

Sedbergh & District  
**LOOKAROUND**

November 2004

Issue 217

Donation 50p

Words fail us when we look at this Edition of *Lookaround*. It is the largest ever with 76 pages full of things that have happened and of events that you can attend over the coming few months.

Don't forget that next month will be a

double issue with no January edition. Get your items for December, January and early February in now to avoid disappointment. Closing dates as always appear at the bottom of this page.

*Dennis & Jacky Whicker*

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7.30pm BEST GUY/PUMPKIN/TURNIP  
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# CHILDREN'S BIRTHDAYS NOVEMBER 2004



Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

The recipient this month is:-



Tom Cooling who is  
10 years old on 25th October  
Please collect your vouchers from  
the Sedbergh Office Services at 13  
Kings Yard, Main Street, Sedbergh  
which can be used in any shop in  
**Sedbergh, Garsdale & Dent.**

Day	Name	Age
3	Kobe CRESSEY	1
4	Jade COWIN	8
8	Samuel WOODHOUSE	11
9	Iona STEPHENSON	5
9	Llana FEARN	10
11	Ben Sedgwick	7
12	Heather BOYLES	11
17	Katie WOOF	6
18	James ABBATT	2
18	Robbie KENDAL	3
19	Sam FEARNHEAD	7
22	Ben FERGUSON	5
24	Melissa SPROUL	3
24	Jake COWPERTHWAITTE	7
25	Tom COOLING	10
27	Adam SCARR	10
30	Natalie MILBURN	10



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	1D; CH; TV; NS; P; NP*	
	e-mail:- msg@fish.co.uk	
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	e-mail: sangold.kwood@virgin.net	
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	<i>1T; ES; NS; NP; P; DR</i>	
	brantrigg@btinternet.com	
Mrs C Cooper .....	Far End Farm, Garsdale Head, Sedbergh (05/10) .....	21906
	<i>1F; 1D; 1T; ES; CH; L; P; DR; VB; GF; CB; CW; PetsW; NS</i>	
	e-mail: farendfarm@onetel.com	
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (05/10) .....	20360
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 NS(B) = No Smoking (Bedrooms); NP(\*) = No Pets (\* by arrangement); P = Parking;  
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; GF = Gluten Free  
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

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 Articles etc. by 19th of every month

## PERSONAL & SMALL ADS £1

### BRADLEY

Happy **18th Birthday** Leanne. Lots of Love and Best Wishes Mam and Dad.

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### BRADLEY

Leanne. Happy **18th Birthday** big Sis. Now you can buy the drinks! Love you lots, Sam.

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### BRADLEY

Happy **18th Birthday** Leanne on 14th November 2004. Love and Best Wishes. Nan. XXX

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### COOK

Dorothy and family would like to thank everyone for their letters and cards of sympathy, also friends, neighbours, Doctors and nurses for their care and support during Franks' illness. Thank you to Canon Alan Fell for his service and to Brian Goad and Melvyn for their help and to all who gave donations for MacMillan Nurses amounting to £200.

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### CORNTHWAITE

Christmas Greetings to our relations, neighbours and friends of *Lookaround land*. May you have a Healthy and Prosperous New Year. Best Wishes from Tom and Phyllis.

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### SMITH (néé Woof)

Helen and Martin would like to thank family and friends for all the cards, presents and best wishes received on their marriage and for making the day such a memorable one.

### HOGGARTH

Congratulations Audrey and Brian on your **Ruby Wedding** on November 21st. With Love Mother.

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### HOGGARTH

Congratulations Audrey and Brian on your **Ruby Wedding** on November 21st. All the best Brenda and Thomas

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### LAWSON - HILL

Peter and Jackie would like to thank everyone for sending cards and gifts for our new arrival of **Cally Mae**. Thanks.

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### STOCKS

Beatrice wishes to place on record her heartfelt gratitude to Alwyne Amsden and Roger Bush for coming to her aid when she broke her hip in a fall at Settlebeck on the night of Thursday 23rd September. She is also grateful for the care taken of her by the ambulance crew from Kendal. Her friends and neighbours in Garsdale and Sedbergh, including the Rev. T. Widdess, have kept up her spirits with their kindness through their many prayers, cards, gifts and cheering visits. She has nothing but praise for Mr. Radcliffe and his team and all who skilfully looked after her at the Royal Lancaster Infirmary. She is making excellent progress.

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### WINN

Rachel would like to say a big 'Thank You' to all family and friends for the many cards, flowers and present received on her **30th Birthday**. I had a lovely day.

## PERSONAL & SMALL ADS £1

### WINN

Happy **40th Birthday** Alan on November 24th. Love and Best Wishes Mam. XXX

### FREE TO A GOOD HOME

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### FOR SALE

Three piece suite, mint green. VGC. £150. Ring 015396-20616.

### FOR SALE

Garden Shed. 6 feet x 4 feet. Free. Tel: 20131.

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### FOR SALE

My collection of cricket magazines must go. Nearly 300 in all including several complete years. Phone 25451 for details.

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### FOR SALE

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### FOR SALE

OVAL DINING TABLE. Two pedestals and extension. Repro mahogany. £75 100cm wide x 170cm long. Extension 55cm - total 225cm. 6 DINING CHAIRS. Repro mahogany with red/green/yellow check seats. £120. Ali on 015396-20360.

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WINDER LODGE  
**COFFEE  
MORNING**

**Wednesday 3rd November**  
10 am to 12 noon  
U R C Rooms, Joss Lane  
Entrance 50 pence  
**ALL WELCOME**

Bric-a-Brac  
Cake Stall

Books  
Raffle

picked Sedbergh and enormous luck that out of the towns presented to BBC2 they picked us, but we have to thank all the programme makers that believed Sedbergh was the one and hope that the miles and miles of video tape they are now editing proves they were right!

PERHAPS THE MOST EVIDENT THING ABOUT THE TWINNING EVENTS WAS THE FACT THAT ALL SORTS OF PEOPLE WHO WOULD NOT NORMALLY ATTEND THE SAME EVENTS JOINED IN

TOGETHER. PEOPLE GOT TO KNOW NEIGHBOURS THEY HAD NEVER MET SOCIALLY BEFORE. WE HAVE TO BUILD ON THIS CONTACT TO WORK TOGETHER NOW TO MAKE SURE THAT FUTURE EVENTS AND CONTACTS WITH OUR TWIN ZRECE ARE A HUGE SUCCESS AND THAT EVERYONE PARTICIPATES!

PLEASE GIVE ONE OF THE TWINNING COMMITTEE MEMBERS YOUR CONTACT DETAILS IF YOU WANT TO BE PART OF THE ONGOING EFFORT - OR POST YOUR DETAILS AND HOW YOU

**TOWN TWINNING NEWS**


Once more, thank you all so much for your enthusiastic participation in the Twinning Events, it was the people of Sedbergh that made the whole thing so worthwhile and so exciting!

Thanks are also due to everyone who contributed time, hard work, the occasional £10 and Sedbergh produce either for events or for the gifts that were given to the various visitors. The town really pulled together to make sure that everything went off more or less smoothly, a big pat on the back for everyone!

While on the subject of thank you's, it was enormous luck that IWC Media

**DANNY'S DISCO**

Bonfire Night  
10 pm Saturday 6th November  
Dent Memorial Hall



WOULD LIKE TO HELP IN THE  
TWINNING MAIL BOX AT  
STEADMANS.

There are three sub-committees now  
planning for the future - these are

- 1) Marketing - this group aims to ensure that there will be something for visitors to see that connects to the TV programme and that information about Sedbergh and Town Twinning is available though all the tourist offices, on the web etc.
- 2) Fund Raising - Perhaps some people do not know that the Twinning committee currently has a bank balance of just £25 and bills of far more than that. *It is extremely difficult to access funding simply for twinning.* There has to be an extra dimension like school exchanges

for instance to make a case for the award of public funds of any sort. Obviously Sedbergh and Zrece will need to work very hard to build up the funds to allow joint projects.

There is also a need for money simply to run things, stationery, telephone calls, all the normal office things. This is where a little bit of local fund raising with coffee morning, sales and any other sort of event you can think of will be very useful, please contact the committee with your ideas.

- 3) Events - It would be nice to see a contingent of participants from Zrece at all the normal town events such as the Medieval Fayre and Gala Day and of course, it would be great for us to visit their events, but is there something that can be planned which will be new to celebrate Twinning, Europe, Friendship? Got any Ideas?

Perhaps you may have noticed that often the television companies revisit the people who take part in successful programmes to make a sequel. They may do or not, we don't know as yet. But, what we do know is that the visitors that will come to Sedbergh because they saw the programme will expect that "sequel" to be happening on the ground, they will expect to be able to watch or take part in an event, they will expect to see news in the Westmorland Gazette, they will expect to see evidence of our ongoing Friendship with Zrece. Please become involved again, please give your time and ideas to making sure that our Town Twinning is an example that all Europe can follow!

## **FARFIELD MILL**

Arts & Heritage Centre

**Saturday 6th November**  
**Wednesday 8th December**

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by

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**WESTMORLAND  
YOUTH ORCHESTRA**

Many of you heard the Westmorland Youth Orchestra playing for the arrival of the Slovenian party at Settlebeck High School on September 18<sup>th</sup>.

That was the first time in its 56 years that the orchestra had played in Sedbergh!

The WYO, founded in 1948, draws on young players from all over the South Lakes area as well as some from North Yorkshire and Lancashire. There are currently three members from Sedbergh. Jo Chetwood and Rosie Wood play violin and Ben Chetwood percussion. It rehearses each Friday night during term time at the Castle Street Centre in Kendal and gives 3 concerts a year in different venues around the region.

It is a training orchestra for young instrumentalists, giving them their first opportunity to play in a full symphony orchestra and exploring repertoire beyond the scope of school ensembles. It prepares them for joining county ensembles such as the Cumbria Youth Orchestra or national groups such as the National Children's Orchestra or National Youth Orchestra.

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Last April, the orchestra was invited to participate in one of a series of concerts organised by the Federation of Music Services at the Royal Northern College of Music in Manchester. It was a great honour to be asked and a terrific experience for all the orchestra members to play in such a high profile event.

The repertoire the orchestra plays is very varied, ranging from music from the Renaissance to the present day, including a number of works written for the orchestra by Howard Skempton and Cumbrian composers Roland Fudge and Christopher Gibbs, as well as film scores and music from the lighter side of the repertoire. This ensures that the players get to know a wide range of musical styles, some of which they would not otherwise come across.

The WYO's next concert, under its Musical Director Noel Bertram, is at Settlebeck High School on Saturday 20<sup>th</sup> November at 7.30pm. Admission is by programme at the door.

The programme is a varied one as is the orchestra's tradition. It opens with three short pieces for Wind and Brass by the 20<sup>th</sup> Century German composer; Paul Hindemith entitled "Morgenmusik" or

**Daphne Jackson D. O.**

*Registered Osteopath*

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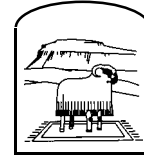
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“Morning Music”. These are short fanfare type pieces and were written to be played from a church tower! They will be followed by a suite of pieces by the French baroque composer Jean-Philip Rameau from his last opera, “Les Boreades”. These are very attractive dance pieces that are very colourfully orchestrated making great use of flutes, oboes and horns as well as the string section of the orchestra. The first half ends with a piece written in 2001 by the French/Lebanese composer Bechara El-Khoury entitled “Les Fleuves Engloutis” or “Engulfed Rivers”. The composer explains the work as being of “love between peoples and peace in the world. The rivers represent the human being traversing life like a shooting star crossing eternal space”. The music although contemporary is quite approachable and is not what could be described as difficult to listen to.

The second half opens with a piece by

one of the greatest violinists and composers of the Italian baroque, Arcangelo Corelli. It is the best known of his Concertos for strings, the “Christmas Concerto”. The orchestra’s leader, Warren Brookfield and its Assistant Leader Josie Blakey will play the two solo violin parts.

This will be followed by a short piece by the 19<sup>th</sup> century Russian composer Mikhail Ippolitov-Ivanov, his “Procession of the Sardar” from his “Caucasian Sketches”. It is a picture in music of a caravan travelling across the Steppes of Russia. The final piece in the concert will be William Walton’s Coronation March “Crown Imperial” written for the coronation of George VI in 1937.

This varied programme should have something for all musical tastes!

If you would like further information about the Westmorland Youth Orchestra, please contact Noel Bertram on 015396 20401.



South Lakeland Carers Association

## COFFEE MORNING

**URC Rooms, Joss Lane**  
**Wednesday 10th November**  
10:00 am to 12 noon

Cake Stall ~ Raffle ~ Bric-a-brac

**EVERYONE WELCOME**

*Come in and have a chat and find out more  
about what the Carers have to offer*

### TIM COLLINS MP

By the time you read this, the dust will have settled on an exiting few months during which the town of Sedbergh has been inundated with eager suitors hoping to form a long and lasting relationship with the town.

Sumptuous meals, fine wines and exotic music have all been used in an attempt to win the town's heart.

In true *Blind Date* fashion, the wooing of Sedbergh by the towns of Eymet in France, Athienou in Cyprus, Zrece in Slovenia and Seefeld in Austria has all been captured on television for what I'm sure will be must-see viewing when it reaches the nation's TV screens early in the New Year.

I for one am sure that whichever town the residents of Sedbergh ultimately chose, the bonds that have been created between all the townsfolk involved will last long after the television cameras have left.

Town twinning has played a significant role in helping to forge strong links

## A TOUCH OF ELEGANCE

(of Rothbury, Northumberland)

# LADIES & GENTS CLOTHING EVENT

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**The People's Hall**  
Sedbergh

**Wednesday 10th November**  
10am to 4pm

*LADIES SKIRTS, SUITS, COATS, JACKETS, DRESSES, ETC*  
*PURE-WOOL MENS SUITS AND JACKETS*

All items are of the highest quality and include Italian knitted suits and many other continental/German makes.

between communities large and small right across the continent of Europe. The exchange of ideas, friendship and trade has proven a big success for towns lucky enough to find their perfect match.

For my mind, it is precisely because these twinning arrangements are forged at the local level that they go on to enjoy the continued support of the towns involved for years to come.

When it comes to making decisions on closer European integration at a national level, the story is an altogether unhappier one.

In recent years, Ministers have displayed an unerring tendency to push for closer and closer political integration with our European neighbours while at the same time opinion poll after opinion poll has shown that most people want the EU to be a partnership of nation states, trading freely with each other and working together to solve common problems. That's what people thought they were signing up for in the 1970s.

Just one example of this growing gap between what the politicians want and what the people they serve want is the European Constitution that Tony Blair signed Britain up to earlier this year - despite the fact that most people in Britain oppose it.

This Constitution will, in the words of the Belgian Prime Minister, be the 'capstone' of a 'federal state'. The EU will win new powers at Britain's expense. Decision-making will become less accountable and more distant for British voters.

After a long campaign led by politicians of all political colours, the Prime Minister

reversed his opposition to giving the British people a referendum on the European Constitution in May of this year. Now the British people will have the final say in a vote that will have to be held by the end of 2006.

We need to sit down and look at the things that Europe can do best and nation states can do best. And we need start to accept there are many things that history shows very clearly are now much better dealt with at national level than European level.

That way even if we choose not to go down the aisle with our European neighbours we can remain good friends.

*Tim Collins MP*

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#### **LAST CHRISTMAS POSTAL DATES**

*17th November*

Eastern Europe

*24th November*

Greece, Cyprus, Turkey, Malta & Iceland

*1st December*

Western Europe

*6th December*

South & Central America, Caribbean, Africa, Middle East, Australia & NZ

*13th December*

Western Europe

*15th December*

Standard Parcels

*18th December*

Second Class

*21st December*

First Class

*22nd December*

Special Delivery

Please ensure that you use the Post Code and you put a return address on the back of the envelope.

## ZEBRA'S

### New To You Sale

2pm Friday 12th November  
Sedbergh Methodist Church  
50 pence admission  
*Including refreshments*  
Great opportunity to purchase  
Christmas Presents

#### A SEDBERGH (TWINNED WITH ZREČE) VIEWPOINT

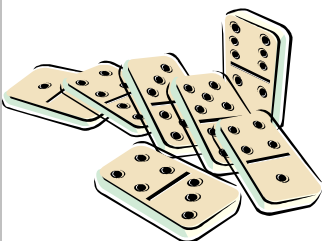
For me, November is the beginning of winter. We have put the clocks back to GMT and darkness descends on us soon after the children get home from school in the afternoon. We adapt our way of life to counter the long hours of darkness. Soon the Christmas lights will be twinkling but first of all November brings Bonfire Night with its attendant fireworks to light the sky; always something to look forward to, especially Sedbergh's annual display. Thanks to all who organise it. (I do hope it is on again this year and advertised elsewhere in Lookaround). I understand that until 1959 it was illegal not to celebrate the date of Guy Fawkes'

arrest in 1604 when soldiers discovered him with barrels of gunpowder in the cellars of the Houses of Parliament. The following year on the anniversary of the event bonfires were lit in London to burn effigies of him and celebrate the saving of the Houses of Parliament. Within a couple of years it became the national celebration we have today, even though events in the Commons this year suggest that there are those who today have grievances against our elected politicians. (No, I won't comment on the hunting ban proposal!).

