

Sedbergh & District

# LOOKAROUND

March 2004

Issue 209

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This month, we celebrate 18 years in existence and we would like to thank everyone that has supported *The Lookaround* over these many years. Who can remember the very first issue of 4 pages?

There are many events in and around the area this month. Please give them your support.

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*Dennis & Jacky Whicker*

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People's Hall, Sedbergh  
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**HISTORY SOCIETY**  
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**Housing Changes in  
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Wednesday 17th March  
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# CHILDREN'S BIRTHDAYS MARCH 2004



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

The recipient this month is:-  
Ryan Milburn who is

11 years old on 2nd March.

Please collect your voucher from the Sedbergh Office Services at 13 Kings Yard, Main Street, Sedbergh which can be used in any shop in  
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1	Alisha BREWER	3
1	Sam OVERSBY	6
2	Joseph DICKIE	5
2	Ryan MILBURN	11
3	Thomas THEXTON	6
3	Luke INGHAM	10
5	Ethan CLARK	1
7	Melissa HARTLEY	3
7	David GOAD	7
8	Tess PRALL	3
9	Aaron CAPSTICK	4
10	Scott MIDDLETON	7
10	Sam FIDDLER	7
11	Laura WOODFINE	9
11	Jake SUTCLIFFE	11
12	Kate BROOKSBANK	3
12	John WOOF	6
12	Liam BALL	6
13	Simon BOYLES	10
16	Connie HODGSON	8
17	Anna McGERTY	11
18	Daniel CLARK	11
19	Wesley BREWER	6
23	Becky LOWTHER	11
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29	Callum FERREIRA	6

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### CAPSTICK

Happy **21st Birthday** Yvonne on 16th March 2004. Have a great party and good luck for the future. Lots of Love. Mum, Dad & Elaine.

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### CAPSTICK

On the 16<sup>th</sup> March 2004, Miss Cappy Jnr gets the 'Key to the Door'.

As usual, Miss Cappy intends to celebrate in style -  
With a drink in one hand,  
and of course a big smile!

As you all should know,  
she works at the NFU.  
Keeping an eye on the farmers -  
well especially one or two!!!!

Saturday night at 'Passions'  
You will find Miss Cappy & her mates,  
Dancing on the dance floor,  
checking out potential dates!

This could be the perfect occasion  
to dish a little dirt.....  
However, enough said Yvonne  
as we all know how you like to flirt!!

As we reach the end of the poem  
all that's left to say .....  
Is Congratulations Yvonne, best wishes,  
And - **Happy 21<sup>st</sup> Birthday!!!!!!**

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### COWPERTHWAITTE

Congratulations Mum (Mary) on your 80<sup>th</sup> birthday, March 19th 2004. Lots of love and best wishes from Col and Ann, Ang and Ken, Marl and Dave, and granddaughters Claire, Emma, Louise and Hannah. XXX

### CRAWFORD

Happy Birthday Mother (Grace) for 24th March. Love Lorraine and Caspa and Happy Birthday Granny. Hugs and Kisses from Jay.

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### MILBURN

The family of the late Ian Douglas Milburn would like thank all family, friends and neighbours for their support, cards and expressions of sympathy following the sad loss of Ian. Thanks also to Canon Fell for his visits to Lancaster and Manchester Royal Infirmary and his uplifting service at Kendal Parish Church, and to Rev Long for his kind words.

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### MIDDLETON/WOOF

Thank-you to you all. Marjories family, especially Sarah & John, Jenette, Andrew & Susan, do Thank You all for all the support which has poured into "Rhumes" over recent weeks. For the prayers, the interest in how Mum was, the food, flowers and all the cards and letters we have received since her passing, for all help on the funeral day especially with getting people through the floods, for the lovely home-made tea provided & served by the ladies of Sedbergh & Dentdale Methodist chapels. Thank-you from the bottom of our hearts. To Tim and Peter, to those who came to Pray & Share, thank-you for your invaluable ongoing support. To District Nurses & Health Visitors, thank-you & Cumbria Carers. To our closest friends who are sticking close, you know who you are, thank-you, just by being available you help us more than words could explain. With love from us all.

**PERSONAL & SMALL ADS £1**

**SPENCER**

The family of the late Jane Spencer would like to thank everyone – both individuals and organizations – who have been such a help and support during the last few months. The care and attention given by the nursing and other professionals involved has been beyond belief. We have been greatly touched and comforted by all the cards, letter and messages of sympathy received, as we were by the number of people who attended the Service of Thanksgiving for her life on 16<sup>th</sup> February.

**STEADMAN**

Congratulations (Prim) Mum **89 years** old, (Tom) Dad **90 years** old on your recent Birthdays. From Garth & Jean, Alan & Pam and families.

**WILLIAMSON**

Ken and Marlene would like to thank everyone for cards and good wishes during Ken's stay in hospital

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**HISTORY OF  
SEDBERGH SCHOOL**

Friday 5th March  
School Library at 7.30 p.m.

There will be an account of the School's  
History from 1525 until the twentieth century  
including a presentation  
of some the School's collection of slides  
covering the years from 1890 to 1940  
*by Peter Yorke and Elspeth Griffiths.*

**SEDBERGH SCHOOL  
EVEREST EXPEDITION 2004**

Monday 22nd March  
John Arden Theatre at 6.30 p.m.

Jim Fisher and members of the expedition  
will provide an illustrated account  
of the School's recent expedition to  
Everest Base Camp and beyond.

**TURNING THE BABY**

Babies are usually born head down and a baby which is the other way up, close to the end of a pregnancy, is said to be in breech presentation. Many breech babies turn spontaneously into the head down position. Some are helped to turn by a procedure called "external cephalic version" and some are born by caesarean section.

In China, a heat treatment called moxibustion has long been used for turning babies in breech presentation (and for many other complaints as well). The heat comes from a "cigar" made from the herb moxa (mugwort, a type of artemisia). The lighted end is held one or two centimetres away from the specific point to be treated and the glow warms the point. The heat sensation is quite penetrating and most people find it pleasant. The best type of moxa, for obvious reasons, is smokeless moxa and I find this just as effective as the traditional

(smoky) moxa.

Moxibustion is often used alongside acupuncture and it is used in two different ways. The first way is to warm points close to or at any problem area. For example, it is common to warm points on the shoulder and upper back for frozen shoulder. Recently I used this to very good effect on one of my own finger joints which has a tendency to arthritis following an injury. The second way uses the knowledge that certain specific points on the arms and legs can affect areas of the body some distance away. For example, there is a point just below the knee which strongly influences the digestive system and is used to treat nausea (including morning sickness), constipation and other digestive disorders. Points on the feet are often used to treat headaches, migraines, dizziness and tinnitus.

In the case of a breech baby the second method of treating a distant point is used and the point treated is on the little toe, near the nail. This is the most dynamic point in the body to activate the uterus and as well as turning the foetus it can promote and facilitate labour. Studies in this country have shown that the use of


  
 SEDBERGH METHODIST SUNDAY CLUB  
**COFFEE MORNING**  
**& JUMBLE SALE**  
 Saturday 6th March  
 10:00 am to 12 noon  
 Admission 25 pence  
 Usual Stalls  
 Coffee & Biscuits 50 pence

moxa on this point increases foetal movement, thus increasing the likelihood that the baby will turn without direct intervention. There is a general positive effect on the woman's physiology. The only known side-effect is accidental burning, which with proper precautions should not occur.

This is a simple, safe and non-invasive technique and research in this country by the midwife-acupuncturist Sarah Budd shows that it is without complications. Studies in China have demonstrated high success rates in turning breech babies. It can even be practised by a woman at home, with the help of a friend or partner, once they have been shown how to do it (which includes proper precautions for fire safety). For most women, if the alternative is a caesarean section, this is probably well worth trying.

I have been asked, in my role as an acupuncturist, to take part in a study on the use of moxibustion in turning breech babies, by offering the treatment to women in this area. The treatment would take place several times over a few days, initially in my acupuncture treatment room, but afterwards at home. Of course the woman's midwife should be

## ACUPUNCTURE



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Dip Ac, MBAC

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consulted about the suitability of this treatment in each individual case.

It is hoped to recruit a total of 500 women from all over the country to the study. Approval from the Ethics Committee of Thames Valley University has been obtained. If you would like to know more about this treatment or if you think you may be interested in taking part in the study, please contact me. My telephone number is (015396) 20972.

*June Parker*

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## SETTLEBECK HIGH SCHOOL

### *The Rural Academy*

Firstly, you will recall that Settlebeck is one of the nine Cumbrian small schools who, after years of informed collaboration, have decided to work together even more closely. We have formally constituted ourselves as the Rural Academy of Cumbria with a management board, a steering group, and a range of subject networks, and already we have begun to support each other, attract funding for joint projects, and plan for future developments to benefit our students' education.

These plans have now been given an enormous boost by our successful bid to the DFES (Department for Education and Skills) for specialist technology status. We began this process two and a half years ago in discussions with civil servants in London. There were two formative meetings in Whitehall in early 2002, in which we had to make a case for nine schools cooperating together in a joint bid, and five months later we got the news that the minister (David Miliband) had agreed to change the rules to let us try. Up until the maximum number of schools allowed to combine together to

make a joint bid was two, and only a few of those were successful. We put our first bid in in October 2002. It failed and we resubmitted in March 2003. Again we failed and in October 2003 we tried again. Last week we heard that finally we had been successful and this means that over the next four years the 9 schools will receive extra funding of approximately £1.8 million.

You may well have thought that the government underfunding we faced last year will now be made good by this extra resource. However, the money is earmarked for specific developments to further technology in both Settlebeck and our community and we can't just pay off any deficit accrued last year.


Nevertheless this will be a tremendous boost to our Design & Technology, Science, and Math departments with a total refurbishment of our CDT (Craft Design and Technology) room, new CAD/CAM (Computer Aided Design and Computer Aided Making) and D&T equipment, new computers in all three areas, digital projectors and interactive whiteboards, new computer software, staff training and a whole range of new teaching and learning strategies. All



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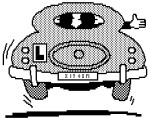
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subject areas will eventually benefit from the presence of new resources in the school and from the opportunity to network with subject staff in other schools. Our co-operation with the other eight schools will eventually lead to a new powerful internet link and a VLE (virtual learning environment) which will enable us to use video conferencing for lessons and meetings across the schools and to offer 24 hours per day access for students and parents to our school network for home learning (this is called an extranet).

It is all tremendously exciting and gives us a clear direction for the future of our school and community. In which technology will be at the forefront of students' learning and aspirations. We can now really go forward into the twenty-first century and offer students in our rural communities an entitlement to a wide range of exciting learning opportunities.

The Rural Academy has been sponsored (to the tune of £150,000) by the Cumbria Community Foundation, BNFL, the Carlisle Diocesan Board of Education, the Cumberland Building Society,

Queens College Oxford, the Furness Building Society, Carrs Milling Industries and most significantly by the HSBC bank (who provided £92,000). This means that we have become one of the HSBC family of schools and we believe that many other benefits will accrue from this association in the future.

It's been such a long time in the pipeline but now we've made it I hope you will join us in launching Settlebeck as a Specialist Technology School at our Open Day on Friday 2<sup>nd</sup> July.

### **The South Lakes Federation of Schools**

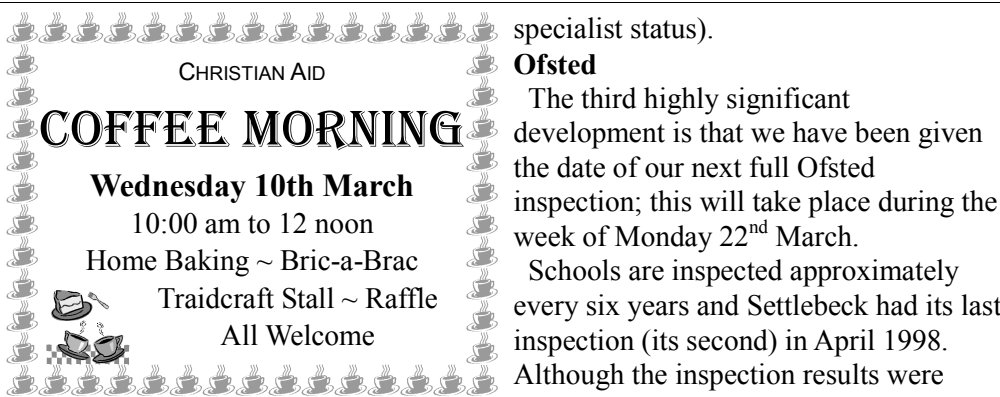
Also included in the newsletter is a recent press release and publicity for the South Lakes Federation of schools. It is quite amazing timing that in the very week that Settlebeck joins in close collaboration with eight other small schools we also find ourselves joining with ten other educational institutions in the South Lakes area to work more closely and collaboratively to our mutual benefit. Again a bid has been made to the government and as a result of which ten institutions have attracted a grant of £200,000 to develop our provision for

*(Continued on page 10)*

CHRISTIAN AID

## COFFEE MORNING

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



South Lakes students, particularly in the 14-19 age group. Rapid developments in 14-19 provision across the South Lakes mean that schools have much to gain from working together and we are planning a range of strategies to maximise our student's access to vocational and work-based learning in the area. We are already associate school with the Queen Katherine School (Technology), Kendal; Queen Elizabeth School (performing arts), Kirkby Lonsdale; and Kirkbie Kendal School (Business and Enterprise), Kendal, and it will greatly benefit Settlebeck to consolidate our working links with these and the other schools in the South Lakes area. Some of our year 10 and 11 students already access courses at Kendal College for a day per week and we're delighted that it too is a member of the federation. Since Settlebeck, John Ruskin School, and Cartmel Priory School are members of the Rural Academy this means that all but one school in the South Lakes are now has specialist status which must be the highest proportion of any area in the country to date (approximately half of all schools in England have achieved

specialist status).

**Ofsted**

The third highly significant development is that we have been given the date of our next full Ofsted inspection; this will take place during the week of Monday 22<sup>nd</sup> March.

Schools are inspected approximately every six years and Settlebeck had its last inspection (its second) in April 1998. Although the inspection results were positively we found this a very stressful and demanding experience. The preparation consumed so much of our time for many months beforehand, requiring that we provide the inspectors with two large boxes full of written documentation. Thankfully Ofsted, under its new chief, David Bell, has adopted a new framework in which only 6-10 weeks notice is given, preparatory paperwork is kept to a minimum and the whole ethos has become much more humane. The focus is still on standards, value for money and how effective the school is in providing a quality educational experience for all of its students but the approach is to work alongside the school and support the staff and governors to maximise our ability to

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self-evaluate and plan for future development.

We believe that we have made significant progress since the last inspection and that we are engaged in a range of exciting developments, not least the move to Technology College status.

Ofsted look for evidence of how successful a school is and one of the ways they do this is to ask both students and parents to tell them about their experience of the school. We regularly receive letters of thanks and appreciation for the work of teachers and support staff at Settlebeck and for the involvement of our students in our local community. We will show Ofsted these letters and we would like to invite parents to either attend the Ofsted parents' evening (to

make your views known) on Monday 8<sup>th</sup> March at 7 pm or return the Ofsted questionnaire, or write in appreciation of any aspect of the school you have experienced and particularly value or any combination of these.

The more evidence we can provide to show the inspectors what an excellent school Settlebeck is (in addition to our outstanding academic results), the better report we will get and the more successful we can become in the future. I firmly believe that success breeds success. The last report showed that Settlebeck is a good school; now we seek recognition that Settlebeck is a 'very good' or even 'excellent' school (in the Ofsted grading of schools).



