in the Cautley Carollers, as well as Howgills Harmony and the Folk Carol workshop singers, I would like to wish you all a very hale and hearty season. Indeed you might even hear us on your doorstep bringing you our Christmas cheer for "We singers make bold, as in days of old, to celebrate Christmas and bring you good cheer.

In an innocent way we'll be happy today. So we wish you a merry Christmas and a happy new year." *David Burbidge*

J. Hallam
Electrical Services

07967 486404

Garsdale Road, Sedbergh

From Extra Sockets to Re-Wires ~ JIB Qualified ~ Free Quotations

SPRING SHOW 2004

The Sedbergh and District SPRING SHOW will be held as always in the Peoples Hall and in the Masonic Hall. Please note the date as Saturday March 27th.

There are a few changes in the schedule. The application forms with the full schedule will be available from February 2004 onwards. We hope to have a bumper year next year.

SECTION 1 HANDICRAFTS

1. Any patchwork item
2. Scale model, own design or kit
3. Something new made from something old (any material)
4. Wooden item including toys (small enough to carry underarm)
5. Any hand woven article
6. Cross stitch article (indicate if own design)
7. Item of embroidery (other than item 6 or 9)
8. Canvas work
9. Hand spun wool
10. Article knitted from hand spun wool
11. Beadwork
12. Hand made rug

SECTION 2 HAND MADE TOYS

13. Soft toy, knitted sewn or crocheted
14. Glove puppet
15. Toy made from scrap material
16. Dressed doll (doll may be bought)

SECTION 3 FLOWERS AND PLANTS

The detailed schedule 17 –27 will be published later and will include flower arrangements and plants.

SECTION 4 GARMENTS

28. Hand knitted garment in a single colour
29. Hand knitted multi-coloured garment

30. Hand knitted mittens or gloves
31. Crocheted article or garment
32. Sewn garment
33. Knitted baby garment

SECTION 5 HOME PRODUCE

(All items will be covered after judging)

34. Sugar craft
35. Fruit pie
36. Savoury flan
37. Six biscuits of any variety
38. Six butterfly buns
39. Decorated gateau
40. Fruit cake
41. Four Fruit scones
42. Gingerbread 8" square
43. Round shortbread
44. Six Flapjack pieces
45. Carrot cake
46. Victoria sandwich (filled with raspberry jam)
47. Swiss roll
48. Pot of jam
49. Pot of marmalade
50. Pot of lemon curd
51. Pot of chutney
52. Bottle of wine (includes mead)
53. Pot of clear honey
54. Pot of set honey
55. Pot of heather honey
56. Piece of honeycomb
57. Wax products

SECTION 6 ART AND PHOTOGRAPHY

58. Artwork: still life (any medium, any form)
59. Artwork: portrait (including animals)
60. Artwork: landscape
61. A pottery article
62. Three dimensional object (other than pottery)
63. Colour photograph of animal or bird
64. Colour photograph of child

- 65. Colour photograph of local landscape
 - 66. Colour photograph other than any of above
 - 67. Colour panoramic photograph
 - 68. Black and white photograph – not tinted
 - 69. Black and white portrait (including animals)
- Colour photographs not to exceed 7” by 10” including mount. Black and white photographs may not exceed 12” by including mount.
- Pictures may be framed but should be unglazed.

**CHILDREN’S SECTION
SECTION 7**

Pre-School Children

- 70. A picture made by a group of children, any medium.
 - 71. A picture in colour, not to exceed A4 size
 - 72. A ‘Play-Doh’ model
 - 73. Necklace made out of sweets
- Reception and Year 1*
- 74. An animal made out of vegetables or foliage
 - 75. A painted picture
 - 76. A hand-made birthday card
 - 77. A picture made of dried food and/or pasta
- Years 2 and 3*
- 78. Handwriting of nursery rhyme ‘Hickory Dickory Dock’
 - 79. Model made of any material
 - 80. Self portrait
 - 81. Hand-made birthday or Easter card
- Years 4 and 5*
- 82. Hand-writing of nursery rhyme, ‘Three Blind Mice’ for W Milburn and Sons cup. (not to exceed A4 size)
 - 83. Peg doll

PHOTOGRAPHY
b>Ward
 01539 620 368
 07799 256 301

As professional local photographer, I am able to supply all your business's commercial and advertising photography from guesthouses to product photography.