Another national November event which we celebrate locally is of course Remembrance Sunday, which this year is 14<sup>th</sup> November. It is good to see the annual service at St Andrew's featured on the November page of the community 2005 calendar now on sale in our local shops.

It is quite interesting how events of national history shape our annual calendar of events locally. I wonder what we might learn from events in the history of Zreče and what the folk there would make of Bonfire Night. No doubt we have much in common in remembering the dead of two World Wars and

## DOMINO DRIVE



Friday 12th November  
7:30 pm  
Adults £2.50 Children £1.50  
Refreshments Available  
Dent Memorial Hall

St Andrew's Church  
**CHRISTMAS FAIR**

People's Hall  
**Saturday 13th November**  
11 am to 2 pm  
Admission 50 pence  
CAKES ~ BOOKS ~ GIFTS ~

subsequent conflicts. And still parliamentarians make war. It seems we never learn from the past the hurt of war and the value of peace. At least we do remember once a year.

Sadly the Yorkshire Dales National Park Tourist Information Centre has now closed. I look forward to the town's new use of the building and wish it well in publicising Sedbergh. It may be helped by the twinning TV programme, and I do hope it is, though I hear that the TV programme is classified as "reality" TV which apparently puts it on a par with Blind Date and Big Brother rather than the docu-soap we might have expected. Let's hope for positive publicity.

With my ear to the ground I heard many comments about the twinning process ranging, of course, from the strongly opposed, and the many sceptics like myself, through to the extremely enthusiastic. In the end many of us turned out to vote and although I have not seen the voting figures I understand Zreče polled more votes than the other three towns together. Obviously we felt we have much in common with each other and can work together over the

coming years to our mutual benefit. May Lookaround increase its circulation with sales in Zreče!

As ever,

*N Hastle*

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**DIALECT DIGEST**

It's t'Backend already, and Bonfire Night, or 'Plot Neet', as it's more usually referred to up north, is in the news, with suggestions that the event might offend some people. Guy Fawkes was a Yorkshire lad, and there are a couple of places in the county where his effigy is never burnt, but no doubt, despite the current controversy, there will still be plenty of events.

'Chumpin' fer Plot Neet' means 'collecting wood for the bonfire', a chump being a short, thick piece of wood used for fuel (a variation of this activity being 'proggin'). Long associated with the bonfire itself are potatoes placed to cook in the embers, but a tastier local delicacy is a plentiful supply of Yorkshire parkin, made with oatmeal and treacle, and often cut in the shape of a pig. The White Rose Garland speaks of '... the great Parkin day is 5'th November, when the eating of it is general among the working classes.'

A delicacy which I've never experienced, but which sounds ruinous to teeth, is Tom-trot, a sticky sweetmeat of half-baked treacle, reputed to have been prepared by one Jenny Dunn. This gave rise to the late 19th Century rhyme:  
Gunpowder Plot will ne'er be forgot/So long as Jenny Dunn sells good Tom Trott.'

Howivver thoo chooses ti celebrate Plot Neet, hev a good 'un! *Michael Park*

## SEDBERGH TOWN TWINNING GROUP

The Strategic Committee met in Bull Hotel, Monday on 18<sup>th</sup> October.

After consultation, the following working paper was agreed by the Strategic Committee. This paper will be put to a full meeting of the Town Twinning Group Standing committee in November

*The Committee identified THREE basic aims of the twinning process as follows:*

To promote economic, educational and cultural opportunities and links between Sedbergh and District with Zrece in Slovenia, and any other future candidate community.

### Economic

The committee saw the objectives as



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increasing opportunities in: tourism, trade and internet business links, promotion of local crafts, promotion of local foods, farming in specialist areas eg fell bred sheep, possible job exchange, travel. Specific potential business opportunities in Sedbergh were briefly discussed in the light of these stated areas.

### Educational:

The committee stated the importance of the exchange of visits for school age pupils between the two communities to further pan-European understanding in terms of history, language ( both primary and TEFL), shared best practice, with the view of setting up a trust fund which would encourage and entitle students of secondary school age in the district to participate in these exchanges. Opportunities for adult education in terms of language and cultural awareness is envisaged.

### Cultural:

The committee recognised potential areas for cultural exchange in a wide range of sports ( including walking, fell-running, football, tennis, climbing, skiing ), music (local bands / choirs), dance and drama (both town wide and school-based), painting and photography, local foods and drink in both

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shop on Tuesdays +  
Wednesdays all day and  
before 1130 daily unless the  
shop is closed.

communities, as well as promoting a healthy life style (*eg Zrece's spa facilities*), and the development of mutual friendship links on an individual and community basis.

Assessment Visit:

In compliance with the requirements of the Town Twinning Charter, it was planned for a small delegation (6-8) drawn from but not exclusive to the Strategic Committee to undertake a three day visit Zrece in the very near future to make a detailed, intensive factual assessment of opportunities in all the above areas, and report back as soon as possible to the community, so that the development of appropriate links can begin. It was stressed that this delegation would be self-financing.

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Smithy Cottage, Farfield  
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[www.lakelandvoice.co.uk](http://www.lakelandvoice.co.uk)

### NEW CUPS TO WIN

At the 2004 Spring Show, Dennis and Jacky Whicker gave a generous donation, which has enabled us to buy two splendid new cups which will be awarded for Best in Show – Adults and Best in Show – Children. They are to be known as the Lookaround Cups, and are engraved to that effect.

The Spring Show Committee would like to express their heartfelt thanks to Dennis and Jacky for this splendid addition to the trophies on offer. We look forward to seeing them handed out to the winners for the first time in 2005.

The Sedbergh & District Spring Show is a community effort, and it's great to see it linked to that old-established community effort, the "Sedbergh & District Lookaround". We are always grateful for the support given by the Lookaround – especially the printing of advance schedules for the Show.

So we want to thank Dennis and Jacky for all their support, as well as for the new cups.



## SLDC

### *Half fare bus passes – NoWcards*

The Council has now registered over 10,000 eligible people for the new half fare bus pass (NoWcard). This was done with the loan of laptop computers from the NoWcard partnership.

For a short period of time, the Council will now join other members of the partnership throughout Cumbria and Lancashire and move to an application form based system while development and enhancements to the system are undertaken.

*The new application form based scheme will start from 1 November 2004.*

This will require applicants to -

- Complete a simple application form.
- Provide sight of OR copies of the relevant eligibility documents.
- Provide a passport/driving licence sized, colour and up-to-date portrait photograph.
- Take (or send) the completed application form to one of the



distribution points shown below.

The application forms – either “Over 60 years of age” OR “Disabled Person” will be made available from the following distribution/verification points.

- Age Concern - South Lakeland – 01539 728118
- Ambleside Tourist Information Centre - 015394 32582
- Broughton-in-Furness Tourist Information Centre – 01229 716115
- Grange-over-Sands Tourist Information Centre – 015395 34026
- Kendal Tourist Information Centre – 01539 725758

## **Paul Hoggarth**

### **Building Contractor**

**015396 21413**

**07968 977429**

- Kirkby Lonsdale Tourist Information Centre – 015242 71437
- Sedbergh Community Office – 015396 20504
- South Lakeland Society for the Blind – 01539 742633
- Ulverston Tourist Information Centre - 01229 587120
- Windermere Tourist Information Centre – 015394 46499

The application form can also be sent to people by post – we will send you the appropriate

form to be handed in at one of the offices above or to be posted back to South Lakeland House for our staff to process.

An application form can be requested by visiting the Council’s web site at - [www.southlakeland.gov.uk](http://www.southlakeland.gov.uk)

For further information and/or advice please contact

Barry Atkins

Business Support Manager

South Lakeland House

Lowther Street

Kendal LA9 4DL

Tel: 01539 797513

E-mail: [b.atkins@southlakeland.gov.uk](mailto:b.atkins@southlakeland.gov.uk)





### SEDBERGH TOWN BAND

The Band was significantly involved in the cultural event provided by our third set of twinning visitors from the town of Zrece in Slovenia.

Samo Ivavic, a distinguished and most talented music teacher, had decided that the musical element of the event should include a number of ladies from Sedbergh singing an Abba selection. They would be accompanied by the Town Band, the accompaniment being part of their contribution to the programme.

Following auditions and preliminary singing rehearsals earlier in the week the Wednesday band rehearsal of 22nd September was given over to bringing the selected piece up to performance standard.

The first half of the rehearsal, under the

  
**COFFEE MORNING**  
**URC Rooms, Joss Lane**  
**Wednesday 17th November**  
10:00 am to 12 noon  
*in aid of*  
*National Kidney Research Fund*  
Good Quality Table Top Sale  
Home-Made Cakes  
*Good Raffle Prizes (Drawn at 12)*  


scrutiny of the BBC cameras, was devoted to learning the music. For the second half, the ladies of the choir (who had been rehearsing elsewhere) joined the band and the work was put together. After a number of run-throughs, adjustments, changes in tempo and animated discussions between band and choir directors a version was achieved that satisfied all concerned.

The Slovenian Cultural Event on the following Friday in the People's Hall was a huge success. Musically the appropriate note was most popularly struck right from the start when the Band played a vigorous rendition of 'Instant Concert'. After a splendid version of 'Oh, Happy Day' sung by the girls of Settlebeck, the ladies, accompanied by the Band, sang the Abba selection in a rendition that was enthusiastically received by the huge audience that had gathered for what was to prove a most superb party hosted magnificently and lavishly by the Slovenian visitors.

The final number was an impromptu performance of 'Something Stupid' in which Samo was accompanied by Janice Leach with the Band providing the backing for this Frank and Nancy Sinatra classic. G. B.

SEDBERGH & DISTRICT  
**HISTORY SOCIETY**

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**Wednesday 3rd November**  
**Book Trade in Cumbria**  
**17th, 18th & 19th Century**  
*Barry McKay*

---

**Wednesday 17th November**  
**Parliamentary Enclosures**  
*Ian Whyte*

---

**Friday 26th November**  
Winter Dinner at Golf Club  
7.00 for 7.30 pm

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

---

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

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Chairman: Joyce Scobie 21106  
Secretary: Diane Elphick 20605  
Treasurer : Marlene Mason 20509  
Member Sec: Richard Cann 20771

## DENTDALE WI

Nearly at the end of an excellent 2004 programme and the business meeting reflected this. Members were reminded that nominations are now required for the new committee. Christmas lunch menus for December 8th were available and a selection should be made and paid for by the next meeting.

A report was given on the Annual Council meeting held in Ulverston on 28<sup>th</sup> September that had been attended by Pat Allen and Catherine Sugden.

Nancy Murdoch encouraged members to write a profile and describe activities and attributes of Dentdale WI to enter in the Federation competition "The Story must be told....Again!" So here is a chance to write the winning entry!

Our Speaker for the evening was a daughter of one of our members. Sarah Ioannou spoke to us about the House of Commons from an insiders point of view. She is currently working in the Clerks Department, a position she has held since her recruitment on a graduate fast track policy.

The Clerk of the House is a senior official of the House of Commons and the post has existed since 1363. He or she is the principal advisor to the house on practice and procedures and the formal and informal rules that govern the everyday activities. There is a staff of about 300 assisting the Clerk.

Three clerks sit at a table in front of the Speaker while the House is in session. They are on hand to give advice and to record the decisions and proceedings for the daily entry into the Journal. The Journal records the formal business of Parliament (not what is said) and goes

back with only a few breaks to 1547.

Sarah was thanked for her interesting account by Dorte-lis Powell.

Freda Meakin's competition entry caught the Judges eye for first place, and she also won the raffle prize.

Next month is the AGM followed by a Jacob's join. We hope as many members as possible will attend this important meeting.

---

## EMBROIDERERS' GUILD

*Kirkby Lonsdale and District Branch*

Our recent meeting was the AGM held in Cowan Bridge Village Hall on 14th October, where we had the usual report of the past year from both the financial aspect and the activity aspect. It was agreed that the programme had been varied and enjoyable, with talks, a trip and several hands-on workshops.

After the business meeting came the fun part when Pat Mann led us in a stitching activity, where we used many hand stitches that we had almost forgotten about. It was good to be reminded and we came away with a small stitched piece that could be a starting point for a patchwork, or could be used in its own right as maybe a lavender bag.

Our next meeting will be held on Thursday 11<sup>th</sup> November when Ann Wright will be showing us and helping us to make a Jester Bag with Cording. All our meetings are held from 2-4pm at Cowan Bridge Village Hall, usually on the second Thursday of the month. 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.

**ART COMPETITION WINNERS**  
**Artwork Competition at the Farfield Mill Arts and Heritage Centre 2004**

We were delighted by the many beautiful drawings and collages created in the children's activity room at Farfield mill over the summer. Choice of a winner was very difficult. Age was taken into account.

**The overall winner was:** Lewis Batty from Dronfield, Derbyshire for an excellent collage of the wall made of felt, that was on exhibition.

**Highly commended were:**

Under 11's

Zack Scott from Sedbergh for a picture of the mill workers houses.

11 and over

Edward Powe from Torquay for a picture of Farfield Mill

Eleanor Swift from Croydon for a picture of the 'lucet'.

Thank you to everyone who took part. It was a delight to see all your pictures on the wall and they were much admired.

---

**FROSTROW WI**

The October meeting began with a report on the half-yearly Council Meeting by our delegate Jean Jones, followed by other in-house items including the Christmas Dinner.

The members who had visited the Old Laundry Theatre to see Alan Ayckbourn's play "Drowning on Dry Land" enjoyed a most entertaining evening, as did those members who attended the talk on Chatsworth House and its family.

Our speaker was Helen Williams with an introduction to Astrology. Helen gave us a fascinating overview of this ancient

and complex subject. She started by mentioning Jung who believed that at the moment you are born the positions of the planets influence who you are. We were introduced to the four elements of fire, earth, water and air using words and music, and shown a chart listing the three star signs linked with each element. We were each given a card which showed the positions of the sun and moon on our date of birth. The Sun relates to the life path and the moon to emotions and feelings so that we could each note the various qualities associated with our own star signs as Helen explained them.

Helen went on to talk about natal charts drawn up for the moment of birth and explained one she had drawn up. She said that she uses astrology with clients who want to check if it is the right time to make important decisions, to help increase self-awareness or as a tool for healing. However as astrology is only a tool for diagnosis, in matters of health she also practices homeopathy.

In a pleasant and sincere manner Helen gave us a carefully prepared introduction to her subject, trying to build up a picture of how the various strands fit together and can be interpreted. Believers and sceptics alike enjoyed the evening and there were several questions before she was thanked by Rosemary Mason.

The competition for a paperweight was won by Linda Hopkins and Pauline Mather won the raffle. Our committee again treated us to delicious food made with British ingredients.

The next meeting will be the AGM followed by a Jacobs Join and social evening. New members are always very welcome so do come along.

### HOWGILL W. I.

On Thursday 7th October members met at Firbank Church Hall for the A.G.M. President Mary Silva presided and welcomed 15 members also a warm welcome to our guest speaker Jane Binney from the Executive Committee.

A unanimous vote returned Mary as President. No ballot was needed as the present committee agreed to serve for the coming year. Audrey Hoggarth is to take over as Secretary from Lorna Scambler who has decided to stand down after many years of dedicated work. Lorna was presented with a card signed by fellow members.

The Annual Report proved we had a successful and busy year. Barbara Axford reported a healthy financial statement.

The Appleby Cup for the most competition points was won by Helen Beare. Mary Silva reported back on the Annual Council Meeting held at Ulverston on September 28th. Bridget Postlethwaite was thanked for organising our outing to the Theatre by the Lake at Keswick. Alison Plenderleith is to be our representative for the membership communications system. We have entered three teams for the Quiz Night at the Bull Hotel on November 1st.

One member is to visit the knitting and stitching show at Harrogate on Saturday 27th November. Our Christmas meal is booked at the Sedbergh Golf Club for 2nd December.

Speaker Jane Binney gave us a rundown of the first year as a member of the Executive Committee and how she first joined the W. I. When she was inspired by a W. I. Quiz she saw in a local

newspaper. Mary Stainton expressed thanks.

The competition for a gingerbread man was won by Mary Stainton with Sheelagh Dennis second. Raffle winner was Leslie Hennedy. The social, a colour quiz, was won by A. Team.

Next month we will meet at Howgill Village Hall on November 4th when Mr. Andrew Lowee will talk about "Lakeland Farms". The competition is an article or photo from farming in the past. Everyone is welcome. *A. H.*

### ZEBRAS PRE-XMAS SALE

Calling all parents, grandparents, aunts and uncles. Zebras are having a pre-Christmas sale on Friday 12th November from 2 pm onwards at Sedbergh Methodist Church, New Street.

It will be a great opportunity to purchase good quality second hand toys for Christmas presents.