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WINDER SOCIAL COMMITTEE

## **Cheese & Wine Evening**



*hosted by*

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**Friday 12th March**

7:30pm

in the Masonic Hall, Sedbergh

Tickets £6.50 from

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### **DENTDALE FIRST RESPONDERS**

The Dentdale First Responders idea was initiated by Dentdale W.I. almost a year ago, as their response to the National Federation of Women's Institutes' Community Challenge Project, and to celebrate 60 years of the W.I. in Dent. The object was for the W.I. to facilitate the planning and fund-raising for the scheme, but for it to be run by members of the community. The inaugural annual general meeting was held in March 2003, a committee appointed and fund-raising begun. Now, 12 months later, the Dentdale First Responders team is almost ready to 'go live'.

The fund-raising has been enormously successful, the amount raised to date being the magnificent sum of £11,160.23 which has come from many and varied sources. Special events have included the Football Club's sponsored 3 peaks challenge, Dent School's Fun Run, and

Baliol School's Summer Fete, not to mention Rita and Bill Corpe's wonderful "restaurant", and these have contributed a total of £2549.00. The W.I. have held various events and have raised a total of £734.25. Donations have come from individuals and various other sources, totalling £2982.98, including a large gift in memory of the father of a Dentdale resident, and a generous donation from the Dentdale Folk Festival. The balance of 4894.00 has come from grants, £250.00 from Neighbourhood Forum, £500.00 from Dent Combined Charities, £250.00 from Cumbria Community Foundation, and £3894.00 from the Hadfield Trust.

But money alone can't bring this scheme into being. Volunteers to take on the role of actual first responders were equally necessary. The first volunteers have now undergone a course of training by Cumbria Ambulance Service, and it is hoped that more will attend a further

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## **Cocktail Night every Friday Night**



## **MOTHER'S DAY**

**Sunday March 21st**

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12 noon to 3pm

3 Course Menu - £10.95 includes Free Gift for every Mum

1 Course Sunday Roast £5.95

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course in the near future.

So, to sum up, we now have the funds in place to equip two teams of First Responders, one based in Dent and one based in Cowgill. We also have enough volunteers trained and approved by Cumbria Ambulance Service to man the team based in Dent. It was hoped that we would be able to set up both teams simultaneously, but at the moment, only two of the trained responders are based in Cowgill. Hopefully more will attend the next training course, and then the Cowgill team can also come into service..

Equipment is ordered and starting to arrive and will hopefully be distributed to the approved First Responders at their

next meeting. The final hurdle is to complete the arrangements for the communication system and the committee is in consultation with Vodaphone to ascertain the best method of pager communication.

Dentdale W.I. and the First Responders Committee would like to say A BIG THANK YOU TO ALL OF YOU who have given so generously, both of your time and your money to support this project over the last year.

If you would like to be involved in any way with this very worthwhile project, please come along to the Annual General Meeting in the Sedgwick Room, Dent on 24th March at 7.30pm.



#### PHOTO CALL

Many thanks to those who telephoned me with names for the last 2 photos in the December issue. I now have 4 names for the British School photo (1924) As for the British Legion Party I have had several names given so many thanks to all those who took the time and trouble to let me know, it was greatly appreciated. The more time that passes, the easier is it to forget.

This month I am submitting 2 more - both schools. One is The British School 1925 with Ruth Potter as teacher. The second is from Settlebeck and should be easier as it is from the 1950s and I actually recognise 2 girls on there myself. Can anyone tell me the names of them all - or even some of them.

As before contact Shirley Tebay, Walnut Bungalow, Dent - tel: 015396 - 25001 or e mail [shirley.tebay@btinternet.com](mailto:shirley.tebay@btinternet.com) Your response will be very welcome. ST

#### YORKSHIRE DALES NATIONAL PARK

*Celebrities launch the Park's Golden Anniversary Celebrations*

Two of Yorkshire's most colourful characters confirmed their love of the Dales when they helped launch the Yorkshire Dales National Park's 50th anniversary celebrations.

Brian Blessed and Sir Jimmy Saville boarded a train from Leeds to Ilkley to take part in a special day to mark the Park's half century. The famous Yorkshiremen were joined by Yorkshire Dales National Park members and guests.

Current President of the Council for National Parks and larger than life actor Brian Blessed said, "I shrink if I don't come back to Yorkshire regularly. My heart is here, I adore the county. In my mind, Malham Cove and Tarn are the centre of the earth."

Guests were welcomed as they arrived at Ilkley railway station by town crier



Chris Richards and Ilkley parish council chairman Kate Brown. A group of music students from Ilkley Grammar School performed their own arrangement of 'On Ilkley Moor Baht 'At'.

After tea and cake, provided by Betty's famous tearooms, around 60 of the guests braved the elements for a walk along a stretch of the Dales Way to Bolton Priory, where a giant fire sculpture was lit. Several 'walking for health' groups and BEES, a Bradford inner city support organisation, also joined the six-mile stroll.

Cathy Bennett, 50th Anniversary Co-ordinator at the Yorkshire Dales National Park Authority said, "This year we're aiming to 'reach out' and attract a broader and younger audience, including those who live in towns and cities and are missing out on this spectacular scenery,

"To avoid congestion we also want to encourage everyone to use public

transport. Thanks to train operator Arriva, everyone attending the launch arrived by rail. All were pleasantly surprised just how quickly they were able to travel to the heart of the Park using public transport," added Cathy, who also thanked sponsors Black Sheep Brewery, staff at Ilkley railway station and the Bolton Abbey Estate.

Other events included in the 50th anniversary programme are the Clapham Festival of Magic, Myths & Legends (8th and 9<sup>th</sup> May), a beer festival in Wensleydale in September and various other exciting and interactive activities, including exhibitions, outdoor film screenings and roadshows.

For more information about forthcoming events, please visit the Yorkshire Dales National Park Authority's Web site at [www.yorkshiredales.org.uk](http://www.yorkshiredales.org.uk).

## **Sedbergh Town Band**

Conductor:- Alan Lewis

# **CONCERT**

in Dent Parish Church

Tuesday 16<sup>th</sup> March

7.30p.m.

Refreshments provided

Tickets £3.50 available from: Band Members,  
Dent Post Office, McConnell's  
or by phone - 25592 or 25357

### **GLIMPSES OF DENTDALE**

#### *James I to Elizabeth II*

When James VI took over Westminster in 1603, two things must have been high on his agenda. A new English version of the Bible took him eight years to achieve. But a charter for a Free Grammar School for Dent was sealed before the year was out - as the calendar ran then, 16 March 1604 just slipped in nine days before New Year! So 400 years this month.

And still going strong. A slight hiccup in 1897 when the school pulled out of teaching kids. But it stayed in education. Adult classes from time to time in things like poultry and needlework. But mainly financial assistance to Dent under-25s and to the Primary School - all which still continues today. In 1972 it merged with the Hodgson Educational Foundation to become D.G.S.E.F. Bursaries nowadays are usually advertised annually (in *Lookaround* and elsewhere) during August.

For the 'quartercentenary' (Latin was after all, with Greek, the undisputed core curriculum) David Boulton has updated the history he put together in 1997 (from two earlier *Sedbergh Historian* articles)

under the title *A Publick and Commonwealth Cause*. In 15 pages you can't expect more than highlights from 400 years, can you (at £2 that's just a ha'p'ny a year)? But you get an attractively produced glossy booklet with five illustrations (including two 19th century photographs and drawings by John Cooke and Hilary Moore), David Boulton's lively and cheerful prose, and (rest assured!) never a word of Latin.

Overall a fascinating glimpse of Dentdale life down the ages. Property dealings, 'fee farm rents', a dispute with Garsdale, school inspections, curriculum changes, the interplay of market forces and state provision in education (what's new?), local charities, selection by examination (of the headmaster), rivalry with Sedbergh School (Dent lost that one OK!), and now trying to match provision to the ever-changing pressures today's students face.

In 1864 the Schools Inquiry Commissioner found headmaster George Swift's qualifications inadequate (despite his having had the highest marks in the exam). Today David Boulton finds the Governors, the boards of both 1604 and 2004, more than adequately qualified for their responsibilities, adding (see p.15) learning to the honesty and discretion demanded in the charter of Rex Iacobus I & VI. As their former Clerk, I heartily endorse his verdict. Copies of *Dent Grammar School: the first 400 Years* are available from the Clerk, D.G.S.E.F., Mill Cottage, Gawthrop, LA10 5TA.

*Gordon Neal, Worcester*



# HOMEOPATHY

CLINIC IN SEDBERGH

'Drop-In Clinic' for acute cases **every Friday Morning** in the Masonic Hall  
between 09.30 and 12.30

Beginning on 5th March

**No Need To Book ~ Nominal Charge**

*For Further Details, Contact*

Denise Williamson - Sedbergh 20846

Ian McPherson - Sedbergh 20648

## HOMEOPATHY IN SEDBERGH

Homoeopathy is a system of medicine developed by Samuel Hahnemann, a medical Doctor, in 18th. Century Germany. It expanded rapidly after his death and is now well established in most countries of the world but particularly in Britain, Northern Europe and India where there are thousands of practitioners and Homoeopathic Hospitals. Members of the British Royal Family are well known for their patronage of this form of medicine. It can be used either as an alternative to conventional medicine or as complementary to it.

The basic principle of Homoeopathy is that "like cures like". A substance that can CAUSE a set of symptoms in a healthy individual can in infinitesimally small amounts be used to CURE a similar set of symptoms in a sick individual. The minimum dosage is always administered and there are usually none of the side-effects often caused by modern drugs. Homoeopathy aims to treat the "whole person" and not just the part that is diseased. If the correct remedy is taken then improvement in the condition of the patient, especially in acute cases, can happen dramatically quickly.

The homoeopathic consultation between the practitioner and the client takes anywhere between ten minutes and two hours and involves the homoeopath taking a full case history of the patient in so far as it is relevant to the presenting condition.

Homoeopathy is safe for the whole family and is especially helpful for the acute diseases of children.

We intend starting a drop-in clinic for acute cases every Friday morning at the Masonic Hall, Sedbergh between the hours of 9.30 and 12.30 beginning on the 5th. March. A small charge will be made to cover administrative costs and the cost of the remedy. There is no need to book. If you want to know more before making a decision to come along to the clinic feel free to telephone either Denise Williamson (Sedbergh 20846) or Ian McPherson (Sedbergh 20648) at any time.

Denise is a graduate of the Lakeland College of Homoeopathy and is also a Bowen Technique Practitioner. Ian is a long-term student of Homoeopathy and attends the Lakeland College. He is also a qualified Flower Essence Practitioner and teaches T'ai Chi.

### FAMILY MUSINGS

Granny has featured so much in these "Musings" which has been hardly surprising given that she has been the very pivot of our family's life especially since April 2002 when, following an operation following a fall and breaking her hip she could no longer live alone so hubby and I moved into her home with her. She had two dearest wishes, both came true. She lived to celebrate the 18th birthdays of each of her grandchildren and she lived in her beloved "Rhumes" until the very end of her life. Mum and Granny died very peacefully on Wednesday 28th January and her two grand-daughters and her daughter were with her. Grandson went to Africa, the day he left was very emotional, Granny followed his travels with great interest, he came home early to be at the funeral, there will be other trips abroad but only one day to say "Goodbye" to dearest Gran. Elder daughter did not go on the ski slopes and all that was important was that Granny was comfortable and cared for.

As soon as members of the family and close friends heard how poorly she was

we had a constant stream of visitors having just short visits with her, and as news broke of her death that same compulsion to be with her was evident from all who wanted to come to the funeral. The weather however was very bad, severe flooding, but the Methodist Church was still packed and an over-flow into the adjoining room, had the weather been kind I think we would have had people standing outside.

People being brought through the floods in Landrovers and Tractors would have amused mum, especially when the Undertakers, Trolley and flowers had to abandon the hearse and come through in the transport box on the back of a tractor ... incase you wonder, no, the coffin and mum didn't come that way, we kept her at home. I heard an amusing story on the funeral day, of the time a local farmer brought mum through a bad flood many years ago and she called it "the most thrilling ride of her life!!", .as the rain kept coming that farmer was thinking he may be needed once again.

Perhaps you have a particular memory of my mum, perhaps at Sedgwick's shop where the flags were hung from the top

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windows on Gala day, do contact me via Lookaround with them, or if you know me tell me.

Every morning when I go into the living room all the Sympathy cards with all the lovely comments give me the encouragement I need to live that day, around 130 of them ... plus some lovely letters. Wonderful!!

I gave the Tribute to her at her funeral, quite the hardest task I have ever done, but that was what she wanted, in it I shared a glimpse of life gone-by in Dent, how her Dad was famous for the Dentonian Bicycle he made and sold, how the housewives would sweep the street outside their homes but never leave the brush outside the house as that would mean they were looking for the company of the opposite sex...

#### The Tribute

“You can shed tears that she is gone or you can smile because she has lived. You can close your eyes and pray she'll come back or you can open your eyes and see all she's left.

Your heart can be empty because you can't see her or you can be full of the love you shared.

You can turn your back on tomorrow and

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## ZEBRA'S SALE

Of children's clothes, toys & small nursery goods

**FRIDAY 19th MARCH**

2 - 5 pm

**METHODIST CHURCH ROOMS**

Entrance 50p inc refreshments, children free  
Activities Available.

Donations very welcome

Commission Sales - 25% to Zebras funds.

Contact Jane Storey - Sedbergh 21593

live yesterday or you can be happy for tomorrow because of yesterday. You can remember her and only that she's gone or you can cherish her memory and let it live on.

You can cry and close your mind, be empty and turn your back or you can do what she'd want; Smile, Open your eyes, Love and go on.”

*Anonymous.*

One task to keep me busy is to put together a book I have been working on with mum about Dentdale Businesses Past And Present, another task is to get a job, perhaps something different to Care Work for a while but I shall be back. For now we are staying at Rhumes, given a few months to sort things out as mum wanted.

Family life is going on, elder daughter back at Durham, younger daughter and son busy with their lives, as are hubby and I, he is my rock, one strong patient, loving force in my life, a life which is so empty without my dearest mum. As I said to her each night and she to me, "Goodnight darling, see you in the morning" now means in eternity. RIP Marjorie Middleton, treasured and loved for the rest of our lives.

## SETTLEBECK HIGH SCHOOL

### *Year 11 Interview Day*

Despite the adverse weather, our annual Year 11 Interview Day took place on 3<sup>rd</sup> February with 36 students going through interviews and feedback sessions with representatives from local colleges, sixth forms and businesses. As usual the day was very valuable for the students as it really does give them a feel for what it is like to prepare for, attend and evaluate a formal interview.

We remain very grateful to the team of interviewers who give up a day, in their busy lives to take part in this event. Many thanks to you all for your patience and flexibility on a day when we had to make lots of last minutes adjustments to the programme as floods prevented some students and interviewers from attending. Thanks to Alison & Steve Mansfield at The Bull Hotel for your support, excellent hospitality and catering. My thanks also go to the team of Year 10 students who helped with the smooth

running of the day as guides, waiters etc; Megan Henderson, Lloyd Iveson, Charlotte Metcalfe, Rachel Woof, Matthew Thompson, Matthew Dawkins, Nicola Donaghue, Jake Dinsdale, Emma Rowlinson, Kaylee Hurst and Hannah Fearnhead. You all did a first class job.

*Judith Walsh*

Here are some of the comments from the day.

Comments from the Interviewers about our students:

“A very good interviewee, confident, sparkling and interesting”

“Highly articulate, able to think on his feet and rise to the more demanding questions”

“Very positive first impression continued throughout the interview”

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“Relaxed and focused”

“Very well presented, clear, strong sense of direction”

“Polite and good natured, enthusiastic and well informed about her career route”

“Came across as warm, sensitive and thoughtful . . .”