Please call for free quotation

- 84. Decorated egg
- 85. Animal made of vegetables or foliage
Years 6,7 and 8
- 86. Model of a playground or skate park
- 87. Computer designed picture
- 88. Decorated egg
- 89. Knitting or needlework – any item
Years 9,10 and 11
- 90. Computer designed poster
- 91. Fashion design for an evening out
- 92. A photograph entitled ‘My Favourite Sport’
- 93. A Valentine card

**SECTION 8
LOCAL ORGANISATIONS
PUBLICITY STANDS**

- 94. A stand, maximum area of 6’x 6’, judged on promotional effect for the organisation.

**SECTION 9
PICTURES OF THE PAST**

There will be a display of photographs of the past, taken in this area. Any contributions to this would be welcome. They should be submitted with the name and address of the owner attached and any information about the picture, when it was taken, where and details of any people in the picture, if known.

THOUGHT FOR JANUARY

Looking back ? Making resolutions ? Both good things to do as 2004 gets under-way. How's about some of these resolutions. Get involved where your children are involved, their clubs, activities always need helpers, ideas.

Bake a cake for the church/school/club coffee morning on a regular basis... visit a housebound person. Think positive.. get together with a close friend for a good natter more often. Take time to be-'Me' and enjoy yourself. Happy New Year.*LD*

ORGANISATION	CONTACT	Tel: 015396
After School Club	Mrs Packham	Sed: 21484
Age Concern Monday Club	Mrs Winder	Sed: 20512
Age Concern South Lakeland PH (M, & F)	Mrs Alderson	Sed: 20814
Angling Association	Mr Dandy	Sed:
Art Society	Miss Nelson	Sed: 20034
Baby & Toddler Group (Howgill)	Mrs Stainton	Sed: 20665
Badminton (Dent)	Mrs Rushton	Dent: 25306
Badminton (Sedbergh)	Mr Mason	Sed: 20565
Beekeepers Association (S & D)	Mr Fraser-Urquhart	Sed: 21902
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
Butterflies Tots & Carers *	Mrs Gerrard	Sed: 21217
Caving & Potholing Club (Dent)	Mr Stephenson	Sed: 21285
Chamber of Trade	Mrs Rusling	Sed: 20788
Chameleons Drama Club *	Mrs Bush	Sed: 20058
Christian Aid	Mrs Hannam	Sed: 20897
Conservative Association (Sedbergh)	Mr Beck	Sed: 20336
Cricket Club (Dent)	Mr Smith	Dent: 25209
Cricket Club (Sedbergh)	Mr 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
First Responders	Mrs Brown	Dent: 25542
Football Club (Dent)	Mrs Mitchell	Dent: 25432
Football Club (Sedbergh)	Mr Moffat	Sed: 21797
Gala Group	Mr Kooper	Sed: 20234
Guides	Miss Stephenson	Sed: 20731
	Mrs Mackereth	Sed: 20346
	Mr Lord	Sed: 20993
Golf Club	Mrs Woof	Dent: 25275
Good Companions (Dent)	Mrs Mackereth	Sed: 20346
Gladstone House	Mrs Howarth	Sed: 20090
Help Tibet Northern Branch	Miss Capstick	Sed: 20259
Hockey	Mrs Moffat	Sed: 20907
Howgill Harriers		

BUS SERVICES

Sedbergh to Kendal via Oxenholme

Monday – Friday

Sed	Arr				
07.45	0845		564	GP	❖
09.40	1010		564	W	
09.55	1030		564	GP	❖
10.05	1040	Wed	564B	W	❖
12.40	1310		564	W	
12.45	1320		564	GP	❖
13.00	1335	Wed	564B	W	❖
14.00	1430	Tue	804	W	❖
14.40	1510		564	W	❖
15.25	1600		564	GP	❖
17.11	1745		564	W	

Saturday Only

09.55	1030		564	GP	❖
10.45	1120		564A	S	❖
12.45	1320		564	GP	❖
15.25	1600		564	GP	❖

Sedbergh to Brough

Monday – Saturday

09.05	0929#	M-F	564	GP	❖
11.15	1200		564	GP	❖
14.15	1445		564	GP	❖
16.50	1740		564	GP	❖

Sedbergh to Kirkby Lonsdale

09.45		Thu	567A	W	❖
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To Hawes

08.45	0920	Fri	112	B	
09.10	0945	Tue	111	B	
10.00	1035	Tue	804	W	❖
11.20	1155	Fri	112	B	
14.00	1435	T&F	112	B	
15.35	1620	Sch	112	B	
15.35	1620	Fri	112	B	