There will be clothes for all ages of children, toys including some action men, and also the usual cake stall.

Donations for the sale can be dropped in to Jane Storey at 54 Maryfell during the day on Thursday 11th November or at the Methodist Church between 6.30pm and 7pm the same evening.

We will be selling goods on commission again. If you wish to sell goods on commission please contact Emma Wilson on 07855-620018 or Jane Storey on 21593 for an instruction sheet.

There will be a colouring table for the children as well as simple games for them to have a go on with a prize every time.

For more information contact Trish Woof on 21644.

### KILLINGTON W.I.

Another day, another dollar. Another month, another meeting! Tuesday afternoon, October 12<sup>th</sup> (2<sup>nd</sup> Tuesday in the month), in the committee room of the Peoples' Hall (though with all our new members it is becoming rather snug) - that's where we were. Time to hand out next year's diaries and calendars, time to select from the menu for our Christmas Lunch. Would you believe that it's already that time. Time to plan for next

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**Fully Booked This Year**

Bookings now being taken for 2005

month's A.G.M. You'll have a hard job to get us off the committee; we have such fun (though of course we would welcome *extra* bodies). Time to listen to the minutes, time to learn how much dosh we have left, time to learn who has written fascinating and informative letters to us, time to .....!!

.....listen to our speaker. He was David Birkett who for over 25 years had been a Lake District National Park Ranger - time to know the area through and through.

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The atmosphere of his talk, entitled "A taste of autumn", was enhanced not only by wonderful slides, but by dialect, poems and songs, all of which he performed himself. I have been looking up in my Cumbrian Dictionary some of the words he used but have been unable to find them all. We were all happily entertained and informed - sentiments which were expressed in our vote of thanks.

Time to drink tea, time to bring & buy, compete, and raffle. The competition for an autumn buttonhole was won by Joan Moores and the raffle by Joyce Swann (thank you memory girl, Valerie). Time to look forward to our next meeting on the second Tuesday in November. Time to go home.  
*W.F.U.*

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### WELL DONE SEDBERGH

Work to install the new playground on the playing field is now underway and a grand opening is being planned for Sunday 7th November at 12 noon. Many thanks to all of you who have given your support towards this project!!

Donations have come from a variety of sources including some local and national grant funding organisations and many local community fundraising events. The following list includes some of those who have helped support this project. There are however, many other individuals not mentioned here who have given generously—**many thanks for all your support!!**

Awards For All, Baliol School, Christopher Whelan, Cico Chimney Linings, Craven Cattle Marts - Sedbergh, Cross Hall Caravan Park, Cumbria Community Foundation, Cumbria Country Council, Dales Dusters, Dalesman Shire Horse Day, Dalton & Hague Solicitors, Frieda Scott Charitable Trust, G.A. Steadman Butcher, Gala Committee, Gary Allan Welding & Fabrication, Hadfield Trust, Havera Street Party, Ian Dawson Dentist, J. Souter, J.J. Martin Electrical, J.J. Martin Funeral Services, Kay Whittle Chiropodist, Les Maddock Insurance Services, Lets of Sedbergh, Linda & Vic Hopkins, Lisa Woof Registered Childminder, Living Spaces, Logic Home Enhancement Centre, Mark A Grant, Marthwaite Joinery, Merewood Homes, MK Conversions, NFU Ladies, Nichola's Playroom, Onyx Environmental Trust, Paul Tuson, Paula Ambrose Bike

## Dales Dusters

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Bookings now been taken for  
Pre & Post Christmas Cleaning  
Limited Availability so book early!!!

For more information contact  
Jacky Baines



Tel: 07970 514452 or 015396 21002

Email: [info@dalesdusters.co.uk](mailto:info@dalesdusters.co.uk)

Challenge, People's Hall Committee, Pulse Project, Red Lion, RS Morphet, Sedbergh & District Chamber of Trade, Sedbergh Football Club, Sedbergh Office Services, Sedbergh Parish Council, Sedbergh Post Office, Sedbergh Primary School, Sedbergh School, Sedbergh Spar, Sedbergh United Charities, Sedgwick Ballet School, Settlebeck High School, Solo Sports, S.L.D.C., The Green Door Sweet Shop, The Taj Mahal Indian Restaurant, Vital Villages Programme, W. Dawson & Son, White Rose Fisheries, White Hart Bingo Club, Woofs of Sedbergh.

If you have not yet given a contribution towards the new playground it is not too late. Funding is still required to provide insurance and maintenance for the new equipment as well as landscaping and pathways. If you would like to help please contact Nichola Packham on 015396-21484.

**SEDBERGH BUTCHER  
STRIKES GOLD**

At the recent Northwest Awards for Excellence in meat Products at the Reebok Stadium at Bolton organised by EBLEX (English Beef and Lamb Executive) Steadmans of Sedbergh claimed 9 gold, and two silver awards. The Gold awards were for :  
*Sausage Section* Pork 7 Garlic Mushroom Sausage,  
*Bacon and Hams Section* Garsdale Dry Cured Gammon Steaks and Garsdale Dry Cured Back Rashers,  
*Seasonal Product Section* Lemon Pepper Pork, Guy Fawkes Bombs, and Pickled Spiced Beef.  
*Ready to Microwave Meals Section* Jean Steadman took the credit for three Gold awards with her entry of three ready to



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eat meals which were Cottage Pie, Sweet and Sour Pork and Traditional Lamb Hot Pot.

The Traditional Lamb Hot Pot was also awarded the Trophy for the outright winner of the Ready meals category. *Silver awards* were also won for Westmorland Sausage and a new idea from Garth Healthy Option Sausage. This Sausage is low in fat and contains no gluten, preservatives and is also low in salt content.

These are a few of the many different types of home produced sausage and pies available at Steadman’s as well as with a large selection of home made meat products.

Garth says we have a great team at Steadman’s and enthusiasm, knowledge and expertise provide the recipe for excellence.

Also that cheerful personal service along with traditional values beat the help-yourself impersonal style supermarkets that serve consumers not customers.

### CARRY ON CAROLLING

By the time you are reading this your very own Cautley Carollers will be taking the voice of Sedbergh out to the world - we're competing in an international singing competition in Naples alongside choirs and groups from around Europe. If you win we'll have several gallons of Vino Nuovo to share so our Christmas concerts will be even more popular.

On our return we'll also be preparing for our usual festive season, practicing our songs ready to sing them on your doorsteps nearer to Christmas - and round the fires of those kind souls who invite us in for warmth and refreshment.

This year the other group I sing with, Howgills' Harmony, will also be learning some of the old folk carols and West Gallery songs and taking them out to places where no carollers have ever been before.

Should you wish to learn them, we'll be practicing on Tuesday nights at 7.30pm



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## Trevor Gardner

### Plumbing & Heating Engineer

015396 20796

07771 514436

from November 1st. Although written music will be provided, don't worry if you can't read it as I'll be teaching by ear building it up in small chunks till you've learnt the whole song. I'm also hoping to make a CD of the parts so that you can brush up your learning at home.

As well as the evenings, we're doing our regular Carols' weekend on December 3-5 with a concert, workshops and our festive singing round Ron's fires at the Sportsman's Inn in Cowgill. On the Sunday there'll also be a singing walk via waterfalls, caves and the log fires of a country inn.

Not carol singing, but songs about another magnificent creation - the building of the Settle Carlisle Railway, which we'll be learning in Dent Youth Hostel over the weekend of November 12-14 and then singing on the train, in the stations and on walks by the viaducts and graves of the men who died so heroically building this line.

Hope you can join us - and if not I look forward to singing with you elsewhere.

David Burbidge, Smithy Cottage,  
Farfield, Sedbergh 015396 21166



### **BADMINTON CLUB**

On Sunday Oct. 10th, Sedbergh's Junior coaches took Emily Crompton, Megan Ingham, Rosie Mason, Simon Hunter, Luke Ingham and Adam Robinson to play in the Eden Valley Junior League at the Queen Elizabeth Grammar School, Penrith. The Sedbergh team took on Dalston first, Adam Robinson giving us our only win in an 11 - 1 defeat by a very strong team. The team faced Shap next and Sedbergh fared slightly better: Rosie and Emily won their doubles, as did Megan and Luke in the mixed. Emily, Adam and Megan then won their singles bringing the overall result to a 7 - 5 win for Shap. Well done to all, especially Emily as this was her first performance this season.

On Thursday Oct. 14th the Penrith League held a Seniors' Pot Luck Tournament; attending from Sedbergh were John and Philip Armistead, Margaret Chambers, David Wheatley and Alan Wilson. David was the top scorer, with Phil second; Phil lost in the semis, but David won and went on to win the final with Sheila Addison. So another fine performance from Sedbergh members. The senior members of the club have also

been competing in the Westmorland Badminton League; so far the first team have played Natland beating them 18 - 0. The second team triumphed against Strickland (16 - 2), Sedgwick (18 - 0), and Grange (11 - 7). So, the Sedbergh teams are doing well so far, but there is always room for more players of all abilities and degrees of commitment! So if any more seniors would like to come along on club nights to find out more, please come along, Mondays, 7.30pm Sedbergh School Sports Hall, or ring Mr. Mason on (015396) 20565.

### **MASONIC HALL SEDBERGH**

Interest is invited from individuals, clubs and societies with regards to the future use of the Masonic Hall as a public facility. Interest should be registered with the Yorkshire Dales National Planning Authority at Yorbridge House, Bainbridge, North Yorkshire DL3 3EE for the attention of Andrew McCullough, Deputy Head of Planning

### **Original Watercolour Paintings & Prints**

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*Delya M Randall*

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### **FARFIELD LUNCHEON CLUB**

In October we enjoyed lunch at "Meadowside" Café in Dent, in November we are going to Stonecross Manor in Kendal and in December to The Posthorn in Sedbergh for a Christmas Lunch. Details of times, and the cost of our festive meal and to book contact the organiser Sarah on 25212.

**SEDBERGH AND DISTRICT  
I N D E P E N D E N T  
TOURIST INFORMATION OFFICE**

Yes it is confirmed - the Tourist Office in Sedbergh will be run from next Spring by Sedbergh Book Town Ltd and it will be INDEPENDENT!

This means that although we will be trained by and contracted to SLDC and YDNP to give out information for the area, we can also do our own thing!

In this case OUR OWN THING MEANS - DO A REALLY GOOD JOB OF ADVERTISING ALL THE BUSINESSES OF SEDBERGH AND DISTRICT.

We want to produce new and COMPREHENSIVE accommodation guides which should cover a radius of

about 10 miles around Sedbergh. All types of accommodation are to be included whether its one B & B room or hotels or camp sites. In order to produce the necessary leaflets and information for the TIC we need to hear from **ABSOLUTELY EVERYONE WHO PROVIDES ACCOMMODATION !**

We will be having a series of meetings to explain and discuss how we are to work together on this. There will be a Public Meeting in the Peoples Hall at 2pm on Tuesday 2nd November and the first meeting will be at 2pm on Monday 15th November in the Community Office.

We also intend to produce -

- listings of restaurants and eating places of all types
- listings of leisure activities eg golf clubs, caving courses etc.
- listings of shops and craft studios and workshops
- listings of educational courses

Anyone who wishes to be included in any of the above should also contact us phone 015396 20034 evenings and answer phone

email - [cnagency@talk21.com](mailto:cnagency@talk21.com)  
post - 5 Castlehaw, Sedbergh LA10 5AJ.

Yes, there will be a charge for inclusion but it will be very small and just enough to cover expenses. We will also be putting all of the listed businesses onto the Sedbergh website and all of this will be linked to the International Book Towns websites and the Town Twinning websites.

**SO WE'RE WAITING TO HEAR FROM YOU, PLEASE HELP US TO MAKE THE TIC GENUINELY REPRESENTATIVE OF THE WHOLE OF THE AREA.**

\*\*\*\*\*

Settlebeck High School

**CHRISTMAS FAIR**

Friday 26th November  
5.30 to 7.30 pm



**Christmas Items**  
**Raffle**  
Homemade Crafts    The 'Green' Stall  
**50 pence stall**  
**Tombola Plants**  
**Home-Made Produce**

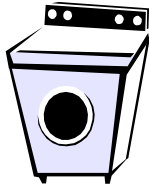


Admission: Adults 20p, Children 10p

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## **C J Elphick & Son**

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### **THOUGHT FOR THE MONTH**

Leaves changing colour and falling off trees. If a tree fell in the forest would anyone hear it? Are you dealing with a dilemma which seems impossible? Take a walk among the trees, feel the crunch of dry leaves under your feet, take time to think and time to remember, just take time instead of all the pressure and hustle and bustle. Perhaps the pressure is not all your responsibility but its so much part of your situation. Shed some of it just as the trees shed their leaves and prepare yourself for the new things which are just around the corner. If your car breaks down it could be fixed in 60 minutes, if your mind breaks down it could take months. Go on - take that walk. Just for you!

### **SPARE TIME?**

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COMMUNITY TRANSPORT SOUTH LAKELAND

### **SETTLEBECK HIGH SCHOOL**

Parents Online

If you ever shop online there is a new PTFA website which will contribute money to the PTFA absolutely free. The website is:

[www.buy.at/settlebeckPTFA](http://www.buy.at/settlebeckPTFA)

All you do is log on to this PTFA purchasing website. Click on which company you wish to purchase from.

You are then transferred directly to that company. You make your purchase as normal at exactly the same price as if you'd normally gone to their website. The company then give a percentage commision to Settlebeck's PTFA with a monthly cheque.

Two of our parents made some purchases as normal last month and immediately earned nearly £20 towards the PTFA for seemingly no effort!

It almost seems too good to true but it is real, it does work and it's simple. If you're an online shopper please check out the website and see how easy it is— this is potentially a great money spinner for Settlebeck.

#### Lottery

Settlebeck PTFA are starting a lottery to raise money for Settlebeck in September.

There will be one prize at the end of each term of £100. Payment is £15 per year (£5 per term) paid by standing order. There needs to be a minimum of 50 participants, and many parents have already expressed an interest. If you are interested please contact the school office.

And remember, the odds in favour of you winning are considerably better than any other lottery!

### BOOK GROUP

Is there anyone in Sedbergh who is interested in joining a Book Group?

The Book Town is interested in sponsoring such a group who would meet once a month to discuss a previously chosen book. We would like to have a meeting in November to choose the first book and to decide on dates and times of meetings etc. Janet Dodds and Stuart Manger have agreed to lead the Group though everyone will have an opportunity to put books forward and to speak. We hope as this progresses to offer the chance to "meet the author" and other exciting events. It would also be possible to have a junior branch of the group - is anyone interested in working with teens on this and are any school children interested in doing this after school hours?

Please let us have your contact details by: telephone 015396 20034  
email [cnagency@talk21.com](mailto:cnagency@talk21.com)  
post 5 Castlehaw, Sedbergh LA10 5AU

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e-mail: [info@dalesdusters.co.uk](mailto:info@dalesdusters.co.uk)

**Dales Dusters**

### ASSISTANCE REQUIRED

The Dent Oral History Project have been collecting local memories in local dialect by interviewing characters in Dent and Sedbergh. Quite a collection has been amassed and there is now assistance required in transcribing the spoken word into the written word.

If you would like to help on this valuable project aid posterity, please contact Anthea Boulton on 25321.

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### CUMBRIA IN BLOOM

The following result was omitted from the report published in last months *Lookaround*.

*Medium Garden*

Margaret Millburn

*Spedding House, Millthrop*

## People's Hall

*per session*  
Committee Room £6 (inc. heating)  
Main Hall (*daytime*) £9  
Main Hall (*evening*) £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

### SEDBERGH GALA GROUP

The Gala Group AGM took place on Monday 11<sup>th</sup> October. The Committee were delighted with the success of this year's events, but expressed concern about the lack of young adults and parents on the Committee and also about the difficulty in arranging the bonfire after the changes to the playing-field.

The Committee were pleased to make donations to Sedbergh Town Band, St. John Ambulance Sedbergh Division, Sedbergh Playgroup, the Dry Stone Walling Association, Caroline Haigh and Jessica Mason.

The Committee expresses its sincere thanks to all the generous sponsors who helped us to achieve this year's success and also all those who helped in other ways, particularly on Gala day. Thanks are also due to Carl Storer who retires after 6 years as Treasurer and we welcome Helen Diamond who has agreed to take over as Treasurer.

Finally a reminder about our future events: the Bonfire and Firework display takes place on Saturday 6<sup>th</sup> November and the Gala Committee gratefully acknowledge a donation from the "Lookaround" towards the cost of the 'final' firework.

The Children's Party is on Saturday 15<sup>th</sup> January and next year's Gala is on Saturday 21<sup>st</sup> May. RK

### BARNARDOS

The Sedbergh Barnardo's Helper Group wish to thank the people who supported their recent Coffee Morning.

Over £260 was raised towards the work of Barnardo's in Cumbria.

### FLU INJECTIONS

It's that time of year again...