Contributions from: Hilary Dixon, Martin Lewes, Jill Law, Paul Wallace-Woodroffe, Andy Denton, Vic Hopkins, Graham Keighley, Litini Newcombe, Mike Clark

Comments from the Interviewees:

“I gained a lot of valuable experience which will help me with my college interview”

“A very good experience, it really teaches you how to prepare for an interview”

“It helped me construct a better interview plan for the future”

“It helped me have confidence in my communications with people I don’t know”

“I was incredibly nervous but afterwards I felt I’d performed well, my interviewers gave me positive advice – it was a very valuable experience “

“It taught me how to elaborate on points”

“Everyone looked very smart and we all took it very seriously”

“An invaluable experience – thank you to all interviewers who gave us this chance”

Contributions from: Eddie Lord, Martin Critchlow, Luke Metcalfe, Jessica Mason, Sammy Bradley, Ben Coates, Sian Gilder, Andrew Bonsall, Andrew West.

## SEDBERGH SCHOOL

*Presents*

# A Mannequin Parade of Gowns from the 19th and 20th Century



**Sunday 21st March**

commencing 6.30pm for 7pm

**Powell Hall, Sedbergh School**

Admission £5 by Ticket available from  
Farfield Mill or Sara Hirst Tel: 20491

*All proceeds to Farfield Mill*

### **SEDBERGH COMMUNITY WRITER'S PROJECT**

In November 2003, the Sedbergh Book Town Committee announced the start of the Community Writer's Project.

Anyone from Sedbergh and district are able to submit a written piece which may be prose, poetry or drama of no more than 3000 words in length, original illustrations and/or photographs may be included.

These pieces will be used in one or both of the following ways:

All pieces will be included in a specially bound scrapbook of the project to be kept afterwards in the Library.

Suitable pieces will be chosen by the Editorial Committee and will be published by Hayloft Publishing of Kirkby Stephen. This book will then be available for locals and visitors to Sedbergh to buy in the normal way. The Editorial Committee will be headed by Mrs. Elspeth Griffiths, archivist and librarian.

#### *Rules:*

- Entries must refer in some way to the WORD Sedbergh. This means a character could be called Sedbergh, you could write factually about Sedbergh, or any other mention, just as long as the word is included in your piece.
- One entry per author only.
- Those of 15 years old and upwards eligible.

Entries must be received by June 1st 2004, but we would be please to receive entries as soon as possible accompanied by the Entry Form on Page 39.

Any piece mentioning living persons, or those with living relatives must be

accompanied by a letter giving written permission for the piece to be published.

Entries may be made on computer disc but should be accompanied by hard copies of all material included on the disc.

Entries will not be returned as originals will be included in the Community Scrapbook of the Project, therefore please make your own copies.

---

### **CAN WE HELP YOUR BUSINESS?**

Richmondshire District Council's Economic Development Team are holding a Business Support Open Day at The Upper Wensleydale Business Park, Hawes on 6<sup>th</sup> April 2004.

The main purpose of the day is to signpost businesses to the support services available, whether your business is up and running or just an idea.

Representatives from Yorkshire Forward, Business Link York and North Yorkshire, Business Solutions Bedale and various business associations will be available on the day to give advice and information on available funding, starting up or expanding a business and business premises available throughout the district. There will also be the opportunity to look around the new development of purpose built units on the business park and a chance to network with other businesses.

The day starts at 10am until 4pm. Businesses of Sedbergh are invited so please come along and receive advice on all your business needs.

For further details please contact: Abi Bromirskyj, Assistant Economic Development Officer, Richmondshire District Council on 01748 829100.

#### FESTIVAL 2004

Three major choral works will be featured in the Festival Ulverston Choral Society, celebrating its 160th anniversary, will perform Handel's Dettingen Te Deum and Puccini's *Messa di Gloria*.

The battle of Dettingen in 1743 was the last occasion on which an English King led his armies into battle. This victory over the French was the cue for celebrations in London for which Handel wrote the anthem 'The King shall rejoice' and a setting of the Te Deum, which were given their first official performance at the Chapel Royal at St. James's on 27th November 1743. The nature of the occasion called for grandiose scoring that included three trumpets and drums, in addition to oboes, bassoons and strings.

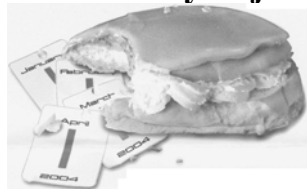
Puccini is best known for his many

operas, but the *Messa di Gloria* was an early work which shows many indications of his future operatic style. A highly lyrical, dramatic quality which makes this work very approachable. It was first performed in 1880 and it was not until 1951 that it received its second performance!

Bach wrote several settings of the Passion story, two of which survive complete: the Matthew and John. The St. John Passion was first performed in Holy Week 1724, as part of a church service. More dramatic than the Matthew Passion, the John Passion is a moving and deeply musical account of the Passion story. It will be performed by the Sedbergh Summer Singers with soloists and orchestra.

DC

### Will you keep your new year resolutions or will you just drift through another year?



Lacking in direction, self confidence or purpose and feeling that you are just drifting through life?

Are you wishing that you could lose weight, stop smoking or be fitter than you are?

Is a lack of support from friends, family or colleagues preventing you from doing something in your life that you really want to do?

Would You be prepared to consider new options, to question your present approach to life and, if necessary, change that approach?

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For more information and a booking form please contact

**Lawson Personal Development on**

**015395 30844**

### **MEMORIES OF SEDBERGH**

My memories of the first time I visited Sedbergh in 1953 are very vivid. Being driven down Scotch Jeans by Mounsey's tiny mother (she ran the taxi service, he ran the garage) and there before us Winder and the rest of the Howgill Fells, magnificent and impressive for a twenty year old raised in Oxford with its flat river pastures.

We married the next year in a Sedbergh different from today in some ways. My husband, Andy taught Chemistry under James Mawby. We were the youngsters there to be guided and learn from the older staff. Many of these had served in the war, often with distinction - the school doctor, Morris, a gentle kind man

and Rex Young had both been Japanese P.O.W.'s, so we grew to love and respect them all.

Sedbergh was very well equipped with shops in those days with owners who understood our poverty! For some reason we were paid retrospectively and at odd junctures, so inevitably we ran into debt. Since my husband's salary was £500 p.a. and we were inexperienced housekeepers one can see why!

There were two greengrocers (Walter Wilson was excellent), two butchers, Lowis the Chemists', Jacksons for books, and a lovely haberdashery. Mrs. Winder's sweet shop on the corner of Back Lane kept the Sedbergh boys supplied and Mr. Sisson who sat cross-

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legged in his little shop window as tailors used to, would repair anything invisibly. Such a nice man next door to Pullars of Perth for dry cleaning.

The Sedbergh Music Festival was held at the National School, and we made a lot of our own fun and entertainment, often through the school; there were no cars or T.V. for most of us then.

We lived on Loftus Hill for a term, but Mrs. Tyson wanted the cottage back, so we moved to dear Miss. Coulthwaite at Lockbank Lodge where she let us have the front facing rooms. It is amazing that in 1954 we heard in the early morning on Loftus Hill the sound of clogs as workers at the carpet mill made their way down.

Something else I remember was Mrs. Leighton our neighbour singing hymns lustily as she worked round her house. She had the loveliest voice I recall.

Before the motorway came Shap Fell was a nightmare for lorry drivers once the heavy snows fell; they just shunted backwards and stayed put. For the Sedbergh boys it was different. Mr. And Mrs. Williams had a son at the school, and would invite me up to Lillymere, their farm with a tarn towards Kendal. What fun! Skating and ice hockey until

## PART-TIME

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the light faded. All the Scottish boys were excellent at hockey and my husband loved it too, having been brought up in Canada.

Mary Williams bred short legged black Labradors which were much prized as gun dogs on the grouse moors. Their coats were always glossy and thick and she told me her secret. She boiled up kippers and fed her dogs with that!

Funny, isn't it, how it all comes back. We were so lucky to begin our marriage in such good company in beautiful Sedbergh.

*Jill Robinson  
Reading, Berks*

P. S. I haven't once mentioned the rainfall!

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## KILLINGTON GOES TO THE RACES

Not travelling too far, Killington Parish Hall committee organised an indoor Race Night at The Head, Middleton, thanks to our hosts David & Elizabeth Martin who not only provided the venue but also a very tasty supper. About 70 "punters" attended.

The aims were to provide an entertaining evening and at the same time to raise funds to help tidy up and develop the surrounds of the Parish Hall, - providing a public amenity in the centre of the village. Five years ago, the fabric and interior of the Hall were extensively refurbished, and it is now felt that the exterior needs work doing to bring it up to a comparable standard.

Videos of UK and US horse races were hired for the evening and the races were sponsored by local businesses, BDS Fuels & Lubricants, Colin Parker, Hay & Straw Merchant, D & J McConnell, Newsagents, Gary Allan Welding & Fabrication, Ian Dawson Dental Practice, Karen Willan Catering, Preston & Bramley Veterinary, Richard Kirkby Ltd. Accountants.

The horses in the first eight races were 'sold' and named, mainly before the night, and jockeys were 'sold' on the night. Before the start of each race, punters selected their horses and bought Tote tickets of their choice. The race video was then run to much excitement and cheering from the audience. The winning 'owner' was presented with the Sponsor's prize and the winning 'jockey' with a bottle of Bubbly, and winning Tote tickets were paid out with a share of the pot. The last race was an Auction Race with a prize of a Meal for Two at The

## HARMONY

### Sedbergh's own SLIMMING CLUB

At The People's Hall  
Each Thursday @ 6:30pm  
(Meeting finishes at 7:30pm)  
£3.50 weekly. No Joining Fee

The diet is based on normal healthy eating with a good weight loss and the meeting is motivating and friendly!  
Come on the night or phone  
Barbara on 01539 722568

Head, kindly presented by David Martin. The horses were ably auctioned by "Rowly" and the jockeys drawn from the purchasers of losing tote tickets. Winners of the races were, (*Race, Owner, Jockey*)  
BDS Fuels Handicap - Ken & Louise - Barbara Escolme  
Colin Parker Hay Bale Chase - Tim Mather - Peter Sugden  
D & J McConnell News Race - Jackie Baines - Paul Winn  
Gary Allan Welding Plate - V McConnell - S McConnell  
Ian Dawson Dental Handicap - Jane Allan - Yvonne Allan  
Karen Willan Catering Plate - Yvonne Allan - Andrew Rowlinson  
Preston & Bramley Veterinary Chase - Tony Allan - Kate Waller  
Richard Kirkby Tax Evasion Trot - Mrs P Capstick - John Escolme  
Meal Ticket Auction Race - Bob Smith - Emma Rowlinson

An excellent evening was had by all, and, exceeding all expectations, over £800 was raised for the Hall. The committee thanks all those who attended and supported this event in various ways – especially our sponsors, the 'owners' and the 'jockeys'.

## CUMBRIA WILDLIFE TRUST

### *Peat bogs*

In 2002 wildlife organisations were celebrating an American company handing over 1500 hectares of peatbog in Cumbria and Yorkshire. 20 years ago, gardeners purchased thousands of tonnes of peat – nowadays you can hardly buy peat at all. Not much over 100 years ago, many of us would be cutting our own peat for fuel at home.

Why has all this changed? Our perception of the value of peat bogs has shifted from a resource for exploitation to a resource for conservation. They have been described by Prince Charles as the UK's "tropical rainforests" because of the wide-range of species they support. Cumbria's Solway Mosses is our largest example. Rare species are encountered such as the UK's own carnivorous plants, Sundews (*Drosera sp.*). Currently there are only about 7000 hectares of similar habitat in the UK. Unfortunately developments around them affect the drainage and nutrient levels and therefore their viability.

Peat bogs form over thousands of years of accumulation of organic material which is extremely slow to decompose

Sedbergh & District  
History Society

# AGM

Saturday 27th March 7:30 pm  
Settlebeck High School  
*Followed by Jacob's Join*

because of high water levels, which reduce the availability of oxygen to decomposers. Peat is commonly formed from sphagnum mosses (peat moss) and sedges. Because the accumulation of plant materials exceeds the rate of decomposition, the build up of peat grows deeper. It is this unique combination of physical conditions and plants that provide ecological niches for a special biota that cannot survive elsewhere.

Locally the best example is Burns Beck Moss (nr. Killington SD 594 878) and a good article on its biology can be obtained via the interactive map of all the Cumbrian reserves at <http://www.wildlifetrust.org.uk/cumbria/frampage.htm>. It is estimated that over 300 species of moth are present there. Rare bird species such as willow, sedge and grasshopper warblers, reed bunting, snipe and curlew breed there. Amphibians (eg smooth newts), Butterflies (eg green hairstreak, small pearl bordered fritillary) and Dragonflies (eg golden ringed dragonfly) are just some of the examples that you may spot in a visit there. The best time to visit is probably spring and there is open access and good parking.

*Myles Ripley*

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**SETTLEBECK HIGH SCHOOL  
OPEN DAY**

Here's advance notice for an Open Day event we're currently planning for this Summer. On Friday, 2<sup>nd</sup> July, we're intending to open the school to any visitors who wish to come along and see the school in action on a typical day. That evening we will be inviting past staff and students, friends of the school, parents and members of the community to come along to a social get-together which will include a formal opening of our hall, CDC and LRC. There will be the chance to tour the school and see how much it has changed and ex-students will have the chance to see old friends and reminisce about the good old days. We will be advertising on Friends Reunited website and promoting this event nearer the time but do put the date in your diaries now. On Saturday, 3<sup>rd</sup> July, the school will open for anyone who would have liked to come on Friday and couldn't make it – again for a tour and a glimpse of how education is rapidly changing.

**Year 11: Post 16 Choices**

The Huddersfield based Theatre group, Crag Rats, performed a lively presentation for year 11 students at the beginning of November on 'Options at 16'. Using role-play, music and witty sketches they illustrated the importance of knowing what post 16 career choices are available and how qualifications help career aspirations. This was part of a year 11 information gathering. In addition to the Crag Rats performance, students have met with Claire Willets, Lancaster & Morecambe College rep and will meet with Kendal College students and staff in

January. Students have visited Kirkby Stephen sixth form and will be spending a day in Kendal Schools sixth forms in January. Another key date for them is Interview Day on Tuesday 3<sup>rd</sup> February. It's a very busy time for them now!

*Judith Walsh*



**French Trip**

The recent year 8 and 9 visit to France was a great success. Seventy of us left Sedbergh very early on 4<sup>th</sup> November. We travelled by coach and ferry via Dover / Calais. We took part in various trips including the World War One Cemetery, a chocolate factory and a family run bakery. Towns such as Montreuil were appreciated by all.

Overall this trip has been great. We have got through loads and it has been well worth the money. Eat snails, go shopping, free time activities such as socialise and play pool and table football, cook pancakes.

The most moving part of the trip was definitely the war graves.

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*Laurie Timson 9B*

The French trip was a really good experience, everyone got on really well. The Sea Life Centre we went to was really good and so was the disco.

The trip to France was eye opening and tiring with lots of early mornings. My most eye opening moment was seeing all the headstones of those thousands who died for their country in the war.

However it's been a great week with great laughs and fun especially the bowling and disco and the shopping was great

We stayed in the Hippotel Hotel and were very warmly welcomed by the owners.

*Alison Brown, Party Leader*

### **Sports Reports**

#### **CROSS COUNTRY**

Just before the half term holiday in October, we took three teams to a county schools year 7 competition at Queen Elizabeth Grammar School, Penrith.

There were a large number of runners from all over Cumbria however we were very pleased with the performances.