Sedbergh to Dent

10.15	1030	Sat	564A	S	❖
12.05	1220	Wed	564B	W	❖
14.15	1430	Wed	564B	W	❖
14.55	1510	Sat	564A	S	❖

Blackhall Road, Kendal to Sedbergh via Oxenholme

Monday - Friday

Dep	Sed				
08.35	0905		564	GP	❖
08.35	0919	Sch	564	W	
09.30	1000	Tue	804	W	❖
10.30	1056		564	W	
10.45	1115		564	GP	❖
11.30	1205	Wed	564B	W	❖
13.30	1356		564	W	
13.40	1415	Wed	564B	W	❖
13.45	1415		564	GP	❖
16.20	1650		564	GP	❖
16.30	1656		564	W	
17.45	1815		564	W	❖

Saturday Only

09.40	1015		564A	S	❖
10.45	1115		564	GP	❖
13.45	1415		564	GP	❖
14.20	1455		564A	S	❖
16.20	1650		564	GP	❖

From Brough to Sedbergh

Monday – Saturday

07.05	0745	M-F	564	GP	❖
09.15	0955	Sat	564	GP	❖
#09.30	0955	M-F	564	GP	❖
12.05	1245		564	GP	❖
14.45	1525		564	GP	❖

From Kirkby Lonsdale to Sedbergh

12.15		Thu	567A	W	❖
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From Hawes to Sedbergh

08.00	0845	Sch	112	B	
09.20	0955	Fri	112	B	
12.00	1235	T&F	112	B	
13.25	1400	Tue	804	W	❖
14.45	1520	Fri	112	B	
16.35	1710	Sch	112	B	
16.35	1710	T&F	112	B	

From Dent to Sedbergh

09.50	1005	Wed	564B	W	❖
10.30	1045	Sat	564A	S	❖
12.45	1300	Wed	564B	W	❖
15.10	1525	Sat	564A	S	❖

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

All times are from and to The Dalesman Inn

GP	Grand Prix of Brough
W	Woof's of Sedbergh
B	Braithwaite's Coaches
S	Stagecoach in Cumbria
❖	Provided with Support from CCC
#	Kirkby Stephen

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)

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. T. Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Secretary: Mrs M Mason 20048

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 & Frostron

Rev. T. Widdess Tel: 20329

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



OPTIONS for health and well-being

Ian McPherson	T'ai Chi, Flower Essences, Reiki, Hypnotherapy, Meditation	015396 20648
June Parker	Acupuncture	015396 20972
Caroline Cattermole	Counselling	015396 21570