If you are aged 65 years or older, or have diabetes, heart problems, asthma or any other serious medical condition we would like to give you a flu vaccination. Those over 75 years of age are also offered an immunisation against pneumonia. Please contact the receptionist at Sedbergh Health Centre for an appointment - either call in or telephone a receptionist on 20218.

### At the **Chair Workshop**

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

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### LADIES N.F.U.

*WANTED*—Ladies to join us for our monthly meetings, held at 7.30 pm on third Tuesdays, in the Committee Room of the People's Hall. We have speakers on various topics and enjoy social outings. We are a small friendly group who raise money for local charities.

Everyone Welcome

Our September meeting was the AGM. Avril Whittle came to update us on the progress of the Book Town. After the election of officers for next year, we shared a Jacob's Join supper.

If you would like to know more, come along or ring 20279.

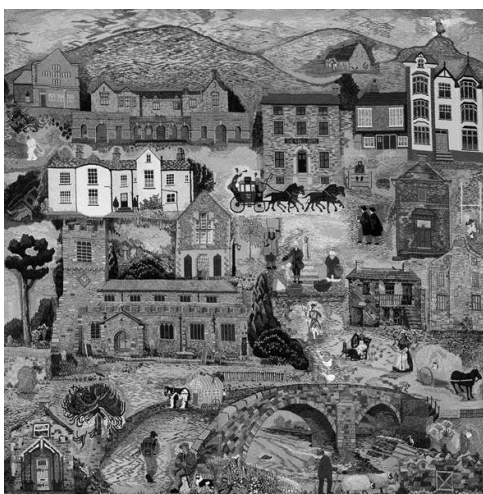
*Linda Killops*

## SETTLEBECK HIGH SCHOOL

### Farfield Art Exhibition

GSCE art work from last year's Year 11 is currently on display at Farfield Mill. This is a prestigious venue and a tribute to the quality of the work these students produced. If you didn't get to see it in school, do get along to Farfield to see it.

## SEDBERGH EMBROIDERY



The first panel of the Sedbergh Embroidery is displayed in the library and has been visited and admired by people from all over the country. We have sold nearly 2,000 postcards and 400 leaflets.

The Sedbergh Stitchers have decided to create a second panel and are keen to start work very soon. We all chose a piece we wanted to include and they have been incorporated into a design measuring 5ft by 3ft. We have no timetable to work to but, with the experience of the first panel behind us, we hope to make good progress in 2005. [www.sedbergh-embroidery.co.uk](http://www.sedbergh-embroidery.co.uk)

## SEDBERGH

### A DIFFERENT VIEWPOINT

I read with interest Carol Dawbarns view of Sedbergh in Octobers issue of *Lookaround*.

Sedbergh was my home town until 1958, I married in St. Andrew's Church and left, now living in Cambridgeshire.

I never forget Sedbergh and visit whenever I can, I still think it's the most beautiful place in the world.

Many changes have occurred. There were many shops, two Chemists, several sweet shops, a fish and chip shop, grocers, hardware, gift shop, drapers, hairdressers and a CINEMA. As teenagers we seemed to have plenty to do.

Dances on Saturday, a Youth Club in Settlebeck, a Junior Guild, a Sunday Night sing song after Church and much more.

I do hope that lovely town doesn't get too deserted and can manage to once again thrive.

*Cynthia Melleney  
neé Hutchings  
formerly of Thornsbank*

## POETRY & PINTS

Are there any over 18's in Sedbergh who would be interested in forming an informal club to read, write and criticise poetry?

The group would meet once each month in one of the pubs, lubrication being necessary to the creative spirit.

Please contact the Book Town:  
telephone 015396 20034  
email [cnagency@talk21.com](mailto:cnagency@talk21.com)  
post 5 Castlehaw, Sedbergh LA10 5AJ



### **MENCAP**

Joyce Woodhouse and Liz James (née Airey) would like to thank all who by sponsorship or donation helped them raise more than £2,500 for MENCAP when they competed in the Great North Run on September 26th. Thank you.

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### **SEDBERGH & DISTRICT ART SOCIETY**

October 7th was the first meeting of our winter programme.

Gill Aldersley of Ambleside was our guest speaker at the Masonic Hall.

It was a most enjoyable evening as we watched a winter landscape of Elterwater emerge during Gills demonstration of the use of water-colour.

Gill has been a professional painter and teacher for 30 years. She was most generous with her knowledge, we were treated to interesting use of a large brush. Her treatment of water and tree bark was a revelation and she was not only able to demonstrate her techniques but also to give an insight into the way her mind was working and her painting decisions were made.

The next meeting will be held on the 12th November when Tiana Marie, a member of the Lakeland Artists, will be showing slides and talking about 'Painting with Light'.

Visitors will be most welcome.

### **HELP!**

#### **WE NEED AN ORGANISER!**

The Sedbergh Talking Lookaround Group are looking for a volunteer to replace the current co-ordinator who is finishing in December. This is a very worthwhile job. The actual production of the tapes is well in hand, and will continue to be, with an excellent team involved. A co-ordinator is needed to keep an overview, deal with a few administrative details, and lend a hand when necessary.

If you think you might be interested, please contact me, Valerie Finch, on Sedbergh 21592, for an informal chat.

---

### **SETTLEBECK HIGH SCHOOL**

Brathay

Through the Rural Academy two pairs of students from Settlebeck (Year 8) and Sedbergh Primary (Year 6) took part in an exciting weekend of team-building and problem-solving from 1<sup>st</sup> – 3<sup>rd</sup> October. There are four more weekends to come for four pairs from Settlebeck and four pairs from Sedbergh Primary School over the next six months. Here is the reaction of one of the participants.

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### **TOMMY ROAD**

Dear Editor,

I wonder if any of your readers may be able to help me with a bit of local knowledge? There is a road which runs between Kirkby Stephen and Sedbergh which leads into Mallerstang and is referred to locally as 'The Tommy Road'. I have asked some of the regulars in my pub if they know the reason why and nobody seems to. Can any of your readers supply the answer?

*Gary Robinson  
The Golden Fleece, Brough*

### **SEDBERGH LADIES NFU**

At the Ladies N.F.U. meeting on October 19th, Mr. Jack Manning told us about his life in cockle fishing. He showed slides of his family and the changes seen, since his Grandfather's day.

There are many more people fishing now and using tractors. They are able to bring huge amounts ashore.

Our next meeting is on November 16th when we have a cookery evening with Ms. Pleasance.

Come along to the People's Hall Committee Room at 7.30 pm. If you would like more details ring Linda on 20279.



### **MK CONVERSIONS**

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### **CVS OUTREACH**

South Lakeland Council for Voluntary Service is providing a series of 'Drop-In' Surgeries in Sedbergh.

If you are looking for funding advice, information about training or advice on running a voluntary or community, come along to a 'Drop-In' Surgery which is held on the First Wednesday of every month in the Community Office.

For further information, contact Jane Johnson on 01539 742627.

### **AMENDMENTS**

#### ***BUS TIMETABLE PAGE***

Please note that from 1st November 2004, the timetable has been amended and the operator of bus 564 has changed which allows for other connections.

A full timetable is held in the Community Office and the new Sedbergh Tourist Information Centre.

#### ***BACK PAGE***

There are also a few amendments to the Surgery Times on the Back Page.

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### **DENTDALE METHODIST CHAPEL**

As always the building is open daily for visitors or for private prayer and at the back on the old bunker is a Prayer Board where requests can be pinned and will be remembered. The 'schoolroom' can be hired and is of course where the local GP holds a surgery on a Monday.

For those who find understanding our Circuit Plan of services a little confusing there are lists about all of the services just at Dent and any changes will be advertised in the glass-fronted box on the chapel wall. Many thanks to all who help and support the witness and life of the Chapel. Members and non-members, and of course you are very welcome to participate in any and everything which goes on. As we share with our Anglican friends with Pray and Share on alternate Thursday at 1.45 pm (Nov. 11th and 25th) we also join them with the Jacobs Ladder events for families in the Memorial Hall (Nov. 7th 3 to 5 pm) and look forward to sharing together during the Week of Prayer in January.

*J & SE Woof*



### **SETTLEBECK HIGH SCHOOL**

*Thanks to Students, Settlebeck Post 16 Informal Evening*

The evening gathering of ex-students and Year 11 school students was very successful with a wide range of careers paths being represented.

Jessica Mason, Sian Gilder, Chris Milburn and Jaime Dodd described their studies and activities at colleges. Scott Littlewood showed the work he is doing in his second year at college learning to be a chef, well backed up by his work at the Punchbowl, Crossthwaite.

With the growth in numbers taking up Apprenticeship schemes, we have increased the range of experience in this meeting, and Shaun Gardner provided really helpful information on how he made his choice to opt for work-based training rather than full-time college or sixth form. Clearly, this has been the right career route for him.

Sedbergh School, Queen Katherine, Kirkbie Kendal, Lancaster Grammar, Queen Elizabeth School, Wensleydale School and Kirkby Stephen 6th forms were all represented by very satisfied students. They are finding their new courses challenging and interesting and are enjoying the great social life in their new schools.

Our evening event was greatly praised by Connexions Advisor, Nicky Willan and I am grateful for her attendance.

Many thanks to Mr Trull for helping organise the evening and to you all for coming back and providing such valuable information and encouragement to our students. We really appreciate you giving up your time for us.

*Judith Walsh*

### **IT'S ZRECE IN SLOVENIA**

At the voting day at the People's Hall on Wednesday 6<sup>th</sup> October, the people of Sedbergh turned out to vote on the Twin Town they would like to Twin with. After five weeks of potential suitors from four European towns introduced to Sedbergh the people of Sedbergh now have had to make a decision.

The Four Countries were introduced to Sedbergh by I W C media as part of the Twin Towns series which is being made to be broadcast on BBC 2 in January 2005.

Sedbergh is set to be the most famous Twin Town in Britain!

The following towns we introduced to try to woo the people of Sedbergh into a Twin Town Relationship  
EYMET, beautiful historic town in the Perigord region of FRANCE.

ATHIENOU, lively town of dance and friendship in CYPRUS.

ZRECE, set in the breathtaking lakes and mountains of SLOVENIA.

SEEFELD, world-famous Tyrolean skiing resort in fabulous scenery in AUSTRIA.

After two years of planning, six weeks of intensive filming by the BBC, hours of heart-searching, Tuesday October 5<sup>th</sup> was when the lobbying had to stop, and decision time was in the hands of the people of SEDBERGH! And Zrece was voted the winning town.

More than 500 people turned out to vote Which is higher than the General election turnout

## SETTLEBECK HIGH SCHOOL

### GCSE and KS3 Results

Our GCSE and KS3 results were a cause for celebration this year and our year 9 and 11 students have done us proud once again. The results were:

Year 9 *National Tests*:

*Settlebeck Level 5 and above:*

English 81%

Maths 84%

Science 76%

*The National figures for comparison:*

English 68%

Maths 70%

Science 68%

*Settlebeck GCSE results were:*

5 A\* - C 66.7%

5 A\* - G 95.6%

1 A\* - G 100%

Average points 48

*National results in 2003:*

5 A\* - C 52.9%

5 A\* - G 88.8%

1 A\* - G 195.8%

Average points 41

As you can see Settlebeck continues to far exceed average national results and continues to be in the top 10—15% of schools in the county which considering our wide range of ability and inclusion policy is a great achievement. However, take note that the government will reduce all of our GCSE results because we have 3 students out of year in year 10, which the government insists in including in our figures and each counts as getting no results! A ridiculous system, which we continue to challenge.

### NOVEMBER GARDENING

The thing that I like the most about gardens in the month of November is that there are already signs of spring. Even when Hazel and Birch trees are showing their Autumn colours, a close examination of the twigs will show the new catkins all ready and prepared, and just waiting for the days to begin to lengthen. Similarly, Grape Hyacinth leaves sprout into exuberant growth in late Summer and stay fresh and new all through the coldest months.

A few woodland plants use the short days of winter, when deciduous trees have lost their leaves to do most of their growing. *Arum italicum* 'Marmoratum', a beautiful white veined form of the "Cuckoo Pint" produces its decorative

foliage in late Autumn and it stands bright and glossy all through the Winter. The Autumn Cyclamen, *C. hederifolium* also bears its marbled foliage after flowering in September and October. These plants contrast beautifully with the sword shaped leaves of evergreen ferns. Our native "Hard Shield Fern" *Polystichum aculeatum*, "Soft Shield Fern" *Polystichum setiferum* and the North American "Sword Fern" *Polystichum munitum* are three of my favourites. Add to these a generous sprinkling of Winter flowering bulbs; Snowdrops, Winter Aconites, Crocus and a few clumps of adventurous polyanthus or primroses and you have a recipe to take you through the darkest days.

*Elaine Horne*

## SETTLEBECK HIGH SCHOOL

### Twin Towns

Now the decision has been made and the town, like the school, have voted very decisively for Zrece in Slovenia. We are all delighted that these warm, genuine people were successful and we look forward to building close links with them. The next step is to make links with their local school and we hope to organise an exchange visit in the summer term.

Here are the reactions of a few of our students:-

Sedbergh was hosting twin towns and four countries took part. Each had four weeks to win the most votes. We had people coming into school from the countries. The cameras come into school following the people around. The countries were France, Cyprus, Slovenia and Austria.

After the four weeks each class got three votes then we voted for the town we wanted. The day before people put up signs and gave away stickers to get them

votes.

*Matthew Mudd, 8B*

I think the twin towning idea was great and a fantastic experience for all of us. The cameras were filming us for four weeks. All of the people were delightful and friendly. We had made good relationships with all them especially Zrece. Each town had a big festival the night before they left. These were great fun and gave us all a good feel of what it's like to live there.

All the towns were very nice and we enjoyed all of them visiting. I hope they enjoyed it as much as Sedbergh did.

*Elizabeth Thexton, 8B*

Sedbergh has decided it would like a twin and, with the BBC's help, that might just be possible. The BBC has got hold of 4 different towns and in 4 weeks each one will send people to England to visit Sedbergh.

In the first week Eymet from France came to visit but there was no one in the school because it was still the holidays.

In the next week Mariane came from a town in Cyprus called Atheniou. She made friends really quickly and could speak really good English. In the next week we had a break. Twinning is exhausting work! But there were still two more towns to come in the next two weeks. Zrece from Slovenia first. Ines and Taddy came and were really nice. Taddy was really friendly and did an assembly with us and all of the girls liked Ines! Last, but not least, was Seefeld from Austria. They sent a headteacher to follow around Mr Smith. It was great altogether but we can't help wondering "who will we twin with?"

*Hannah Scully*



ALL SAINTS CHURCH, KILLINGTON  
**ANNUAL  
TABLE TOP  
SALE**  
*Will be held on*  
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From 10 am to 12 noon  
**People's Hall, Sedbergh**  
*Refreshments Available*  
Tables Pre-Booked £5  
Tel: 015396 20553

**SOUTH LAKELAND DISTRICT  
COUNCIL CONCESSIONARY  
TRAVEL SCHEME**

The half fare bus pass (NoWcard) scheme is available to the following residents of South Lakeland –

- All Men and Women aged 60 or over
- Specific categories of disabled people – see separate information sheet.
- A Disabled Person’s travelling companion (Carer) – see below

*Travelling Companions (Carers)*

Disabled people are entitled to claim an additional half-fare bus pass (NoWcard) for use by an accompanying “Travelling Companion”.

This type of pass can only be used when a travelling companion undertakes a journey with the eligible disabled person.

The pass should be retained by the disabled person concerned and used by any single, accompanying companion.

Documents required for proof of disability

Either

An F69 card provided by Social Services Department

or

A doctor’s disablement certificate.

or

A letter from the Benefits Agency stating that you have been in receipt of Higher Rate Disability Living Allowance for at least twelve months prior to your application.

*Where can you get more Information?*

Strategy and Planning Department  
South Lakeland District Council  
South Lakeland House

Kendal, Cumbria LA9 4DL

Tel: Kendal (01539) 733333 – ext. 7351 or 7356

E-mail: [b.atkins@southlakeland.gov.uk](mailto:b.atkins@southlakeland.gov.uk)

*Concessionary Travel - Guidance for Disabled Persons*

a) Department for Transport – To be eligible for concessionary travel you will have at least one of the following disabilities:

- Blind or partially sighted
- Profoundly or severely deaf
- Without speech
- Disabled or has suffered an injury, which has a substantial and long term adverse effect on his/her ability to walk
- Does not have arms or has long term loss of the use of both arms
- Has a learning disability, that is, a

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state of arrested or incomplete development of mind which includes significant impairment of intelligence and social functioning

- Would, if applied for the grant of a license to drive a motor vehicle, have an application refused (otherwise than on the grounds of misuse of drugs or alcohol)
- Any disabled person claiming higher rate disability allowance – see (b) below.

b) Benefits Agency – (DLA 95 leaflet)  
To be able to claim higher rate disability living allowance –

- You will be severely mentally impaired with severe behavioural problems and you need help with personal care both day and night - OR
- You are both deaf and blind and you need someone with you when outdoors; you must have a large amount of hearing loss and sight loss.