#### **BOYS RACE (106 runners)**

Martin Knapton	16th
Stewart McCandlish	46th
Toby Richardson	48th
Magnus Dent	50th
Patrick Booth	80th
James Smith-Saville	81st
Scott Lowther	96th

#### **GIRLS RACE (100 runners)**

Olivia Law	5th
Elizabeth Thexton	29th
Emily Crompton	72nd
Zoë Craven	78th

In the team competition, the Settlebeck boys A team came in 12th position



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beating schools such as Ulverston and Appleby whilst the B team finished in 19th place beating schools like Walney and Trinity B.

The girls team also finished in 12th position and beat a whole host of schools such as Trinity, Nelson Thomlinson and Ulverston B.

As a result of this competition, Olivia was selected to represent Cumbria at an inter-county match in Shropshire at the end of

November. She had to travel down on the team coach with the rest of the county team, stay overnight and compete the next day— quite a prospect for a year 7 pupil! Olivia ran really well and finished a very creditable 33rd place.

### TIM COLLINS MP

Earlier this year, the Yorkshire Dales National Park signed a key agreement with the mobile phone companies. The people behind this very popular new technology agreed to consider the special nature of the landscape in and around places like Sedbergh when seeking to install new mobile phone masts.

My postbag is often full of letters on this topic.

There's an important balance to be struck. Young people in our part of the world don't see why they should be denied access to something which is part of the daily lives of their friends and relatives in the rest of the country. Access to mobile phones can reassure parents that they know where their children are outside school hours, and gives the fastest possible access to the emergency services when there's an accident affecting people of any age.

But my correspondents make other, very important, points. Mobile phone masts often do not blend in with their surrounding environment as they should; the roll-out of mobile phone masts has gone beyond the numbers which are deemed to be acceptable; and they believe that health concerns over such masts have not been properly addressed.

Overall, there is a strong depth of feeling that central government regulations need to be strengthened in order to protect the environment and allay health concerns.

Is there a way through this? Well, for a start, why should each company put up its own mast?

Mast sharing is growing, and should clearly be encouraged – and perhaps

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made compulsory in environmentally sensitive areas like the Dales. Wherever possible existing tall structures should be used rather than putting up new ones.

Then there's the issue of where to put the things. The scientific evidence about impact on health is not emphatic or all in one direction – but surely therefore the precautionary principle should apply. So that implies not putting masts near schools, homes or busy roads.

Standards need to be regularly reviewed. Innovation can help too. There seems to be a lot of effort put into making this year's phone so much smaller and more complex than last year's handset. How about using a bit of that ingenuity to make masts steadily smaller and steadily less powerful?

Let's hope that the new agreement between the National Park and the companies is the start of a lot more commonsense on all this.

## DENTDALE WI

The Business meeting started on a sad note when we stood for a moment of silence to remember Marjorie Middleton and Gladys Crompton two of our long standing members who died recently. We have sent donations to the Federation Memorial Bursary fund in their memory.

Catherine Sugden gave a report on the Resolution meeting held in Kendal and this years chosen resolutions centre around Air Ambulances, Reduction in use of Plastic Carrier bags, GM Crops and Trafficking in Women and Children.

We were reminded about the Demonstration of French Cookery taking place later in the week and organised by Dentdale WI. Quite a few of us can now report that together with friends and visitors we had a really super evening getting to taste each course as it was cooked and washing it down with glasses of wine. It was a good way of raising money for First Responders.

The Dentdale run on 13<sup>th</sup> March is nearly upon us an event that involves the whole community. WI members help was once again sought in the preparation of the refreshments for the competitors.

This month we moved back from the Sedgwick room to the Memorial Hall. We had a good number of members at the meeting and twelve visitors and so needed the extra space!

We are really lucky that so many of our local residents are able to give such interesting and informative talks. Pat Gunson did just that in telling us about his adventures in Borneo in 1998 and *The Descent into the Abyss*. Following the disastrous attempt by the Army to descend Lowe's gully, Pat's expedition

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was mounted to pioneer a safe way through. Pat felt that his mountaineering experience and his Pot holing skills learnt here in the Dales would go some way to addressing the mistakes made by the Army attempt. There were a few set backs in the setting up including Pat breaking a leg, but, with thorough and meticulous planning, a Channel 4 team to film the trip, sponsorship obtained and Specialist Safety equipment from Lyon Equipment the expedition finally got under way. Being able to watch slides of the first team ever to conquer such a feat was amazing and we were all suitably impressed. Wendy Cooke gave the vote of thanks.

Pat Gunson then judged a photo of Dentdale taken by Betty Hartley to be the winner of the competition and would you believe, his own ticket was pulled out to win the raffle prize of a small cool bag! Not quite big enough for another expedition though!

There is a change in the published Programme next month when Jill Ioannou will be talking about Osteoporosis. Visitors and new members always welcome to our meetings.

### TOWN TWINNING

Spring is almost in the air and the evenings are drawing out which is always cheering.

The Twinning committee are looking for volunteers to go and have a look at Guglingen. The first trip is planned for the weekend 26th March. As we have stated the cost must be born by the person but we may be able to help out a little. Plus the fares with RyanAir are very reasonable indeed. Accommodation will be provided by the Towns people, as is the nature of the Town Twinning ideal.

I expect you will have heard that BBC TV is looking into following us as we progress toward Twinning. This is very exciting and should reflex well for Sedbergh in many respects. So keep your fingers crossed and hope we make the small screen. It will certainly show how much hard work the people of Sedbergh put into promoting their Town. Watch this space!

Town Twinning will be holding it's AGM at the Bull on 10th May If you are interested in getting involved or just having your say please come along at 8pm.

### **Daphne Jackson D. O.**

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### THE SYCAMORE TREE

In my opinion the sycamore tree, on the edge of the playing field, will hardly be destroyed but enhanced by the careful pruning by tree surgeons. With new growth, this coming spring, it will look equally as handsome.

On Howgill Lane there is an example, demonstrating how strong young branches persist in growth at the base of the sycamore. Surely these and over hanging branches are kept in control during hedging and ditching. The natural customs of the country side.

Perhaps the 'incomers' are more aware of these customs than T B.

Unafraid to sign my full name.

*Peggy Ingham*

*Whilst other poems regarding the Sycamore Tree have also been received this month in a similar vein to the original, with the inclusion of the above letter, we feel that both points of view have now been expressed.*

*We have also received a letter which explained the facts surrounding the pruning of the Sycamore Tree but are unable to include it as the author requested it not be printed.*

*Eds*





### **GALA PARTY**

This is the photograph of the children at the Gala Children's Party which should have accompanied the story that appeared on Page 29 of the February Issue.

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### **SOUTH LAKELAND SOCIETY FOR THE BLIND**

The group held two very enjoyable meetings to start off the year. The first was a party in January at the home of one of the volunteers – just in time for people to recover from the Christmas celebrations. It also allowed most people to free themselves from the New Year viruses, but the ones who were unable to come due to illness were missed.

It was time to get together with friends, exchange gossip and to indulge in the lovely buffet. This was provided by Susan Brooks and was much appreciated. The odd glass of wine helped to create a relaxing atmosphere and a good time was

had by all.

The second event, held in February, was a fascinating talk and demonstration of the oboe given by Edward Lawton. Never has an hour passed so quickly with wonderful renderings of the works of many composers including Bach, Mozart and Borodin. Mr Lawton started by giving a brief history of the oboe. The audience then learned about the talented musical career of the speaker, from band boy in the army at the age of 14, to distinguished member and soloist of the Lakeland Synfonia. This was interspersed with excerpts from he classics played on the oboe and the cor anglais..

At the end of the talk, there was a collection in aid of leprosy sufferers. This was followed by refreshments.

The next meeting will be held on the 16<sup>th</sup> of March. New members are always welcome. Please ring 20100 for information on the local group.

### HISTORY SOCIETY

Each year the Sedbergh and District History Society have a Members Night when two of its members are given the opportunity to talk about their own researches. This year it was the turn of Secretary Diane Elphick and Vice-Chairman Tony Hannam.

Diane gave us a very interesting picture of the development of the Primary Schools in Sedbergh, Garsdale and Cowgill. Much of her information was gathered from school log books and some from the 1851 Education Census. At one time there were fifteen day schools in Sedbergh – nine public and six private.

Schools in the nineteenth century suffered from lack of money which was made more acute because of the ‘no

progress – no money’ ethic. This was extended into the requirement of good behaviour and regular attendance (200 attendances were necessary to get a grant. Unfortunately the log books and inspectors’ reports do not give much information on the subjects taught but religious instruction played a major part in the curriculum.

Tony took us on a seventy five mile ‘walk’ up the Eden valley from the Solway coast to Hell’s Gill, Mallerstang with a fascinating historical commentary and some wonderful slides. We came through the old Debateable Lands between Scotland and England; stopped where Edward 1 died on his way up to fight the Scots; through Carlisle to Wetherell where only the gatehouse of

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the old priory remains (the church is still there with its octagonal tower).

We crossed the railway viaduct to Armathwaite castle and up the Eden gorge, through the Nunnery Walks and on to Kirkoswald. Next were Lacy's Caves and then the henge of Long Meg and her Daughters which is the second largest in England after Stonehenge. Edenhall came next followed by Appleby with its old church of St Michael's Bongate (now a private residence), the church of St Lawrence where Lady Anne Clifford is buried and the castle.

In Great Ormside there is a Saxon church and a 300 year old sycamore tree. Then into Kirkby Stephen and on to Wharton Hall, home of the Musgrave

family and down into Mallerstang. The farm Bluegrass (now Dalefoot) was the home of Capt Robert Atkinson who was involved in the Kaber Rigg Plot. We all recognised Lammerside castle and then Pendragon castle restored by Lady Anne Clifford. Hanging Lund is the farm where 10 Mallerstang men were captured and later put to death in the Pilgrimage of Grace.

Finally following the railway and the scene of the Aisgill rail disaster, up Lady Anne's Way to Hells Gill – the source of the River Eden.

Two very enjoyable talks to an audience who had braved the dreadful weather and flooded roads. It was well worth it.

<p style="text-align: center;"><u>Starters</u></p> <p>Prawn Cocktail &amp; Marie Rose Sauce £3.20 Garlic Mushrooms on Toast £2.95 Pate with Garnish, Toast &amp; 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 &amp; Apple Sauce Lamb &amp; Apricot Casserole Chicken with Basil, Port &amp; Dill Sauce Venison Steak with Red Wine Sauce Venison Casserole Supreme of Pheasant Chasseur Pork in Pepper Sauce Cod &amp; 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 &amp; Kidney Pie £5.90 Cumberland Sausage £5.90 Gammon &amp; Pineapple £5.90 Barnsley Lamb Chops £8.90 Marinated Lamb Steak (6oz) £8.90 Pork Chop in BBQ Sauce £6.10 Cheese &amp; Ham Pasta £5.90 Tuna Pasta Bake £5.90</p>	<h1>THE HEAD AT MIDDLETON</h1>  <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h2>Menu</h2>	<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 &amp; Vegetable Crumble £5.90 Vegetable Lasagne £5.90 Mushroom &amp; Nut Fettuccini £5.90 Broccoli &amp; Cream Cheese Bake £5.90 Vegetable &amp; 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 &amp; Roll &amp; Butter £4.90 Prawn &amp; 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 &amp; Tomato; Cheese &amp; 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 &amp; Butter £0.35</p>
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**SEDBERGH & KIRKBY LONSDALE  
NEIGHBOURHOOD FORUM**

Summary of meeting held on 15 January  
at Sedbergh People's Hall

Councilor Nicholson welcomed  
everyone to the meeting.

Community Strategy

Stuart Pate, Area Support Manager,  
Cumbria County Council explained the  
Community Strategy - a consultation  
document which has been produced by  
South Lakeland Strategic Partnership  
whose members include representatives  
from SLDC, CCC, the Police and others.

Issues in South Lakeland such as  
Transport and Access, Affordable  
Housing, Jobs, Skills & Regeneration,  
Health and Community Involvement are  
to be looked at and the aim is to have  
better 'joined up' working between  
agencies and more effective community  
involvement.

**'YETI'**

(Young and Elderly Together Initiative)

Jane Robinson, Volunteer Centre, and  
Polly Weston, District Nurse, outlined  
the development of the project over the  
last year. Students from Settlebeck  
volunteered to visit elderly people and  
the School now has responsibility for the  
project. Visits are mainly in the lunch  
hour. Clare from Age Concern is also  
involved in project developments.

Queen Elizabeth School have a similar  
scheme as part of the school curriculum-  
it is the first scheme in Cumbria where  
young people do home visits to the  
elderly in their own time. It is part of the  
Volunteer Centre certificate scheme, and  
the same percentage of boys/girls are  
involved. A report about 'YETI' will  
be going into 'Network' - an integrated  
work magazine for branches of Age  
Concern.

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**Neighbourhood Forum Grants**

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Towards cost of running preparatory  
workshops. Sedbergh Playgroup -  
towards new equipment. 1st Sedbergh  
Rainbow & Brownies - Towards cost of  
equipment and uniforms.

**Open Forum**

Paul Broadbent reported that Lakeland  
Radio are looking for community stories.

Sedbergh United Charities can give  
grants for charitable purposes for the  
benefit of the Sedbergh area.

Future Meeting date:-

March 16th 2004 at Garsdale Village Hall  
at 7.00pm.

Let us know the issues that concern you,  
what would you like to discuss at the  
Forum?

County Council Contact

Dianne Whitehead, Neighbourhood  
Development Officer, 6 Cross Street,  
Ulverston LA12 7LF Tel. (01229)  
894103. Fax (01229) 894101, e-mail:  
dianne.whitehead@cumbriacc.gov.uk

Application forms for grants are also  
available from Dianne.

### MARCH GARDENING

Isn't it a shame that many beautiful gardens only open their gates to the visiting public for six or seven months of the year? I would like to get in there and see what is flowering, leafing, twiggling and barking now. I worked for some years at Harlow Carr gardens near Harrogate, and I can remember the delight of "discovering" some of the early flowering shrubs in the woodland garden in the late winter and early spring.

*Corylopsis pauciflora* and *Corylopsis sinensis* are two favourites. The first has pale primrose yellow racemes of flowers born on slender twigs before the leaves unfurl in spring. The plant is fairly slow growing and makes a spreading bush, perhaps three feet high and four feet wide in fifteen years. The second *Corylopsis* flowers a little later - in late April. It bears long racemes of pale yellow flowers which resemble fat hazel catkins and have a lovely light fragrance. C

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*sinensis* is a larger more upright shrub. The specimen at Harlow Carr was a good six feet tall after twenty years.

The other advantage of winter garden visiting is that one can gain a good insight into winter plant disasters and maintenance. My third plant memory from Harrogate is of a shrub called "Wintersweet" (*Chimonanthus praecox*). This seems to turn up every year, advertised in one of those glossy plant catalogues which arrive in your weekend newspaper. It promises an abundance of very fragrant flowers in the depths of winter. The most we ever managed was three, and to add insult to injury the plant looked incredibly boring throughout the rest of the year. I understand having met the plant on a later occasion in the south of the country that it may be rather shy of flowering in cool summers and best results are obtained when it is grown against a warm wall. I would love to know whether any "Lookaround" readers have been successful with "Wintersweet" in this area and whether they had to give it weekly warmings with a hairdryer to induce it to perform!

*Elaine Horne*

**YORKSHIRE DALES  
NATIONAL PARK**

YDNP and North Yorkshire Police are clamping down on illegal 'Off-Roading' Rangers from the YDNP Authority have joined forces with the police in a new clampdown on illegal off-roading

There has been a flood of complaints from people in two areas of the Craven district of the National Park about the irresponsible use of vehicles on public rights of way.

Motorcycles have been seen on the Foxup bridleway between Horton in Ribblesdale and Foxup despite the Authority confirming it has no public vehicular status.

And there have been similar reports of

trailbikes ranging across Calton Moor near Malham, causing damage to the moor and disturbing livestock.

In a separate incident police issued a warning to the owner of a 4x4 vehicle that was one of four seen driving and causing damage on the footpath over Blea Moor tunnel.

Recent operations have also resulted in a number of trailbike riders being stopped and warned about their activities.

Jon Avison, Head of Park Management at the Yorkshire Dales National Park Authority, said: "The use of off-road vehicles in the countryside is one of the most contentious recreational issues facing the Authority. We receive more correspondence on this matter than any

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other recreational pursuit.

“The majority of visitors come to the National Park to experience the special qualities of the area and to get away from the hurly-burly of every day life. Illegal vehicular use can impinge on this.

“One of the constants of everyday life is traffic and the noise, intrusion and stress this brings. We believe there should be areas where people can get away from it all and experience the peace and tranquillity of the countryside. The presence of recreational off-road vehicles in the Dales precludes this happening in many cases.

“The environmental damage caused by vehicles attempting to traverse sensitive habitats such as peat moorland can be severe, causing irrevocable damage and unsightly ruts.”

In a bid to crackdown on illicit vehicular activity, rangers and police are regularly patrolling the areas where the latest reported incidents have occurred.

Sergeant Steve Breen of North Yorkshire Police said: “We are not opposed to the lawful and responsible use of off-road vehicles. But action is now being taken against those who use their vehicles in an antisocial or careless manner, or in places where vehicles are not permitted.

“This includes bridleways and footpaths, common land, and private land where the express permission of the landowner has not been obtained.

“This action is being taken due to the volume of complaints I have received regarding damage and nuisance in the National Park, caused by off-road vehicles. Offenders risk substantial fines, and under new legislation introduced by the Government they risk having their vehicles confiscated.”

*Although there is not a problem in our part of the National Park, this article highlights the problems and consequences. Ed.*

## **ENTRY FORM**

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**Community Writer's Project and addresses to Mrs. Elspeth Griffiths, Editor.**

### **OTWAY REVISITED**

John Otway returned to Sedbergh last year as a top ten artist celebrating his second Hit. This year, locals have the opportunity to delve further into the crazy Otway past as John is joined by the infamous Attila The Stockbroker to present the duo's 1990 Rock Opera - "Cheryl". This everyday tale of satanism, trainspotting, drug abuse and unrequited love will be performed in Sedbergh Peoples' Hall on the afternoon of Saturday 24th April.

Few have opportunity to see 'Cheryl' in its entirety, and excitement will abound as the following evening gig offers a unique line-up of folk, rock & roll and good humoured entertainment. John Otway will play with his highly talented

Big Band supported by Attila's music & poetry plus the ever popular Lancashire turbo-folk duo, Celtic Cross.

Otway seems to go from strength to strength which is why it came as no surprise that last year's Sedbergh gig was a sell out. This year the most is made of Otway's visit by inviting Attila to add to the fun and help create two memorable events on the same day. Some people think it's mad to put this on in Sedbergh - but they've obviously never seen or met Otway!

Advance tickets for both afternoon and evening events are available either from Sedbergh Office Services or from Alan Leak 015242 62002

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

*Nic Sheppard*

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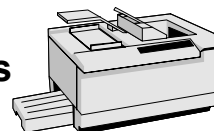
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### **SETTLEBECK HIGH SCHOOL**

#### *Stalingrad – Upper School History Trip: Brewery Arts Centre*

Friday 6<sup>th</sup> February a group of Settlebeck students organised a trip to the Brewery Arts Theatre in Kendal. Joel Davis, Martin Critchlow, Nick Smith-Saville, Jake Dinsdale, Bryony Dinsdale, Andrew Bonsall, Jenny Forrest, Richard Wilson and Sally Brooks (with the transportation assistance of Sarah Dinsdale, Sally Ingham, and Helen Bromley) all attended the performance of *Stalingrad*, a production by the Dead Earnest Theatre Company.

It was a captivating show, designed for students considering or presently doing a History A-level. With only three cast and six characters they managed to very effectively bring the audience into the cold war of Stalingrad in 1942. On the banks of the river Volga the Nazi Germans and their famed Sixth Army and the Communist Russians, sheer weight of numbers being their greatest asset, battled it out for supremacy.

The three actors had to double up as both Germans and Russians and with only a single lonely accordion for musical accompaniment the odds would have seemed against them to keep an audience for an hour and a half, but it worked.

It made me realise just how similar the soldiers were and how terrible the conflict was to pit them against each other in such a brutal conflict. The script was short, sharp and even occasionally witty, managed to keep us all intrigued from start to finish and they even offered a discussion group afterwards, but sadly I

was unable to attend.

It was brilliantly staged and greatly informative experience, something to be seen by any considering studying that period in time. One would have thought it was not the best feeling to end a week on, but it beats doing coursework, so it was definitely a hit!

Andrew Bonsall, *Year 11*

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### **POLICE REPORT**

We are now well into the Lambing Season where residents and visitors alike are reminded to keep their dogs under control. The natural instinct of a dog is to round-up or attack sheep. Either way, livestock are in danger. Last year, one local farmer lost 5 3 month old lambs to attacks. He is well within his rights to destroy any dog that is attacking his flock (or herd). Owners can also be prosecuted for not having their pets under proper control, so please, make sure yours is (and don't forget to clean up after them).

On a different subject, I recently gave a talk to some 3 year olds about Road Safety (it is never too early to learn). An important issue I raised with them was 'To See and Be Seen'. This is also good advice to many car drivers who drive without displaying lights in poor visibility. Be aware of who you can see but also who can see you.

Question: "When was the last time you read the Highway Code?"

Answer: "When I passed my Driving Test!" There is new legislation all the time and you should keep up with it.

'Ignorance of Traffic Law is no excuse' the Magistrate will say! Get a copy and don't be caught out.

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How do you claim? Attend one of the many surgeries in the area or contact 01229 842884 to arrange a home visit.

### SURGERIES

*Age Concern, Stricklandgate House, Kendal*

Every Wednesday 10.00 – 12.00pm  
*Westmorland General Hospital (follow signs for "PALS Room")*

Last Monday in Every Month 2 – 4pm  
*Sedbergh Community Centre*

Fortnightly on Mondays 10 – 12pm  
*Kirkby Lonsdale, The Institute*

First Thursday of Every Month 10 – 12pm

### SETTLEBECK HIGH SCHOOL

#### Duke of Edinburgh Bronze Award

Following the successful completion of the Bronze Award, the first group of certificates and badges have been presented to these Year 11 students.

Laura Postlethwaite, Matthew Kirkbride, Jo Chetwood, Rachel Bentham, Harriet Smith-Hanratty, Fiona Raw, Thomas Clegg, Andrew West and Rachael Wearing.

To achieve the Award they carried out a 15 mile camping expedition carrying all the necessary equipment. Other activities undertaken included working on environmental schemes with the Yorkshire Dales National Park, Cookery, Childcare, care of the elderly, trampolining, wind-surfing, horse-riding and football.

The group have been well-motivated and we have enjoyed working with them and hope some of them achieve the Gold Award in the future.

*Colin Gardner, Ruth Buxton*

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### WOODYARD OPEN

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**SEDBERGH & DISTRICT  
HISTORY SOCIETY**

*The Border Regiment and King's Own  
Royal Border Regiment 1702 to present  
day by Stuart Eastwood*

Mr Eastwood, the Curator of the Border Regiment's Museum at Carlisle Castle certainly knew what he was talking about when he took us through the History of the Regiment which was illustrated by slides. From the Regiment's inception in 1702 to the present day. We seemed to fly from the 18<sup>th</sup> century when scarlet was the order of the day to the modern khaki and the peace keeping roles which our soldiers are adept at today. Several Victoria Crosses (VCs) were won by men from the Borders too.

During the 1<sup>st</sup> World War there were many lives lost and these included many from the Border Regiment. We were shown slides of their gravestones in France and Belgium – all side by side. One of the most poignant was a slide showing two headstones where the names had almost consecutive army numbers. These two men had joined up together at the same place on the same day, served together and now lay side by



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**Tel: 015396 21958**

side together in a foreign field.

On a lighter note we were shown a photo of a wedding in India where the happy couple were joined by the entire Regiment for their photo shoot.

Mr Eastwood went on to say how the Regiment becomes a family unit, The Regiment looks after their own – something I can testify to as I was also an Army wife – although not with the Borderers.

However our President Ingram Cleasby did serve with The Border Regiment during the 2<sup>nd</sup> World War and from what I can gather had some amazing tales to tell of his experience.

The vote of thanks was given by Shirley Tebay

**SEDBERGH & DISTRICT  
ART SOCIETY**

The AGM of the Sedbergh and District Art Society was held in the Masonic Hall on Friday 13 February. Fortunately, the date had no ill-effects on the proceedings!

Thanks were expressed to the retiring chairman, Ruth Gamsby, and Dr A Lendrum was welcomed as the new Chairman. All offices were satisfactorily filled, and the treasurer's and secretary's reports were cheerful.

The summer programme of outdoor sketching will be a mix of day, afternoon and evening sessions for more flexibility, and some venues will be farther afield than of late, using shared transport. All

that's needed is – the sketchers!

The summer exhibition will be in August as usual, with handing in day on Monday 16<sup>th</sup> and opening on 20<sup>th</sup>. It would be nice to have a few more exhibits this year. Anyway, more details nearer the time.

After refreshments the meeting ended with a showing of members' current work.

Ever thought of joining the art society? – you don't have to be brilliant to be a member – just interested.

*V Finch.*

**SEDBERGH WANDERERS F.C.  
BINGO NIGHT**


On Saturday 24th January in the White Hart Club the town's Football Club held its third annual charity bingo night. The Club would like to thank the White Hart Club, Mary and staff, and everybody for attending the event. Special thanks to Joanne Haygarth and Joan Campbell who ran the event brilliantly. Also special thanks to Ali Cragg and Margaret Hall for all their work, and Lorraine Kirby for her help, and a very big thank you to all the shops, businesses, firms, individuals and footballers wives and girlfriends, who all donated to the many, many excellent prizes.

Altogether, £548 was raised and this was shared between the Primary School and Playgroup. The Football Club is now organising a four person per team, £100 prize Quiz Night to be held in the Bull Hotel in April, with all the monies raised going to Settlebeck High School. Details to follow, please give us your support.

*Caspa*

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Dear Editor,

I would like to take this opportunity to introduce myself as the latest recruit at Sedbergh Police Station, I am Police Constable 148 Dave Barnes.


I joined Cumbria Constabulary in 1985 and have spent the majority of my service in the rural area surrounding Kendal.

For a number of years now part of my roll has been that of a Wildlife Crime Officer. This involves, as the title suggests, dealing with reported incidents such as poaching, crimes relating to Badgers, Bats, Newts and a whole host of other protected species, which probably wouldn't readily spring to mind. A number of these incidents are reported by members of the public who feel that the

Police are not perhaps the right people to deal with such matters. The fact is that we do deal with such matters as they are crimes, and while the likes of English Nature, RSPCA and RSPB will play an active roll and are certainly on hand for their specialist knowledge, it is primarily the duty of the Police to investigate and prosecute through the Crown Prosecution Service any person found to have committed such offences.

Should any of your readers wish to speak to me regarding any such matters a message can be left on 01539 722611 whereupon I will return the call when next on duty and rest assured any matter discussed will be in the strictest confidence. Many Thanks, *Dave Barnes*

**JOHN OTWAY REVISITED**  
**SEDBERGH PEOPLE'S HALL**  
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 2 PM 'CHERYL' - A ROCK OPERA £ 5  
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### TWINNING

In last month's Lookaround it appears that plans are well on the way to twin Sedbergh with Guglingen. Are the people involved in this scheme aware that the twinning programme has been hijacked by the European Commission where both towns are within the EU? In their book "A Europe of Towns and Cities", they give an example of the oath that the town's "mayor" has to make. In the last paragraph it says " to join forces to help secure, to the utmost of our abilities, a successful outcome to this vital venture of peace and prosperity: European Union" If they do not use this wording it must be made clear that " European unification is the primary aim of, and reason for the twinning".

Now I for one am totally against giving the EU even the slightest foot hold in Sedbergh. Like much of the EU strategy they try to slip it in quietly in the hope nobody notices. Already we are practically run from Brussels. It is time to call a halt. If you must twin go outside the EU to Switzerland or Norway or even further a field to the USA or Africa.

*Brian Wright*

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### ZEBRAS

Friday afternoons come alive in Sedbergh Methodist Chapel Schoolroom and you are welcome to join the fun if you are a parent or carer of a baby or pre-school child. Zebras, Sedbergh baby and toddler group, meet every Friday between 1.15- 3.15 for adults to chat and meet new friends while their tot does the same. They will also be able to play with a wide range of toys and take part in a craft activity if mummy or daddy don't mind the mess! Special thanks go to Beth Roy for her dedication and commitment coming in every Friday to talk to parents, make some new little friends and prepare refreshments. Thank you to Rita too for coming in to help; it is always nice to see a friendly face.

We appreciate the Chapel's support and their allowing us to use the downstairs cupboard to store all our toys (and the fathers who planned and fitted the shelves!).

The group was set up using funding provided by Cumbria County Council and the school room was chosen as the most appropriate setting. We have been running since June 2001 using the admission fees and fundraising to cover running costs. The fundraising disco was held before Christmas and we are holding a nearly new sale on 19 March. Support at these events is appreciated by all involved in the group. Children who came to our Christmas party enjoyed games, food and a special delivery from Father Christmas. For more information you are welcome to call in during a session or contact Jane Storey (21593) or Emma Wilson (20555).

### **NEIGHBOURHOOD WATCH**

You may ask why Neighbourhood Watch in Cumbria, where the crime figures are one of the lowest in the country and where good neighbours and supportive communities are still in the majority. Unfortunately, the high crime rates in other parts of the country have a great impact on the 'Fear of Crime'. People living in low crime areas are just as fearful of crime, a statistic born out by the recent British Crime Survey. Statistics also show a slight increase in the use of drugs in the county, which generally has an effect on the number of thefts and opportunist burglaries. Everyone has a right to feel safe, secure and reassured in their own homes, irrespective of what is going on outside. The Police cannot do this for you on their own and Neighbourhood Watch is away in which you can make a difference, not just for yourself but also for the more vulnerable people in your street, your road and in your community.

I recently went to Burneside to talk at a pre-arranged meeting about Neighbourhood Watch. 51 people attended from across Burneside and Bowston. Those that attended clearly showed that they care about their community and many are at this moment putting together new schemes. At the present time there are many schemes up and running in Sedbergh and District.

Joining Neighbourhood Watch is not as onerous as it seems. All you need to do is to inform your neighbours that you intend to set up a watch ask who wishes to join and draw up a list of members. It is free. Send the list to me and you will be provided with information packs for each

member. You will then be the contact point for the sharing of information about crimes that have occurred, local police initiatives and up to date crime prevention advice.

I can be contacted on 01539 818681. Mobile 07980747483. Email. andrea.bell@cumbria.police.uk. Or for Crime Prevention advice please contact Terry Belshaw on 01539 818787.

*Andrea Bell (Mrs)*

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### **TENNIS CLUB AGM**

Sedbergh Tennis Club AGM will be held in the Bull Hotel at 8.00 pm on Tuesday 30th March. Please note that the meeting is open to everyone - players and non-players, members and non-members - and we welcome everyone who is interested in tennis

We particularly look forward to seeing all of you who are interested in helping the club to flourish and grow. We look forward to reporting our activities over the last 12 months and hearing your views on how we can do things better this year. A full agenda will be circulated at the meeting but here is an abbreviated agenda for your information:

Minutes of the last A.G.M.

Matters arising

Chairman's report

Secretary's report

Treasurer's report

Appointment of Officers

The Club will be organising coaching for Juniors (contact Mr Cayley at the Primary School or Mrs Nicholas at Settlebeck) during the Summer Term.

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

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### **HOWGILL WI**

The February meeting was held at Firbank. President Mary Silva welcomed fourteen members and one new member, Mrs Lesley Hennedy. The county newsletter was dealt with and special dates were noted.

Members were reminded of the spring council meeting to be held at the town hall Kendal on 30 March.

The speaker for the evening was Mr Bob Dawes who enthralled us with his talk "Saddlesore

in Ireland". With the help of slides, Bob shared with us his charity cycle ride down the west coast of Ireland, raising £3,500 for charity. Accompanied by his wife, the nineteen day trip was not without hazards. There were only one and a half days when it didn't rain, and the wind was so strong they were almost blown off their cycles.

Many sights, scenes and points of interest were highlighted. The ancient buildings and churches, the colour washed houses, sculptures of Chaplin, green pillar boxes and the Lakes of Kilarney. Bob's witty and humourous presentation certainly raised our spirits, enabling us to enjoy the trip as much as

he did.

A vote of thanks was given by Audrey Hoggarth.

The monthly competition for a joke was won by Lesley Hennedy with Mary Stainton second.

The social half hour to name parts of the body to the clues was won by Bridget Postlethwaite. The evening rounded off with a Jacob's join and get together.

Our next meeting will be held at Howgill on 4 March, when the speaker will be Mr Cedric Robinson "Across the Bay". This is an open meeting.

Everyone will be most welcome; do come and join us.

*AH*

### **SEDBERGH WANDERERS JUNIOR FOOTBALL**

In the next few months and thereon Sedbergh Wanderers Football Club will be planning the long term development of forming a Junior Football Club. It's quite embarrassing when we are the only football club within the Westmorland Senior League without a Junior team in our town.

We will be running fund-raising events over the next two to three years along with planning and putting together a constitution.

The Junior team set up will be run separately from the Senior team, but the sole aim will be to prepare the youngsters ready for senior football in the Sedbergh team.

This will be a well organised commitment, so before the youngsters start kicking a ball competitively all the foundations will be in place.

*Caspa*



### **SEDBERGH & DISTRICT HISTORY SOCIETY.**

At a very well attended meeting on January 21st, Members of the History Society heard a most interesting and informative talk by Canon Robert Western entitled : "Broken Links", which dealt with the development, in the last century, of several local Railway systems which no longer exist, except in dismantled form and memory. The talk covered the background to these rail systems in respect of the commercial considerations which had to take place before construction could be contemplated, and Canon Western enhanced his talk by the use of maps showing the various proposed routes. These formed a very complicated arrangement which was simplified and which opened ultimately in 1861. The main aim in developing the line which ran via Sedbergh was to connect the towns of the West Riding to the existing West Coast main line, and thus to create a through route to Scotland. However, this was achieved only after eleven years of wrangling between the various Railway Companies concerned.

In the Eden Valley at this time, it was felt that Appleby was becoming something of a backwater, and we learned that in 1854, a Railway between Clifton and Barnard Castle was planned. Matters were held up during the Crimean War, after which the Clifton - Barnard Castle plans were seriously compromised by the decision, taken elsewhere, to build the line from the North East to Barrow.

This was altogether a period of great commercial ambition in the Railway business which produced great rivalries

and some casualties. We are indebted to Canon Western for taking the time and trouble to talk to us.

*M.D.M.*

---

### **SETTLEBECK HIGH SCHOOL**

*Ali comes to Cumbria*

Firstly we went to the MFL room and waited for Mr Smith to come and get us. We went up to the hall and a lady introduced the show. She got us to stand up if we had any relatives or family in a different country, she asked a lot more questions and then they started the show. The show was about three characters called Ali Bradshaw, Kal and Billy. Ali was a new girl at the school but she was a different colour to the other two. She was black. Billy was horrible to her and he acted like a racist saying horrid things about Ali. Kal was chosen to be Ali's body for the day and Kal was nice to her but acted silly when her friend Billy started teasing Ali.

The next scene was in the drama room where Mrs Burnham was getting people to audition for the places of Romeo and Juliet. After they had been chosen everybody started practicing. Except for Billy. Billy started being unkind again and Ali tried to ignore him, then she tried telling the teacher but Mrs Bradshaw didn't do anything. Ali got really mad with Billy and hit him! They had to go to the head to talk but Ali walked out and got excluded from school.

Lastly they got people to say stop when they thought the actor should have done something different. They would make the person stand up and show us what they meant.

*Elizabeth 7B*

### EMBROIDERERS' GUILD

The Kirkby Lonsdale and District Branch meeting was held on Thursday 12<sup>th</sup> February in Cowan Bridge Village Hall.

Our meeting was led by Margaret Davie from Carlisle, who showed us her Blackwork pieces. Her interest in this technique began many years ago, and she has been on and given courses on the subject. She then instructed us in two of the basic concepts and guided us through a practical session, which was greatly enjoyed and valued.

Our next meeting will be held on Thursday 11<sup>th</sup> March, when Valerie Wigmore will be telling us about Japanese Embroidery. The meeting will be held at Cowan Bridge Village Hall from 2-4 pm. Further details can be obtained from Ann Hunter on 01242 41120, Kay Stockdale on 015242 76443 or Tracey Pearce on 01539 741869. All are most welcome. No previous experience is needed.

### JANUARY WEATHER

Well January certainly lived up to its reputation as being the wettest month of the year with a total rainfall of 6.66 inches. Not quite as wet as nearby areas with Garsdale recording 9" and Fell End 12".

The wind was again a significant feature of the month's weather being especially cold with a spell of Arctic blasts. During one of these gales a windchill of -2F was recorded. ( 34 degrees of frost!!!) That was a night you are thankful to be tucked up in a warm bed! The maximum windspeed recorded was 28.4mph., 7.4mph was the gentlest maximum. Pressure was in the mid 29 inches of mercury except for a period between the 10th and 16th when it fell into the 28". On 4 days the maximum got into the 50'sF with a high of 50.5F. On 7 days the maximum temperature did not get out of the 30sF. Frost were only recorded on 7 nights with a minimum of 19.8F. During this period we had a significant fall of snow. Enough to cause minor chaos. In 1962/3 frost was recorded on every night from 22 December to 5 March! On 2 nights the maximum for the day was registered at 11.30pm!

During the comparatively mild spells the grass has started growing, snowdrops have had another good season and hazel catkins have elongated. A few fieldfares were seen moving through the area. Long-tailed tits made several visits to the bird table. This is a new venture for this species apparently. The sparrow hawk still tends to try his luck as the birds go to roost in the conifers. Tracks of rabbit, fox and badger were evident whilst the snow was on the ground.

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### **FROSTROW W.I.**

Ann Petyt welcomed a good attendance at the February meeting. Jean Jones and Eileen Staveley will attend the half-yearly council meeting on March 30<sup>th</sup>. Frostrow W.I. will make a donation to the ACWW Project which will help educate women and girls in Cameroon, West Africa on health-related issues and income generating activities.

Several members had taken part in the Garden Bird Watch.

Mr George Harrison revisited us to show us more slides and tell us more Kirkby Lonsdale Tales. As he was born and bred there and can remember some very notable events these stories were fascinating, given his own personal slant. He said that he felt privileged to be brought up in Kirkby Lonsdale, to travel widely with his job, then return to his native place.

Peggy Ingham thanked Mr Harrison for his stories of the town he loves so well.

Marjorie Fishwick won the competition for 'Life at Devil's Bridge' and Jane Mudd won the raffle.

At the next meeting on 10 March in the People's Hall committee room at 7.30pm Laura Harker will demonstrate 'Easter Cookery'. You are welcome to come along as a prospective member or as a visitor. *MF*

### **CALLING ALL WI MEMBERS**

On behalf of the Spring Show Committee I want to apologise for the glaring omission from this year's Spring Show Schedule – we left out the WI Cup. Also we failed to ask exhibitors to state on their entry forms which WI they belonged to.

Members of the WI's usually enter excellent exhibits and we hope that this unfortunate omission from the schedule won't put any of them off. Please write the name of your WI somewhere on the entry form – we shall be reading each one carefully so that the figures are correct when it comes to giving marks for the WI Cup..

I do hope you will all enter as many exhibits as possible and forgive us for our dreadful oversight,

*Carol Dawbarn, Show Recorder*

### **SEDBERGH STITCHERS**

The Sedbergh Embroidery is now on permanent display on the upstairs landing of Sedbergh Library and has been well received by local people and visitors.

A grant from Sedbergh Parish Council and the Yorkshire Dales Sustainable Development Fund through the Millennium Trust has enabled the Stitchers to have postcards and a leaflet printed. Not everyone who visits Sedbergh (and some local people ) will have been to the motte and bailey castle on Castlehaw. The Sedbergh Embroidery Town Trail leaflet explains where it is, as well as other more familiar buildings in the town.

We hope that the postcards will be on sale in local shops and Farfield Mill at Easter. The leaflet will be on sale in the library.

To reach a wider audience, the Sedbergh Embroidery's website is at: [http://mysite.freemove.com/sedbergh\\_embroidery](http://mysite.freemove.com/sedbergh_embroidery) with Links from the Lookaround and Sedbergh Web Sites.

### HOWGILL LANE PLAYGROUND

There's light at the end of the fund raising tunnel, the playing field playground has received £5,000 from 'Awards For All', lottery funding. With further donations and many thanks to Suzanne Sedgwick, The Red Lion and Sedbergh School, we have reached £43,000. Having been applying for last two years, filled in countless applications, submitted documents in triplicate, quadruple etc, the fruits of our labours are paying off.

With the end in site, just imagine Sedbergh having a modern playground where children want to play, free from traffic and dogs which has seating, for those adults who aren't required to join in, to sit and enjoy their children or grandchildren playing. The possible plans for the finished playground can be seen by anyone interested in sharing this vision.

We still have some grant applications to hear from, which hopefully will bring us near to our goal. However all donations will be gratefully received.

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### SETTLEBECK HIGH SCHOOL

#### Year 11 Spanish

The GCSE Spanish Group and I were delighted to have the opportunity to work with Damian Senè, a trainee History teacher student from Gibraltar.

Mr Senè taught History to some groups here at Settlebeck from October until February but he also volunteered to help with GCSE Spanish conversation with small groups of Year 11 students once a week.

¡Muchas gracias, Damian y hasta la vista!

*R.Buxton*

### SEDBERGH SWIMMING CLUB

The Swimming Club would like to thank David Lord for 25 years of loyal service to the club. In early February Linda Winn, the club treasurer presented David with a painting as he finally stepped down as club chairman after several failed attempts at resigning over the years. David thanked the club and Sedbergh School for the use of the pools, and wished the club continued success.

Children who have swimming lessons will be taking part in a sponsored swim for Asthma Research on 16<sup>th</sup> or 18<sup>th</sup> March. Thursday swimmers who anticipate doing a lot of lengths are reminded that they should go on TUESDAY 16<sup>th</sup> instead at 6.30pm. I am sure the children will appreciate any sponsorship you can offer and we wish them every success.

### People's Hall

	<i>per session</i>
Committee Room	£6 (inc. heating)
Main Hall ( <i>daytime</i> )	£9
Main Hall ( <i>evening</i> )	£20

(£35 for functions with bar serving alcohol)

Regular bookings may attract discount

Changing Rooms can be booked

Bookings: Sedbergh Office Services

13 Kings Yard, tel. 20788

### PRETTY POLLY TIGHTS

To all my customers who purchase Pretty Polly tights from the newsagents, I would like to notify them that while alterations are ongoing in the shop, the tights will be on sale in the Post Office. I would like to thank Chris for her support during this period.

*Linda Gardner*

### DENTDALE CRICKET CLUB

Urgently requires new playing members of all ages and abilities for 2004 season. If you enjoy cricket come and play in beautiful surroundings of Dent. All games take place on Sundays form May to September.

If interested please contact Eddie Smith on 015396 25209

### LADIES NFU SEDBERGH BRANCH

The February meeting was held at the People's Hall.

The members enjoyed a most interesting talk on scuba diving by Mr Hayhurst. His slides on the dives were wonderful and spectacular.

Mrs Killop thanked Mr Hayhurst. The raffle was won by Miss Escolme Tea was served by Mrs Mason.

## NO SMOKING ZONES

ACCOMMODATION	Phone (015396)
Bridge End Cottage, Cowgill, Dent, Sedbergh (B&B, All Bedrooms)	25043
Slack Cottage, Dent, Sedbergh (B&B)	25439
8 Bainbridge Court, Bainbridge Road, Sedbergh (Self C.)	21000
Moss Barn Holiday Caravan, Garsdale Road, Sedbergh (Self C.)	21038
Oakdene Country House, Garsdale Rd, Sedbergh (All Bedrooms)	20280
Scow Cottage, Cowgill, Dent, Sedbergh (B&B)	25445
River View, Lea Yeat, Cowgill, Dent, Sedbergh (B&B)	25592
The Lodge, Loftus Manor, Sedbergh (B&B)	21855
Garsdale Foot Farm, Garsdale, Sedbergh (B&B)	21329
Swan Inn, Middleton, Nr Kirkby Lonsdale	015242 - 76223
Wilkinstile, Dowbiggin, Sedbergh (Self C.)	20436
Bridge House, Brigflatts, Sedbergh (B&B, All Bedrooms)	21820
Sun Lea, Joss Lane, Sedbergh (B&B)	20828
The White House, Flintergill, Dent, Sedbergh (B&B)	25041
Cross Keys Hotel, Cautley, Sedbergh	20284
High Brigflatts, Sedbergh (Self C.)	20570
Syke Fold, Dent, Sedbergh (B&B)	25486
Lea Yeat Cottage, Wray Rigg, Cowgill, Dent, Sedbergh (Self C.)	25091
Holmecroft, Station Road, Sedbergh (B&B)	20754
The Bungalow, Cautley, Sedbergh (B&B)	21649
Middleton Head, Middleton (B&B)	20258
Randall Hill Cottage, Station Road, Sedbergh (Self C.)	21346
10 Main Street, Sedbergh (B&B, All Bedrooms)	21808
Stone Close, Main Street, Dent, Sedbergh (B&B)	25231
St Marks, Cautley, Sedbergh (B&B, All Bedrooms)	20287
<b>EATING PLACES</b>	
The Head Restaurant, Middleton	20258
Bull Hotel Restaurant, Main Street, Sedbergh	20264
White Rose Fish & Chip Cafe, Main Street, Sedbergh	20468
Le Rouge Restaurant, Finkle Street, Sedbergh	20433
Fran's Bakery Tea Room, Main Street, Sedbergh	21058
Dent Crafts, Helmside, Dent	25400
Swan Inn Restaurant, Middleton, Nr Kirkby Lonsdale	015242 - 76223
Meadowside Tearoom, The Laning, Dent	25329
Cross Keys Hotel, Cautley, Sedbergh	20284
Dalesman Restaurant, Main Street, Sedbergh	20
Stone Close Tea Rooms, Main Street, Dent	25231

Entries in 'No Smoking Zones' are **free** for any premises in the Sedbergh, Dent & Garsdale areas (not including retail shops.)

**SEDBERGH PARISH COUNCIL**

From the minutes of 28th January

**GUEST SPEAKERS**

Apologies were received from the guest speakers who had not come due to the weather conditions. It was agreed that next month we should invite Kate Braithwaithe from Voluntary Action Cumbria to speak about the proposals for the Rough Fell Sheep Centre at Catholes Farm. The planning office will be invited to come to the March meeting.

*Matters Arising* – Cllr Blair had spoken to Mr. Smith, Settlebeck School Headmaster regarding their request to parents. They got an increase in funding for this year but this had been all used in increased NI contributions and pensions and they were now £42,000 in deficit and

have no funds as back up.

**HIGHWAYS**

Resurfacing work is due to start on Station Road. This will entail the replacement of both the road surface and the pavements. Also various kerbs around the town will be dropped for use by wheelchairs.

There are potholes on Busk Lane and at Lincolns Inn Bridge and whilst two of the holes outside Dawson's have been repaired one still remains. When it rains hard water is running down Castlehaw/ Galliot's and running along the pavement rather than down the drain. There is a tree overhanging the pavement by Thorns Hall, Cllr. Blair to speak to owners.

A letter was received concerning the parking of vehicles on the brow of Loftus



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## SPRING IS HERE ...

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<b>New Spring Opening Hours</b>		<b>Thursday</b>	<b>10am - 5.00pm</b>
<b>Monday</b>	<b>Closed</b>	<b>Friday</b>	<b>10am - 5.00pm</b>
<b>Tuesday</b>	<b>10am - 5.00pm</b>	<b>Saturday</b>	<b>10am - 5.00pm</b>
<b>Wednesday</b>	<b>10am - 5.00pm</b>	<b>Sunday</b>	<b>Closed</b>

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Hill towards the junction with Busk Lane. It was agreed that this was a good point and the clerk would contact the police.

Cllr. Longlands had been advised that parking of minibuses outside the cemetery was causing problems.

The signs around town are dirty and special mention was made about the sign near Borretts.

SLDC has requested our opinion on the use of 'A' Boards. It was agreed that we had no objection provided they did not obstruct the pavement.

#### *PLAYING FIELDS*

United Utilities requested permission to lay a cable along the edge of the Playing Field from Howgill Lane. This was agreed and an agreement was signed by the Chairman.

The Playgroup would like a meeting to discuss the siting of the new play equipment. Cllrs Blair, Longlands and Scarr agreed to attend a meeting to be arranged by the Clerk.

The outline plan for increasing the parking area is with the Planning Officer.

#### *CORRESPONDENCE*

Sedbergh Playgroup – Have requested urgent funding to help them buy basic equipment which is required to replace equipment going to the primary School. It was agreed that we would give them £250.00

Sedbergh Leaflet - It was agreed to donate £100 to the preparation of a town leaflet by the Chamber of Trade. A copy of the leaflet proof will be left in the Community Office for inspection.

## The Cross Keys Temperance Inn

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*Please note our March opening hours (Closed Mondays unless BH)*

Tuesday & Wednesday ..... 10.00 am - 3.00 pm

Thursday & Friday ..... 10.00 am - 4.00 pm

Saturday & Sunday ..... 9.30 am - 5.00 pm

Friday & Saturday nights open from 7.00 pm. **Booking essential**

**SEDBERGH & DISTRICT  
BEEKEEPERS ASSOCIATION**

Sedbergh beekeepers started 2004 with eighteen members and guests attending our 8<sup>th</sup> Annual Dinner, this year held at the Head at Middleton on January 23<sup>rd</sup>. An excellent meal and convivial evening was enjoyed by all. By all the laughter there is definitely a funny side to keeping bees!

This was followed by our first evening meeting at our new venue, the People's Hall committee room, on the 16<sup>th</sup> February, when sixteen members and guests were enthralled by an illustrated talk on "Wild Bees" given by Neil Robinson. Neil, a member of Kendal beekeepers, is a recent convert to beekeeping, but a lifelong addict to the

study of most aspects of the natural world, but particularly to the study of the some two hundred species of wild bee and twenty species of bumblebee, many of which we can see in our gardens if we only looked!

Those of us who think we know something about "bees" were astounded by the variety of size, colour, and habits of these numerous cousins of our own honeybees, and the wide range of survival strategies that they have evolved over tens of millions of years. Most are "solitary", rather than "social" insects like the honeybee, and live their short lives alone. The females are occupied in first finding and making a small nest, and gathering and filling it with fresh pollen and nectar. They then lay a relatively few



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**Diploma in Integrated Computer Applications** - A popular course leading to a qualification with the Open College. Learn about Word Processing, Spreadsheets, Databases, Internet & Email, and how to use them together. Wednesday 5th May, 6:45 - 10:15pm, 35 weeks. £95 (£48 benefit)

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eggs, which have to fend for themselves: they must hatch, feed themselves from the stored food as larvae, become chrysalises, and emerge as new wild bees and mate, and after hibernating for the winter start the process all over again the following year! The males in general do nothing other than ensure the eggs are fertile!

Neil showed us superb close-up pictures that he had taken of many different types of wild bee on the flowers in his garden in Natland in different months of the year, which showed how differently wild bees carry the pollen they collect from the way our honeybees do, how they select or excavate a hole in which to make a nest, in old rotten wood, on the ground, or even in the mortar between bricks or stones. How the "leaf cutting bee" does just that, to provide a suitable lining for the nest, or the "carder bee" cards the woolly fibres from the leaves of lambsear plants into a ball, before flying off to line the nest with it. We saw the "cuckoo bee", which as its name suggests, finds the nest of another wild bee, and lays its eggs next to those of the rightful owner! The cuckoo bee eggs hatch out *before* those of the unwilling host's, and the cuckoo bee grubs proceed to eat both food and eggs! Both birds and bees have learnt to use the same trick! But in nature it works, and all survive in balance.

I for one shall pay much more attention in future, with much greater respect, for those "odd looking" bees that we occasionally see on our flowers sharing the pollen and nectar with our honeybees, but living such a different, and so much less pampered lifestyle!

Our next meeting is our 8<sup>th</sup> Annual General Meeting, and will be held in the committee room of the People's Hall on Monday 15<sup>th</sup> March at 7.30pm. You will be welcome to join us. *M.F-U*

#### DIALECT DIGEST

Dialect is full of wonderfully descriptive words. After a recent fall of snow, ploughing through the resulting melting mess of slush on the paths was described by a neighbour as like 'wadin' through a muck-midden'. Perhaps it wasn't quite as bad as tramping through a manure heap, but it set to me to thinking about that simple but pithy word, 'muck'.

It's probably from the Old Norse 'myki', but it certainly gets lots of use in dialect. For instance, if you've worked up a sweat in your daily tasks, then you're 'in a bit of a muck-lather'.

A tide mark on the neck, usually attributed to children not washing properly, is 'a muck-roke', and should your pet dog accidentally leave a message on the kitchen floor, then you can upbraid it with the heartfelt, 'thoo girt muck-mense!'

In the old West Riding, 'mucky fat' is the fat from roast pork, and on the Wolds, for some reason, curlews are known as 'muck-bods'.

A dirty person is a 'muck-tub' and where they live could well be 'a reet muck-'oil'.

And no matter how posh a Black Swan hotel is, it'll still be known locally as t'Mucky Duck.

However, there is one use of the word that provides hope for us all – 'wheer theer's muck, theer's brass!'

*Michael Park*

### KILLINGTON WI

Our meeting on Tuesday 10<sup>th</sup> February was an extremely interesting one. Mr. Jim Fisher, master of Geology and Geography at Sedbergh school came to tell us about a recent school trip. However this was no ordinary school trip. It was to the base camp of the highest mountain on earth - Mount Everest. An Old Sedberghian, who is now a doctor in the Royal Marines had invited Jim to bring along a party of sixth formers to the base camp of a Naval & Army Expedition for which he was the doctor. This expedition was aiming to climb the north face of Everest approaching from the Tibetan side. The more usual 'tourist route' to the summit is the south col route on the Nepali or southern side.

This was clearly an opportunity not to be missed and the task of assembling a group began. Obviously, fitness was of paramount importance for the participants, girls as well as boys. Their training walks would have finished off many a lesser mortal! One preliminary outing he described as 'the Sedbergh skyline' viz The Howgills, Baugh Fell, Wild Boar Fell, Knoutberry Fell, Rise Hill, and back to school!

The expedition flew to Kathmandu for their first real introduction to the richness, variety and colourfulness of Asian culture. From there they moved north in 4 wheel drive vehicles along tortuous and fearsome tracks, through deep canyons in the Himalayas until they reached the 12,000 foot high Tibetan

## R LEWES

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**Payroll** - I can advise on a computer package, or I can produce your weekly/monthly payroll for you. Do you know that if you have fewer than 50 employees, you **will** be **required** to file year-end employer's returns **electronically** for 2009/10? But if you file electronically before 2009/10, you will get a cash incentive ranging from £250 decreasing to £75 for each year you file. I can file your return by internet and obtain that rebate for you.

**VAT** - I can advise on registration and deregistration and, if I maintain your books, completion of quarterly VAT returns is included. Or I can show you how to produce the figures for your VAT returns automatically using one of the above book-keeping methods.

**Annual accounts** - Do you know that the profit from your business declared to the Inland Revenue must be calculated so as to give a true and fair view in accordance with generally accepted accounting practice? I can prepare annual accounts for you that comply with this requirement whether you are a sole trader, a partnership or a limited company.

**Taxation** - Whether you are in business or whether you have other sources of income, I can complete your annual tax return ensuring that you pay the correct tax and do not incur penalties or interest.

**Management accounts/ business plan** - I can produce monthly management accounts. It is vitally important to assess how your business has been performing so that you know whether you are on track to make the profits you require or whether remedial action is required before it is too late. If you want to expand, I can help you to produce your business plan to obtain additional funding.

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Plateau. They made various camps at ever increasing altitude along the way where they walked and scrambled up ever higher and steeper mountains. This was to ensure that they became acclimatised to the increasingly thinner air. The lack of oxygen at these heights can lead to life-threatening ailments if this process is neglected. Once on the plateau it was shank's pony for all and a 70 km trek to base camp. This was the stated objective of the expedition which happily was achieved by all members. Congratulations to them! They were happy to be there and particularly to meet up with the forces' expedition.

For some however this was not to be the limit. After rest and careful consideration each participant was able to choose whether or not they wanted to go higher. Some went on to much higher camps on the mountain, finally reaching over 21,000 feet - an achievement of a lifetime!

The whole talk was accompanied by magnificent slides. There were wonderful pictures of the participants, the scenery and the inhabitants of the area. We so much enjoyed sharing in this unique

experience and were not surprised to hear from Jim that for those lucky enough to be there, it was a life changing event.

Although the rest of our meeting was something of an anticlimax, we nevertheless enjoyed it. Lots of our members were celebrating birthdays this month but we particularly enjoyed sharing Anne Macer's, our treasurer's, birthday cake. The competition was won, as usual (!), by Pamela Symonds, and somebody won the raffle. (*I must pay greater attention*).

Sadly, since our meeting, we have been greatly grieved by the death of one of our dear, long-standing members. Jenny Wearing died on 12<sup>th</sup> February after complications following a hip-replacement operation. We shall greatly miss Jenny's cheery contribution to our meetings. She was always there with a ready smile and words of appreciation of whatever we were doing. When I came to Sedbergh as an off-comer she made me feel welcomed and valued, and so it was for all. We send our loving thoughts and sympathy to her to her family.

*Wendy Fraser-Urquhart*

## **SETTLEBECK HIGH SCHOOL SOUTH LAKES DISTRICT TRIALS.**

This year these trials were held at Coniston and we took 19 athletes from across the various age groups. All tried really hard on a very gruelling course and there was a great team spirit. Olivia finished 7th in her race whilst Robert Moffat finished 16th and both these runners have been selected to represent the district at the county championships in January. The following pupils are reserves for this event, Robert Close (19th), Martin Knapton (13th), Elizabeth Thexton (20th) and Alice Sutcliffe (17th).

We also felt very proud in that the Queen Katherine senior girls team was largely made up of ex-Settlebeck pupils including Amy Symonds, Jo Sedgwick, Elaine Capstick and Lindsey Telfer. All these were subsequently selected for the district team.

### **NETBALL**

This has been a busy half-term for matches and results have been very encouraging.

#### **Results:**

v. Kirkbie Kendal, yr7 won 8-5, yr8 won 10-8, yr9 lost, 14-6 yr10 lost 16-14  
v. QES, yr8 won 9-6, yr8B lost 2-11, yr9



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lost 11-8, yr10 won 6-4

v QKS, yr8 won 7-0, yr8B lost 11-3.

v Casterton Bs, yr8 won 8-3, yr9 lost 5-8,  
yr10 lost 5-3

The year 8 team are still unbeaten throughout the year 7 and 8 (so far!!), brilliant! Their players certainly deserve a mention. Well done Amy Baines (goal keeper), Emma Teal (goal defence), Tracy Hodgson (wing defence), Lizzie Priestley (centre), Lucy Benville (wing attack), Jen Farrell (goal attack), Jenny Lamb (goal shooter).

Well done to all year teams, especially year 9 who have only 13 girls in their year group yet never give up, showing true Settlebeck spirit.

The Under 16 team has had another good run in the county cup. The first match was away at Coniston and we beat them easily in a very comfortable game. We then took on Millom at home which was a much more nail-biting game. We went three up quite early on in the first half and were beginning to think about a convincing scoreline when they staged a very effective comeback. At the end of full time it was 4-4 but with the light fading rapidly we had to go straight to penalties and so we were a little tense. However all our penalty takers, Shaun Gardner, Elliot Beagan, Luke Packham, Andrew Burrow and Robert Close scored confidently from the spot to finish 5-4 on top. In the quarter finals we were then drawn away to Whitehaven and had to leave at 11 o'clock in the morning to get there on time. The team played really well but we knew it was not going to be our day when shots hit the cross bar and post. The Whitehaven team were also the town team and had some very good, fast

players but Settlebeck never gave up and despite losing heavily we attacked to the very end. The head of PE at Whitehaven subsequently wrote a letter to Mr Smith commending our lads and the attitude with which they played.

The Under 16 squad consisted of Luke Packham (Capt), Elliot Beagan, Shaun Gardner, Tim Baines, Chris Milburn, Andrew Burrow, Robert Close, Robert Moffat, Ben Coates, Lloyd Iveson, Patrick Timson, Brendan Lewes and Steven Wilson.

The Under 15 team are through to the next round of their cup when Coniston conceded the game. However, unfortunately the competition seems to have ground to a halt at the moment. Hopefully it will pick up again in the new year.

The girls soccer club has been training keenly during the lunchtimes under the close watch of Mrs Redfern and we hope to have a few matches for them in the new year.

The soccer and netball house matches will be starting quite soon when we return and these will give other pupils the opportunity to compete in teams.

#### **OUTDOOR PURSUITS**

Earlier in the term a group of very keen year 11 mountain bikers spent an arduous weekend on trails the Lake District. We had planned to go up to Scotland but the forecast of snow encouraged us to stay a little more local. On the Saturday morning we took our bikes across the Windermere Ferry and completed a nine mile circuit in the forest of Claiffe Heights. The climax of the route was a fast and steep section of single track right back down to the lake shore. After a

quick bite to eat it was off to Troutbeck to do a circuit which brought us down to Ambleside. There was one very technical descent on this ride and only a few of the group succeeded in getting down it in one piece. Fortunately we opted to stay at the Youth Hostel in Troutbeck that night and everyone had the opportunity to clean up in hot showers. On the Sunday morning the first ride was around the slate quarries of Tilberthwaite and Hodge Close and one of the highlights of the day was exploring the old Walna Scar road. The weekend was certainly not for the faint hearted and a number of tired but very happy mountain bikers returned on the Sunday night (just in time for work experience on the Monday!!)

Norway expedition 2004 –The ferry has now been booked for the first two weeks in July and so things feel like they are really beginning to happen. Training will start in early spring with a number of activities including an overnight bivi, biking, expedition work etc.

The sessions at Kendal climbing wall will definitely start in January and hopefully a few members of the lower school will also take these opportunities.

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**Dr. SYRED**

The NatWest bank account for the leaving present will close to further contributions on 7 March. At the time of writing (17 February) the fund had reached over £1800. Dr Syred was very keen to be able to start fishing without delay on his arrival in Kintyre and an

initial gift of fishing rod, tackle and apparel was made before he left Sedbergh. He asked that his sincere thanks for this gift be passed to all contributors. He is clearly very touched by the generosity of friends and patients. Further presents will be decided when Dr Syred has had time to settle in.

<b>ORGANISATION</b>	<b>CONTACT</b>	<b>Tel:</b>	<b>015396</b>
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 Baines	Sed:	21287
Chameleons Drama Club	Mrs Bush	Sed:	20058
Christian Aid	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	Mr Beck	Sed:	20336
Cricket Club (Dent)	Mr Smith	Dent:	25209
Cricket Club (Sedbergh) *	Mr Hoggarth	01539	731140
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
	Rainbows		
	Brownies		
Golf Club	Mrs Mackereth	Sed:	20346
Good Companions (Dent)	Mr Lord	Sed:	20993
Gladstone House	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	Mrs Mackereth	Sed:	20346
Hockey	Mrs Howarth	Sed:	20090
Howgill Harriers	Miss Capstick	Sed:	20259
	Mrs Moffat	Sed:	20907

<b>SEDBERGH CRICKET CLUB</b>			
Once again the season fast approaches. Sedbergh hopes to run four teams again this year, two senior and two junior teams.		senior practice.	
Nets will begin on Wednesday 31 March at 6.30pm where there will be junior coaching for 1½ hours, followed by		The league side had an encouraging 2003 season, finishing third in the league, and reaching the final of the Adam & Gaskell Trophy. League trophies were won by David Archer - best bowling average and Les Hoggarth, - most wicket keeping victims for division four.	
Howgill Schoolroom		Mrs Stainton	Sed: 20665
History Society		Mrs Scobie	Sed: 21106
Kent Lune Trefoil Guild		Mrs Taylor	Sed: 20440
Ladies National Farmers Union		Mrs Woof	01539 720608
LETS around Sedbergh		Miss Wheaten	Sed: 20959
Liberal Democrats		Mrs Cleasby	Dent: 25476
Masonic Hall		Mr Conchie	Sed: 20660
Playgroup (Sedbergh)		Mrs Stainton	Sed: 20665
Over 60's (Dent)		Mrs Murdoch	Dent: 25335
Parish Council (Dent)		Mr Dalton	Dent: 25436
Parish Council (Garsdale)		Mr Holden	Sed: 21577
Parish Council (Sedbergh)		Mr Stanton	Sed: 20901
People's Hall *		Mrs Griffiths	Sed: 20677
Peoples Hall Day Centre (Mon & Fri)		Day Centre	Sed: 21126
Pepperpot Club (Sedbergh)		Mrs Smith	Sed: 21196
Pistol and Rifle Club		Mr Middlemiss	Sed: 20662
Playing Fields (Sedbergh)		Mr Hinson	Sed: 20118
Rag Ruggers		Mrs Hennedy	Sed: 20899
Residents Association (S & D)		Mrs Capstick	Sed: 20816
Royal British Legion (Men)		Mr Gray	Sed: 21884
Scouts	Cubs	Mrs Sewell	Sed: 20793
	Scouts	Mr Mawdsley	Sed: 20723
Settlebeck High School P.T.F.A.		Mrs Wood	Sed: 21385
South Lakeland Carers Association		Mrs Bartle-Ross	Sed: 23334
South Lakeland Voluntary Society for the Blind		Dr Noble	Sed: 20100
Squash Club		Mr Close	Sed: 21000
St Andrew's Church (Sed) Sunday School		Mrs Denton	Sed: 20521
St. John Ambulance	Cadets	Mrs Kellaway	07799 262055
	Adults	Mr Winn	Sed: 21096
Slimming Club		Mrs Uttley	01539 722568
Swimming Club *		Ms Pakeman	Sed: 21279
Tennis Club		Mr Ellis	Sed: 20344
Town Band		Mr Waters	Sed: 20457
White Hart Sports and Social Club		The Committee	Sed: 20773
United Reformed Church Rooms		Mrs Mason	Sed: 20048
Westmorland Gazette Correspondent		Mr Hinson	Sed: 20118
Women's Institute (Dentdale)		Mrs Fothergill	Dent: 25257
Women's Institute (Frostrow)		Mrs Petyt	Sed: 21574
Women's Institute (Howgill)		Mrs Scambler	Sed: 20603
Women's Institute (Killington)		Mrs Sharrocks	Sed: 20754
Young Farmers Club		Miss Capstick	
Zebra's Baby & Toddler Group		Mrs Storey	Sed: 21593

## BUS SERVICES

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#### Monday – Friday

Sed	Arr				
07.45	0845		564	GP	❖
09.40	1010		564	W	
09.55	1030		564	GP	❖
10.05	1040	<b>Wed</b>	564B	W	❖
12.40	1310		564	W	
12.45	1320		564	GP	❖
13.00	1335	<b>Wed</b>	564B	W	❖
14.00	1430	<b>Tue</b>	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#	<b>M-F</b>	564	GP	❖
11.15	1200		564	GP	❖
14.15	1445		564	GP	❖
16.50	1740		564	GP	❖

### Sedbergh to Kirkby Lonsdale

09.45		<b>Thu</b>	567A	W	❖
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#### To Hawes

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

### Sedbergh to Dent

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

### Blackhall Road, Kendal to Sedbergh via Oxenholme

#### Monday - Friday

Dep	Sed				
08.35	0905		564	GP	❖
08.35	0919	<b>Sch</b>	564	W	
09.30	1000	<b>Tue</b>	804	W	❖
10.30	1056		564	W	
10.45	1115		564	GP	❖
11.30	1205	<b>Wed</b>	564B	W	❖
13.30	1356		564	W	
13.40	1415	<b>Wed</b>	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	<b>M-F</b>	564	GP	❖
09.15	0955	<b>Sat</b>	564	GP	❖
#09.30	0955	<b>M-F</b>	564	GP	❖
12.05	1245		564	GP	❖
14.45	1525		564	GP	❖

### From Kirkby Lonsdale to Sedbergh

12.15		<b>Thu</b>	567A	W	❖
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#### From Hawes to Sedbergh

08.00	0845	<b>Sch</b>	112	B	
09.20	0955	<b>Fri</b>	112	B	
12.00	1235	<b>T&amp;F</b>	112	B	
13.25	1400	<b>Tue</b>	804	W	❖
14.45	1520	<b>Fri</b>	112	B	
16.35	1710	<b>Sch</b>	112	B	
16.35	1710	<b>T&amp;F</b>	112	B	

### From Dent to Sedbergh

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

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

*Complementary therapists practising locally*

## DIARY OF EVENTS

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

<b>MARCH</b>							
1	1000	Part of the Landscape Exhibition Every Day	DCMH	21	1030	Mothering Sunday Service	
2	1930	FCH AGM	FCH	21	1030	Group Exhibition (12)	PH
3	1000	North West Cancer Coffee Morning (A)	URCR	21	1830	Mannequin Parade (A)	FM
3	1330	Butterflies	StAS	22	1830	SS Everest Expedition 2004 (A)	SSPH
3	1930	HS Housing Change (A)	SHS	23	1500	SS Wilson Run	SS
5	1545	Chameleons Drama Club	StAS	24	1000	Barnardo's Coffee Morning	Back Lane
5	1930	History of Sedbergh School (A)	SSL	24	1330	Butterflies	URCR
5	2000	LFH Hunt Ball (A)	PH	24	1930	CWT AGM and Photo Quiz	StAS
6	1000	Coffee Morning & Jumble Sale (A)	SMCR	24	1930	Dent 1st Responders AGM	SHS
6	1030	Group Exhibition (12)	FM	26		SS Term Ends	DMH
6	1930	Jumble Sale	MH	26	1545	Chameleons Drama Club	StAS
6		50/50 Auction	BVH	27	1030	Group Exhibition (12)	FM
7	1030	Group Exhibition (12)	FM	27	1200	Spring Show	PH
8	1930	Beekopers	L	27	1930	HS AGM + Jacob's Join (A)	SHS
9	1400	WIK "Surprise"	PH	28	1030	Group Exhibition (12)	FM
9	1930	FCH Domino Drive	FCH	30	2000	Tennis Club AGM	Bull
10	1000	CA Coffee Morning (A)	URCR	31	1330	Butterflies	StAS
10	1330	Butterflies	StAS	<b>APRIL</b>			
10	1930	7 Brides for 7 Brothers	CS	1	1000	Part of the Landscape Exhibition Every Day	DCMH
10	1930	Needles & Pins Club	StJAR	2	1545	Chameleons Drama Club	StAS
10	1930	CWT The Return of the Otter	SHS	2		Slide Show & Supper	BVH
11	1400	KL Embroiderers' Guild	CBVH	3	1030	Group Exhibition (12)	FM
11	1930	7 Brides for 7 Brothers	CS	4	1030	Group Exhibition Ends (12)	FM
12	1545	Chameleons Drama Club	StAS	6	1000	Business Development	Hawes
12	1930	MH Cheese & Wine Evening (A)	MH	7	1000	Asthma Research Coffee Morning	URCR
12	1930	HVH Domino Drive & Tattie Pot	HVH	13	1400	WIK L'Sprit de Provence	PH
12	1930	7 Brides for 7 Brothers	CS	14	1930	Needles & Pins Club	StJAR
13	1030	Group Exhibition (12)	FM	18	1000	Part of the Landscape Exhibition Ends	DCMH
13	1300	Dentdale Run	Dent	19	1930	Beekopers	PH
13	1400	Cricket Club Jumble Sale	PH	20		SS Term Begins	
13	1930	7 Brides for 7 Brothers	CS	20	1400	SLVSB	CO
13	1930	Daisy Pulls It Off	SSPH	20	1400	SLAS Crime Prevention	MCCCKL
13		Fancy Dress Disco	Bull	21	1330	Butterflies	StAS
14	1030	Group Exhibition (12)	FM	23	1545	Chameleons Drama Club	StAS
14	1900	Daisy Pulls It Off	SSPH	24	1400	Cheryl - A Rock Opera (A)	PH
15	1930	Beekopers AGM	PH	24	1900	John Otway Evening (A)	PH
16	1400	SLVSB	CO	24	1930	Fun Night	MH
16	1400	SLAS Aromatherapy	MCCCKL	28	1330	Butterflies	StAS
16	1900	Neighbourhood Forum	GVH	28	1930	CWT Peat Moss	SHS
16	1930	Sedbergh Town Band Concert (A)	StAD	30	1545	Chameleons Drama Club	StAS
17	1000	URC Coffee Morning	URCR	<b>MAY</b>			
17	1330	Butterflies	StAS	5	1000	StAS Missionary Coffee Morning	URCR
17	1930	HS History of Warton Parish (A)	SHS	7		SS Ko-Ko Concert	SS
19	1400	Zebra's Sale (A)	SMCR	8	1000	Beekopers Furness Convention	Bardsea
19	1545	Chameleons Drama Club	StAS	10	2000	Twinning AGM	Bull
19	1830	Kids Klub	MCH	11	1400	WIK Resolutions	PH
20	1030	Group Exhibition (12)	FM				

*The S & D Lookaround is edited, published & distributed 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.*

12 1000	I love 1954/I love 2004 Exhibition Every day	DCMH	17	Walking & Countryside Festival	KS
12 1930	Needles & Pins Club	StJAR	18 1400	SLVSB	CO
14	Walking & Countryside Festival	KS	19 1000	Beekeepers Coffee Morning	URCR
14 1930	Firbank Parish Meeting	FCH	22 1230	Sedbergh Gala	Sedbergh
15	Walking & Countryside Festival	KS	26 1000	Firbank Church Coffee Morning	URCR
16	Walking & Countryside Festival	KS	26	SS Half Term Starts	
<b>DIARY KEY</b>					
BF	= Brigflatts				
BK	= Becksides, Killington				
BS	= Baliol School				
BVH	= Barbon Village Hall				
CBVH	= Cowan Bridge Village Hall				
CDC	= Community Development Centre				
CO	= Community Office, Main Street				
CS	= Casterton School				
CWT	= Cumbria Wildlife Trust				
DCMH	= Dales Countryside Museum, Hawes				
DCP	= Dent Car Park				
DMH	= Dent Memorial Hall				
DMC	= Dent Methodist Church				
EG	= Embroiderers' Guild				
FCH	= Firbank Church Hall				
FM	= Farfield Mill				
GVH	= Garsdale Village Hall				
HS	= History Society				
HVH	= Howgill Village Hall				
JLCP	= Joss Lane Car Park				
KC	= Killington Church				
KL	= Kirkby Lonsdale				
KS	= Kirkby Stephen				
KVH	= Killington Village Hall				
L	= Lingarth				
LHCP	= Loftus Hill Car Park				
MCH	= Methodist Church Hall				
MCCCL	= Methodist Church Centre KL				
MH	= Masonic Hall				
PH	= People's Hall				
SCC	= Sedbergh Cricket Club				
SHS	= Settlebeck High School				
SI	= Sportsman's Inn, Cowgill				
SMCR	= Sedbergh Methodist Church Rooms				
StAD	= St Andrew's Church, Dent				
StAS	= St Andrew's Church, Sedbergh				
StJAR	= St John Ambulance Rooms				
SC	= Swimming Club				
SMC	= Sedbergh Methodist Church				
SR	= Spooner Room				
SSPH/L	= Sedbergh School Powell Hall/Library				
URCR	= United Reformed Church Rooms				
WHC	= White Hart Club				
WID	= Women's Institute, Dentdale				
WIF	= Women's Institute, Frostrow				
WIH	= Women's Institute, Howgill				
WIK	= Women's Institute, Killington				
WVH	= Westhouse Village Hall				
YDNP	= YDNP Centre, Main Street				
			2000	British Legion Coffee Morning	URCR
			3 1800	Killington Sports	BK
			6	SS Half Term Ends	
			8 1400	WIK SLVSB	PH
			9 1000	Garsdale Church Coffee Morning	URCR
			9 1930	Needles & Pins Club	StJAR
			12	Sedbergh Festival Starts	
			13	Brass Band Concerts	KL
			14 1000	I love 1954/I love 2004 Exhibition ends	DCMH
			15 1400	SLVSB	CO
			16 1000	Sedbergh Playgroup Coffee Morning	URCR
			21 1930	Beekeepers	PH
			23 1000	Cumbria in Bloom Coffee Morning	URCR
			26 1000	Beekeepers Summer Convention	PH
			27	Sedbergh Festival Ends	
			30 1000	WIK Coffee Morning	URCR
<b>JUNE</b>					
			2	SS Term Ends	
			2	SHS Open Day	SHS
			4	BBQ & Duck Race	KVH
			7 1000	URC Coffee Morning	URCR
			13	WIK Outing	
			14 1000	Alzheimer's Coffee Morning	URCR
			14 1930	Needles & Pins Club	StJAR
			20 1400	SLVSB	CO
			21 1000	WIH Coffee Morning	URCR
			28 1000	Methodist Coffee Morning	URCR
<b>JULY</b>					
			4 1000	Howgill Church Coffee Morning	URCR
			11 1000	North West Cancer Coffee Morning	URCR
			11 1930	Needles & Pins Club	StJAR
			17 1400	SLVSB	CO
			18 1000	StAS Missionary Coffee Morning	URCR
			20	S&D Art Society Exhibition Starts	
			28 Day	Market Fayre	Sedbergh
<b>AUGUST</b>					

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## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

Loftus Hill © 21079

#### Formerly Dr J. Syred's Surgery © 20239

Monday to Thursday	0900 - 1000
Friday	0900 - 1000 *
Monday, Wednesday & Friday	1400 - 1500
Monday	1630 - 1730
Saturday (Urgent Cases)	0900

#### 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 WEDNESDAY  
HALF-DAY CLOSING THURSDAY