Complementary Therapists practising locally

DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 21st December 2004

DECEMBER							
1	1930	CWT Wildlife Quiz	KS	24	1830	StAS Nativity Play	StAS
2		Scouts Christmas Post Starts (20)		25		Christmas Day	
2	1300	Friends of the Museum Demonstrations	DCMH	26		Boxing Day	
3	1030	Group Exhibition Ends	FM	26	2200	SWFC Boxing Night Disco (26)	PH
3	1330	Butterflies	StAS	28	1030	Family Service	StAS
3	1830	Late Night Opening (1)	Sedbergh	31		New Years Eve Disco (26)	BH
3	1930	HS Prisoner of Napoleon (8)	SHS	JANUARY 2004			
4	1900	Made in Cumbria (8)	LSGC	7	1330	Butterflies	StAS
5	1545	Chameleons Drama Club	StAS	7	1930	HS The Brontës & The Dales (43)	SHS
5	1930	LFH Domino Drive (8)	SHS	9	1545	Chameleons Drama Club	StAS
6	0930	KC Table Top Sale	PH	10	1400	Gala Children's Party	PH
6	1000	Folk Carols in Dentdale (8)	Dentdale	12	1930	Beekkeepers	L
6	1030	Clarsach Society & Lace Making (18)	FM	13	1930	FCH Domino Drive	FCH
6	1930	MH Christmas Dinner & Dance	MH	14	1330	Butterflies	StAS
6	2030	Singaround Carols (8)	SI	14	1930	Needles & Pins Club	StJAR
7	1000	Folk Carols in Dentdale (8)	Dentdale	15	1900	S&KL Neighbourhood Forum	PH
7	1100	Wild Thyme Recorder Group (18)	FM	16	1545	Chameleons Drama Club	StAS
7	1400	KL Handbell Ringers (18)	FM	18	1210	SLVSB Christmas Lunch	SC
9	1930	FCH Domino Drive & Mince Pies	FCH	21	1330	Butterflies	StAS
9	1930	Town Band Family Christmas Concert (9)	PH	21	1930	HS Broken Links (43)	SHS
9	Eve	Moby Dick	DCMH	23	1545	Chameleons Drama Club	StAS
10	1330	Butterflies	StAS	23	1930	Beekkeepers Annual Dinner	Head
10	1930	WIF Christmas Party	TBA	24	2000	Grand Bingo Night (70)	WHC
10	1930	CWT Wildlife Quiz	SHS	25	1030	Service	PH
10	1930	Needles & Pins Club	StJAR	28	1330	Butterflies	StAS
12		SS End of Term		28	1930	CWT The Echidna Enigma	SHS
12	1545	Chameleons Drama Club	StAS	30	1545	Chameleons Drama Club	StAS
12	1700	Family Christmas Fair (12)	DMH	FEBRUARY			
12	1930	Christmas Domino Drive (12)	KVH	2	1930	PH Committee AGM	PH
13	1000	Kids Klub	PH	4	1330	Butterflies	StAS
13	1200	Carolyn Francis (18)	FM	4	1930	HS Member Evening	SHS
13	1300	Crafty Christmas	DCMH	6	1545	Chameleons Drama Club	StAS
13	1900	LFH Social Evening	MI	8	1900	SS Choral Society (44)	SSPH
13	2000	PH Olde Time Dance (13)	PH	11	1330	Butterflies	StAS
14	1030	Christmas Tree Service	PH	11	1930	Needles & Pins Club	StJAR
14	1300	Crafty Christmas	DCMH	13	1545	Chameleons Drama Club	StAS
14	1400	Sedbergh Town Band (18)	FM	15	1030	Service	PH
16	1200	WIK Christmas Party	GC	16	1930	Beekkeepers	PH
19	1545	Chameleons Drama Club	StAS	17	1400	SLVSB Musical Instruments	PH
19	1930	HVH Christmas Domino Drive	HVH	17	1930	FCH Domino Drive	FCH
19	2200	Zebra's Danny's Disco (19)	PH	18	1930	HS Border Regiment & Kings Own	SHS
20		Scouts Christmas Post Ends (20)		25	1000	Sedbergh Playgroup Coffee Morning	URCR
20	1030	Lace Making (18)	FM	25	1330	Butterflies	StAS
20	1400	Heron Hill Choral Group (18)	FM	25	1930	CWT Gardening for Wildlife	SHS
21	1200	AnnaKate Pearson Harpist (18)	FM	27	1545	Chameleons Drama Club	StAS
21		United Carol Service	StAS	27	1930	LFH Domino Drive	SHS
23	1830	Town Band Bandstand Carols	BH	MARCH			
				2	1930	FCH AGM	FCH
				3	1000	North West Cancer Coffee Morning	URCR

The S & D Lookaround is edited and published monthly by Dennis & Jacky Whicker.

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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.

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

A Collinge Optometrist

Every Friday	0900 - 1300	1400 - 1730 *
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DENTAL SURGERY

Finkle Street © 20626

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

Monday to Thursday	0900 - 1700
Friday	0830 - 1500

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 *	

* By Appointment Only

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
10.00 - 15.00

COMMUNITY OFFICE

(Above Y.D.N.P. Centre)

Monday to Friday 1000 to 1600

© 20504

e-mail office@sedbergh.org.uk

web pages www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Community Office

Every Wednesday 1000 to 1300

Every Friday 0930 to 1230 *

© 21185 or

08451 202 999 (local rate) 24 hours

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

PENSION SERVICE SURGERY

Community Office

© 01539 795000

0845 6060265

Alt. Mondays 1000 - 1200

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage

Tel: 21031

e-mail: admin@sedberghcdc.org.uk

POLICE

Long Lane, Sedbergh

© Kendal 01539 722611

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

MARKET DAY

HALF-DAY CLOSING

WEDNESDAY

THURSDAY