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but you do not have to be totally deaf or blind - OR

- You can only walk a short distance before you feel severe discomfort – OR
- The effort of walking can be dangerous for you – OR
- You have had both legs amputated above the ankle or at the ankle, or you were born without legs or feet – OR
- You cannot walk at all.

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

STOP PRESS: You can register for NoWcard in the Community Office on Monday and Tuesday 1 - 2 November  
Monday and Tuesday 22 - 23  
November then ALL Mondays and Tuesdays thereafter.

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## CUMBRIA WILDLIFE TRUST OWLS

Driving home at night a large bird may sometimes be caught in your headlights as it crosses the road and disappears in a roadside wood. It can look surprisingly pale, so that you may think it is a barn owl. I wish it were, because there are now no longer any barn owls in the Sedbergh district: but it is more likely to be a tawny or brown owl. This is the owl you hear calling "hoo-hoo" across the valley on a frosty winter night, announcing its territory and answered by a female "kewick-kewick". The tawny owl is a woodland and nocturnal species which you may sometimes see in the daytime perched in an ivy-covered tree, beautifully camouflaged, and looking

down at you with its staring black eyes. They hunt by night largely on mice and rats but also on small birds roosting in a hedge or copse. They lay their two or four white eggs in a hole in a tree or old building. Fortunately they are still quite common in the district.

Sadly that is no longer true of the barn owl which has the ugliest and most quizzical face and the most beautiful plumage of any British bird. This is the screech owl which has often terrified someone walking home at night with its long-drawn out shriek. Why it has declined so drastically is not really understood but most likely it is the reduction of waste land due to drainage or more intensive farming.

Not all owls hunt by night. If you are

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driving along the Coal Road from Cowgill to Garsdale you may see a pale coloured owl quartering the moors or sitting on a wall top. This will be a short-eared owl, sometimes called a moor owl. It hunts for short tailed field voles and nests on the ground in a patch of old heather or a bed of rushes. Their buoyant flight is quite distinctive, so are their huge yellow eyes. This is a partially migrant owl of which there are only three or four pairs in the district and are a joy to watch.



Another daytime owl is the little owl which you are most likely to see on a wall top or perched in an old hawthorn

bush, bobbing its round little body at an intruder. It is not much bigger than a fieldfare and seems to prefer the lower fellside. It is not a native species but was introduced by Lord Lilford in Northamptonshire in the 1880s, and there are three or four pairs locally.

That is also true of the long-eared owl, which is a forest owl, preferring conifer plantations, and therefore locally very scarce. It breeds in old squirrel dreys, or old nests of magpies, carrion

crows or sparrow hawks.

The Trust would be interested in any sightings of owls in our area.

*Ingram Cleasby*

<u>Starters</u>		<u>Fish Dishes</u>	
Prawn Cocktail & Marie Rose Sauce	£3.60	Salmon Steak with Parsley Sauce	£8.90
Garlic Mushrooms on Toast	£3.10	Grilled Rainbow Trout	£8.90
Pate with Garnish, Toast & Butter	£3.10	Breaded Scampi	£6.30
Soup of the Day	£2.95	Breaded Haddock	£6.30
Egg Mayonnaise	£3.10		
Grapefruit Cocktail	£3.10	<u>Vegetarian Dishes</u>	
		Tropical Vegetable Curry	£6.30
		Stilton & Vegetable Crumble	£6.30
		Vegetable Lasagne	£6.30
		Mushroom & Nut Fettuccini	£6.30
		Broccoli & Cream Cheese Bake	£6.30
		Vegetable & Pasta Bake	£6.30
		Vegetable Tikka Masala	£6.30
		Macaroni Cheese	£6.30
		<u>Rice Dishes</u>	
		Chilli	£6.30
		Chicken Tikka Masala	£7.20
		<u>Salads</u>	
		Ploughman's Lunch	£4.90
		Cold Meat Salad & Roll & Butter	£5.90
		Prawn & Rice Salad	£6.30
		<u>Sandwiches</u>	
		Prawn with Marie Rose Sauce	£4.00
		Ham, Beef, Cheese & Tomato;	
		Cheese & Pickle or Salad	from £2.50
		Toasted Sandwiches	from £2.70
		Portion of Chips	£1.50
		Mixed Side Salad	£1.50
		Portion of Mushrooms	£1.50
		Roll & Butter	£0.45

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# Menu

**LEST WE FORGET**

Thomas William Rigg  
 Joseph Charles Bateman  
 Noel Bennett  
 John Charles Leighton  
 Thomas Kendall  
 Edwin Storey  
 Richard Houghton  
 Henry James Clemmett  
 Harry Lyddington Mason  
 Fred Teasdale Bushby  
 Robert Edward Seddon  
 Herbert Park  
 John William Foster  
 Samuel Lakin  
 George William Southerin  
 Stephen Edward Handley  
 George Armstrong Thompson  
 Harold Hardy Pearson  
 Walter Sanderson  
 William Eglin Armer  
 John Giles Stainton  
 Albert Brooks  
 Joseph Alfred Smith  
 George Burton  
 Thomas Birkett Stockdale  
 John Burton  
 Henry Booth  
 Thomas Cragg  
 Stephen Atkinson  
 Charles Leonard Chorley  
 Richard Winn  
 James Cragg  
 Charles James Sisson  
 Thomas Leighton Hall  
 Thomas William Clemmett  
 Joseph Gibson  
 Robert Matthew Fothergill  
 John Cyril Hindson  
 Thomas Edward Haresnape

\_\_\_\_\_ \* \_\_\_\_\_

Harry Willan Batty  
 Robert Wynn Hunton Carter  
 James Armistead  
 Anthony Mattinson  
 Thomas Dinsdale  
 Patrick James Nicholson  
 William Waller Dawson  
 William Bainbridge  
 Thomas Edward Handley  
 John McCarthy Johnson  
 Anthony Charles Pennington  
 Desmond Hayward Sidley Kay  
 George William Campbell  
 John Goth  
 Matthew Winn  
 George Noel Stainton  
 John Richard Greenwood  
 Charles Lewis  
 Albert Harrison Garnett  
 J.E. Harvey  
 William Norman Mounsey  
 Thomas Derrick Sedgwick  
 Thomas Robinson Sowerby

Two sets of names. So what !! The first group of 39 were Sedbergh men who never returned from World War 1 and the next group of 23 were the Sedbergh men who fought and died in the 2<sup>nd</sup> World War. Most of them were young men in their 20s with mothers, fathers, brothers

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and sisters, wives and in some cases, young children.

As a list of names, all of which are carved on to the War Memorial in the churchyard, they mean very little but I have photos of most of them and knowing what they looked like makes a difference.

For the last three years there has been a photographic exhibition in a shop window in Sedbergh of these men and some of their history. The Library, Leightons' Hairdressers and last year J. J. Martins have all had the honour of hosting the display, for which it is about time they were publicly thanked. At the time of going to press it is uncertain where it will be this year but if you happen to see it in a shop window at the beginning of November, stop and think for a moment and take a look at these Sedbergh boys who never returned.

Our collection grows each year but is by no means complete so if anyone has any information, photos etc. connected with any of these men we would be delighted to hear from them. Contact Shirley Tebay on 015396 25001 or Walnut Bungalow, Dent LA10 5QT or e mail [shirley.tebay@btinternet.com](mailto:shirley.tebay@btinternet.com)



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**1<sup>st</sup> SEDBERGH SCOUT GROUP**

*HELP! – any Leaders out there?*

The 1<sup>st</sup> Sedbergh Scout Group was established in 1973 and for most of that time has operated both a Scout troop and a Cub pack.

Since 1979 the Group has operated from the upper floor of 13 Kings Yard (adjacent to the Bull Hotel). The premises are now owned by the Group and we are well equipped and financially reasonably secure. We have a small but enthusiastic Executive Committee that administers the Group.

The Scout troop, whilst also small in number, continues to thrive but, as many readers will know, meetings of the Cub pack have been suspended following the recent decision of our Cub Scout Leader to stand down. A number of the older Cubs have been able to join the Scout troop, somewhat earlier than the usual age for membership, but this leaves a number of younger Cubs with no local pack to attend. Moreover, unless Cub meetings can be re-established there is a danger in the longer term that Sedbergh will no longer be able to operate a Scout troop. This would be a sad day after more than 30 years of Scouting in the town.

We would be delighted to talk to anyone with experience of Scout/Cub leadership (or anyone prepared to train as a Cub Leader) who would be interested in joining our Group. If you feel you would like to know more about what the role of a Cub pack Leader involves, please contact any of the following for an informal chat:

Bill Mawdsley (Scout Leader) - 20723

Jim Atkins (Chairman) - 20031

David Beare (Secretary) - 21339

**SEDBERGH TOWN  
TWINNING GROUP**

*Observations ref Voting Day*

Champions and teams worked fantastically hard on day for 12 hours, some non-stop. There was a buzz of excitement in the hall literally all day. Their energy was a huge feature of the success of the run up and on the day itself.

Each corner set up its stall with great colour, initiative, innovation (including child labour!) friendly rivalry, some exceedingly good nibbles and succulent bribes, and even some passably good Greek dancing! Still left excellent room in the middle of the floor for good passage. Free movement of people. BBC display boards were immensely useful as were those borrowed from St. Andrew's

Videos worked well, but some needed coaxing from time to time. Videos were widely watched again and again.

Laptops were cleverly used with PowerPoint presentations / CD-ROMs.

Christian Aid / Churches Together refreshments were delicious and the team worked tirelessly all day, and took £170+ . Sitting out area provided down that end was well used and very good for quiet reflection, gossip and good meetings.

TV coverage was efficient and discreet, and most people were so used to having team around that no-one took a lot of notice but simply got on with whatever they had to do. Should have made for some great footage.

Press were well catered for: press release had gone out the night before, and there was instant response. BBC Look North, BBC Radio Cumbria, Dales / Fresh FM, Westmorland Gazette all included items on bulletins / called / interviewed individuals at one time or another on an off all morning.

Weather: despite gusty squally heavy rain, gales / brilliant patches of sun and chilly temperatures, in typical stoic fashion, Sedbergh folk got out in terrific

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numbers. About 500 adult votes and some 35 school votes were cast. Someone said that more came out for this than for local elections!

Electorate: very heartening to see pretty senior and very young represented/ participating. Parish council members, local clergy, fire service, police, farmers after a hard day, commuters in late afternoon, grandmothers who bought in grandchildren, Settlebeck School reps, CCF Band @ Sedbergh School reps, the very long time residents in the area and those only newly moved in. As an experiment in local democracy, it could hardly have been bettered.

Perhaps the most terrific thing must be that after Garth Steadman's mighty efforts and the committee to get this show

on the road two and more years ago, in the event this was campaigning, voting etc largely taken over and run by the folk of Sedbergh. I think the committee should feel both relieved and proud that their town really stood up and THEN took on the baton in their own way. If we play things right and harness those energies, the next CRITICAL STAGE of generating events immediately after the TV series goes out and on into the Spring and Summer to develop this initiative will be widely and enthusiastically based involving Chamber of Trade, Parish Council, Parochial Church Council, Booktown, all Churches, Music, Drama, sport etc. I think we need to remind ourselves that in a way, this is only the first innings of a long match! *S Manger*

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### THE ARCHERS

*and Homoeopathy*

So what has this Radio 4 soap got to do with the system of medicine known as Homoeopathy? "Archers" listeners will have recently been following the story of Helen Archer as she plunged into a serious eating disorder following the tragic suicide of her partner Gregg. Her deep grief had very serious health consequences for her both on a physical as well as an emotional level. Whilst listening to her unfolding story (I am an avid fan myself) I was struck yet again by how helpful homoeopathy would have been for her in the situation in which she found herself.

When the majority of people think of Homoeopathy (if they think of it at all)

they tend to see it only in the light of treating physical complaints such as eczema, skin conditions, irritable bowel syndrome, allergies, headaches, menstrual disorders etc. for all of which it is eminently suitable and effective.

However what is not generally appreciated is that the use of Homoeopathy is equally appropriate and effective for the treatment of emotional and mental conditions whether chronic or acute. For centuries now Homoeopathy has been found to be particularly helpful in treating for example:

- Panic Attacks
- Grief and Sadness
- Depression
- Eating disorders
- Addictive Behaviours

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together with the physical consequences which often tend to flow from these mental and emotional states (as in the case of Helen Archer).

Homoeopathy also has the added advantage that because miniscule dosages are used there are not the same side effects that often result from the use of conventional drugs. Of course, Homoeopathy is complementary as well as alternative medicine and can be used alongside other more conventional treatments as well as in substitution for them. All treatment is patient-led and aims to address the individual, himself or

herself, and not just the symptoms of the disease or illness. That is it seeks to heal the cause.

Because it is holistic in approach the Homoeopathic practitioner often gives dietary, exercise and life-style advice alongside the prescribing of Homoeopathic medicines. Consultations can take an hour or more as there can be an element of counselling involved which is also very supportive for those presenting with emotional or mental conditions.

There is a Homoeopathic Clinic in Sedbergh every Friday morning at the Masonic Hall between 9.30 and 12.30. If you want to know more or to discuss anything about this article please do not hesitate either to come along to the clinic or to telephone either Denise Williamson (20846) or myself (20648).

In the meantime let's hope that Helen comes through her crisis with or without Homoeopathy!

*Ian McPherson*

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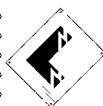
### FAMILY MUSINGS

At last I can come clean and tell you the real reason we plan an extra Christmas Day, because when the real one comes along the girls will be having a bar-b-que on the beach in the glorious Australian summer. Honestly, the lengths those two go to escape me! Am I really so bad? Probably best to not ponder too long on the answer to that, just as I refuse to be negative at all about this trip my daughters will make to the other side of the world, of course I am going to miss them, of course I will be worried about them but I will have all this new knowledge and information about the places they visit the things they do and Wow what a homecoming I can plan for them!

After our Christmas lunch and then tea at Grandma's, just like on the real Christmas day, it will be off to the local bonfire at church bridge, so if I seem a little confused or even emotional please don't blame my hormones, it will be those heart strings getting stretched again.

Son and girlfriends pressie of a kitten arrived in September and she is a real live-wire, they decided to keep a tight rein on my choice of a name for her and eventually we decided on Mitts because other white mittens on her paws. Younger daughter has spent ages trying to teach Mitts her name and introducing her to the big outside world. She loves going to sleep up the sleeve of my coat. Mitts not younger daughter.

Once when I was a small child I somehow got stuck right in the middle of a big prickly bush in the garden and Dad had to cut it to get me out, I have hated that bush ever since and soon it will be gone for ever just one of the small but



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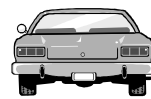
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significant changes which will happen when this home my parents had built for them in 1937 and which they so dearly loved really does belong to hubby and me! Look out for those flags.

The girls fly out from Manchester on Nov. 7th first stop out in the Far East then to Perth and then to Sydney just before Christmas and then working out in Australia for a year as are countless other young people, but this time they are mine, ours, and somehow that makes it different, and on New Years eve as we watch the lights at Sydney harbour bridge on our tv it will be knowing that our two darling girls are seeing it all live and real.

Yes, those heart strings are getting well stretched this year, all the way from January to December! Happy memories were re-kindled last month when I took a trip back 30yrs and went to a reunion at my old school, noone else there from my year but two from the year above and three from the year below so plenty of.. "do you remember.." and "when I was here this was the music room/dinning room/common room/etc" lots of changes but? there is no getting away from change however much I often wish there was! Enjoy your bonfire celebrations.

## SETTLEBECK HIGH SCHOOL

### Year 7 Residential to Derwentwater

On Tuesday 21<sup>st</sup> September our Year 7 students and various members of staff headed to Derwentwater Youth Hostel for our annual residential.

The students very quickly gelled as a group as they moved from one activity to the next during the 4 days and, despite the rain, spirits weren't dampened and a good time was had by all.

*R Buxton, Head of Lower School*

The best things about Derwentwater were the climbing wall and the food. It was great fun.

*Tom Coates*

In the YHA ground there was a big waterfall; it was really picturesque. There was also a football pitch, but it was a bit too wet for us to play.

*Sam Bolsher*

We had really good fun when we went swimming. I ripped my shorts when I went down a slide but had really good fun! The best bit of all was getting wet with the wave machine – it was fun.

*Cai Roberts*

All of us had a really good time and liked all the activities. My favourite activity was the abseiling but all the activities were great fun.

*Robin Littlewood*

My favourite thing at Derwentwater was abseiling, which we did at the crag called Castle Head. I did it three times and I really enjoyed it!

*Clare Thompson*

At Derwentwater we went on a night hike; it was really fun. At the top of the hill everyone turned their torches off. We also went to the climbing wall in Keswick and it was great. There were

lots of different walls to climb. I loved Keswick Spa as well.

*Rose Bannister*

I liked rock climbing the best because I learned how to do belaying and I did it for everyone. I also got to the top of the climbing wall which I was proud of.

*Katie Hoggarth*

My favourite activity was the swimming pool because the slide was really fun and the wave machine was excellent.

*Hannah Smith-Saville*

My favourite thing we did was the night hike. We set off up the hill at about 9.00pm till we reached the top, then we switched the torches off. It was a brilliant view. I thought Derwentwater was wicked. I would go again if I could.

*Emily Armitstead*

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## **SEDBERGH PARISH COUNCIL**

From the minutes of the meeting held on 25th August.

### **Matters Arising**

*Bench On Main Street* - Lookaround has made a very generous offer to donate a replacement bench for Main Street.

*Tennis Club* - Cllr Hopkins confirmed that the tennis club was open for use by anyone, not just club members. Also they were hoping for a lease of at least 10 years to enable them to get funding.

*Skate Boarding* - It would be very expensive to set up skate boarding facility and beyond the means of the Council. It was suggested that if the Skateboarders wanted a park they would have to follow the example of the Playgroup and set about fundraising. It was agreed to raise this with the schools.

### **HIGHWAYS**

We have been advised that Fairholme is due for complete resurfacing and the work is at present out to tender. (Now completed)

There is a bad pot hole outside Hylands, Howgill Lane.

The hedge on Station Road by the all weather pitch needs cutting.

There was a discussion about the

dangers of parking on the brow of Loftus Hill. Neither the highways department nor the police are in favour of further restrictions on parking here.

There were various complaints about parking on the road after a recent fell race, also litter was left on the fell. This will be brought to the attention of the organisers next time they request permission to use the field.

### **FOOTPATHS**

The sign above the old co-op looks dangerous. SLDC will be asked to attend to this as the shop is empty at present.

### **PLAYING FIELDS**

It is hoped that construction of the new equipment will begin at the end of September and it was agreed that we would pay for the Planning application for the playground equipment which had been submitted in the name of the Parish Council. We will continue with the monthly inspections of the equipment but the insurance situation will have to be clarified. The equipment may not be covered under the Parish Policy.

The Gala group has asked permission to hold a piano smashing competition as part of the Town Twinning. This was agreed.



A hole has appeared where the cable down from Havera was laid by United Utilities, they will be asked to attend to this.

#### OTHER BUSINESS

*Community Office* - A request for funding for a hanging system for paintings was declined in view of the considerable funding we already give the office.

*Recycling Facilities* - These take up valuable parking space and it was agreed that we would support a move of this facility to say the Auction market.

*Town Twinning* - It was agreed that we would be willing to pay for framed photographs for presentation to the visiting towns.

*Morris Dancing* - We would have no objections to a troupe performing in the Main Street next year.

Planning applications were considered as follows:

- FPP new window opening at 41 Woodside Av *No objections*
- Location 2 antennae on existing tower and resurfacing track, Joss Lane Sedbergh *No objections*
- FPP change of use to residential house to form two 3 bedroom

dwellings, three 2 bedroom apartments and two 1 bedroom apartments at Beamsmoor, Garsdale Road. *No objections*

- FPP erection 2 storey extension to form 24 single study bedrooms at Robertson House, Sedbergh School. *No objection but window required in left hand wing to balance with the other wing.*
- FPP erection residential development consisting 1 detached and 5 terraced houses at the Former Aqua engineering site on Guldrey Lane. *We would have no objections if a suitable industrial site on the outskirts of town could be developed, but we do not want to loose an industrial site. If permission is given all the terrace should be given for local full time occupancy. Also concerned about parking and access.*

Planning decisions were received as follows:

- FPP subdivision and alterations to create additional dwelling at Town End, 96 Main St. Sedbergh *Granted*
- FPP installation of Solar panel at Woolly Place, Millthrop Mill, Sedbergh *Granted*

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**SEDBERGH & DISTRICT  
BEEKEEPERS' ASSOCIATION**

On Saturday 2<sup>nd</sup> October we held our last apiary visit of the 2004 season at Kevin & Julie Seward's new apiary at East Mostard in Garsdale. Thirteen members reviewed the essential preparation of each colony of bees in the apiary for the winter ahead, to ensure as far as possible that they will emerge strong and healthy next spring to start gathering our 2005 honey crops! This was summarised as a healthy queen and colony (free of the varroa mite and other threats to their health), sufficient food (in the form of honey/sugar syrup and pollen) stored in the brood chambers to last until the first spring flowers appear, protection from weather (particularly from water getting into the hive), and protection from predators such as mice, green woodpeckers, and possibly, badgers, all of which can destroy both hive and bees! We discussed the key steps and timing to achieve all of these measures, which when complete, mean the bees and the beekeeper can look forward to six months of peace and quiet! (We do "heft" - judge the weight - of each brood chamber regularly during the

winter months to check that the food is not being consumed too quickly, and many beekeepers give their bees a Christmas present of a little soft, bakers', sugar fondant to show the bees that they have not been forgotten!). Julie and Tiffany provided *us* with a very tasty spread of refreshments to complete the visit. Many thanks from the committee to Kevin and Julie and to all the new members that have hosted such successful apiary visits this year.

A record twenty-two members and guests attended our 4<sup>th</sup> Annual Honey Show on Monday October 18<sup>th</sup> in the People's Hall committee room, and all agreed that it was again the best so far! Many thanks from the committee to all who entered, a record number of sixteen members staged thirty-nine entries in the ten classes. Many thanks yet again to Bill and Marion for doing all the hard work organising the event, to Vic and Jane for building and setting up tiered shelving for all the exhibits in the kitchen annexe, to Tommy's daughter Diane for providing freshly baked cakes for our refreshment, and especially to Julia Hoggard and Rachel Blocksidge of Kendal & South Westmorland BKA, this year's judges, for

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Class	Entries	1 <sup>st</sup> Prize	2 <sup>nd</sup> Prize	3rd Prize	Highly Commended
1 Clear Honey	14	Vic Hopkins	Bill Smith	Jane Timshle	
2 Set Honey	2	-	Vic Hopkins	Malcolm FU	
3 Cut Comb	2	Bill Smith	-	-	Jane Timshle
4 Frame of honey	3	Kevin Seward	Vic Hopkins	Malcolm FU	
5 Novice class	3	Mary Eglin	Kevin Seward	Enid Hastings	
6 Wax products	1	Marion Smith			
7 Bottle of mead	1	Bill Smith			
8 Novelty item	3	Jane Timshle	Malcolm FU	Vic Hopkins	
9 Honey cake	7	Marion Smith	Wendy FU	Mary Eglin	Julie Seward
10 Honey biscuits	3	Wendy FU	Anthea Rogers	June Tallon	


all their efforts and encouragement. While Julia and Rachel were closeted away doing the judging, our Chairman, John Tallon, led an impromptu "question & answer forum", which brought much laughter as well as serious discussion of current beekeeping problems. The official results are listed above:-

Congratulations to all twelve prizewinners, especially in the novice class. The judges commented that the quality of the entries in the novice class was high enough to have won prizes in the main honey class. Our Chairman, John Tallon thanked the judges for their full and constructive comments that helps us all, but particularly to those showing for the first time.

Our next meeting, the last of 2004, is at 7.30pm in the committee room of the People's Hall on Monday, November 15<sup>th</sup>. The meeting will discuss and set the programme of events for 2005. 2004 has been a record year for the club in every

respect, so it will be a difficult one to follow! Do join us if you would like to learn more about this craft, one of the few that goes back to pre-history! *We* may have changed, but the bees haven't.

*Malcolm Fraser-Urquhart*



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### OPEN FORUM

Summary of the meeting held in Dent Memorial Hall on 7th September.  
*The work of South Lakeland Carers and the Family Support Project*

Brenda Sykes explained that the association was established to support Carers by giving practical advice and help and by listening. The group also support young carers. There are local support groups for carers where as well as providing support to each other, speakers are invited to attend. The group also organises social events - going out for meals and trips out for the carers and cared for. In the event of an emergency, SL Carers have produced a container which can be placed in a fridge,

containing essential information about anyone being cared for. An alarm service is also available. South Lakeland Carers also organise volunteers to help carers - by providing a 'sitting service', or by helping out with shopping, gardening etc. A newsletter is produced every 2 months; and 'Friends of South Lakeland Carers' do lots of fundraising.

Sara Woof, a Family Support Worker helps to give respite care and support to carers and also helps with the young carers group. She also helps families with shopping and outings.

SL Carers can be contacted on 01539 732927.

#### *Area Transport Plans*

This plan is a 5 year statutory document

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Friday 12th November	Friday 10th December	Friday 7th January

which sets out how the County Council and partners will address the issues of road safety, cycling and walking, journeys to work and school, public transport, road traffic, highways improvements, accessibility, parking and freight. A full public consultation on a draft of this plan will take place in Winter/Spring 2005. To identify the key issues in the Forum area for the initial development phase, those attending the Forum were given a questionnaire to complete. Further copies of the questionnaire are available from the Area Support Office in Ulverston.

*Update on the Yorkshire Dales National Park Authority Information Centre in*

### *Sedbergh*

Dianne Whitehead reported that in March 2002 the Yorkshire Dale National Park Authority took a decision to close its national park centre in Sedbergh. Since then the decision has been deferred on two occasions in light of possible emerging developments in Sedbergh, this deferral allowed officers to fully investigate alternative solutions to closing the National Park Centre. The situation to date is that Sedbergh Booktown Group is currently trying to access funds in order to rent the space currently used to operate the national park centre. The Booktown group intends

*(Continued on page 54)*

to work with SLDC to provide a networked Tourist Information Centre. SLDC and YDNPA will provide support and funds to assist this project. The National Park Ranger and the Planner will still be based in the new facility. The National Park Centre will close to the public on 31st October 2004. For further clarification please contact Julie Barker, Yorkshire Dales National Park Authority on 01756 752748, e-mail:

julie.barker@yorkshiredales.org.uk

Carole Nelson of the Booktown Group reported that Rural Regeneration Cumbria has provided funding for a booktown manager and for marketing the project and Sedbergh as a whole. This funding will be spread over three years starting in December 2004. The group anticipate that the book centre will open in Spring 2005 with space for up to 10 dealers. Bookcases will be available to rent at £45 per month + 10% commission on sales. Carole also reported that the

BBC are currently in Sedbergh making a docu-soap about the town and district and about efforts to twin the town. The programme is scheduled to be shown on BBC2 in January.

#### *Neighbourhood Forum Grants*

The following grant was awarded:

Casterton Village Hall                      £931.00  
(towards new cooker)

The grant application from Kirkby Lonsdale R.U.F.C. was deferred to the November meeting.

#### *Open Forum*

Avril Whittle of the Community Offices in Sedbergh talked about the service they provide; including the issue of car parking permits; regular CAB surgeries; pension advice and planning appointments. They have lots of information and provide a reading room where people can browse. There is a computer for the public to use but there is no internet access; the community office is fund-raising by selling good quality 2nd-hand books to try to provide this facility. Avril added that the meeting room is to be re-painted to display local artists work.

Concern was raised about the misleading cycleway signs at Gawthrop. Dianne will look into this and report back at the next meeting.

The loss of Beamsmoor care home was raised and it was asked if a representative from Cumbria County Council's Social Services Dept could attend a future forum meeting to explain their role in providing long-term caring facilities. This was agreed.

Following the meeting at Garsdale in March thanks were given for the prompt cleaning of road signs in the area.

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### **SEDBERGH AND DISTRICT HISTORY SOCIETY**

The new season got off to a very good start on Wednesday 6<sup>th</sup> October with a talk by Dr Alan Crosby, entitled *Kendal to Krakow, Preston to Prato: NW Towns and the European Dimension*. Alan is a well-known figure in the field of local history. Not only is he the editor of *The Local Historian*, the country's leading journal on the subject, but also a highly-regarded teacher and lecturer, as well as the author of almost thirty books and many articles. It is a measure of the popularity of Alan's talks in the region that unless you book early, it is unlikely that you will get a seat! Therefore it is not surprising, that those of us, who braved the wind and the rain to hear him, were richly rewarded with a fascinating and thought provoking address.

In his introduction, Alan stressed the need to place local history in a wider context, particularly in the mediaeval period. He suggested that one fruitful way to do this was to look for common ground between the towns of the North West and those in other parts of Europe. Through a collection of attractive photographs, similarities in various European towns and cities were explored.

We were reminded that in the Middle Ages it was common for the siting of churches and cathedrals to symbolise the power and influence of the Church. Alan illustrated this with a photo of St Andrews where the town buildings are overlooked by the main church. In Krakow, Poland, the situation was different. Located in the centre of the town is St Mary's Church, where civic

ceremonies took place, but outside the town centre is the cathedral, which was attended by the royal family. Obviously, the power of the church was being used here by two competing groups.

Alan also gave examples of how European towns constructed buildings in order to impress their neighbours. For instance, the inhabitants of Lucca, in Italy, set out to display their superiority to their near neighbours in Pisa, by building a splendid cathedral. However, they could only afford to complete the elaborate façade, and had to complete the project in a much simpler style.

We were shown examples of how castles all over Europe were built as the power bases of kings and nobles, but often in a position to give protection to nearby towns. A photo of Warkworth castle illustrated this very effectively. As trade developed, the wealth of merchants contributed to the erection of guild and market halls. Market places became the focal points of towns, and can be seen all over Europe.

In conclusion, Alan showed a series of maps, in which the planning of towns was clearly indicated.

Some of them, like Chester, were based on a previous Roman grid of streets. Other maps showed how mediaeval town planners maximised available space by constructing houses fronting the main streets on long narrow plots. Other town plans were dictated by features of the landscape, particularly rivers.

All in all, this was a very absorbing talk, which gave a new and interesting perspective on the North West.

*J. Leigh*

### WOMENS CHARITY CAR PULL

On Sunday 26th September twenty two of the local women set out pulling Toddy's gas van and himself 5.5 miles from Dent to Sedbergh. Despite all the jokes and gags during the build up to this feat, I think the lasses even surprised themselves how fast they went. The sleeping bags, tents, flasks etc., were never needed for what some lads had guessed 3-4 days to pull it. The ambulance, mountain rescue and air ambulance plus six lads on standby were not needed by this crew. The speed they set off Toddy had to wind his window up as his hair was blowing all over the place and obstructing his vision. Truthfully for all the folks who guessed the time it would take, 90% guessed over 2½ hours. So for the lasses to come home in 1 hour 42 minutes 15 seconds was unbelievable. The £50 winner was Roger Keighley with 1H 43M 15S, just beating Dave Stainton. A big thank you to Roger who donated the money back into the pot and thanks to everybody who guessed at the time.

Thanks to Toddy, Tom Moff, Mike Packham, Dave Brooks, Keith Kirby, Bill and David Crawford, Sandra Longlands, Grace Crawford and Nicola Bentham and

all marshalls. Harry Packham and Elidah Sproul our mascots. Thanks to Dent Craft Centre, The Green Door, Spar and Don and Janets Newsagents for sponsoring the refreshments. Thanks to all who supported us on the day, plus the BBC for donation and filming it. Also big thanks to Steve and Allison, staff at The Bull Hotel for the buffet and everybody for the donations. Biggest thanks go to Margaret Hall, Linda Wearing, Sue Park, Lorraine, Angela and Fiona Kirkby, Jean Cope, Sally, Eleanor and Angie Cowin, Julie Storey, Trish Woof, Siobhan Stainton, Kate Thexton, Nicola Sproul, Jackie Telfer, Jackie Holton, Pauline Marshall, Kate Tebbit, Philippa Prall and Ruth Postlethwaite, the car pullers, who were brilliant. Approximately £932 was raised to be shared between the towns' Playgroup and Zebras.

On Sunday 29th May 2005, I am putting together a team of lads to pull a car/van from Hawes or it has been suggested 30-40 lads to pull a 7.5 ton JCB from Devils Bridge to Sedbergh, (a decision will be made soon). All monies raised to be shared between Playgroup, Zebras and the late Jackie Wilson Breast Cancer







Appeal Fund. I have 16 lads already, including five from Jackie's remaining close family. This event will be followed by a Family Fun Day in the Bull Hotel beer garden with events being planned. Anyone wishing to sponsor the £50 guessing the time prize please contact me.

*Caspa*

### SKATEBOARDING

At present there are no facilities for skateboarding in town although there are lots of skateboarders. The Parish Council has considered the possibility of a skateboarding area in the town, perhaps on Howgill Lane Playing Fields. The cost would however be considerable and fund raising would be needed but as can be seen by the wonderful results achieved by the Playground group this is not impossible. If anybody is interested in forming a group to raise funds they should contact either Dorothy Blair, Parish Councillor, or John Stanton (tel 20901). If there is sufficient interest we can then put together a fund raising group.

*John Stanton*

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**SETTLEBECK HIGH SCHOOL**

*Successful Learner Courses*

In July Year 9 had their Successful Learner Camp on Settlebeck school fields and at the end of September Year 11 had theirs at the Great Tower Campsite, Windermere. On both occasions we used Corporate Adrenalin, a company that specialises in team-building activities, to run a half-day course focused on problem-solving. These activities were filmed by the BBC as Mr Groessl, our visiting Austrian headteacher, joined one of the groups.

The Year 9 group included shelter, coracle and bridge-building, African drumming and a midnight hike over the Howgills from Cautley Spout.

The Year 11 course was focused on

revision and exam technique with lots of time for fun, music and hanging out with friends. Both courses also included an Italian restaurant meal and a cinema visit.

A good and valuable time was enjoyed by all and each group bonded very well, which was a major objective of each course and a feature of life at Settlebeck.

Here is a flavour of the students' reactions:-

My best experience in the whole camp was playing the trust games and tactical games. I saw another side of people which I never knew.

*Harry Britton Yr 9*

I really enjoyed making the boats and watching them being sailed as it was funny. We worked well in our teams and my group came first, it didn't sink.



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\* **Intermediate Digital Imaging:** A 10 week course on how to use a digital camera and scanner, and how to manipulate your images using Photoshop. Leads to a module of the CLAIT Plus qualification.  
\*\*\*\*\*

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**Tel: 015396 21031**

Afterwards we pushed them down the rapids and had a really good time swimming in the river. Overall the camp was great fun and we all got to know ourselves and our mates better.

*Rebekah Sutcliffe Yr 9*

All of the year group tried hard with new experiences. Everyone put in lots of commitment as a team. This camp made me feel more confident in myself and I think the rest of the year group will feel the same. Apart from getting soaked it was a good laugh and I recommend it to the next Year 9.

*Anthony Amos Yr 9*

The Year 9 camp was great. I had a really good time, I really enjoyed it when we played the night-time football match, the building of the boats was great fun as well as we all got wet in a huge water fight after.

*Nathan Critchlow Yr 9*

I know people better and I know myself better. It will help me work better as a team. The camp helped us to bond and work together more as a year group.

*Emma Mason Yr 9*

I enjoyed going on the night walk, especially when it got dark. Once we got high up the views were great and it was a brilliant experience, something I'd never done or will probably never do again.

*Alice Sutcliffe Yr 9*

I found the residential trip a valuable experience. It gave me more confidence in revising for my GCSEs, but most of all it was the last time I got to spend time with my year group. I enjoyed our trip and learnt how to make cups of tea, especially for Patrick.

*Yr 11*

We had time to grow closer as a group and we have bonded even more. The trip

gave you a lot of responsibility and I enjoyed it loads.

*Emma Rowlinson Yr 11*

The residential was a fantastic opportunity to prepare us for our GCSEs. The motivation we were given has made me more determined to do well.

*Cally Steadman Yr 11*

I think the Corporate Adrenalin activities were very helpful and I got to work with people that I normally wouldn't have!

*Yr 11*

I found the residential really useful. I learnt a lot about how to manage my revision and how to break it all down. I would definitely advise the Year 10s to go next year, it was really good fun at day and night. You even learn how to power sleep!

*Kim Stafford Yr 11*



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### PHOTO CALL

The feedback for last month's photos was a little disappointing although I had an interesting call from Kitty Howard who is sure that the missing name on the Settlebeck Photo was Ian Tomlinson. I beg to differ and think it is more likely to be his older brother William. I vaguely remember both brothers. Their father was the Postmaster at Sedbergh.

Colin Cowperthwaite was able to supply some names for the Home Guard Photo. I was told that it was Garsdale and Sedbergh but Les Robinson who also phoned thought it unlikely to be Sedbergh as he didn't recognise anyone apart from one person. So the general consensus seems to be that it is a photo of Garsdale & Grisedale Home Guard.

I also had a call from Derek Hoggarth in Kendal about an earlier photo and thanks to Christine Woof and an anonymous gentleman who gave me the name of one of the girls from c1968. She was Dorothy

Adams.

My grateful thanks as ever though to all the callers. Forgive me if I have omitted any of you.

This month I have a photo from Cowgill 1945/6 and one from Dent Primary 1947.. with apologies to Ivy. Both these photos were kindly sent to me by June Pickles nee Cragg. On the Cowgill photo she has carefully cut herself out of the photo hence the hole. I have her permission to give an explanation. Apparently her dad was in the habit of cutting their hair and just before this photo was taken he had cut June's hair but being unable to get it right had continued cutting until the poor girl was almost bald.

June has supplied as many names as she could remember and the 1947 one is just short of one name.

#### Cowgill 1945/6 Names

##### *Back Row*

Miss Wilkinson, Clifford Shearer, June Cragg, Jean Cragg, Joan Stanley, Tony



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and Cynthia "Taylor"? .... ( I assume June wasn't sure about the surname)

*Middle Row:*

Derek Parkinson, Stanley Cockburn, Norah Oversby, Gwen Bentham, Mary Gardner, Betty Stanley, Joyce Alderson, Joan Alderson, Olive Ward.

*Front Row:*

Malcolm Raw, Kenneth Ward, ? Ward, Billy Ward, Desmond Cockbone.

## 1947 Dent Names

*Back Row:*

Norman Handley, David Gardner, David Burton, Kenneth Cragg, Raymond Winn, Alan Dodd, Derek Hoggarth, Harold Goad, xxxx, Lewis Goad

*Middle Row:*

Ennis Hodgson, Freda Greenbank, Margaret Bradley, Betty Capstick, June Cragg, Bell Ellis, Jean Cragg, Margaret Heigh, Freda Benson, Margaret Capstick

*Front Row:*

Jack Winn, Michael Hoggarth, Eileen Staveley, Kathleen Bradley, Elizabeth Winn, Dorothy Heigh, Ivy Middleton, Maurenn Raynard, Gerald Hodgson, Brian Sanderson, Dennis Mason.

Please contact me as usual at Walnut Bungalow, Dent, Sedbergh LA10 5QT, by phone (015396) 25001 or by e mail [shirley.tebay@btinternet.com](mailto:shirley.tebay@btinternet.com)

*Shirley Tebay*



### ALEXANDER TECHNIQUE

In our area there is a very good selection of complementary therapies available. To my knowledge, in addition to the mainstream NHS provision, we have: acupuncture, aromatherapy, Bowen technique, Chinese herbal remedies, chiropody/podiatry, colour therapy, counselling, flower essences, healing, homoeopathy, massage, independent midwives, osteopathy and psychotherapy. And now we also have an Alexander teacher.

Jenny Heath first came into contact with Alexander technique when she was at drama school and had problems with her voice. As a result of Alexander lessons both her voice and her way of moving changed. She was better able to express herself and had more self-confidence. This is what motivated her to become an Alexander teacher and she graduated from the Alexander Training School in Kendal this summer. She is now offering both individual and group sessions in this area, as well as at the Fellside Centre in Kendal.

As you can see already from the vocabulary used, Alexander technique is not a therapy in the usual sense, but a learning process through which we can develop ease of movement and an awareness of how we use our bodies. The technique applies both to everyday movements, such as sitting, standing and walking, as well as to specific activities, such as playing the violin or horse riding. It promotes graceful effortless movement and thus helps to prevent strain and injury. Backache is a common reason for people wanting to start Alexander lessons. In order to begin to integrate the

Alexander technique a course of 10, 20 or 30 lessons is usually recommended.

Your fearless reporter went to Jenny's studio for an Alexander lesson. Jenny herself certainly moves with ease, flexibility and poise, so she is a very good advertisement for the method. The studio is equipped with a therapy table and a stool, used in the lessons, as well as a comfortable sofa. Sometimes a full-length mirror might be used.

We began with standing and sitting. Jenny encouraged me, both through words and movements, to relax the large muscles of the neck and shoulders, thus allowing the small muscles at the base of the skull to balance the head. The idea is to let the neck release so that the head is free to move forwards and upwards. Jenny gently adjusted my position and suggested that, when standing up or sitting down, the movement should be led by the head.

This was followed by about 20 minutes in the semi-supine position on the therapy

### ACUPUNCTURE



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couch. I was asked to lie on my back, with my head on a small pile of books (the height is adjusted so that the front of the neck is not under tension and the head does not feel as if it is falling backwards) and my knees raised in a V-shape, pointing at the ceiling. My feet were about hip-width apart. This is a very comfortable position to rest in because it flattens out the lumbar curve and allows the inter-vertebral discs to re-hydrate. The back, shoulders and neck are all relaxed. By feeling for the exact point of balance the legs can be relaxed in this position too. Jenny encouraged increased relaxation by placing her hands underneath my shoulder blades and suggesting that they should relax down into the bed. She also gently straightened and repositioned my legs, one at a time. The whole experience was very pleasant and quite absorbing. I found I did not want to talk about other things during the lying down period, because the subtle changes in the position of my body demanded my attention.

Alexander technique is not a passive process. In order to make changes, it requires that the pupil use the technique on a daily basis. This may take the form of lying in the semi-supine position or using common situations (such as making a cup of tea) as triggers to apply the technique.

If you would like to know more about Alexander technique, contact Jenny Heath (015396 25002). If you want to track down one of the other therapies mentioned in the first paragraph, please contact me and I will put you in touch with the right person. My telephone number is 20972.

*June Parker*



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## SETTLEBECK HIGH SCHOOL

Norway Expedition 2004

Just over a year ago it was decided to run a third school expedition to Norway and, after a few meetings, 10 adventurous students took up the challenge. The group was made up of three Year 11 and seven Year 10 students. After saving hard over the following year, the departure date eventually loomed much closer and on Sunday 4<sup>th</sup> July the group met up at Settlebeck. After a bit of last minute packing and a rousing send off from parents, we set off for North Shields where we were to catch the ferry to Bergen in Norway.

The ferry is more like a cruise ship which is just as well since we spent around 26 hours sitting on it. To save a

bit of money we chose the reclining seats which basically means that we slept on the floor. However, the boat was quite quiet and we had the whole of the sleeping lounge to ourselves. Some students stayed up to watch the oil rigs in the middle of the night, although the novelty of these can wear off once you've done the trip a few times. The voyage can be good fun but the highlight has to be the smorgasbord which is a traditional self service Norwegian breakfast. You can eat as much as you want and go back as many times as your stomach will cope with, although the pickled fish is not a good idea if the crossing is rough. Fortunately, the crossing was very smooth and we arrived in Bergen in the late evening.

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Our first activity stop was in the Hemsedal Valley where we had booked some open canoes for two days. After a bit of practice we loaded up our sleeping equipment and set off for an overnight bivy on one of the islands. The island is either covered in vegetation or very bumpy with little flat space to sleep (the staff had the best bit of course!). Sleeping in a polythene bag is a very interesting experience (which most people don't repeat!); you keep very warm but your sleeping bag gets soaked from the condensation. However, the mosquitoes were not bad and everyone slept quite well. After paddling back for breakfast we relaxed in the afternoon with some mountain biking (most of

which seemed to be uphill!!) Just before we left Hemsedal we climbed to the summit of the Harahorn which is 1581 metres high.

The next stop was to be the Jotenheim Mountains a little further north, where the mountains are both higher and steeper. After an evening warm up on a peak called Knutshoe we set off the next day to find some snow where we could do some training with our ice axes. On the ascent we passed a huge herd of reindeer which then stampeded right across our path. The snow was great and we spent the next few hours sliding down the snow feet first, head first, on your back, on your front and also executing a few

*(Continued on page 66)*

stylish forward rolls in order to learn how to protect yourself with an ice axe. As the day went on the games were becoming more bizarre but everyone was still in one piece at the end. To finish off the mountaineering day we carried on to the summit of Rasletinden which is over 2000metres high.

The weather turned a little for the worse. However, we had had a good week so far so we couldn't complain. Loaded up with big rucksacks we set off for a two-day mountain expedition. After not too long a walk we found a fantastic camping place next to a large corrie lake where we luckily found the only dry bit of land in a large bog. The next day our intention was to drop down to a lake and pick up a small ferry service which would

take us back to the minibus. Everybody was happy when we got down to the lake because they all thought it would be flat and easy. In fact it was quite up and down with some very interesting boggy sections! A few people fell off the half submerged planks of wood and went up to their knees in some foul smelling bog (which was great fun to watch!!). By the time the boat arrived it was raining and it was good to get back to the comforts of the minibus even though it was beginning to get a bit smelly now.

After a few quite strenuous days it was nice to arrive at the campsite near Otta where we could chill out before doing some white-water rafting. We decided to try their new rafting trip which had some good rapids on it. When we weren't



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shooting the rapids it was a contest to see who you could throw off the boat into the water. The sun was shining but you couldn't say the water was that warm, especially when we decided to capsize the rafts. The campsite has a very primitive but effective sauna which most people experienced for varying lengths of time. If you stay in it too long you come out with a fair covering of soot, particularly around the nostrils!

The final activity was the two-day mountain bike ride which is basically downhill all the way but with quite a few ups along the way (if you can understand that!). We picked up the hire bikes at a place called Finse which is the highest station in Norway. This year we got their top of the range bikes rather than the Norwegian shopping bikes which we've had before. The route follows a dirt track along the side of the railway, although the railway frequently disappears into tunnels. This early in the season there is still quite a lot of snow on the route but it doesn't matter how determined you are, you can never get far trying to peddle through the snow patches. The ride was going well until we decided to let people go at their own pace for a short period. On rounding a bend the sight before me was two students lying on the floor and one wrecked bike!! Fortunately, the injuries to the students were not as severe as the injuries to the bike and we cycled, free-wheeled and hobbled down to the mountain hut where we were staying the night.

The Norwegian hut system is incredible. There is no one there in charge and they are fully stocked with food. When you leave you pay for the accommodation and

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for the food that you use and just put the money into a safe. You can even pay with a credit card! Why is it that English people always say that this system wouldn't work in England? The second day was a great cycle down through a steep gorge and then along a fast tarmac road to the fjord at Flam.

All that was left was a bit of shopping in a very busy Bergen and the long journey back to North Shields. Everyone had a great time on the expedition, the weather was good and the activities were very enjoyable. Quite a few students on the expedition had had brothers and sisters on previous expeditions and it is good to see that there are always adventurous students who want to take up a challenge. Maybe you will be interested in the next expedition which might run in the summer of 2006?

*Expedition members: Eddie Lord, Jo Chetwood, Martin Critchlow, Suzanne Escolme, Siobhan Knapton, Matt Dawkins, Brendan Lewes, Nick Smith-Saville, Bill Longlands, Joel Davies.*

## **DENT GALA**

Please take no notice of the rumour that this years was the last. People are getting muddled with the Dent Festival!!

### SEDBERGH'S NEW B&B

Summerhill is the new name for 7 Highfield Road – where Dorothy Trotter used to live. Now, my husband Steve and I live here with Moy, the Border Collie.

For seven years we ran a Vegetarian Country House in Witherslack. We loved meeting the people that came to stay but didn't want to be in the business of providing 3 course dinners almost every Friday and Saturday night again.

This was one of the reasons we chose to settle in Sedbergh – the number and proximity of places for guests to eat out.

The other reasons though, were that we love the house and its location – the fantastic view of Winder at the back and Frostrow and the Middleton fells to the front are fabulous all year round. Also, as a fell runner, its pretty handy to have a hill on the back doorstep.

The garden was another deciding factor. We spent a lot of time in our previous garden subduing the 2 acres of ground elder. Now we have a beautifully manageable house garden and vegetable plot.

Steve has put in raised beds and a couple of green houses, so we will be able to provide our guests with organic produce for breakfast at least for part of the year.

The house has been completely redone – not quite gutted – and getting it to the present state has resulted in a fair bit of wealth reallocation around the Sedbergh trades. And now most of the work is done I'm less likely to walk through town covered in dust or paint!

*So, what do we offer?*

The style is somewhere between

## EXPERIENCED DRESSMAKER

Made to measure

Skirts, Dresses, Suits,

Bridal, Ball Gowns, etc.

Also alterations undertaken

All made to the Highest Quality by

**SHEILA SHUTTLEWORTH**

Tel: 015242 - 74322

traditional and contemporary. We have aimed to keep all the attractive original parts of the house whilst making sure that there is plenty of space in which to relax and have a good shower or bath.

We have one en-suite double bedroom with television and tea and coffee facilities; and a single with a private bathroom. A twin room with private bathroom will be available in the new year.

There is a guest breakfast and sitting room with an open fire.

Breakfasts feature home made bread and as much English / Continental / Vegetarian / Special diet food as is wanted.

Steve is the head of ICT at Kirkbie Kendal school and I work as a training consultant. This means I'm often at home, but I'm likely to be working on something, so it would be great to have good warning of bookings.

I look forward to getting to know more people – do introduce yourself when you see me.

*Ali Bramall*

*You will find Ali & Steve's details on Page 3 of this issue of Lookaround. Eds*

## *NO SMOKING ZONES*

<b>ACCOMMODATION</b> .....	<b>Phone (015396)</b>
Moss Barn Holiday Caravan , Garsdale Road, Sedbergh (Self C.) .....	21038
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
Catholes Bunkhouse Barn (Self C) .....	20334
Bridge End Cottage, Cowgill, Dent, Sedbergh (B&B, All Bedrooms).....	25043
Slack Cottage, Dent, Sedbergh (B&B) .....	25439
Ullathorn's Farm, Middleton, Kirkby Lonsdale (B&B) .....	015242 - 76214
Primrose Cottage, 17 Back Lane, Sedbergh (Self C.).....	21339
Far End Farm, Garsdale Head, Sedbergh (B&B) * .....	21906
Summerhill, 7 Highfield Road, Sedbergh (B&B).....	20360
8 Bainbridge Court, Bainbridge Road, Sedbergh (Self C.) .....	21000
<b>EATING PLACES</b>	
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.....	21183
Stone Close Tea Rooms, Main Street, Dent .....	25231
The Head Restaurant, Middleton.....	20258
Bull Hotel Restaurant, Main Street, Sedbergh .....	20264
White Rose Fish & Chip Cafe, Main Street, Sedbergh .....	20468

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

<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)	Mr 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			
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 (Dent)	Mrs Brown	Dent:	25542
Football Club (Dent)	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	Mr Moffat	Sed:	21797
Gala Group	Mr Kooper	Sed:	20234
Guides	Miss Stephenson	Sed:	20731
	Mrs Mackereth	Sed:	20346
	Mr Lord	Sed:	20993
Golf Club	Mrs Woof	Dent:	25275
Good Companions (Dent)	Mrs Mackereth	Sed:	20346
Gladstone House	Mrs Howarth	Sed:	20090
Help Tibet Northern Branch	Mrs Howarth	Sed:	20090
Hockey	Miss Capstick	Sed:	20259
Howgill Harriers	Mrs Moffat	Sed:	20907

<b>ORGANISATION</b>	<b>CONTACT</b>	<b>Tel:</b>	<b>015396</b>
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 Escholme	Sed:	20376
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)	Mrs Donaldson	07967	972160
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		Sed:	
Cubs			
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	Mrs Cooling	Sed:	20622
St Andrew's Church (Sed) Sunday School	Mrs Denton	Sed:	20521
St. John Ambulance	Miss James	07855	722454
Cadets	Mr Winn	Sed:	21632
Adults	Mrs Uttley	01539	722568
Slimming Club	Ms Pakeman	Sed:	21279
Swimming Club	Mr Ellis	Sed:	20344
Tennis Club	Mrs Waters	Sed:	20457
Town Band	The Committee	Sed:	20773
White Hart Sports and Social Club	Mrs Mason	Sed:	20048
United Reformed Church Rooms	Mrs Gold-Wood	Sed:	21808
Westmorland Gazette Correspondent *	Mrs Fothergill	Dent:	25257
Women's Institute (Dentdale)	Mrs Petyt	Sed:	21574
Women's Institute (Frostrow)	Mrs Scambler	Sed:	20603
Women's Institute (Howgill)	Mrs Sharrocks	Sed:	20754
Women's Institute (Killington)	Miss Capstick		
Young Farmers Club	Mrs Storey	Sed:	21593
Zebra's Baby & Toddler Group			

## BUS SERVICES

### Sedbergh to Kendal via Oxenholme

#### Monday – Friday

Sed	Arr				
0745	0825		564	S	❖
0940	1010		564	W	
1005	1040		564	S	❖
1005	1040	<b>Wed</b>	564B	W	❖
1240	1310		564	W	
1300	1335		564	S	❖
1300	1335	<b>Wed</b>	564B	W	❖
1400	1430	<b>Tue</b>	804	D&H	❖
1440	1510		564	W	❖
1550	1620		564	S	❖
1711	1745		564	W	

#### Saturday Only

1005	1040		564	S	❖
1050	1125		564A	D&H	❖
1300	1335		564	S	❖
1550	1620		564	S	❖

### Sedbergh to Kirkby Stephen

#### Monday – Saturday

0900	0935	<b>M-F</b>	564	S	❖
1120	1155		564	S	❖
1440	1504		564	S	❖
1655	1730		564	S	❖

### Sedbergh to Kirkby Lonsdale

0945	10.18	<b>Thu</b>	567A	D&H	❖
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#### To Hawes

0845	0920	<b>Fri</b>	112	B	
0910	0945	<b>Tue</b>	112	B	
1000	1035	<b>Tue</b>	804	D&H	❖
1120	1155	<b>Fri</b>	112	B	
1400	1435	<b>T&amp;F</b>	112	B	
1535	1620	<b>Sch</b>	112	B	
1535	1620	<b>Fri</b>	112	B	

### Sedbergh to Cowgill

0940	1009\$	<b>Sat</b>	564A	S	❖
1205	1232	<b>Wed</b>	564B	W	❖
1415	1443	<b>Sat</b>	564A	S	❖
1500	1530\$	<b>Wed</b>	564B	W	❖

### Blackhall Road, Kendal to Sedbergh via Oxenholme

#### Monday - Friday

Dep	Sed				
0830	0900		564	S	❖
0835	0919	<b>Sch</b>	564	W	
0930	1000	<b>Tue</b>	804	D&H	❖
1030	1056		564	W	
1050	1120		564	S	❖
1130	1205	<b>Wed</b>	564B	W	❖
1330	1356		564	W	
1340	1415	<b>Wed</b>	564B	W	❖
1410	1440		564	S	❖
1625	1655		564	S	❖
1630	1656		564	W	
1745	1815		564	W	❖

#### Saturday Only

1050	1120		564	S	❖
1410	1440		564	S	❖
1625	1655		564	S	❖

### From Kirkby Stephen to Sedbergh

#### Monday – Saturday

0710	0745	<b>M-F</b>	564	S	❖
0940	1005		564	S	❖
1225	1300		564	S	❖
1515	1550		564	S	❖

### From Kirkby Lonsdale to Sedbergh

1215	12.48	<b>Thu</b>	567A	W	❖
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#### From Hawes to Sedbergh

0800	0845	<b>Sch</b>	112	B	
0920	0955	<b>Fri</b>	112	B	
1200	1235	<b>T&amp;F</b>	112	B	
1325	1400	<b>Tue</b>	804	D&H	❖
1445	1520	<b>Fri</b>	112	B	
1635	1710	<b>Sch</b>	112	B	
1635	1710	<b>T&amp;F</b>	112	B	

#### From Cowgill to Sedbergh

0937	1005	<b>Wed</b>	564B	W	❖
\$1020	1050	<b>Sat</b>	564A	D&H	❖
1232	1300	<b>Wed</b>	564B	W	❖
\$1545	1615	<b>Sat</b>	564A	D&H	❖

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*

B = Braithwaite's Coaches

D&H = D&H Travel

❖ = Provided with Support from CCC

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

For Comprehensive up-to-date information ring :-

Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)

All times valid from 4th April 2004



## Religious Services in Sedbergh

### CHURCH OF ENGLAND

St. Andrew's Parish Church  
 Sunday 08.00; 10.30 & 18.30  
 Wednesday 11.15

**Canon A W Fell Tel: 20283**

### ROMAN CATHOLIC

St. Andrew's Parish Church  
 Sunday 12.00  
 Holy Days 19.30

**Rev. Dr. P Campbell Tel: 20918**

### METHODIST CHURCH

New Street  
 Sunday 10.30 & 18.30

**Rev. T Widdess Tel: 20329**

### UNITED REFORMED CHURCH

Main Street  
 Sunday 10.30

**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**

*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

**Canon A W Fell Tel: 20283**

Dent & Cowgill

**Rev. P Boyles Tel: 25226**

### METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

**Rev. T Widdess Tel: 20329**

*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
Ruth France	Remedial & Therapeutic Massage	07866 596958
Denise Williamson	Homeopathy, Bowen Technique	015396 20846

*Complementary therapists practising locally*

## DIARY OF EVENTS

*All Diary entries are FREE. Dates are held up to 7th June 2005*

NOVEMBER		
1	1000	Yorkshire Dales Landscapes DCMH
1	1930	SLDC Art Strategy SHS
2	1400	TIC Public Meeting PH
2	1400	Spinning a Yarn DCMH
2	1930	GL Work of a Nursing Manager GVH
3	1000	MH Coffee Morning (6) URCR
3	1030	Eclectic Touch Exhibition ends FM
3	1930	HS 17 - 19C Book Trade in Cumbria (17) SHS
5	1315	Zebra's SMCR
5	1830	FC Bonfire Night & Skittles FCH
6	1000	Wrapped Exhibition (7) FM
6	1300	Silk Weaving FM
6	1800	Sedbergh Bonfire Night (1) PH
6	2200	Danny's Disco (6) DMH
7	1000	Yorkshire Dales Landscapes ends DCMH
7	1500	Jacob's Ladder DMH
9	1400	WIK AGM PH
9	1930	FC Domino Drive FCH
10	1000	SLCA Coffee Morning (10) URCR
10	1930	Needles & Pins Club StJAR
10	1930	WIF Meeting PH
10	1930	GVH Domino Drive GVH
11	1400	KL Embroiderer's Guild Cowan Bridge
12	1315	Zebra's SMCR
12	1400	Zebra's Nearly New Sale (12) SMCR
12	1930	Domino Drive (12) DMH
13	1100	Christmas Fair (13) PH
13	1930	Domino Drive DMH
13	2000	Howgill Church Dance PH
15	1930	Beekopers Review PH
16	1900	Neighbourhood Forum Casterton VH
17	1000	Nat. Kidney Research Coffee Morn (17) URCR
17	1030	Festive Fabric Workshop DCMH
17	1930	HS Parliamentary Enclosure (17) SHS
19	1315	Zebra's SMCR
19	1930	Limestone & Limekilns DCMH
19	2100	Mark Hawkins Singer & Disco PH
21	1000	Silk Painting FM
21	1030	People's Hall Service PH
24	1400	Blood Donors PH
24	1730	Blood Donors PH
24	1930	CWT Barn Owls SHS
26	1315	Zebra's SMCR
26	1730	Christmas Fair (26) SHS
26	1930	WIH Domino Drive HVH
26	1900	HS Winter Dinner (17) GC
27	1030	Rag Rug Making FM
27	1300	Ravenstonedale Road Race Ravenstonedale
27	2200	SJFC Senior Disco PH
29	1930	KVH Turkey Domino Drive <b>Cancelled</b>
DECEMBER		
1	1930	HS Sir William Musgrave SHS
3	1315	Zebra's SMCR
3	1930	KVH Turkey Domino Drive KVH
4	1000	Portrait Drawing FM
4	1000	Annual Table Top Sale (35) PH
5	1500	Jacob's Ladder DMH
7	1930	GL Christmas Theme GVH
7	1930	Town Band Christmas Concert PG
8	1000	Garsdale/Cautley Ch Coffee Morning URCR
8	1000	Wrapped Exhibition Ends (7) FM
8	1800	Late Night Opening & Zrece Sedbergh
8	1930	Needles & Pins Club StJAR
8	1930	CWT Wildlife Quiz v Kirkby Lonsdale KL
10	1315	Zebra's SMCR
10	1730	Pre-Christmas Christmas Fair DMH
11	2000	PH Old Tyme Dance PH
14	1400	WIK Christmas Party PH
14	1930	FCH Domino Drive & Mince Pies FCH
15	1930	HS Windermere Ferry SHS
17	1315	Zebra's SMCR
19	1030	People's Hall Service PH
20	1930	Beekopers <b>Cancelled</b>
22	1930	Christmas Domino Drive HVH
2005		
JANUARY		
5	1930	HS Shap Abbey SHS
11	1930	FCH Domino Drive FCH
11	1930	GL Christmas Dinner GVH
15	1400	Gala Children's Party PH
18	1900	Neighbourhood Forum PH
19	1930	HS Lady Anne Clifford SHS
21	1900	Robin Hood the Panto PH
22	1900	Robin Hood the Panto PH
26	1930	CWT Camels & Canyons SHS
29	1930	Cheese, Wine & Pudding Evening KVH
FEBRUARY		
1	1930	GL Slide of Mongolia GVH
2	1930	HS Members Evening SHS
15	1930	FCH Domino Drive FCH
16	1930	HS Gayle Mill Restoration DMH
23	1930	CWT A Lifetime of Birds SHS
MARCH		
1	1930	FCH AGM FCH
1	1930	GL Sewing Machines to Africa GVH
2	1930	HS Reformed Church History DMH
8	1930	FCH Domino Drive FCH

*The S & D Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker*

*It is printed by Stramongate Press.*

*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.*

15	1900	Neighbourhood Forum	TBA
16	1930	HS Manor Customs of Westmorland	SHS
19	1930	HS AGM	SHS
24	1930	CWT AGM & A Himalayan Trek	SHS
<b>APRIL</b>			
5		GL Visit to Burton Tulip Festival	GVH
27	1930	CWT Limestone Pavements	SHS
<b>MAY</b>			
3	1930	GL Annual Auction	GVH
21	1230	Sedbergh Gala	Sedbergh

# THE HEAD

## AT MIDDLETON

*Nr Sedbergh, Cumbria*  
Tel: 015396 20258

Proprietors: David and Elizabeth Martin



*Christmas Fayre available  
throughout December*

\*\*\*\*\*  
**STARTERS**

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

\*\*\*\*\*  
**MAIN COURSE**

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

*All served with Roast and Boiled Potatoes  
and Seasonal Vegetables*

\*\*\*\*\*  
**SWEETS**

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

\*\*\*\*\*  
Mince Pie and Satsumas  
followed by Coffee and Mints  
\*\*\*\*\*

**£12.95 including Christmas Cracker**

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

**DIARY KEY**

- BF = Brigflatts
- BS = Baliol School
- BVH = Barbon 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
- GC = Golf Club
- GL = Garsdale Ladies
- GVH = Garsdale Village Hall
- HS = History Society
- HVH = Howgill Village Hall
- JLCP = Joss Lane Car Park
- KC = Killington Church
- KL = Kirkby Lonsdale
- KVH = Killington Village Hall
- LHCP = Loftus Hill Car Park
- MCH = Methodist Church Hall
- MCCKL = Methodist Church Centre KL
- MH = Masonic Hall
- PH = People's Hall
- SC = Swimming Club
- SCC = Sedbergh Cricket Club
- SHS = Settlebeck High School
- SIC = Sportsman's Inn, Cowgill
- SMCR = Sedbergh Methodist Church Rooms
- StAS = St Andrew's Church, Sedbergh
- StJAR = St John Ambulance Rooms
- SR = Spooner Room
- SSPH/L = Sedbergh School Powell Hall/Library
- TIC = Tourist Information Centre
- 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

## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 21079/20218

#### Dr P A Orr

Monday	0830 - 1100 1130 - 1200 #	1500 - 1900 *
Wednesday	0830 - 1100 1130 - 1200 #	1500 - 1900 *
Saturday	0830 - 1100	

#### Dr W Lumb

Monday	0830 - 1045 * 1230 - 1300 Dent	1530 - 1830 *
Tuesday	0830 - 10.30 1130 - 1200 #	1530 - 1830 *
Wednesday	0830 - 1100 *	1430 - 1730
Thursday	0830 - 1100 *	
Friday	0830 - 1100 *	1500 - 1800 *

#### Dr C Mingins

Thursday	0830 - 1100	1500 - 1800 *
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#### Dr C Hunt

Thursday	0830 - 1030	1500 - 1800 *
Friday	0830 - 1030	1500 - 1800 FP

#### Practice Nurses

Monday	0845 - 1200	1300 - 1900
Tuesday	0845 - 1200	1300 - 1630
Wednesday	0845 - 1200	1300 - 1630
Thursday	0830 - 1200	1300 - 1730
Friday	1000 - 1200	1300 - 1800
Tuesday, Wednesday & Friday		Anne Crome
Monday & Thursday		Adele Reynolds

#### 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

\* = *By Appointment Only*

# = *Telephone Consultation*

FP = *Family Planning*

### LIBRARY Main Street ☎ 20186

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

### Y. D.N.P. CENTRE Main Street ☎ 20125

Open 7 days a week 10.00 - 16.00

*Closed 1300 - 1330 for lunch*

### COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

e-mail [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)

web page [www.sedbergh.org.uk](http://www.sedbergh.org.uk)

### RURAL CITIZENS ADVICE BUREAU

Community Office

Wednesday 1000 to 1300

☎ 21185 or 08451 202 999 (local rate) 24 hours

e-mail via site [www.cabkendal.ndo.co.uk](http://www.cabkendal.ndo.co.uk)

### PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600

☎ 01539 795000 or 0845 6060265

### SLCVS @ Community Office

1st Wednesday every month

10 am to 12 noon

☎ 01539 742627

### COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

e-mail: [admin@sedberghcdc.org.uk](mailto:admin@sedberghcdc.org.uk)

### POLICE ☎ Kendal 01539 722611

### PUBLIC TOILETS

Main Street, Sedbergh & Main Street, Dent

### VETERINARY SURGERY

22 Long Lane ☎ 20335

Mr N. Preston & Mr J. Bramley

Monday to Friday		1400 - 1430 *
Mon, Wed & Fri		1900 - 1930 *
Saturday		1330 - 1400 *
Sunday		*

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY