

Sedbergh & District

# LOOKAROUND

December/January 2005 Issue 218

Donation 50p

We would like to thank everyone for the continued support and welcome you to the biggest ever issue of Lookaround of 84 pages and an additional 4 centre pages about the trip to Zrece in November. We hope that this full colour issue puts you in the Festive mood and that you will support the many events that are on in the area. We are going to have a well earned rest, so until February, we wish you a very Merry Christmas and a Healthy, Happy and Prosperous New Year.

*Dennis & Jacky Whicker*

SEDBERGH & DISTRICT CHAMBER OF TRADE  
ANNUAL

## Late Night Opening and Christmas Lights Switch-on

Wednesday 8th December

Commencing with the switching on of Main Street Christmas Lights by TV celebrity **Michael Nardone** at 6.30 pm with a fanfare by Sedbergh School Band. Also featuring a new **"Spot the Item"** Hunt around the shops, themed on our new Twin Town Zrece and starting from the Posthorn at 6.35 pm.

**The Prize is a fabulous 3-Day Trip for Two to Zrece**  
also

## FATHER CHRISTMAS

will greet children in his Grotto

There will be **Seasonal Music** on Main Street by Sedbergh School Band, Combined Churches Choir and Settlebeck Music Makers.

Tombola and a **Super Raffle Draw** plus much more!

The evening will be rounded off at the Bull Hotel with Prize Presentations and Live Music

**Come and join us for a Happy Festive Evening!**

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

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

e-mail: [lookaround@whicker73.freemove.co.uk](mailto:lookaround@whicker73.freemove.co.uk) ~ Web Site: <http://www.whicker73.freemove.co.uk>

# CHILDREN'S BIRTHDAYS DECEMBER 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:-  
Yasmin BALL who is

9 years old on 18th December

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
1	Andrew McFADYN	10
2	Elijah JAMES	1
5	Isabel ABBATT	4
4	Benjamin ROBINSON	2
6	Freya METCALFE	5
9	Aaron WOODHOUSE	9
9	Simon HUNTER	10
10	Tom FEARNHEAD	3
11	Harry PORTER	11
12	Declan BRITTON	7
16	Brenda LUFFMAN	2
17	Reagan BROOKS	6
18	Matthew WOODFINE	5
18	Yasmin BALL	9
20	Emma DAWSON	7
20	William DAWSON	7
21	Charlotte CAPSTICK	5
26	Natasha McFADYN	7
29	Ashleigh HALL	6

# CHILDREN'S BIRTHDAYS JANUARY 2005



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:-  
Jordan GARNETT who is  
6 years old on 3rd January

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



## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Wardses Studio, Frostrow Lane, Sedbergh LA10 5JU (04/11).....	21138	
	1D; CH; TV; NS; P; NP*	
	e-mail:- msg@fish.co.uk	
Mrs S Gold-Wood .....	10 Main Street, Sedbergh (05/02) .....	21808
	e-mail: sangold.kwood@virgin.net	
	<i>1D; 1T; 1S; CH; TVL; NSB; P; CB; VB; GF</i>	
Mrs L Hopkins .....	Brantrigg, Winfield Road, Sedbergh (05/09) .....	21455
	<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
	<i>2D; (1ES, 1 Private Bathroom) CH; L; NS; DR; VB; CB; GF</i>	
	e-mail: ali@interact.co.uk	
Miss S Thurlby .....	15 Back Lane, Sedbergh (04/12) .....	20251
	e-mail:- antique.thurlby@amserve.net	
	<i>1D; 1T; CH; L; NP*; P; DR; VB</i>	

## CAMPING, CARAVANNING & SELF-CATERING

### KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite;  
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge;  
 NS(B) = No Smoking (Bedrooms); NP(\*) = No Pets (\* by arrangement); P = Parking;  
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; GF = Gluten Free  
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

### Lookaround Advertising Rates

Single Column x 1"	=	£7.50
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Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£0.90
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All enquiries to  
 13 Kings Yard, Sedbergh LA10 5BJ  
 Adverts by 15th of every month.  
**No adverts**  
**by e-mail or FAX please**  
*Can all adverts please be*  
*accompanied with the correct money*  
*at the time of submission.*  
 Articles etc. by 19th of every month

## PERSONAL & SMALL ADS £1

### BRACKEN

May would like to wish all her friends and neighbours a very Merry Christmas and a Happy New Year.

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### CAPSTICK

Very best wishes for a Happy Christmas and a peaceful New Year to all my friends near and far, and especially, to those who have been so kind and helpful in so many ways during these recent poor weeks. "A Very Big Thankyou". With all my love Nora.

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### CONCHIE

I would like to take this opportunity to wish my family and friends a very Happy Christmas and a prosperous New Year. With Best Wishes for Ruth.

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### DAWSON

Best Wishes from Jack and Jenny. May we all know true peace and joy at Christmas Time.

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### DEAGAN

Happy Christmas to all our relatives and friends. From Anne, Steve and family in New Zealand.

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### DENT CRAFTS CENTRE

A big 'Thank you' yet again, to all our customers and friends for seeing us through our sixth year at the Craft Centre. Our Christmas blessings to you all and may the year 2005 bring you good health and much happiness. Carol and Joe.

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### HAYGARTH

Doris wishes relatives and friends a Happy Christmas and prosperous New Year. Many thanks for all the lifts over the past year.

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### HUNT

Antonia is really sad to be leaving Sedbergh but she is determined to be back one day! Antonia would like to thank all those who came to The Bull to have a drink with her and to offer their best wishes for the move to Devon. She is grateful to so many people in and around Sedbergh who have taken such good care of her over the last 3 years, and who have been such good friends. Happy Christmas to you all! (If anyone thinks that Antonia might have borrowed a book - or anything else - which has not been returned, please contact Richard on 20344!).

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### KIDDLE

Jennie wishes a Merry Christmas and a Happy New Year to all friends in Dent, Gawthrop and Sedbergh.

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### LOWIS

Isabel of Brierfield would like to wish all her friends a Merry Christmas and a Happy New Year.

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### MCDONALD

Merry Christmas to relatives and friends. From Margaret in New Zealand and Eric and John.

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## PERSONAL & SMALL ADS £1

### MASON

Stephen and Margaret give thanks to friends who sent gifts, flowers, cards and good wishes, as we retired to Sedbergh. Please come and see us at 22, Fell Close. There is always time to put the kettle on and a chat, and see our new house. Our greatest thanks to our children, and son-in-law, who turned the house into a palace for us. No better gift could we have asked for. Love to you all.

### MIDDLETON

To all relations, friends and neighbours, my best wishes for a very happy, healthy and peaceful Christmas and New Year. From Cissie.

### MIDDLETON

Treasured memories of a beloved DAD and Grandpa (William) who died December 6th 2000. We often sit and reminisce and have a laugh or two, fondly telling stories of the things we used to do. Our lives have changed in many ways since we were all together, but memories of happy times will live and last forever. Sarah, John, Jenette, Andrew and Susan.

### MORRISON

Barbara Morrison wishes to say a big thank-you to all those people who came to her aid when her dog pulled her into the middle of Station Road and deposited her there. She was not in a fit state to see who they all were, so will not mention any names, but everyone was wonderful.

### STAINTON

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

### WINN

Margery and Susan wish family and friends a very good Christmas and a happy New Year.

### WOOF

Many thanks from us all for the cards and good wishes we received both for the girls departure to Asia and Australia and for our purchase of the bungalow. All are wonderful! Sarah & John and Family.

Have a very happy birthday big brother  
lots of love from  
Paris X X X



Happy 16<sup>th</sup> Birthday  
Mathew. Enjoy your stay in  
Australia and have fun.  
Love from Dad XX

Happy 16<sup>th</sup> Birthday  
Matthew love from  
Grandma XXXX



## PERSONAL & SMALL ADS £1

### Happy Birthday Matthew

With love and best wishes for your 16<sup>th</sup> Birthday From Jackie and Bill, Simon and Richard, Mariana, Simon and Georgia, Stuart, David and Andrew, enjoy your trip to Australia

### FOR SALE

Upright piano, metal frame. H. Lange and Co., Berlin. £425. Telephone Sedbergh 20533.

### GOOD HOMES NEEDED

For two gorgeous Hand reared Blue/White Border Collie Puppies. Very well handled and socialised. Ready to go early December at 8 weeks old. Must go to active homes (Walkers, runners, agility, etc.) Please ring Lisa at Sedbergh Vets (015396) 20335.

### REQUIRED

Due to the retirement of our existing cleaner, we are looking for a reliable person to clean our 3 bedroom holiday cottage at Garsdale. Our rates of pay are good. For more information telephone Wendy on 01702-478846.

### FOR SALE

Boys bicycle, 18 gears. British Eagle. Suit age 10 - 12 years. £25. Telephone Sedbergh 20533.

### FOR SALE

Boss Reflex 18 speed Gents Bike. Needs slight attention. £70 ono. Contact Sed. 21086.

### FOR SALE

18 Beanie Babes (mostly Dogs). £15 ono. Very Good Condition. Tel: 21086/20508.

### FOR SALE

Computer. Windows 95 plus Canon printer and table. Very little used. Offers. Tel. 20443.

### FOR SALE

Classic Range Rover 3.5 ltr. £1995. Tel: 015396-20927.

### C J Elphick & Son

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**HAIL TO THE MISTLETOE BOUGH**

.... a concert of Christmas Carols and other festive acts with the

**Gladly Solemn Sound Choir** and local performers.

**7.30 pm Friday 3rd December**

The Old Chapel, Flintergill, Dent

£5 (£3)

Plus Carol Worskshops, Singing Walk & Pub Singaround December 4 & 5th

**SEDBERGH BOWLING CLUB**

At the start of the bowling season, electricity was installed in the buildings. We celebrated this on Ned Winn's Competition Day on 20th June.

We invited the Grant givers to join us. Our President Sheila Bainbridge thanks them for their generosity. Tom Rycroft spoke of his friendship with Ned over many years. We then shared a Jacobs Join lunch, before starting the competition.

The season ended with our Annual Supper. Sue Brooks provided a delicious buffet for 45 members and friends. A raffle was held, then dominoes rounded off a very enjoyable evening. Many thanks to Mary at the White Hart Club.

We are already planning the diary for next year. The AGM will be on February 24th when we will elect the committee and officers.

The competition winners this year were:-

*Spring Round Robin*

Winner Jim Greenbank  
Runner Up Rosemary Mason

*Ned Winn Pairs*

Winners R.Brown/D.Westgate  
Runners Up D.Whicker/G.Thompson

*Norman Hoggarth Memorial Trophy*

Winner J. Oughton  
Runner Up D. Westgate

*Iveson Doubles*

Winners R.Brown/J.Oughton  
Runners Up S.Bainbridge/C.Williams

*Wilf Conchie Memorial Trophy*

Winner T. Rycroft  
Runner Up N. Martin

*Presidents Prize*

Winner D. Westgate  
Runner Up R. Brown

*Ladies Rose Bowl*

Winner C. Townson  
Runner Up R. Mason

*Ron Sheppey Mens*

Winner G. Bainbridge  
Runner Up R. Brown

*Sedbergh Pairs*

Winners D & J Westgate  
Runners Up J.Greenbank/R.Brown

*Autumn Round Robin*

Winner J. Mason  
Runner Up J. Senior



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**SEDBERGH**  
**TOWN BAND**  
*Conductor: Alan Lewis*  
**CHRISTMAS CONCERT**  
**Tuesday 7th December**  
 7:30 pm  
 People's Hall  
 Tickets:- Adults £4 (£3) from  
 McConnell's ~ Knights ~ Bull Hotel  
 and Band Members  
*NO TICKETS ON THE DOOR*  
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### HELP REQUIRED

On 23rd of June 2003, Brian Pink of Hampshire visited Sedbergh Library.

Brian was researching Motor Torpedo Boats (MTB) which were built during the Second World War in his home town of Lymington. His findings revealed that in March 1942, the community of Sedbergh raised the staggering sum of £25,000 towards the cost of an MTB during 'Warship Week'.

The vessel allocated to Sedbergh was MTB 93 and was commissioned on 10th September 1942 when Leading Stoker Charlie Baker and Stoker Sydney Williams went to collect it at Lymington.

To mark the efforts of the people of Sedbergh, Charlie Baker and the Commanding Officer attended Sedbergh Village Hall where a Plaque was presented to the community on behalf of the Admiralty. It is recalled that Charlie (who is still alive) and his CO stopped in a Bank Managers house on Main Street.

Sadly, on the morning of 18th August 1944, MTB 93 was involved in a fatal collision with MTB 729 when Stokers Williams Stokes and Jock Watson were killed.

Subsequently, the Plaque was placed proudly on display in the Library. When Brian Pink visited the Library to have sight of the Plaque, it was established that



when the Library was being refurbished, the Plaque, amongst other items, were taken to the Community Office where .... it has disappeared. The

## Christmas Dinner at Stone Close

We are offering a traditional - and alternative - dinner at Stone Close Tea Room in Dent on Christmas Day.

A wonderful opportunity to dine in our very traditional 17th century cottage with open fire and cast iron range - with a particular welcome to guests with special dietary requirements.

You will be welcomed with a complimentary glass of hot spiced apple or sherry.


Dinner will be served at 1.30pm

**£25.00**

ALSO OPEN

Wed, Fri Sat & Sunday's in December & Christmas to New Year

plaque is shown here.

If you have any knowledge as to where the Plaque is today, any other information about the Plaque or memories of that 'Presentation' in the Village Hall, please contact me at my Office. Brian Pink would be eternally grateful. 



Actual Photo of MTB 93 in action in 1944.

*DJW*

**TIM COLLINS MP**

Christmas is notoriously a season for over-eating. How many of us remember, as often as we should, either the underlying religious message – or the fact that we should never take for granted those who fill the plates we love to pile high?

My parents, like most of their generation, could remember rationing and shortages during wartime and peacetime alike. Being livestock farmers themselves, they never let any of the family forget that food does not appear in a supermarket magically – it gets there after an awful lot of hard work.

Working the land has never been easy. But doing so around Sedbergh today is probably as difficult as it has been since the 1930s. The pace of change and the threats to the industry have increased significantly in the last couple of decades. Few local farmers today could be criticised for telling their sons and

daughters to think hard before deciding to go into agriculture. With their average age now approaching 60 and rising steadily, it's clear that most already know that the next generation is opting overwhelmingly to pursue other careers.

The foot and mouth outbreak hit farming in the Dales at a time when it was already under severe pressure.

Although agricultural incomes recovered a little last year, they remain far below the levels of the 90s. The average dairy farmer now earns about £2.90 an hour, for a 70-hour week – well below the minimum wage, for hours well above the levels set out in the Working Time Directive.

So big changes are needed. They are coming, too. Sadly, they may make things worse not better.

Europe's monstrous Common Agricultural Policy is long overdue for a shake-up. Billions go in, but British farmers just keep getting poorer.

SEDBERGH TOWN TWINNING GROUP  
*invite you to a*

# “Celebration”

**Friday 10th December 2005**

Masonic Hall, Howgill Lane, Sedbergh

7.30 for 8pm

Three Course Meal plus Bar

followed by

**Local Musical Entertainment**

Tickets £10 available from

Post Office - Steadman's - Cobble Country - Green Door

*All profits to further Sedbergh Town Twinning with Zrece*



Meanwhile the CAP also impoverishes much of the Third World too. The whole shebang is anyway unaffordable with ten new East European states now inside the EU.

A sensible reform would have seen Britain regain more control of our own domestic agricultural policy. Then we could stop paying out to subsidise Greek tobacco farmers, and concentrate on helping to keep alive the agricultural practices and traditions which make this part of the world so attractive to tourists.

Unfortunately that's not what's on offer. The final decisions will continue to be taken in Brussels. UK farmers will get a lot less money – but just as many, if not more, forms to complete. DEFRA will end up hiring ever more bureaucrats to

“look after” ever fewer farmers – just like the MOD hires more and more Admirals the faster the number of ships in the Royal Navy reduces.

Environmental benefits are important. But the first role of farming is to feed the nation. Governments of every political persuasion should never forget this.

That's why at Christmas I'll think just a little bit longer about all that delicious food – and why my New Year's resolution is to do my level best to get a better deal for our local farmers.

By the time you read this, the festive season will be well and truly upon us so let me wish every Lookaround reader the merriest of Christmases and the happiest of New Years from us all.

*Tim Collins MP*

## **Farfield Mill Arts & Heritage Centre**

Garsdale Road, Sedbergh

Tel: 015396 21958

[www.farfieldmill.org](http://www.farfieldmill.org)

**Looking for that extra special Christmas gift?**

**Then Farfield Mill is the place to visit.**

**Festive events each weekend until Christmas.**

- |              |  |
|--------------|--|
| Sat 4th Dec  | Helen Beare Cello Duet 12.45 pm onwards<br>Textile Demonstration 12-4 pm<br>Christmas Workshop - Bespoke Room Settings (ring to book)        |
| Sun 5th Dec  | Silk Painting & Origami Demonstration 12-4 pm  |
| Sat 11th Dec | Clarsach Harp Group 12-4 pm<br>Textile Demonstration 12-4 pm   |
| Sun 12th Dec | Textile Demonstration 12-4 pm<br>Children's Workshop 12-4 pm (Making Christmas Cards)  |
| Sat 18th Dec | Clarsach Harp Group 12-4 pm<br>Pat Crellin - Machine Embroidery 1-4 pm   |
| Sun 19th Dec | Kirkby Lonsdale Hand Bell Ringers 1.30-2.30 pm<br>Textile Demonstration 12-4 pm<br>Christmas Workshop - Bespoke Room Settings (ring to book) |

**Please phone for further details of any of the above events. 015396 21958**

## DANCING IN SEDBERGH AND SURROUNDS

I have previously mentioned that during the Victorian Era, dancing was only for the 'Elite', workers were excluded. However the death of Prince Albert in 1861 led to a steady decline in dancing standards which lasted for 40 years. At the turn of the Century this suddenly changed.

Now - dancing was for all, and all were for dancing. At a later date I hope to review this National trend, but for now will consider the local scene.

I personally can only speak for dancing during the last 20 years and for the years prior to this I have referred to several friends.

Mrs. Freda Trott mentioned that she can remember being taught the Barn Dance 80 years ago by the late Tom Sedgwick so we can assume that probably as a result of the social upheaval of the First World War 'Dancing for All' had reached even a remote area such as Howgill and

that there was regular dancing at the School Hall. (By way of apology to my Howgill friends I believe Howgill was remote in 1924/5). I am short of facts from then, until the Second World War years, when Sedbergh was filled with Service personnel and apparently there was dancing to records each night of the week at the Masonic Hall, with Bands from all over the area playing at the week ends - compare this with our presents short ration of about 6 per year!

Mr and Mrs. John Douglas recall dancing to the 'Gordonairs' - and how they attended the various Hunt Balls along the valleys. This was a time when each Association, Institution and Club would hold an annual Dance.

Mr. Sid Winn remembers his Mother running Saturday Charity Dances for some years which helped to pay off an outstanding loan on the Peoples Hall and others speak affectionately of her and how she maintained a high standard of conduct and effectively dealt with

# The Green Door

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## Sedbergh Community Development Centre

**Strictly Latin & Ballroom:** Your chance to come dancing! Two FREE taster sessions Fri 21st Jan, 2-4pm OR Sat 22nd Jan, 7-9pm. Expert tuition, ideal for beginners and those with some experience. 6 week course to follow if you like it. Help us get a ballroom dancing class going in Sedbergh!

**Boogie for Fun!:** A new fun exercise group! Bring your own favourite music (and a drink). Any age, any era. Have fun, freak out, get fit! Thursday 13th January 11:45—1:15, Masonic Hall. £12 for 6 weeks.

### Don't Forget Our Other Courses

\* Computer Courses \*

\* Italian \* Spanish \*

\* Art \* Sugar Craft \* Floral Decoration \*

\* Tai Chi \* Yoga \* Alexander Technique \*

• Circle Dancing \* Dry Stone Walling \*

Please contact us to enrol on any of our classes

**email:** [admin@sedberghcdc.org.uk](mailto:admin@sedberghcdc.org.uk)

**Tel:** 015396 21031

'miscreants'. She had regular support from dancers from Kirkby Stephen.

Sid also remembers how as a young teenager he would look after the door for an hour or so at Mr. Howard Whitfields dances - the entrance fee being 2/- for records and 2/6d for a band!

Mr. Tom Steadman has happy memories of playing for dances in the 1960/70's with his sons Garth on the guitar and Alan on the drums - having previously had Orchestral experience in London on piano and accordian. Tom is in the very fortunate position of being able to play from musical scores or from memory - a rare talent.

My wife and I settled in Sedbergh in 1983 and soon started attending dances at the People's Hall - usually held weeks

apart: sufficient to spark our interest, but too far apart to remember dance sequences. So, we were very pleased when the late Tommy Eglin and his wife Clarice started an easy sequence dance class at the Masonic Hall. Their enthusiasm was infectious and their patience at our fumbling efforts was amazing. Slowly we mastered the Mayfair quickstep - the Georgella Blues - Jacquelin Cha Cha and the Samba together - each counting as another victory. Twenty years have passed since those happy days and I believe that a new class for both the older and newer generations of dancers is needed and hope others feel the same. I should be interested to hear more of the memories of local dancers for later inclusion. *G. A.*



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## **SEDBERGH & DISTRICT BEEKEEPERS' ASSOCIATION**

Sedbergh beekeepers held their last meeting of the old year on the 8<sup>th</sup> December. It was also the last to be held at the Friends' Meeting House at Brigflatts as the club numbers have grown in size so that had become rather a tight squeeze there. We should very much like to thank Melvin Roberts, a founder member of the club, who sadly gave up beekeeping some time ago, for his great courtesy and help in letting us use the room for nearly eight years. From now on, evening meetings will normally be held in the People's Hall committee room.

The meeting was to discuss and finalise our programme of meets for 2004. By the end we had put together a very full, varied, and interesting programme, which includes talks on wild bees, and bees in medicine; apiary visits throughout the active beekeeping season from May to

October, concentrating on the apiaries that have been set up by the members who joined in 2003; learning new methods of swarm management; taking our bees to the heather; and the usual annual events such as the annual dinner, coffee morning, Sedbergh Spring Show; beekeeping conventions at Bardsea, our own 2<sup>nd</sup> Annual S&DBKA Convention, and at Braithwaite; and our own 4<sup>th</sup> Honey Show. There is even a possibility that we may be seen at Sedbergh Gala! The dates are in the "Diary of Events" at the back of "Lookaround", displayed in the Community Office, and on the Sedbergh page of [www.cumbriabeekeepers.co.uk](http://www.cumbriabeekeepers.co.uk).

The next meeting will be held in the committee room of the People's Hall at 7.30pm on Monday 16<sup>th</sup> February and will be a talk by Neil Robinson of Kendal beekeepers on the subject of wild bees. You will be most welcome to join us.

*Malcolm Fraser-Urquhart*

## HISTORY SOCIETY

### *Parliamentary Enclosure and Landscape in NW England*

Ian Whyte, Professor of Historical Geography at Lancaster University gave the History Society a very interesting account of the enclosure movement in Northwest England.

Long straight walls marching up the hillsides are a familiar part of the landscape around our area – especially in Garsdale and Dent. It will come as a surprise to a lot of people that these walls are only about one hundred and fifty years old and are the result of a second period of enclosures of the Commons in the early and mid 19<sup>th</sup> century.

In lower lying areas, many fields date back to mediaeval times and can be recognised by their often irregular shapes. These enclosures were the result of private agreements between landowners.


The later enclosures were more formal and required an Act of Parliament. To obtain this Act was a lengthy and expensive affair involving landowners, farmers and lawyers. Local men of standing who did not have any direct interest in the lands of the parish or township were approached to see if they were prepared to act as Commissioners.

Initial discussions were held as to the desirability of enclosure, lawyers were consulted, an Act was applied for and after many consultations the Act was granted and the Commissioners could get to work.

After a boundary perambulation with local people, claims by those who considered that they had rights to the Common land were investigated. This was followed by a complete survey of the

land to be enclosed and then the boundaries of the new allotments were staked out together with the lines of the new access roads. The lords of the manor were allocated land further up the valleys and hillsides as they were in a better position financially to improve the land.

The need for enclosure was sometimes challenged but it was held to be necessary to increase cultivation, to prevent over-grazing of the Commons, to prevent encroachments on the boundaries, to drain the marshes and to generally improve the land. It created new woodland, quarries, access roads and farmsteads.

There were many questions afterwards which Professor Whyte answered with great enthusiasm. 

SEDBERGH & DISTRICT

## HISTORY SOCIETY

### Wednesday 1st December

Sir William Musgrave  
and the challenge to Magnate  
Authority in the English West March  
c. 1525 - 1534

*Clark Coleman*

### Wednesday 15th December

History of Windermere Ferry  
13th Century to present

*Dick White*

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## CUMBRIA WILDLIFE TRUST

### *The Cumbria Water Vole Project*

This project is jointly managed by the Cumbria Wildlife Trust and the Eden Rivers Trust, a charity founded in 1996 to assist in the conservation and protection of the waterways and wildlife of the Eden river catchment. The main aims of the project are to raise awareness about the plight of the water vole, identify any remaining populations by survey work and to enhance existing water vole habitat.

Since Cumbria is such a large county a team of volunteers is being recruited to help by becoming water vole surveyors. All training is provided and volunteers are asked to complete three surveys in a given survey season. Water voles are shy

creatures where they are unaccustomed to disturbance (although they have been found living happily in urban areas where they can adjust to the high levels of human traffic) so can be hard to spot in the wild. Rather than relying on sightings, surveyors are taught the field signs that water voles leave behind, such as feeding remains, droppings and burrow holes.

If water voles are found, the next step is to assess the quality of the habitat. Do they have sufficient food and cover from predators? Is the bank in good condition or is it being eroded by flooding or livestock? The population may be struggling or isolated by unsuitable surrounding habitat. In these cases, suggestions for more sympathetic management can be offered. This can be as simple as asking for the annual cutting regime on ditches to be altered: by cutting the bank-side vegetation a few centimetres higher and timing work carefully to allow some re-growth, the

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water voles chances of surviving over the winter is greatly improved.

Other positive land management actions include fencing to exclude livestock and encourage the growth of lush bank-side vegetation. This provides the voles with excellent habitat, and has a host of other benefits for wildlife in general. Taller vegetation has more extensive root systems which bind the soil more strongly, helping to prevent erosion. It offers a refuge to birds and other small mammals which, in turn, provide food for our native predators. A vegetated strip adjacent to intensively farmed land helps to reduce run-off of pesticides and fertilisers into our waterways, and overhanging vegetation provides a habitat for many species of fish.

Conservation does not work on a single species level. To suggest that "Ratty" can be restored to our countryside by concentrating our efforts on the water vole alone would be misguided. *The Wind in the Willows* is such a well-loved story not only for its memorable characters, but for Kenneth Graham's sensitive evocation of the environment which sustained them. The willows themselves, the mosaic of riverbank, meadow and Wild Wood, are the underlying focus of this tale. Here in Cumbria there are still places where these habitats have been lost, but it is hard to imagine regaining the full diversity of species that was here before post-war agricultural "improvements". The water vole seems to have clung on against the odds. Hopefully this appealing creature can now become an ambassador for a more sympathetic approach to land management, with benefits for a whole

range of Cumbria's wildlife.

*Ruth Dalton*

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## **DENTDALE PLAYERS**

Did you manage to get a seat at the sell out production earlier this year of J B Priestley's "When we are Married"? Even if you did not see any of the performances would you like to join us with a view to carrying on Dentdale Players long tradition of amateur dramatics ?

With a view to planning a further production the Group is running a series of informal play readings for any one (young or old - no experience necessary) who is interested in drama.

Readings commenced on Thursday 16th December (thereafter fortnightly on a Thursday evening) and will take place in the Methodist School Room (side of the Chapel) in Dent commencing at 7-30pm.

For further details contact either Mike Duxbury on 25535 or Sue Garnett on 21138 or just turn up on the night!!!! " All welcome. 

### PHOTO CALL

Very little to report this month. I was given a name for the boy on the Dent photo thanks to Ivy Bentham but at the time of writing I have mislaid the piece of paper I wrote it on which was rather stupid of me.

This month I am submitting a photo of the National School c1948-9 This was kindly sent to me by Terry Gibson who is now living in Sunderland. Terry supplied all the names but he wasn't absolutely certain he had them all right so if anyone begs to differ they can contact me as usual. Shirley Tebay at Walnut Bungalow, Dent, Sedbergh, LA105QT. Tel: 01539625001, or by email [shirley.tebay@btinternet.com](mailto:shirley.tebay@btinternet.com)

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#### Bottom Row;

Agnes Waller? Sheila Gregg? Celia Dawson, Janet Bracewell, Jennifer Bowman, Roberta Potter, Zena Dinsdale



### PEPPERPOT NEWS IN BRIEF

The Pepperpot Coffee Morning which took place on October 9 in the URC Rooms raised the very useful sum of £208.68 after expenses were taken into account. How such funds are utilised is covered in the invitation to join the Pepperpot Club to be found elsewhere in this issue.

The Pepperpot Music Makers, both children and adults - one of whom has written of her own experiences in this edition - entertained for the whole time and obviously enjoyed themselves! Many thanks to all of them and to all the other people who so generously gave their time to help, as well as providing contributions for the stalls. We are especially indebted to Helen Aveyard who busked at the bottom of Joss Lane to attract custom. Helen was our very first Pepperpot violinist. She plays on the lovely violin which was presented to the Pepperpot Club at the very beginning and - as many of you will have heard - she makes very good use of the instrument!

The event would not have been a success without all the people who came to have coffee and support the enterprise. Very many thanks to them too.

*Shirley Smith*



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**READERS OF ROMANCES:** Will find a big stock of paperbacks for sale in the Reading Room. Lots of other books too!

**CHILDREN'S BOOKS:** Two shelves of books for children of all ages, also for sale in the Reading Room.

**'ROYALTY' ADDICTS:** We have a large stock of books on the Royal Family for sale in the Reading Room. All proceeds go towards the running of the Community Office.

**LOCAL ART:** The new Art Exhibition area is open every weekday from 10.00 am - 4.00 p.m. unless the room is booked. We have some good stuff: come up and see!

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<b>Tue 28</b>	N	-	-
<b>Wed 29</b>	N	-	N
<b>Thu 30</b>	N	-	-
<b>Fri 31</b>	N	-	-
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**SEDBERGH TOWN BAND  
Charity Concert**

This years Charity Concert in the  
People's Hall featuring the Sedbergh

Town Band was organised by the Sedbergh N. F. U. Ladies Group. Besides the music this splendidly presented evening on Wednesday 20th October provided coffee and biscuits for all plus a raffle and cake stall. The proceeds accruing, which totalled a magnificent £719, were all sent to the North West Air Ambulance.

The thirty strong Town Band yet again entertained a packed and appreciative audience to a varied programme played to the highest standard. The ever-popular 'Tarker 1,2,3' composed by Alan Lewis and dedicated to Brian Waters, opened the evening. Thereafter the Band delighted the audience with numbers familiar to their repertoire mixed with recent additions.

The first half of the programme concluded with 'The Welsh Patrol', an Alan Lewis arrangement of 'The Men of Harlech'. As the piece progressed so the band gradually upped and dispersed until Tony Crofts on the euphonium was left the sole remaining player.

The second half began with a march new to the Band 'Men of Night'. In the course of this half amongst other numbers the audience was treated to renditions of 'The Best of Abba' and 'Somethin' Stupid' -these two numbers, the former sung by a group of Sedbergh ladies and the latter by the musical director Sam assisted by Janice Leach, recently featured in the most successful Slovenian Cultural Evening that concluded their visit to Sedbergh.

A rousing playing of 'Instant Concert', the encore, completed the entertainment which closed with the National Anthem.

*G. B.*

### ANOTHER MEMORY OF SEEFELD

Although I was unable to take any part in the voting for our 'Twin Town' I was sorry that Seefeld did not win.

I see in the colour supplement in the November *Lookaround* that Miss Nora Capstick is holding up a card of the Schuplattler Dancers, signed by all of them in 1950, in Seefeld. I also have a card signed by them, as I was on holiday with Nora and friends in 1950. The dancers were appearing at the hotel we stayed at, and we used to go to watch them after dinner. In fact, we watched them so much that they offered to let us have a free show!

As it was so soon after the war, we had to have military permits to go into Austria in 1950. In those days Seefeld was a lovely, unspoiled little Tyrolean village, and I once announced to Nora that, if ever I got married, I would spend my honeymoon there (I didn't!)

People who have gone there since tell me that I would hate it now because it has become just a large tourist area.

They were just starting to get back the tourist trade after the war when we were there.

*Barbara Morrison*

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### CHRISTIAN AID

Thank you to all who have contributed to Christian Aid over recent months.

Fund raising continues throughout the year and since the end of July you have given us £1,111 (yes really) which has been passed to the regional office at Preston.

You bought refreshments at the Market Fayre and at the Twin Town Voting. You supported our Wednesday Coffee Morning in October and we received a donation in memory of the late Jack Pratt. Thank you all for your support for Christian Aid which works throughout the world to relieve human suffering and give folk in need a better quality of life.

A note for your new diaries: we will be holding Coffee mornings on 9<sup>th</sup> March and 19<sup>th</sup> October. Christian aid Week is 15<sup>th</sup> - 21<sup>st</sup> May. We are also planning an event for 8<sup>th</sup> May, more details nearer the time.

In the meantime we wish you a Happy Christmas and New Year - and if you think of Christian Aid when eating your Christmas lunch we shall be happy to receive a donation for the less fortunate.

*The Revd. Ian McLoughlin.*

## CHILDREN'S PLAYGROUND

I felt I had to write this letter after attending the opening of the magnificent new children's playground, well done to all involved. Although I was a bit dismayed to find a few of those attending the opening ceremony not using the equipment as it was designed to be used.

Then imagine how horrified I felt when I realised one of them was my very own son! After dragging him on the long walk home, I went into great detail explaining to him that he was in fact a child, not a hippo (obviously by the state of him he had been involved in some sort of mud bathing ritual).

On the slow but squelchy walk home, he asked me "if the playground was designed for children, how comes adults only think of children as below the age of ten?"

Well what could I say?

While I was fishing the worms out of his trainers, it actually got me thinking, maybe he did have a point.

I decided to get out the old Oxford Dictionary, and this is what I found;  
CHILD (n.pl) CHILDREN  
A YOUNG PERSON, ESPECIALLY BETWEEN INFANCY AND YOUTH. A

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PERSON LEGALLY NOT OF A SPECIFIC AGE.

PLAYGROUND (n)

A PIECE OF LAND FOR CHILDREN TO PLAY ON, AN AREA FAVOURED FOR RECREATION OR AMUSEMENT.

PLAY(v1)

TO ENGAGE IN SPORT OR RECREATION, TO DEAL OR BEHAVE FRIVOUSLY, MOCKINGLY OR PLAYFULLY.

TO ENGAGE, TAKE PART OR MAKE A GAME.

TO ENGAGE OR OCCUPY ONESELF.

YOUTH

THE TIME OF LIFE WHEN ONE IS YOUNG.

ADOLESCENT

IN THE PERIOD OF LIFE BETWEEN PUBERTY AND ADULTHOOD.

How many times have you uttered the words "kids grow up so fast these days?" I know I have many a time. Is it any wonder really, we as a society make them grow up quickly?

Settlebeck School is for children between the ages of 11-16 years, and currently they have over two hundred children attending. So lets not push our children into adulthood too early. I feel

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we owe it to our children to let them be just that. Children.

Skateboarding, it has been around since the 70's (yes kids even your parents were doing kick flips and ollies). And it still goes from strength to strength with every decade. So to all you budding "Tony Hawks" or Barn Mageras, out there, get involved with YOUR community. There are people within your community that want to help you. Dorothy Blair (Parish Councillor) and John Stanton 20901.

So next time you are all sat around complaining that there is no where decent to try out that new Canadian Maple Deck, with its Tony Hawk's Pro Model 54mm wheels and its abec 9 bearings, ask yourself what you could do to help!!

You could start by getting in touch with Dorothy or John. TS

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### **SEDBERGH GALA GROUP**

A rather damp evening did not prevent a large crowd from enjoying a spectacular Bonfire Night fireworks display on Saturday, November 6<sup>th</sup>. Fortified by traditional bonfire food and drink, the spectators saw a rather longer than usual display even if the dampness caused a slight hiatus in the lighting of some fireworks. There was a good entry for the

pumpkin lantern and guy competitions, but making a turnip lantern proved more daunting: perhaps more people could rise to the challenge another year. The results are published on page 81 in this issue of "Lookaround" with photographs taken by Dennis Whicker. The Gala Group are pleased that it proved possible to have a bonfire despite the problems of the present site. A few Sedbergh residents expressed quite understandable reservations about the present bonfire site, but any problems of the site are due to circumstances over which the Gala Group have no control.

The Gala Group gratefully acknowledge the generous contributions from Sedbergh traders. This, together with good takings on the evening, led to a reasonable profit on the evening. As a result of this the Gala Group were able to make a special donation to the new children's playground.

Finally, a reminder to parents with children at Sedbergh Primary School: the children's party is on Saturday 15<sup>th</sup> January from 2 00 to 5 00 pm In People's Hall. Once again the entertainer Harvey Rush has been booked. RK

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

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### AN END OF AN ERA

*A note from the Lune Parish Vicarage at 5 Highfield Road, Sedbergh.*

Many of you will now have heard that my voice has been very slow to recover and still is not working properly a year after I realised something was wrong. Having followed all medical advice it has become obvious that if or when my vocal cords do properly come together again it would be unwise to subject them to the same strain that caused the problem in the first place. I have had approval for Disability retirement from the Church of England's Pension Board and consequently have given the requisite three months' notice of my resignation to the Bishop. I officially retire on the 1<sup>st</sup> February.

This is not what I had envisaged when I came to the parishes in 2001 and I felt really we were just properly at the stage of familiar knowledge to be able to be creatively constructive with our group situation – that is something that you must now do together and not forget the power of God to help, support and bring about good. I am intrigued by the question “Where is God in this?” because when I've taken steps into the unknown before I have found God at work within those situations. Creation is after all what God does and so as changes come there are new bursts of creativity going on. The challenge is to be open to it, pursuing that question “Where is God in this?” and looking with anticipation to the answer.

We have had some valuable years together not least in the forming of good relationships and rewarding friendships, which I hope will continue. It has been a

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privilege to share intimately in the heights and depths of so many personal pastoral situations and to help take the load however imperfectly. We all have weak points and you'll no doubt know mine better than I do (though I have spotted a fair few) and I want to thank you for bearing with them. I think there have been one or two strengths that I hope have added to the legacy of my excellent predecessors ministering amongst you.

What of the future? We shall be moving from the Vicarage in the next month but not far – just to the eastern end of Sedbergh to Thornsbank so Luke can continue his education with the least upheaval. The Deanery and Diocese will be considering the care of the parishes. Are these uncertain times? Well as we are in the Season of Advent with Christmas approaching we should take to heart their message of God laying long-term rescue plans and giving his Son to come into the midst of human uncertainty and frailty. May we all live in and enjoy that peace he came to bring this Christmas and beyond.

*Anne Pitt*



### SEDBERGH & DISTRICT ART SOCIETY

At our meeting in the Masonic Hall on 12th November, we heard an inspiring talk, with slides, by Tiana Marie. As a native Cumbrian, she has long been aware of the elemental power and changing conditions which encourage an artist to try to capture the light, which Tina equates with the soul. She makes a wide -ranging use of different media, which help her to "keep out of the way and let the painting paint itself."

From her slides, and some examples of her work, it was obvious that, with the minimum of detail, Tiana creates paintings which convey the energy of Nature, and enable the viewers to use their imaginations to create their own interpretations of the scene.

Tina collaborates with the poet Tim Shuker to produce attractive greetings cards.

*V.Finch.*



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### DECEMBER GARDENING

People have a habit of passing seed and plant catalogues on to me, especially when they receive duplicate copies through the post. Sometimes I heave a sigh (inwardly) and think "Oh no, not more stuff", but more often than not I open them up and am immediately captured by some fascinating piece of information about some or other plant. This week's mine of information is the Suffolk Herbs catalogue which contains detailed descriptions of lots of common and not so common herbs. I hadn't realised that there are so many things in the garden, and in meadow and woodland that I can put in a salad, although I shall have to be careful which lunch or dinner guests I try them out on as I fear that some of them may think that I have finally flipped and served up the local roadside verge. Did you know, for instance that the leaves of Oxeye Daisy, Garlic mustard. Red Valerian and Sweet Rocket (which reputedly has aphrodisiac qualities) and the flowers of Heartsease can all be and tossed into the salad bowl, whereas the roots of first year evening

Primrose can be boiled as a root vegetable, and the leaves and stems of Wood Avens are fine in soups and stews. Added to these are the Useful plants: Ladies Bedstraw for curdling milk and colouring cheese. Yellow Flag Iris flowers and roots for yellow and black dye. Purple Loostripe for tanning leather, and stopping bleeding Goats Rue for increasing milk yield and Red Campion as a soap substitute. Of course the list of medicinal herbs is enormous but one in particular caught my eye: Heliotrope - produces a homeopathic tincture for "clergyman's sore throat". Now, I wonder whether that works. *Elaine Horne*



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### SEDBERGH TOWN BAND

#### Christmas Carols

Sections of the Band will be seen and heard at various stores in the run up to Christmas. Saturday 11th December will see them in Kendal at Marks and Spencer: on the Sundays of 12th and 19th they will be entertaining the customers of Booths in Kirkby Lonsdale. On Thursday 16th December they will be playing in the foyer at Asda, and at Morrisons on Saturday 18th December. [⤴](#)

**SEDBERGH AND DISTRICT  
HISTORY SOCIETY**

*'The Book Trade in Cumbria in the 17th,  
18th and early 19th Centuries'*

There was a topical theme to the meeting on Wednesday 3rd November when Barry McKay gave an interesting and knowledgeable account of the early days of the book trade in Cumberland and Westmorland.

As an antiquarian bookseller in Appleby, Mr McKay is certainly well qualified in this field. He has spent 30 years researching the book trade in the region. As a Senior Editor for the British Library he is also responsible for print networks on book trade history. He started with early illustrations of book production techniques dating from William Caxton's time. Print was stacked in cases then and today we still refer to upper and lower case. Spine binding methods are similar today.

The early book printing trade was in London and Richard More is thought to be the first from our region to enter it. He arrived in London in 1598 as a penniless orphan and, after a 9 year apprenticeship, set up a successful business. On his death in 1633 he left £1000 in cash, a considerable sum in those days, and £20 to the poor of Appleby.

Printing did not arrive in Cumberland and Westmorland until the 1720's. Thomas Cotton, from Ireland, brought printing to Kendal in about 1730. Whitehaven became the dominant town for the trade in Cumberland producing books for schools and seafarers.

Book societies were established,

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Ambleside being one of the earliest.

There is evidence of one in Sedbergh in 1728. By the 1770's Circulating Libraries hired books out for a shilling or two.

One of the most important early printed books in the region was the Manx Bible published in Whitehaven by John Ware in 1774.

Also in the same year 'The Cumberland Pacquet' became the first local newspaper.

Mr McKay produced excellent 'Power Point' images of printed material which survives from those early years which helps us to build up a picture of aspects of life then. These included election fliers, tavern bills, cock fight posters, details of ship's sales, ballad sellers in the form of long sheets and chap books which were popular in 19th/19th C.

Tony Hannam thanked the speaker for a most entertaining and informative evening.

*Tony Hannam*

**D J T**

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### LEST WE FORGET

May I take this opportunity to say a warm thank you to Angela & Joe and the Staff of J J Martins for allowing us to use their window once again for the display of the fallen men of Sedbergh in the 2 World Wars.

Thanks also to Billy Armer for letting us use his collection of family medals & memorabilia, they set off the rest of the display wonderfully well.

Next year we are hoping to be able to have the use of another window, where appropriate, so if any shopkeepers would like the honour can they please let me know. Lest you forget I will be reminding you later next year. As a former shopkeeper I know just how important window displays are. We are asking for a week to 10 days; the young men we are honouring and remembering gave up their entire lives

*Shirley Tebay*

**Dear Sir**

Tim Collins says he wants "the EU to be a partnership of nation states, trading freely with each other and working together to solve common problems". So do I: that is why I support the new European Constitution. It brings greater democracy into the running of the Union, as well as more efficient administration. The treaty makes it absolutely clear that the EU will continue to be a union of independent nation states. Can anyone imagine that the countries which, by a free vote of their citizens, have recently joined the EU would willingly give up their cherished new independence after suffering years of dominance by Nazi Germany or the Soviet Union? Of course not, no more than we or other countries with proud traditions of freedom, such as France, would want to do so.

The new Constitution is a necessary bringing up to date of old treaties, now that the Union has 25 members instead of the original six and later 15. The European Parliament for example, the only body elected by the people of the Union's member states, will now have greater powers.

There are many untrue myths being peddled about the European Union. If you want to read the facts, just log into the very full website [www.britainineurope.org.uk](http://www.britainineurope.org.uk). Forward in Europe, based in this county, is also helping to inform people about every aspect of European co-operation; we should be delighted to hear from your readers.

*Mary Wane*, Membership Secretary,  
Forward in Europe. 22 South Craig,  
Windermere LA23 2JH (015394 44484)

### DENTDALE MEMORIAL HALL

Looking back over the year coming to an end we have all been very busy and also there are a lot of people to thank, at the Sept meeting the Treasurer remarked on the vast amount of money raised during the year and about the great asset of the Haygarth Room to the hall complex. We have held an Antique Valuation Day, Table Sale, Concert and Fashion Show, and of course the big event, our Gala!

To all who gave of their energy and/or time over the weekend of the Gala our grateful thanks, David did great service on the microphone keeping everyone informed of the races and events, thank you Sir! Libby lived and breathed the Gala for weeks if not months. Thank you Ma'am! Of course not everything went to plan especially the weather over which we have no control, and the Fancy Dress which makes me think we should ask some of the mums of the youngsters who enter to run this in future.


The support and help given to this committee by the Governors of the Primary School is very much appreciated, from the very start of the joint project to build a new school (back in the 60's) and a village hall the need to work together for the benefit of the community has always been vital, it doesn't mean everyone always agrees with each other (can live in hope!) but that we search out common ground and develop our strengths. As I will have mentioned at the AGM in Nov I will be giving up as Hall Secretary at the 2005 AGM to move on to other things, but will help with the Gala and fundraising if possible.

*Sarah E Woof.*

### SEDBERGH LADIES NFU

The November speaker had to cancel, so the subject was changed from cookery, to shoes.

Mr. Tom Powney, manager of The Hotter shop in Kendal, gave us a very amusing and informative talk on the history and process of shoe making. Everyone got a goody bag, and one lucky lady won a free pair of shoes.

We will be going out for our Christmas meal to The Station Inn at Oxenholme, before our next meeting on 14th December, when Doris Haworth will be demonstrating flowers for Christmas. Everyone welcome. 

## Holiday Cottage Management

- Cleaning & Laundry
- Emergency Telephone Number
- Key Collection arranged
- Gas Safety Checks arranged
- Inventories
- Many Other Services




For an informal chat & brochure request  
Please contact Jackie Baines  
Tel: 015396 21002 or 07970 51 44 52  
e-mail: [info@dalesdusters.co.uk](mailto:info@dalesdusters.co.uk)

**Dales Dusters**

### SEDBERGH MARKET

Will the people of Sedbergh note that the weekly Market will hold their Christmas Market on Tuesday 21st December and not the 22nd.

If you have any enquiries, please contact SLDC Market Office on 01539 740486. 

## SANDWATH PET HOTEL

Kirkby Stephen, Cumbria CA17 4HE

### Luxury Dog Boarding Kennels and Catteries.

Bring your pets to our newly built establishment which has been created with your pets interest in mind.



Each kennel/cattery is fully insulated and heated. Inspections are welcomed. Please phone to arrange a mutually agreeable time.

Up-to-date vaccinations are essential.

All types of pets considered

For any information contact

the Dargue family on 017683-71442

### TWINNING

Well the party is over and a good time was had by all by all accounts. It's a great idea to create friendships and share things together. Soon visits will be made to Slovenia to find out more about the town and district. In order to do this application is to be made to the EU for some funding. Now why would the EU be prepared to support such a venture? If folk stopped to ask themselves that question the answer would be obvious. By supporting twinning the EU is using it for its own propaganda in the certainty that people involved in such activities will become "more European". As far as the UK is concerned there is no such thing as EU grants because the UK is a net contributor to the EU. Don't take my word for it just go on the EU website its all there. I leave you with this quotation from Jean Monet, the so founding father of the EU "Europe's nations should be

guided towards the superstate without understanding what is happening. This can be accomplished by successive steps, each disguised as having an economic purpose, but which will eventually and irreversibly lead to a federation"

Oh by the way the organizers of the vote behave just like the EU i.e.

undemocratically. There was no place to vote NO!

*Brian Wright*

Owing to technicalities, this was omitted last month.

*Ed*

### SEDBERGH PANTOMIME

Robin Hood the Panto is progressing well. Rehearsals are on Thursday evenings at the Methodist Hall. However the Panto will actually be staged at the Peoples Hall some time in the New Year, most likely to be February. The date is not yet settled due to the way in which the Panto and it's characters are evolving. The performance is littered with catchy tunes, jokes and general knock about comedy, Panto style. Naturally the audience will be encouraged to join in the booing and hissing. Not forgetting the traditional 'He's behind you.'

Under fives will be free. Up to sixteen £1.00. Everyone else £3.00. There will be a raffle and with a bit of luck ice creams in the intermission along with the usual refreshments.

We still need some Woodland Folk and don't worry we have plenty of green tights.

Proceeds to The Rose Fund, Ali's Dream. ACT Against Childhood Tumours.

For information or to offer help, please give me a call [Sandra Gold-Wood](tel:01768371442) 21808.

## **SEDBERGH TOWN BAND**

### **Christmas Concert**

The Annual Christmas Concert will take place in the People's Hall at 7.30 pm on Tuesday 7th December. The Band can promise an evening of entertainment that will appeal to all the family.

Musically there will be considerable variety: traditional carols and Christmas music will feature prominently. There will be two solo vocal items that are guaranteed to be of the highest, professional standard.

A raffle will be drawn during the interval when mince pies, mulled wine, tea, coffee and squash will be served.

We have again been fortunate in persuading Father Christmas to take a break from his festive preparations and join us at some stage in the evening. He has promised to bring a sack of goodies with him for distribution to the younger members of the audience.

The Concert will also see a first performance of a composition by local personality Mrs. Freda Trott entitled 'A Christmas Lullabye'.

A great family evening lies in store but we urge you to get a ticket in good time as previous experience shows they go quickly and the number of available seats is strictly limited. *G. B.*

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### **DIALECT DIGEST**

Every year, at the beginning of December, the Yorkshire Dialect Society gathers in York for its annual 'Christmas Crack'. A crack is defined as a 'friendly

conversation', which is just t'sooart o' thing Yorksher fooak enjoy when a few on 'em get tergither. Members provide the entertainment, with readings of their own offerings about the season, or traditional Kessmas rhymes, an' there's happen a carol or two inti t'bargain.

When I was a lad, one tradition used to be for a group of us to go round the village carol-singing on Christmas Eve, not for any financial gain, or even for charity, but just for the sheer joy of belting out those well-known tunes in the open air. Mind, in those days, you were at least guaranteed a seasonal frost to add to the atmosphere.

So to wish you all in Lookaround country t'season's greetings, here's the last verse of the Cleveland Vessell Cups song, sung to the tune of God Rest Ye Merry Gentlemen.

Oh God bless t'maister o' this hoose, an' t'mistress also. An' all yer lahtle children, that roond yer teeable go. An' all yer kith an' kindered, that dwell beeath far an' near. An' Ah wish ya Merry Kessmas, an' a Happy New Year; An' Ah wish ya a Happy New Year. 

### **BOOK TOWN MANAGER POST**

Interviews for the Book Town Manager Post will take place at the end of December. Experience of community projects, retailing, marketing and some knowledge of the Book Trade and Book Town movement essential. The person needs to be highly motivated, innovative, a networker and able to work without close supervision. Further information from Dr Hilary Hodge on 20314.

## **CHAMBER OF TRADE**

From the minutes of 18th October.

### *Lakeland Radio*

Although Lakeland Radio were told it was OK to approach our members it would appear that only a small number had actually been contacted with regards advertising over the Christmas period. A number of members expressed that they would have been interest if they had been approached

### *Businesses in Bloom*

Susan Sharrocks will contact Graham Glynn Ceramics to ensure a plaque for the Dalesman is made and he will invoice the Chamber.

### *Joss Lane Toilets*

After communication with SLDC the toilets have been jet washed so there should be a marked improvement.

### *Proposed Heritage Centre at Sedbergh School*

It was reported that these plans are on hold for the foreseeable future.

### Correspondence

### *Playground, Howgill Lane*

A letter has been received from the above commity thanking the Chamber for its donation.


### *Membership of Cumbria Tourist Board*

Renewal fee of £85.76 is due but the members seemed unanimous in the decision not to renew our membership as none of the elements would be of benefit to the chamber and it was also felt that there was a lack of support from CTB. A letter will be sent to CTB telling them of our decision and the reason.

### Sub Committee Reports

### *Book Town & TIC*

An artist has been commissioned to do

the Book Town Logo and a preliminary copy was shown to members. 

## **BLIND CLUB NEWS**

The local group of the South Lakes Society for the Blind held its November meeting on Tuesday 16th at the People's Hall. Seventeen members and helpers were present to enjoy tea and biscuits and a chat.

Catharine Hannaford, who is the Outreach Support Worker for SLSB came to provide information on various topics relevant to our members. She brought a selection of large print books to borrow. It was suggested that tapes could be circulated similarly, but it was concluded that the problems involved would outweigh the advantages. Worth a try?

Catharine also explained the Be Aware scheme, which works through any Public Library and means that partially sighted people can access large print books and tapes from anywhere in the country, free.

There was a discussion on the way our transport works locally. Dent has its Courtesy Car scheme, but the Sedbergh arrangements are unclear so Gordon Axford volunteered to do some research at the Community Office.

The idea of having a group outing in the spring was mooted with Brockhole as a possible venue, but no decision was made. More immediately appealing was an invitation to lunch on January 18th 2005 at the home of our chairman. We look forward to that. There is no meeting in December.

New members are very welcome and transport to meetings is provided. The number to contact is 015396-20100.

*E.H.*



### **BENEFITS OF PEPPERPOT CLUB**

A year ago I realised some musical friends and some junior school children were spending time on Monday afternoons in a small orchestra, the Pepperpot Music Makers, and I decided to join them and the Pepperpot Club. Having the different generations with varied experience playing alongside each other has proved beneficial to everyone.


In my case, it resulted in my becoming a borrower of one of the Pepperpot Club loan violins. To get back to the standard which I had once had while at school in the orchestra took some hard work. The music drama "Across an Unknown Sea" was an excitement. Preparing for it was very motivational but the performance in June during the Sedbergh Festival surpassed all expectations due to good planning and organisation. Many thanks too to my friends Judith Bush and Ann Wright our conductors and the other players.

The Pepperpot's Instrument Loan Scheme has helped me back to violin playing; I now have my own violin and have joined a second orchestra. For this the Pepperpot Club has my sincere thanks. May it long continue to benefit more junior members as well as senior ones in the future. Many thanks once more to the Pepperpot Club.

*Joyce Whitfield.*

### **BRIDGE CLUB**

The Sedbergh Bridge Club meets at the White Hart Club on Tuesday evenings from 7.30 pm. New members, at whatever standard, are welcome. Instruction available for beginners.

Please note the new contact person for the Club in Mr Estensen on 21060. 

### **SEDBERGH TOWN BAND**

#### **Remembrance Day**

Two of the Band's leading solo Cornetists Keith Wood and Robert Orr, played the Last Post and Reveille at the Remembrance Day service held this year in the Sedbergh School Chapel. The impeccable renditions were much appreciated by the congregation the numbered in excess of three hundred.

The service was followed by the laying of wreaths on the town memorial and a parade through the town led by the Sedbergh School CCF Band who had earlier played at The School Cloisters.

In the evening Keith and Robert travelled to Dent repeating their performance at the well attended service held in the parish church. *G. B.*

### **SPARE TIME?**

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


#### **VOLUNTEERS REQUIRED IN THE SEDBERGH AREA**

Training given and all expenses paid  
Ring **01539 735598** to find out more

COMMUNITY TRANSPORT SOUTH LAKELAND

### **BOOK GROUP**

The newly formed Book Group will be meeting in Sedbergh Library starting at 3pm on Mondays on 10th January, 14th February and 14th March when the subjects will be 'In Patagonia', 'Asta's Book' & 'The curious incident of the dog in the night-time'.

Further information is available from Mr J Wheten on 21488. 

### WALKS AROUND SEDBERGH

With the anticipated influx of people to Sedbergh next year, it would be nice to compile a list of local walks in and around the town.


These can be either led by a 'Guide' who can give many points of interest on the route or in print form where visitors can make their own way round.

What is wanted are many of your ideas and assistance.

Would you like to be a Guide which will only be at most a few times per year?

Have you any suggestions for any routes which includes points of interest, vegetation, buildings, history, characters, etc. The routes can be long and short, easy and difficult, in and around Sedbergh.

Once all the information has been collated, assistance will be required in producing a leaflet, placing out signs for trails and walks, and anything else that will present itself.

If you can offer any advice or assistance, please contact Judith Aston at Sedbergh Bakery on Main Street. 

### FEELING THE STRAIN.....?

Do you need help...?

Pet Care .. House Sitting .. Night Care

References available - No Obligation

Tel: Sarah 015396 25212

### HALLOW E'EN

We were so pleased with visits by Dent children on Hallow E'een. They looked a 'delight'. There was no fright or trickery. Thank you.

*David and Rothy, The Wool Shop, Dent.*


### SNAZZY SANTA COMPETITION

Sedbergh and District Chamber of Trade will be having their Late Night Opening and Family Festive Evening on Wednesday 8<sup>th</sup> December.

To add further festive spirit to the streets of Sedbergh this Christmas, the Chamber of Trade is organising a competition to encourage the proliferation of cheerful Santa's around Sedbergh! The competition will be held in conjunction with Late Night Opening on Wednesday 8<sup>th</sup> December. We would like to see an abundance of home-made Santa's, in various guises and situations, displayed in the windows, gardens, or elsewhere in/on houses and businesses in Sedbergh and nearby areas. There will be two valuable prizes, one for the funniest Santa and the other for the Santa in the most original situation.



To take part in the competition, fill out an Entry Form (available from the Post Office or Sedbergh Office Services) and hand it in to either of these offices, together with your entry fee of £1.00, by Friday 3<sup>rd</sup> December. Entries will be judged on Wednesday 8<sup>th</sup> December and Prizes awarded at the Late Night Opening prize-award ceremony, that evening.

All Santa's entered into the competition should be clearly visible to passers-by and should be made from cloth, wood, plastic or similar materials. We regret that shop-bought Santa's cannot take part. However, if you would like to join in the spirit of this initiative without entering the competition, please display a Santa of any kind on your property without submitting the entry form. 

### **DENTDALE ANNUAL FESTIVAL**

The Annual General Meeting of Dentdale Annual festival Committee was held on Wednesday 10th November in the Sedgwick Room, Dent. The posters advertising the meeting had asked for prospective new committee members to attend the meeting, as a number of the officers and committee wished to stand down. On the night, only one interested gentleman turned up!

This event has run for 5 years, over the August Bank Holiday weekend, organising discos, live bands, craft fairs, rounders tournaments, treasure hunts and much more. It has always been well attended, even in the face of Foot and Mouth, and the resigning committee would be sorry to see it fold.

If you would like to see it continue and can spare some time and enthusiasm, please come along to the Special General Meeting on Wednesday 8th December at 7.30pm in the Sedgwick Room, Dent. If we cannot elect a Chairman, Secretary, Treasurer and five committee members, the Dentdale Annual Festival Committee will be wound up.

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### **THOUGHT FOR THE MONTH**

“Pin the tale on the donkey” has been a much loved family game for years and listening to the news this could become “pin the tale on the Dolphin” following a new tail being made for a Dolphin which had had to have its own tail amputated! Would it catch on? Nothing wrong with the Donkey game so why change, this so often is the attitude when something new is suggested, why bother? Why indeed, as this brings extra work and often a

backlash by those not in favour of change, but surely change can be a good thing, everything cannot stay the same, not for ever! Some change is great and we reap the benefits, whatever you do to celebrate the great season of Christmas remember those for whom the year has brought more change than they would ever have wanted, and those who have grasped change joyfully and with both hands seeing it as the challenge it is. Accepting the gift of a personal relationship with Jesus is a great challenge, wonderful if it could catch on!

*LD*

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### **LADIES CAR PULL**

A big, big thank-you to Caspa and Sedbergh Football Club for arranging the Ladies Car Pull.

The event was very successful and a enjoyed by all !! Thank-you ladies for all your effort and energy, you did a brilliant job!! pulling that van & driver from DENT to SEDBERGH.

The money raised will go towards the repairs and maintenance work on the Spooner room (Sedbergh Playgroup).

Many thanks Caspa, for arranging this successful event.

*Sedbergh Playgroup Committee*

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### **CHARITY HELP**

A big thank-you to everyone who attended the recent functions at the People’s Hall to raise money for Cystic Fibrosis and Multiple Sclerosis. Also, thank-you to all the people that donated Raffle Prizes and those that bought tickets. A total of £808 has been raised for these good causes. *Judith & Julie*

### SEPTEMBER WEATHER

The month got off to a warm dry start without measurable rain and warm temperatures for the first 9 days. Typical weather for starting back at school and for Doncaster Race Week! The maximum temperature was recorded during this period at 82.6F The minimum temperature was 40.1F recorded on the 24<sup>th</sup> of the month. Rainfall gradually built up after the dry start to end the month with a total of 4.93 inches. Pressure was generally in the mid 29 inches of mercury but during the pleasant start it did top 30". It was a fairly breezy month with all but one day recording wind speeds in the mid to high teens with a maximum at 22.8mph and a minimum at 8.7mph.

The wildlife was still active with butterflies around on the better days. Wasps were having a feast on ripening fruit. On the wet days they looked as though they were in suspended animation barely moving about and certainly unable to fly home. Talking of flying most of the hirudines had left us by the end of the month with just a few stragglers passing through. I wonder if the house martins I saw feeding last month made it. We have had a lot of badger activity with them rooting about in the field. Rabbits are a lot bolder and run around the garden much to the annoyance of the dogs. We have had regular visits from a fox with tracks in the mud in the chicken run. All it has got so far has been a rabbit. One of our cats has done better and that's during the day!

*Owing to technicalities, this was omitted last month.*

⌆

Ed

### DENTDALE METHODIST CHAPEL

A very Happy Christmas to you all.

The annual meeting in October saw one or two changes, Miss E T Middleton now represents the congregation on the Memorial Hall Committee and this will be her second term of service on this committee, Mr Brian Haygarth resigned as Property Steward & Mr John Woof took on that job as well as being Steward along with Mr Jeff Allen. A report was given on the progress made regarding an accessible toilet, and one about the mission and outreach life of the church including the new "Jacobs Ladder" family event with our Anglican friends. Pray & Share this month will be on 9th & 23rd.

A Prayer Request board is at the back of the chapel please record any requests on this and they will be remembered, as well as our notices being read out at our services we now use the "Sunday Link" sheet printed with our notices and items of interest and for prayer. Details of our services can be found on the Notice Boards and we extend a warm welcome to you all to them.

*J & SE WOOF*

### ZEBRAS

The Zebras New to You Sale raised £261. Thank you to everyone that came and supported us and to all the helpers especially Beth, Joan and Pat for the refreshments.

Thanks also, to The Green Door, D.T. Close, The Spar and McConnells for the sweets they donated.

The next Zebras meeting is on Monday 6th December at 8 pm in The Bull Hotel. Everyone is welcome.

⌆

### **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



### **VOLUNTEERS NEEDED**

Sedbergh Toy Library are looking for volunteers to help on alternate Thursdays between 2 and 5 pm.

If you could help regularly please phone Frances Roberts on 21193 for an informal chat.



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### **KIDNEY RESEARCH COFFEE MORNING**

Following the recent coffee morning in aid of Kidney Research a sum in excess of £200 was raised.

Many thanks to everyone who supported the event in any way. Your contribution was much appreciated. *M. Sycamore*

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### **POLICE REPORT**

Again, there is nothing to report this month.

The problem of the water on the road on Scotch Jeans seems to have been resolved. It was getting a bit lethal, especial with the icy roads. Which reminds me to remind you. Do not drive your vehicle to its, and your, limits. If you do and you meet a problem, which includes snow and ice, you will not be able to handle it and a crash is inevitable. The problem is, who are you going to take with you? Slow down at all times and respect the conditions. I have received many reports of vehicles slowing down by Toll Bar Estate so you are to be congratulated.

In the Parish report, there are reports of cycles using the footpath between Main Street and Bainbridge Road. I have also seen cycles riding the wrong way on Main Street. As well as being dangerous, it is an offence! Be warned! *DJW*

### COBBLE COUNTRY

Just over a year ago I came to Sedbergh to have a days walking in the Howgills, and like the vast majority of people do when they visit here, I thought how nice it would be to live and work here.

Well, about six months later and determined to do just that, I packed up and came here having called a local estate agent to find me somewhere to rent. As it happened it was Cobble Country Property and Nigel Close that I spoke to and no sooner said than done, not only did I have somewhere to live but a job as well! As we were talking on the telephone about properties it came out that I had worked in an estate and lettings agent in Bedfordshire and had been in that line for some time, so it seemed my impulse to move was meant to be and I haven't looked back!

I have found everyone to be friendly and welcoming and certainly a change from the reserved southerners! Little did I realise at the time that I would be

involved in a town that was about to have national and more importantly, international coverage in the TV media as it sought to find a suitable town in Europe with which to twin. Suddenly I am in the midst of something that does not occur very often to a town or area, and just as suddenly there will be a great deal of interest when the viewing public start to realise that Sedbergh is not that far from them (we are only a small country after all)!

Following the TV programme which is scheduled to go out in the New Year, I can see we are going to see a substantial rise in visitors from all over the country who want to see this "gem" for themselves. It may be time now to think about getting that holiday cottage aired and ready for the onslaught, or even to consider letting your property on a longer term as no doubt we will have, and already do have, people wanting to come and live in this area just as I did. Why not be 'part of the action!'

*Janet Evans, Cobble Country Property*

70's Theme

## DISCO

Is Donny still your 'Puppy Love'?  
Have you still got those 'Tiger Feet'?  
Is Gloria Gaynor still the woman for you?  
Then come along and relive some of your *old* memories!

**Saturday 15th January 2005**

People's Hall, Sedbergh

8.00 pm till Midnight

Tickets £3 (£4 on the door) from 'The Green Door'

*Over 21's only*

DJ Danny ~ Optional Fancy Dress ~ Prizes ~ Bar

*All Proceeds to Spellbound Theatre*



**BONFIRE NIGHT RESULTS**

There was a good turn out for the Annual Bonfire Night at the People's Hall and an exciting array of fireworks were seen. There were plenty of stalls to provide much amusement and refreshments.

There was a good entry in the various competitions and the winners were:-

*Pumpkin Lanterns:*

- 1st Ashleigh Hall
- 2nd Olivia Law
- 3rd Rose Longlands



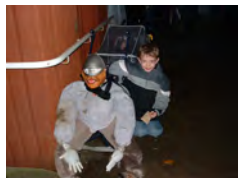
*Turnip Lanterns:*

- 1st Stewart McCandlish



*Guys:*

- 1st Claire Hunter
- 2nd Rose Longlands
- 3rd Tyler James



**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 & Horseraddish 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

## Christmas at The Dalesman



**"For more than a few!"**

Pre-Bookings & Pre-Orders only with this menu!  
3rd December onwards



To Start	Main Course	For After
Fresh Homemade Soup Roll & Butter	Roast Turkey, breast & leg, roast potato, mash, stuffing, apple sauce, sausage in bacon, fresh vegetables & gravy	Toffee Trifle Caramel Sponge & banana Custard served with Cream
Bacon & Artichoke Salad	Roast Chicken breast served on Mushroom & bacon Rissotto	Raspberry & Chocolate Tulip
Melon with Prosciutto Ham, Fruit Caulis	Grilled Cod served on a Chilli, Tomato, garlic & Coriander Salsa, new potatoes & Veg.	Coffee Liquor Ice Cream
Fresh Norwegian Prawn Cocktail with Marie Rose Roll & Butter	Chargrilled Sirloin Steak, Chips & vegetables served with a Peppercorn or Mushroom Sauce (£3 supplement Charge)	<b>£12.50 Per Head</b>

### "THE ARCHERS" and TAI CHI

Having written an article for last month's "Lookaround" on the subject of "The Archers" and Homoeopathy I was surprised and delighted to hear in a recent episode that two residents of Ambridge were about to begin a Tai Chi evening class (having seen T'ai Chi featured in the "Calendar Girls" film). So why are two middle-aged ladies about to start practising one of the most effective and deadly of the Chinese Martial Arts?

The answer (I imagine) is:

1. They don't know that it's a Martial Art!
2. Even practised in a non-martial way (as 99% of T'ai Chi in this country is) it brings tremendous benefits to our physical, emotional, mental and spiritual

health.

Maybe a few definitions would be helpful at this stage. T'AI CHI means "Supreme Ultimate" in Chinese and as such describes a particular spiritual and metaphysical understanding of the way in which the world works and of the place of the human being within it. It is strongly connected with TAOISM which is the nature-based mysticism of China. T'AI CHI CHU'AN relates to the practical embodiment of the above principles into a fighting art and literally translates as "Supreme Ultimate Boxing". QI GONG (or CHI KUNG) refers to particular forms of healing exercises which have been practised in China for thousands of years aimed at building up



## Christmas at The Dalesman

Starting 3rd December onwards

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Roast Leg & Breast of Turkey, served with Roast & Mashed Potatoes, Apple Sauce, Sausage in Bacon, Stuffing, Fresh Vegetables & Gravy

### THE CRACK AT THE DALESMAN

#### TUESDAY NIGHT \*

Roast Night £7

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Steak Night Various Prices

Order any two of our Aberdeen Angus Steaks and get a free bottle of House Red/White wine (order one steak and get ½ carafe)

#### FRIDAY NIGHT

Curry Night £5

Choice of 6 Curries served with Rice & Naan

\* Due to doing Christmas Dinners,  
Roast Nights stop for December and start again in January

and strengthening the energy (or Qi) of the practitioner. Qi Gong translates literally as "energy work". It is part of a health system which includes Acupuncture and Traditional Chinese Medicine.

T'ai Chi Chu'an and Qi Gong are closely interconnected and were brought together through the healing practices of Taoist Monks. They are practised either singly or together by millions of Chinese and other people throughout the world. It is said in China that the practice of these Arts leads to the strength of a lumberjack, the flexibility of a child, and the peace of mind of a sage. These do not necessarily happen straightaway but people who do start to train often notice immediate

improvements in their general health, in their physical and emotional balance and a calmer and more stress-free way of life. In today's hectic environment these are benefits not to be underestimated!

Anyone of any age can begin to train. The lessons can be tailored to individual needs depending on age, physical fitness etc. The movements are slow, grounding and calming and no minimum level of fitness is required to begin.

Like the ladies of Ambridge why not give it a try? I teach both T'ai Chi Chu'an and Qi Gong in Sedbergh and the surrounding area and have regular classes for groups and individuals. If you would like to know more please ring me on 015396 20648. *Ian McPherson*

### A SEDBERGH VIEWPOINT

The years seem to fly by, don't they? Its time to buy those Christmas presents and cards once again, and do all the other preparations for the big day which we think are essential. There is no better place to start than our Late Night Opening celebration evening on 8<sup>th</sup> December. No doubt Main Street will be decorated with trees and lights as usual. We can get in the mood at the Town Band concert the evening before and we can conclude our festive season with Robin Hood the Panto on 21<sup>st</sup> and 22<sup>nd</sup> January. As ever Sedbergh has much to offer its community and we thank all who make these events happen.

Having had the Olympic Games this

year I thought I might end the year by awarding some medals for Sedbergh. It has been a full year of events with the Town Twinning filming taking centre stage, such that we might have forgotten some of the other things that have happened. My gold medal goes to the Ruby Red Gala; one of the best Galas I can remember. It was well organised and the programme went like clockwork, including the Dakota fly past. I was going to disqualify the Bonfire Night for not being held on the proper day (Guy Fawkes Night). For me it was 24 hours late! But how could I be so niggardly when it was such a wonderful evening (despite the drizzle). The fireworks were fantastic. Again thanks to all who

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**Christmas Bookings now being taken**

Proprietors: David and Elizabeth Martin

organised the event for my enjoyment. You are my silver medallist. The bronze medal has to go (based on last year's event) to the Christmas Late Night Opening event. I'm sorry there can only be three medals because it was a close race with many runners just missing out at the line. A Special Mention then for the almost bronze medallist, The Market Fayre

Since writing last time I've learnt more about so-called reality tv. Seemingly reality tv programmes are such as *Big Brother*; *Wife Swap*; *Jamie's Kitchen* and all the house make-overs. I've read that producers of these reality shows "have realised that ordinary folk (you and me) provide an inexhaustible supply of the

gullible, the reckless, the volatile and the emotionally immature, all of whom (it is said) are delighted to have their antics filmed so that the rest of us can have a good laugh". Oh dear. I wish now I hadn't gurned at the camera after voting for my *Twin Town!* I hope I haven't spoiled the show folks.

Well 2004 is nearly gone (and so has my space in this *Lookaround*) so Best Wishes for 2005. In the meantime enjoy the lead up to Christmas and the festival itself. Remember it is the Holy Child who causes us to celebrate when we sing carols and exchange cards and gifts. Hoping to be back with you in February with my peculiar viewpoint on local affairs.

*N Hastle*

<p><b>Starters</b></p> <p>Prawn Cocktail &amp; Marie Rose Sauce £3.60          Garlic Mushrooms on Toast £3.10          Pate with Garnish, Toast &amp; Butter £3.10          Soup of the Day £2.95          Egg Mayonnaise £3.10          Grapefruit Cocktail £3.10</p>		<p><b>Fish Dishes</b></p> <p>Salmon Steak with Parsley Sauce £8.90          Grilled Rainbow Trout £8.90          Breaded Scampi £6.30          Breaded Haddock £6.30</p>	
<p><b>Extra Special Main Courses all £10.95</b></p> <p>Loin of Pork in Cider &amp; Apple Sauce          Lamb &amp; Apricot Casserole          Chicken with Basil, Port &amp; Dill Sauce          Venison Steak with Red Wine Sauce          Venison Casserole          Supreme of Pheasant Chasseur          Pork in Pepper Sauce          Cod &amp; Prawn Crumble</p>		<p><b>Vegetarian Dishes</b></p> <p>Tropical Vegetable Curry £6.30          Stilton &amp; Vegetable Crumble £6.30          Vegetable Lasagne £6.30          Mushroom &amp; Nut Fettuccini £6.30          Broccoli &amp; Cream Cheese Bake £6.30          Vegetable &amp; Pasta Bake £6.30          Vegetable Tikka Masala £6.30          Macaroni Cheese £6.30</p>	
<p><b>Main Courses</b></p> <p>Roast Dinner of the Day £6.30          Mixed Grill £11.90          Fillet Steak £11.90          Sirloin Steak approx. 8oz uncooked £9.55          Half Roast Chicken £7.50          Chicken Kiev £6.30          Lasagne £6.30          Steak &amp; Kidney Pie £6.30          Cumberland Sausage £6.30          Gammon &amp; Pineapple £6.30          Barnsley Lamb Chops £9.50          Marinated Lamb Steak (6oz) £9.50          Pork Chop in BBQ Sauce £6.70          Cheese &amp; Ham Pasta £6.30          Tuna Pasta Bake £6.30</p>		<p><b>Rice Dishes</b></p> <p>Chilli £6.30          Chicken Tikka Masala £7.20</p>	
<p><b>Salads</b></p> <p>Ploughman's Lunch £4.90          Cold Meat Salad &amp; Roll &amp; Butter £5.90          Prawn &amp; Rice Salad £6.30</p>		<p><b>Sandwiches</b></p> <p>Prawn with Marie Rose Sauce £4.00          Ham, Beef, Cheese &amp; Tomato, Cheese &amp; 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 &amp; Butter £0.45</p>	

# THE HEAD AT MIDDLETON



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## Menu

### JACOB'S LADDER

Dentdale Methodists and Anglicans have joined forces to organize ecumenical praise and activities for families. We meet in the Memorial Hall at 3:00pm on the first Sunday of the month for praise and drama, followed by a variety of activities, games and crafts.



The first event, on a hot and sunny day in September, attracted 40 people. Revd Tim Widdess brought his sound and video system to provide the music for our singing and we watched a video about the Prodigal Son. Later on, Revd Peter Boyles led some of the children in acting out a drama based on the Prodigal Son – which they did with flair and originality!

For activities we had five-a-side football and technical lego. The girls created a huge banner from fabric and illustrated it with a picture of Jacob's Ladder, and there were plenty of toys and activities for children under 5.

At our October meeting everyone had a part in acting out God's creation of the world. Conkers and table tennis were popular activities, along with the technical lego, and for craft we wrapped and filled 17 shoeboxes as gifts for the Samaritan's Purse Christmas appeal. After a drink and a snack, two of the older children read out stories about the children who received shoeboxes last year.

The drama in November was 'The Good Samaritan' – complete with costumes. This was such a favourite that we had to do it again in Crazy Club on the next Tuesday. The donkey costume (a donkey's head bearing an uncanny resemblance to the donkey in Shrek 2) was the most popular. The cold, wet weather meant indoor games, including "I'm going to Sedbergh for my holiday", plus a spirited and entirely unscripted 'Punch and Judy' show. For craft we

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made a crib display with Mary, Joseph, Jesus in the manger, wise men, shepherds (and sheep) and angels. This is a gift for Dent School and will be presented during a school assembly closer to Christmas.

We will end the Autumn Term on 5 December with an Advent Party. Everyone in Dentdale and our friends in Sedbergh and area is invited, especially families with children. We thank everyone who has supported us this term and would appreciate any suggestions for topics and activities for next term. Please get in touch with Sarah Woof or Ellen Kirton if you would like to help. [↑](#)



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### SEDBERGH PARISH COUNCIL

From the minutes of the meeting held on 28th September 2004.

Matters Arising :-

Skateboarding - It was agreed that the clerk would put an article in the Lookaround asking for anybody interested in fund raising to contact us.

Benches on Main Street - The design for the new benches were agreed and it was also agreed to purchase an extra one as both benches were removed as they were becoming unsafe.

*Planning applications were considered as follows:*

FPP replacement for existing 100mm radio dish for 300mm radio dish for emergency radio at Sedbergh Telephone Exchange

*No objections*

FPP to use building as joiners workshop and printing works at 4 Lane Ends, Marthwaite

*We support as this provides valuable local employment.*

FPP erection extension at Mirehead, Howgill Lane

*No objections*

*Planning decisions were received as follows:*

FPP extension to cubicle building at Gateside, Howgill

*Granted*

FPP creation of new driveway at Burnt Mill, Cautley

*Granted*

FPP New playground equipment replacing old equipment at Howgill Lane Playing Fields, Sedbergh

*Granted*

FPP replacement windows at Sedbergh Primary School, Long Lane, Sedbergh

*Granted*



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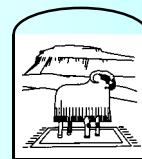
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and wish them all

**A Merry Christmas and A Happy New Year**

## HIGHWAYS

Various Highway problems were raised as follows:-

The proposed traffic calming measures at Loftus Hill/ Busk Lane has not yet been installed.

Birks Lane was resurfaced but the work was poorly carried out and there are now potholes.

Potholes on Buck Bank Lane approaching Buck Bank Farm

Both Settlebeck and Moss corners remain in poor condition

The water flowing out of the road half way up Black Horse Hill are a concern especially as winter approaches as the surface water will freeze and be very dangerous.

There is still a rut past St. Marks Cautley where the road was poorly reinstated after road works

People are driving out of Main Street the wrong way.

These matters will be raised with the appropriate authority.

## PLAYING FIELDS

The hole that appeared at the far side of the field after work by United Utilities has been reported to them but as yet has not been repaired.

## FOOTPATHS

Complaints have been received about cyclists using the footpath from Bainbridge Road to Main St. The 'No Cycling' signs have disappeared. A request for reinstatement of the signs will be made.


## STREET LIGHTING

The lack of lighting on the footpath from Bainbridge Road to Main St was discussed. No reply has been received about using the land adjacent for a lamppost and no other residents in the area appear keen to have a wall mounted

light. A wall mounted light would be a cheaper option. We will continue to investigate and take up the matter with highways.

## OTHER BUSINESS

Parking - A letter has been received from BT as a result of the Chamber of Trades request to use the Telephone Exchange for extra parking. Whilst BT would be willing to allow use for parking they would expect a rental of £2,800pa. This rental together with the cost of building access and other restrictions on the area means that this is not an affordable or viable proposition.

The Pulse Project - The clerk was requested to find out what had happened to this project and how the funds that had been raised were being used. 

SEDBERGH & DISTRICT

## HISTORY SOCIETY

---

**Wednesday 5th January**  
**Shap Abbey**  
A history, drawing on a range of documentary evidence.  
*Harry Dawkins*

**Wednesday 19th January**  
**The Life and Works of**  
**Lady Anne Clifford 1590 - 1676**  
From birth in Skipton to death in Brougham  
*Dick White*

---

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

---

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

---

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

### **GARSDALE PARISH COINCIL**

From the minutes of Thursday 16<sup>th</sup> September.

Chairman Neil Howarth welcomed Kevin Lancaster to the meeting. Mr Howarth also passed on Joe Nicholson's best wishes to The Council. Mr Nicholson had said that if there were anything that he could do to help us he would be only too glad to help. It was agreed that we should re-send all previous letters about the state of Garsdale Roads to Mr Nicholson and copy them to Kevin Lancaster and The Portfolio Holder for Transportation. Matters arising from the minutes

The Chairman reported in his role as representative of Garsdale Parish at meetings of The Sedbergh Town Office

and Tourist Office, that Avril Whittle is continuing to run the Town Office and he has seen a dramatic change. There has been much clearing out and re-decorating. There is now an area where local artists can display their work and commission for sales will go into The Office Fund.

BT – Phone box removal – Kevin reported that he had heard that there was approx 10,000 boxes earmarked for removal and each box has at least 20 to 30 representations against their removal. Evidently they have very few staff to cover this.

Yorkshire Dales Action Report – all Council members received a copy  
Benches – Mr Woodfine is on the case

### SEDBERGH

## **TOURIST INFORMATION OFFICE & BOOK CENTRE**

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Tourist Service Qualifications would be an advantage.  
Training to NVQ standard will be given

Please send short CV to  
Sedbergh TIC, c/o 5 Castlehaw, Sedbergh LA10 5AJ  
*Closing Date: 20th December 2004*



## CORRESPONDENCE

Recycling – Notice received notifying us where recycling facilities are located. It was reported that in Sedbergh 5 car parking places are taken up by recycling facilities and 12 places taken up by local cars parking over night and during the day. This has reduced the car parking spaces available for public use.

Code of Conduct – Members to declare any interest

Licensing Act 2003. – All licenses for taxis, bar, pub, sex shops etc are being brought together under a new “umbrella”. The process for new licenses will be much more lengthy but repeat licenses should be quicker.


Invitation to Motorcycle Meeting at Ingleton- 27<sup>th</sup> September. Mr Squires did

not attend the last meeting but reported that there was a 63% increase in accidents last year and there were 29 deaths in 2003.

### Any Other Business

The Chairman had received a request from Ingram Cleasby asking that we support his request for Red Squirrel signs to be erected.

He also reported that he had tried on numerous occasions to contact YDNP re Action Plan but was unable to speak with anyone.

Complaints had been received about the state of the wall opposite East Bridge End Farm road end. The clerk was requested to contact the land owners Mr and Mrs Wood. 



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## PLAYGROUND REOPENS AFTER £85K REVAMP

Sedbergh playground was officially reopened on Sunday 7th November after three years of fundraising and an £85,000 refurbishment.

BBC Radio Cumbria presenter and Sedbergh resident, Martin Lewis, and the Sedbergh Gala Queen, Cally Steadman, carried out the official unveiling, which was attended by scores of local parents and children from the town.

Old and hazardous play facilities have been replaced with new state of the art playground equipment, including dedicated play areas for toddlers and juniors, a climbing wall, roundabout and much more. Fencing has been erected

around the new playground, safety surfacing installed throughout and a seating area fitted to complete the refurbishment.

“Merewood Homes offered £500 to kick-start the fundraising for the new playground back in 2001,” explained Mike Hinson, Secretary of the playground committee, which was set up around this time.

“We consulted with local children’s groups through questionnaires and an open day vote to find out what sort of playground facilities they wanted. We then embarked on what has been a massive fundraising campaign to raise the money needed to restore the play facilities.



# R Lewes

Chartered Accountant

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**Business plans**

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“Original plans to refurbish the area were estimated at £65,000, which we managed to raise within three years. The grant from The Onyx Environmental Trust meant that we were able to exceed our initial plans and develop an even bigger and better playground for the town.”

A number of organisations contributed towards the playground revamp – The Onyx Environmental Trust awarded £21,736 through the Landfill Tax Credit Scheme, Vital Villages also awarded £22,000. The Living Spaces Fund contributed £10,000, Awards for all £5,000, South Lakeland District Council contributed £3,500, with the Hadfield Trust, Sedbergh Parish Council, Frieda Scott Trust and Sedbergh United

Charities each awarding £1,000. The Playground Committee raised the remaining £20,000 over the three years with local events such as discos, street parties and car washes.

Margaret Cobbold, General Manager of The Onyx Environmental Trust said: “The new playground in Sedbergh will play a significant part in improving the recreational provision for children of all ages in the town and will benefit the whole community for many years to come. This project is an excellent example of the Landfill Tax Credit Scheme working to enrich the lives of local communities and the Trust is delighted to be a part of it.”

*Maggie Morrissey*

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**IT HAPPENED ON  
THE SUNDAY AFTER CHRISTMAS**

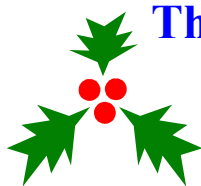
"It happened on the Sunday after Christmas, the last Sunday ever they played in Longpuddle Church gallery as it turns out, though they didn't know it then."

So begins Thomas Hardy's amusing short story about the last days of a 19th century village quire, and how the players and singers were replaced by a barrel organ "that could play two and twenty psalm tunes so exact and particular that no matter how sinful inclined you were, it could play nothing but psalm tunes whatsoever."

The village quires, which today are referred to as West Gallery choirs, owe their origin to the days of Oliver

Cromwell who some consider as the original Scrooch. Not only did he have all the organs smashed up in the churches so that no music could be played, but in 1644 he decreed that every Wednesday should be a fast day - which was unfortunate that year as Christmas day fell on a Wednesday. Three years later, he banned Christmas altogether.

So when the new King came to the throne, the church commissioners were faced with the problem of how to get music back into the churches. They looked around and noticed that the best source of music lay in the village folk bands who played for dances and parties - so they were hired to lead the music in the churches, with villages singing alongside fiddles, bassoons, bass viols,



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oboes, and strange snake-like wind instruments called serpents.

The quires quickly acquired a reputation for independence. While the congregation faced the altar in the east end of the church, the singers and players occupied a gallery in the west end. Some would have a curtain which they drew across the gallery as soon as the vicar started his sermon, tucking into beer and food. Church accounts found in record offices from that time include a curious invoice for "strings for the bassoon - 2 shillings and 6 pence." It is likely that the players found a more refreshing purpose for the money than buying strings for a wind instrument.

Arguments with the parson were

common. If he went on too long with his sermon, it was not uncommon for the choir to stand up and burst into song before the end. There is a tale of a band who refused to play for an unpopular parson. Whereupon he refused to preach, and marched home in a huff - closely followed by the band who followed him playing their instruments and giving him "rough music" all the way to the vicarage. The parson replied by making all the pubs freeze their taps to the players and singers - and they replied by painting all his windows black during the night.

The quires were also instruments of social justice. If a squire had thrown a

*(Continued on page 54)*

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tenant off his estate they would stand and staring accusingly at him would sing one of the more martial hymns like Abbeystead from just 30 miles south of here: "Though wicked men grow rich or great/Yet let not their successful state/ They anger or thy envy raise./ For they cut down like tender grass/ Or like young flowers away shall pass/ When blooming beauty soon decays."

The squire, who like the rest of the congregation would be facing the altar in the east end, would have to "turn and face the music" - where our popular saying comes from.

Much has been written about how these quires made a dreadful noise as one poem describes: "Arrived at the church 'tis diverting to see, Them all strut to Ned Kendal's vile twiddle dumdee, Whose bass and whose treble comparatively speaking, Are like old pigs grunting and little pigs squeaking."

But the singers were often illiterate

country folk while the writers were from the educated upper classes with a preference for classical music - a less biased appraisal of their music was spoken but not written.

Whatever their merit it is known that they were dedicated to their music. The Larks of Dean have a story about one of their singers who in the late 18th century was seen by the parson standing up to his neck in the river in the dead of winter.

"Why Nicholas, whatever are you doing?" asks the parson. "I have to sing the low D on Sunday in Mr. Knapp's anthem and I want to give myself a cold so I can reach it," he replies.

The Gladly Solemn Sound Choir practices regularly and have been singing this music for over a decade - come and judge for yourself if this is not fine music at a concert in Dent at the newly converted chapel next to the Meditation Centre. There will also be an enactment of the Hardy story, and instrumental music from the Dent fiddlers, and other local performers. And if you like the music, you're welcome to come the following day and learn some of the songs in Sedbergh.



(The picture shows some of the singers from the Gladly Solemn Sound choir - The author is on the left.)

*David Burbidge, Farfield, Sedbergh.*

## CRUISING NEWS

*Why do over 85% of people who take a cruising holiday return again and again?*

Compared to most land holidays, cruises offer so much more value for money. For a start, your initial fare includes your accommodation, main meals, in-between snacks, entertainment and social events. Also included is use of all of the ships facilities, fitness centre, cinema and casino.

There is an outstanding choice of cruises, ships and itineraries available for every budget. More than 260 ocean-going cruise ships visit almost 2000 destinations throughout the world. Cruising is an all year round holiday for singles, couples, families with children and those of senior years.

Cruising takes you away from the stresses and strains of modern day living and offers you total relaxation. You know exactly what you will spend on your holiday so there are no hidden surprises.

Some of the most beautiful places in the world are visited by cruise ships and some of the best views can be observed from the deck. The opportunity to visit many places during one holiday is just one of the reasons that cruising is so popular. It's no wonder that 85% of passengers want to go again, and again...

So, if your choice is total luxury with champagne and fine wines on tap or a more relaxed informal atmosphere, with the abundant amount of cruises available you should ensure you choose the right holiday for you (and not the travel agent).

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### MAST SHARING

Until recently, it was my belief, that it was possible to maintain a reasonably healthy way of life in the midst of an increasingly technological world, by taking a few simple precautions. You know what I mean, things like eating organic food and not Scotch-guarding the sofa. In the last few weeks, I have come to see that this point of view was mistaken. They've got us with the mobile phone network and there is not a lot we can do about it.

There is a website giving information about mobile phone base stations, like the Joss Lane mast ([www.sitfinder.radio.gov.org.uk](http://www.sitfinder.radio.gov.org.uk)). Strangely this shows two masts at the bottom of Winder: an 18m high Orange mast, about 100m north of Winfield Road, and a 15m high Vodaphone mast, about 200m north of Winfield Road. In fact the Orange and Vodaphone equipment is all on one (all too evident) mast.

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The concept of mast sharing, while very beneficial from a visual perspective, means that several items of equipment, emitting pulsed high frequency microwave radiation, are sited on the same mast. The effect of this is not purely additive, as "hot spots" of more intense radiation are formed due to interference patterns of waves from different aerials and due to reflection of radiation off solid bodies, such as hills, trees, buildings and cars.

I have counted 7 aerials and 4 dishes on the Joss Lane mast. From time to time there are planning applications for additional equipment displayed at the top of Joss Lane. Sedbergh Parish Council raised no objections to two new antennae in August 2004. Currently an application for a new dish is being considered. Government guidelines for safety of these appliances only take account of thermal effects and not of the pulsed high

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frequency microwave radiation.

There have been reports of mobile phone masts affecting milk yields and behaviour of horses and cattle, as well as greater incidence of cancer amongst dogs. A group of doctors in Freiburg in 2002 published a document expressing their belief that high frequency microwave radiation is causing an increase in a wide range of disorders, including:

• learning and behavioural disorders, such as attention deficit disorder

- fluctuations in blood pressure
- heart rhythm disorders
- heart attacks and strokes in younger age groups
- Alzheimer's and epilepsy
- cancer of various types
- headaches, migraines
- chronic fatigue
- anxiety and sleep disorders.

Of course much exposure to this type of radiation comes from the phones themselves. The pictures of the thermal effect of mobile phone use on children's brains in "Mobile Phones and Masts, the Health Risks" by Alisdair and Jean Philips are essential viewing, for those considering giving mobile phones as Christmas gifts. This publication recommends the following safeguards in the use of mobile phones:

- use the phone only when necessary and keep calls short
- make sure there are a lot of bars showing and the antenna is as far as possible from your head and hand
- indoors, use only with the phone next to a window
- hold the phone away from your body at times of maximum output, that is,

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when switching on, after dialling until the other person answers, switching off and immediately after switching off

- keep the phone away from eyes, breasts, testicles, kidneys, liver and unborn babies
- keep the phone away from your body (not in your pocket) when on standby
- never use a mobile phone in a car or train, except in an emergency
- never stay close to someone else using a phone.

I would add to this:

- Don't be a cause of "passive radiation" - if your phone is switched on, keep it well away from others.

I wish you all a very happy Christmas and a good start to 2005. If you wish to enliven the festive period by looking at the shocking pictures in the report, I mention above, just give me a call. My number is (015396) 20972.

*June Parker*

## **DISTINGUISHED OCTOGENARIANS**

(The first in a series of short articles about some of Sedbergh's Senior Citizens who are all over the age of eighty and who have all led interesting and exemplary lives.)

Sedbergh would be infinitely poorer without its School, founded for local boys in 1525 by the Provost of Eton, Roger Lupton, himself from these valleys. The school has had a succession of Headmasters, and one of these, Michael Thornely, still lives, happily retired, among us. Michael was Headmaster of the school for 21 years, retiring to the nearby parish of Killington in 1975. He was a war baby by three weeks, born at the end of the First World War, in Hampstead, North London. His father was in the Royal Flying Corps during the war, but rheumatic fever at six prevented Michael from following his father into the armed forces. He won an organ scholarship to Trinity Hall, Cambridge, when he left Rugby School. After Cambridge, he came to work at Sedbergh School.

Why did he choose Sedbergh? Probably partly because he had relatives in the Lake District and had enjoyed his

boyhood visits to these parts. A keen ice-skater, he was taught by a champion coach, and had skated in Switzerland and later on the frozen Lylymere. Michael enjoyed his school-days. Rugby was a fine school with plenty of stress on music, the arts and sport. It emphasised the Classics but had a wholesome regard for Science. Every day began early with a cold bath, Chapel and a lesson before the boys went to their houses for breakfast. This rigorous routine they simply took for granted.

At Cambridge, Michael read Classics and then French. When a job was advertised at Sedbergh just as he graduated in 1940, he applied, attracted by the proximity of the Lake District and the prospect of fishing and walking. Mr Bruce Lockhart, the Head, appointed him for "one term on probation". Michael took the job, though at the end of the first term, he had no idea whether he was expected back at the beginning of the next. However, he came back and was soon appointed House Tutor in School House where the Headmaster was in charge, no doubt watching this promising young man carefully.

As a teacher, he believed lessons should be fun and that is how many of his pupils

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remember them. Teaching History to the bottom form with a one-term syllabus that stretched from 3000BC to the Synod of Whitby must have been a real challenge! But he enjoyed his work and spent many happy hours fishing with senior boys in the Rawthey. It was this love of Sedbergh's rivers that kept him here when he was headhunted by his old school. Rugby wanted him to return as House Tutor to his old house. What a decision! It was resolved in favour of Sedbergh. How? The decisive moment came when he caught four beautiful trout in the Rawthey just upstream from New Bridge. As Michael himself says, "How strange that a few fish could shape the pattern of one's future life!"

Some years later, whilst watching a

match, he spotted a beautiful girl on the touch-line and fell instantly in love with her. Jennifer was there to watch her younger brother Charles playing rugby. She was a music student in London but gave up her course when Michael was suddenly appointed Headmaster of the school and they decided to get married. This had to be kept secret - not easy with Sedbergh's telephone system where the "operator" could easily know everything that was going on and information could spread through the town like wildfire! Michael recalls the day when the operator was flummoxed when he wanted to send a telegram of congratulations to the South Pole, to Sir Vivien Fuchs whose son was a pupil at the school.

*(Continued on page 60)*

During his time as Headmaster, Sedbergh schoolboys stopped wearing the famous blue shorts - "the blues" - which had been brought in by Mr Bruce Lockhart - partly as an economy measure. Relations improved between the town and the school, and Subscription Concerts were introduced which enabled Sedbergh to have visits from world-famous performers such as John Ogden and the Liverpool Philharmonic. Since he retired, co-education has been introduced to the school and Michael Thornely believes this is one of the best things that could have happened.

The former Headmaster of Sedbergh is a contented man, happily retired in the area that won his heart. He derives great joy from his continuing friendships with the

staff and with former pupils who keep in touch regularly. He feels pride in their achievements. A First Sea Lord, a Home Secretary and at least one eminent Bishop can be numbered among his past pupils. He also values enormously the friendships he has made with local people in the community of Sedbergh.

When I asked Michael the secret of long life, he mentioned a number of things that contribute to his general contentment : his continuing enjoyment of music and literature, the little creature comforts of life, the presence of friends and his long and happy marriage. He finds growing old a bit hard to come to terms with but his general happiness triumphs.

*George D. Handley*



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**Sedbergh CDC — Christmas Drinks.** Come and join us in the Bull on Monday 13th December from 8pm. All students, tutors and friends welcome!

**Booking—see other advertisement**

### **SOUTH LAKELAND CARERS ASSOCIATION**


Thank you to everyone who supported our recent Coffee Morning in the URC Rooms at Sedbergh especially our hard working helpers, we raised £170 after paying the hire of the rooms.

Even more important than that is the fact that we have a Carers Support Group in Sedbergh which meets on the first TUESDAY in every month at the Health Centre and begins at 2pm. We are not meeting in Dec. or Jan but invite all those who care for someone to come along and join us. The S. L. C. A. can provide free respite care ie a sitting service, cleaning, gardening, shopping but not personal



care, we have two Family Support Workers who provide this "respite" and the one who covers this area is Sarah Woof from Dent. We arrange outings and meals out, can help with access to other organisations ie re pensions and benefits,

and are starting a Carers Support Group in Kirkby Lonsdale in the New Year. We publish a little magazine every two months and the "Friends of carers" produce a Quiz regularly.

To find out more please phone our office 015397 32927 or call at Stricklandgate House in Kendal to see us, (ring first if making a special trip) or contact the Family Support Worker on 015396 25212. 



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**KILLINGTON W.I.**

November - our A.G.M. It was a very important meeting but this will be a brief report! The business of the day was efficiently and happily conducted. The minutes of the last meeting were read by our minutes secretary Valerie Cann and approved by the rest of us. Our lovely president Shirley Richardson reviewed the year (see all the earlier reports for fascinating details) and thanked all those who had helped her discharge her onerous duties this year. Our innovative secretary Sue Sharrocks, who was away living the high life in warmer climes, gave her report with the aid of high technology - a tape-recording not the Internet. Our exacting treasurer Anne

Macer presented the financial report kindly audited by Mike Fenton (many thanks for this). Then it was on to elections. Just for a change we re-elected the entire committee en bloc with no additions although we are promised some new blood next year. Our vice-president Wendy Fraser-Urquhart then proposed that Shirley should again be our president if she were willing (we must observe the niceties) and that was soon settled. We look forward to another great year of companionship and fun.

Entertainments followed. One of our new members Mary Fisher revealed a rare talent for comic monologue. Our usual stalwarts provided poetry, music and humorous items and we all enjoyed

their selections. Tea, luscious cakes and chat rounded off the meeting. The raffle for a collection of cards (hand-made by another of this year's intake - thank you Norma) was won by Sara Woof (another recent enrolee), whilst Shirley - a real old stager, won the competition for 'a pretty cushion'!

We look forward to our Christmas Lunch at Whoop Hall on Tuesday 14<sup>th</sup> December when we shall assemble at high noon. In the meantime lots of us continue to knit for victory!

*W.F.U.*

### **FROSTROW W I**

AGM's are not usually the most popular of meetings, but this year here were few apologies for absence.

We heard that the Pub Quiz at the Bull Hotel had been very enjoyable and although our team had not won, it had done well. Christmas events are starting and four members will attend the Festival of Carols in Bowness, whilst others who enjoy singing will join 'Sing for your Supper' at one of the venues. Final arrangements were made for our Christmas meal at The Cross Keys on December 8th.

Farfield Mill is seeking ladies willing to teach primary school children to knit next year and competitions will be organized. A few of our members responded.

The AGM followed the business meeting. Our Treasurer presented a healthy financial report and the Secretary's report reflected a varied and interesting programme. Our President spoke of a successful year, thanks to the hard work and support of the Committee and members. She referred to our

participation in Federation events and, looking to the future, stressed that we do need new members, so if you are new to the town (or a native!) and read this, please do come along as a visitor to try us out!

Ann Petyt agreed to be our President for another year and the rest of the Committee will stand again, but some of the jobs which do not involve attending Committee meetings will be undertaken by non-Committee members.

The Competition winner for the year is June Mudd. Members realise that good meetings depend on careful planning by the Committee who were thanked by Marjorie Fishwick for all their work to ensure this.


A pleasant surprise followed the AGM, starting with a recording of 'Sing a Rainbow' which led on to Ann Petyt and Margaret Copestake entertaining us with readings about COLOURS which were part of their entry for the Federation Reading Aloud Competition. Margaret had written about Synesthesia, which means that certain people always associate a colour with words (nouns). Most of us had never heard of this, so we were intrigued and Margaret gave it a humorous twist. Still on the theme of 'Colours', Ann read her piece about her impressions of India on her arrival there - the garlands of saffron, the women's colourful saris and flowers in their hair, the multitude of colours in the markets etc. In the cities the splendid buildings, colourful pageantry and the wonderful sight of all the fairy lights at night...


The readings, followed by a delicious Jacob's Join supper, concluded our meeting.

*M. F.*

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**HOWGILL W. I.**

The November meeting was held at Howgill Village Hall. President Mary Silva gave a warm welcome to members and one visitor.

Helen Beare was thanked for planning the 2005 Programme which was distributed to members. It promises to be a fascinating year with a good mixture of speakers and topics.

Helen was the winner of the Appleby Cup with the most competition points throughout the year, and was surprised to learn she is musical adviser in the torchlight credits.

Alison Plenderleith attended the Membership Communications System Meeting and gave us a detailed report of what its all about. Keeping a computerised database of all members and do away with paperwork.

Lesley Hennedy, with the help of three fellow members is working on 'The Story Must Be Told'. This is to present an entry by putting together a profile of our W. I.

Members enjoyed taking part in the Pub Quiz held at the Bull Hotel on 1st November. Congratulations to 'The

Flyers' of Nateby W. I., the winners again.

Members are to take part in the readings and carols at Appleby Parish Church on December 10th. We were pleased to welcome back Planning Officer Andrew Lowe whose talk brought our attention to farm buildings in and around the Lake District. You might think there is not a lot to say about barns, but we were proved wrong when we were given a wealth of information. We became barn detectives looking for clues and evidence. Original barns have a range of different features which reflect what life was like in the past.

Over the last ten years many derelict barns have been restored with the help of Grant Aid in the area. Judith Stainton gave a vote of thanks.

The monthly competition for an article of photo from farming in the past was won by Judith Capstick with Helen Beare second. Raffle winner was Leslie Hennedy. On December 2nd we will meet at the Sedbergh Golf Club for our festive meal, 7 pm for 7.30 pm. The competition is a Christmas decoration made from twigs.

*A. H.*



## DENTDALE WI

A lively atmosphere greeted one on entering Dentdale Memorial Hall for the AGM. The table set aside for the Jacob's Join offerings was filling up with all sorts of mouth watering goodies ready for us to eat when the serious business of the evening had been accomplished.

Actually, it was serious, as nominations for committee had yielded no new names and while Catherine Sugden and Dorte-lis Powell were happy to be Secretary and Treasurer respectively, our President had intimated that she would be standing down. Margaret Fothergill has served on the committee for almost all of her years with Dentdale WI. However, with no offers for a full complement of office bearers' coming forward Margaret agreed to stand again for the committee for one more year and was elected President. During the year we must all think about the future of Dentdale WI as office bearers are essential to us being part of Cumbria Westmorland Federation and without them we would be closed down! Yes it was as serious as that!


Under the chairmanship of Freda Meakin our Vice president items on the lengthy agenda were given a good airing with plenty of chance for discussion among the membership. The cup for the overall winner of the Competitions was presented to Judith Newsham. Thanks were given to all those who in anyway helped to make the meetings run so efficiently and smoothly over the year

Susan Winter, a member of the NFWI Board of Trustees and ex-officio executive of CFWFI was present at our meeting and urged us to think about becoming committee members. She also

spoke briefly about her work on the board of trustees. She passed round a recent photograph of the trustees and one taken in the 1920's. The fashions might have changed but one realised the unbroken chain of commitment over the 90 plus years.

Susan's special responsibility is to Denman College so it was fitting that following her talk we heard from members on their recent Federation visit to Denman before we finally broke for supper.

Elizabeth Middleton won the Competition for *an Old Wives remedy* and Freda Meakin won the raffle.

Next month we will be celebrating Christmas with a lunch time meal at The Cross Keys, Cautley.. 

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About thirty members of the society met on 20th October to hear a lecture given by David Humphreys on the subject of "Foot and Mouth 2001, a Local Authority View". Mr Humphreys is an Emergency Planner with Cumbria C.C. and was involved with the outbreak from its beginning in the county until the end.

The disease was first detected on 20th February 2001 in an abattoir in Essex but it had originated on a farm near Newcastle. The cause was probably illegally imported meat, which was infected, and had been discarded as pig swill and fed to pigs without first being boiled sufficiently. By the time of the last outbreak on 30th September there had

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been 2026 cases nationally of which 893 had been in Cumbria. However, on top of that there were a further 1934 cases in Cumbria alone due to the contiguous cull policy of slaughtering animals within a three kilometre radius of an outbreak. Altogether 4,093,404 animals were slaughtered nationally, 1,313,563 of these being in Cumbria. This enormous number was due to the fact that vaccination against the disease was not used as a method of fighting it. The opposition to vaccination had mainly come from the farming community who wanted to be able to regain foot and mouth free status as quickly as possible so that meat exports could be resumed. This status was in fact achieved on 14th January 2002. Although vaccination has some drawbacks it is now the government's preferred option in the event of a fresh outbreak. However, even now the effectiveness of some other methods of combating the spread of the disease, such as disinfectant mats on roads, has not been scientifically proved.

The disease was mainly an economic problem as it does not kill humans or animals. The total cost came to about eight billion pounds. As in every event

like this there were financial winners and losers. The former were people contracted to deal with the disease and the farmers whose cattle were slaughtered. The latter were the farmers who did not get the disease, but could not sell their cattle, and the tourist industry. In addition to economic factors farmers could be faced with physical isolation and the trauma of having their animals slaughtered.

The speaker depicted the course of the disease using computer graphics which were effective in showing the emergence of pockets of outbreaks. The "Penrith spur" finally being stopped a few miles north of Sedbergh. The two major lessons to be learnt were to stop movement of animals nationally as soon as an outbreak

occurred and to call in the army as soon as possible. Its culture of command and quick decision making was essential, rather than the civil service culture of committee and slower decision making. The effect of facing an emergency could produce spectacular results. For instance, the decision to use Great Orton Airfield as a disposal site was taken at 1pm on a Saturday afternoon and by 4pm the next day the first animals were being buried, despite the site having to be first purchased from its owner and any planning or environmental problems to be solved.

Mr Humphreys was introduced by the vice-chairman, Tony Hannam, and the vote of thanks was given by Richard Cann.



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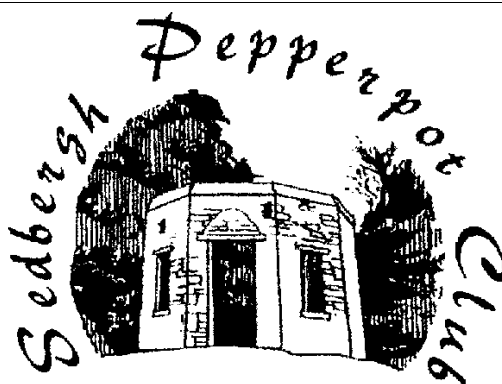
## **SEDBERGH PEPPERPOT CLUB**

*May we invite your interest in and support for this organisation?*

Since April 1997, under the title of 'Sedbergh Pepperpot Club', we have arranged for small groups of friends to go to concerts, plays, operas, ballets, open gardens, art exhibitions, films and other events in a wide range of places, such as Carlisle, Newcastle, Blackpool, Lancaster, Manchester, Leeds and York but mostly in other nearer venues. Lists of events are sent out every few months inviting interest and, when responses are received, tickets are purchased, transport in the minimum of cars, or occasionally a coach, is arranged and sometimes we have a meal out beforehand. Costs are worked out for each event to include a £1 'peppercorn' for the fund from everyone who goes, and a contribution towards the petrol. Membership has grown to as many as a hundred and ninety and the Club became a registered charity in June 2001.

*Sedbergh Pepperpot Club funds exist to help to support promising young local musicians.*

By offering awards we hope to encourage youngsters in Sedbergh, Dent,



Garsdale, Cautley and other places nearby to take up orchestral instruments, or to progress from shared to individual lessons on orchestral instruments, or to attend music courses or workshops.

Awards have been made, with teachers' recommendations, to several youngsters to play a variety of instruments, some kindly donated to Sedbergh Pepperpot Club. These include violins, cellos, a viola and a flute, all out on free loan apart from insurance cover. More awards and instruments are available.

*None of this would be possible without sizable funds. That is why we are appealing to you. Your support will help to sustain the funds and fulfil needs as they arise.*

**PLEASE JOIN SEDBERGH PEPPERPOT CLUB NOW OR BECOME A FRIEND OR SPONSOR OF THE PEPPERPOT MUSIC MAKERS**

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minimum of £20 each year, but do not receive events lists unless they become Members as well.) After that, you need do nothing at all, but simply sit back, knowing that you have made a useful contribution to the cause. If on the other hand you like the idea of going off to the occasional concert or play or some other event, then the chance is there and the fund benefits further by £1 per person attending the event. We welcome both active and passive members! The general view is that our activities provide both variety and fun, all adding to the spice of life. Meanwhile, the 'peppercorns' donated for the cause continually replenish the pot, allowing us to sprinkle the contents wherever there is a need!

This is why the Sedbergh Pepperpot (at Akay), so much a part of our local landscape, features in our title.

Grants from outside sources enabled the Pepperpot Music Makers Project to be launched in October 2000 and an orchestra for seven to elevens is well established at Sedbergh Primary School after school on Mondays. Some adult beginners/returners also enjoy taking part.

Funds from the Friends and Sponsors schemes are already helping the orchestra to continue but your help is needed too!

If you would like to know more, please telephone Shirtey Smith on 015396 21196 or email

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**FAMILY MUSINGS**

The "send off went well, it began at the Bull, moved to the Dent Disco and then continued all night at the farmhouse, then Brunch at Meadowside followed by laughter and chat at the bungalow before the departure at around 2.15pm, I couldn't put into words what I really wanted to say to our two darling girls, about how proud I am off them and how pleased we are that they have the guts to make this trip across the world and how much we will miss them, so I put a banner up at the gate and we already had all the flags up as we now own the bungalow (YES!!) and hugged them so tight hubby told me not to break their bones and I asked if he always had to be flippant at times of great stress and then they'd gone! Son went back to college and I went to work, life has to go on, but standing outside much later searching for a starry sky I thought of them flying off to new experiences, great adventures, and I cried. E-mails are coming and we got a text to say they had

arrived safe and alls well, I wouldn't go to bed on the Sunday until I had checked their flight had taken off and first thing Monday I was on teletext checking no plane crashes and the weather in Bangkok! What am I like!


Revenge, I read is sweetest when it brings about something people thought not possible, it's a bit like that with us now owning Mums house, but I know how pleased she would have been, and how pleased we are and that is what matters. As hubby and I shared a hug after signing some papers I commented that this year has been a year of hard experiences but we are still "wick" and have some enthusiasm left, now where did I put it?

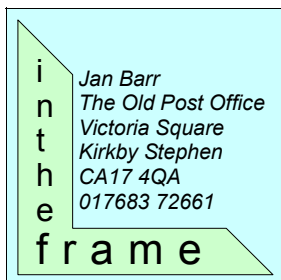
First to Thailand for the girls where they saw the Bridge over the River Kwai, walked through Water Buffalo and Peacocks and sat with Tigers! Visited the floating markets and a big waterfall they were tempted to jump into as its so hot then a 14hr journey by bus to Cambodia,

I quote from an e-mail "Its horrid coming through the border lots of beggars some with limbs missing and everywhere you go there are small children trying to sell you things but you have to keep walking.... 5 followed us half-way around a lake and gave us a bracelet each so we bought some pop from them". Next stop Vietnam. They send greetings to all.

Mitz is doing well getting brave exploring the garden but shot up the fir tree when next doors cat was far from friendly, sorting out 23ys of living in the farmhouse is springing up things we had forgotten and some we've not needed but when we get rid we will need them, that's life!

My brother who has always come home for Christmas is not doing so this year,

our first without Granny, I do understand him wanting to do something different but the news still upset me, so much change, so much will never ever be the same again and yet here we have our two girls who are experiencing such a different life, will they ever be able to settle back here in this lovely Dale? One thing is certain we are here and very happy to be in the village and the big prickly bush has gone, we set fire to it on Bonfire night a way of getting rid and a symbolic gesture of the new ownership of this lovely bungalow. Whoever you celebrate Christmas with or whoever you celebrate it without enjoy the peace and love of the season making new memories to look back on. 



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### SPRING SHOW 2005

The Spring Show will be held on Saturday 2nd April 2005 in the People's Hall, Sedbergh. The Show is to be opened by Richard Nankivell, Presenter of 'Good Morning Cumbria' on BBC Radio Cumbria and the Master of Ceremonies will be Roger Underwood.

The Sections and categories are as follows and the 'Pull-out' schedule will appear in the February issue of Lookaround.

#### SECTION 1

##### HANDICRAFTS

1. Any patchwork item
2. Scale model, own design or kit
3. Something new made from something old (any material)
4. Wooden item including toys (small

enough to carry underarm)

5. Any hand woven article
6. Cross stitch article (indicate if own design)
7. Item of embroidery (other than item 6 or 8)
8. Canvas work
9. Hand spun wool
10. Article knitted from hand spun wool
11. Beadwork
12. Bobbin lace
13. Other lace item
14. Hand made rug

#### SECTION 2

##### HAND MADE TOYS

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

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### SECTION 3

#### FLOWERS AND PLANTS

19. House plant
20. Cacti and succulents
21. A garden on a plate
22. An Easter Bonnet decorated with dried or artificial flowers
23. Petite spring arrangement
24. An arrangement of foliage
25. Flower arrangement in a candlestick
26. An arrangement including flowers, fruit and vegetables
27. A spring display for an entrance hall

### SECTION 4

#### GARMENTS

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

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

### SECTION 5

#### HOME PRODUCE

*(All items will be covered after judging)*

34. Sugar craft
35. Fruit pie
36. Savoury flan
37. Six biscuits of any variety
38. Six butterfly buns
39. Easter cake (judged for decoration only)
40. Fruit cake
41. Four Fruit scones
42. Gingerbread 8" square

*(Continued on page 74)*

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>43. Round shortbread</li> <li>44. Six Flapjack pieces</li> <li>45. Sponge cake</li> <li>46. Victoria sandwich (filled with raspberry jam)</li> <li>47. Swiss roll</li> <li>48. Pot of jam</li> <li>49. Pot of marmalade</li> <li>50. Pot of lemon curd</li> <li>51. Pot of chutney</li> <li>52. Bottle of wine (includes mead)</li> <li>53. Pot of clear honey</li> <li>54. Pot of set honey</li> <li>55. Pot of heather honey</li> <li>56. Piece of honeycomb</li> <li>57. Wax products</li> </ul> | <ul style="list-style-type: none"> <li>59. Artwork: portrait (including animals)</li> <li>60. Artwork: landscape</li> <li>61. A pottery article</li> <li>62. Three dimensional object (other than pottery)</li> <li>63. Colour photograph of animal or bird</li> <li>64. Colour photograph of child</li> <li>65. Colour photograph of local landscape</li> <li>66. Colour photograph other than any of above</li> <li>67. Colour panoramic photograph</li> <li>68. Black and white photograph – not tinted</li> <li>69. Black and white portrait (including animals)</li> </ul> |
|--|---|
- SECTION 6  
ART AND PHOTOGRAPHY
- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>58. Artwork: still life (any medium, any</li> </ul> | <ul style="list-style-type: none"> <li>form)</li> <li>Colour photographs not to exceed 7" by 10" including mount. Black and white photographs may not exceed 12" by 10"</li> </ul> |
|--|--|

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Ian teaches T'ai Chi Chu'an and Qi Gong.

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for a leaflet describing their services in more detail.

The last drop-in Clinic at the Masonic Hall will be held on  
the 10th December as henceforth, for greater flexibility,  
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We look forward to welcoming you to our practice.

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## Current Exhibitions

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including mount.

Pictures may be framed but should be  
unglazed.

### SECTION 7

#### CHILDREN'S SECTION

##### *Pre-School Children*


70. A picture made by a group of children, any medium.
71. A picture in colour, not to exceed A4 size
72. A 'Play-Doh' model
73. Necklace made out of sweets  
*Reception and Year 1*
74. An animal made out of vegetables or foliage
75. A painted picture
76. A hand-made birthday card
77. A picture made of dried food and/or

pasta

##### *Years 2 and 3*

78. Handwriting of nursery rhyme 'Hickory Dickory Dock'
79. Model made of any material
80. Self portrait
81. Hand-made birthday or Easter card  
*Years 4 and 5*
82. Hand-writing of nursery rhyme, 'Three Blind Mice' for W Milburn and Sons cup. (not to exceed A4 size)
83. Peg doll
84. Decorated egg
85. Animal made of vegetables or foliage  
*Years 6,7 and 8*
86. Model of a playground or skate park
87. Computer designed picture

*(Continued on page 80)*

- |   |  |
|---|--|
| <p>88. Decorated egg</p> <p>89. Knitting or needlework – any item<br/><i>Years 9,10 and 11</i></p> <p>90. Computer designed poster</p> <p>91. Fashion design for an evening out</p> <p>92. A photograph entitled ‘My Favourite Sport’</p> <p>93. A Valentine card</p> <p style="text-align: center;">SECTION 8<br/>LOCAL ORGANISATIONS<br/>PUBLICITY STANDS</p> <p>94. A stand, maximum area of 6’ x 6’, judged on the promotional effect for the organisation.</p> <p style="text-align: center;">CUPS and TROPHIES to be awarded</p> <p>1. Shield for the Overall Winner of the Show</p> <p>2. Lookaround Cup for 'Best in Show' (adults)</p> | <p>3. Lookaround Cup for 'Best in Show' (children)</p> <p>4. Prize for the most new entries to the Show</p> <p>5. Section 1 - Handicrafts cup</p> <p>6. Section 2 - Handmade toys cup</p> <p>7. Section 3 - Flowers &amp; plants cup</p> <p>8. Section 4 - Garments cup</p> <p>9. Section 5 - Home produce cup</p> <p>10. Section 6 - Art &amp; Photography cup</p> <p>11. Section 7<br/>- Children's Section cup<br/>- W Milburn &amp; Son handwriting cup<br/>- Special cup for effort</p> <p>12. Section 8 - Local organisations' certificate</p> <p>13. W I Cup for most points per W I member </p> |
|---|--|

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## THE CAUTLEY CAROLLERS SING NAPLES

There was an eruption in Naples last month. Not as you might imagine Versuvius which looms over the city like a menacing judge, but an eruption of song as hundreds of singers gathered for the Voce Nel Sole - "voices in the sun" - singing competition.

Singers came from all the cultural capitols of Europe: Rome, London, Naples...and Sedbergh.

There were some fabulous groups - many of them with younger singers than we are used to in choirs here (18-35) singing jazzy arrangements of things like Putting on the Ritz, Java Coffee and The Fool on the Hill - as well as Italian folk, and classical, and German chamber

music, and opera, and this fantastic musical about life in Rome, and about flirting and sex in Italy.

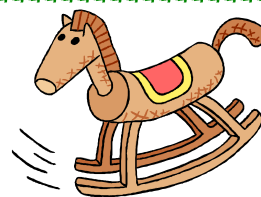
We ourselves were singing a selection from our repertoire, including some of the carols the good people of Farfield and Frostrow are used to hearing on their doorsteps during our star-lit walk through the winter landscape just before Christmas.

And also meeting all the other lovely singers, and singing in palazzas, and in these incredible narrow streets with people leaning on balconies above us putting out their washing, and sending buckets down on rope for others to fill with wine and bread. And scooters weaving in and out, and people calling down, and private shrines on street

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corners: the private and the public tangled together like well-woven spaghetti.

Jon McGregor describes it aptly in his novel, *If Nobody Speaks of Remarkable Things*: "If you listen, you can hear it. The city, it sings.....All these things sing constant, the machines and the sirens, the cars blurring hey and rumbling all headlong, the hoots and the shouts and the hums and the crackles, all come together and rouse like a choir, sinking and rising with the turn of the wind, the counter and the solo, the harmony humming expecting more voices."

And then singing in the rain on the hill by the castle looking out over the Bay of Naples and Versuvius - which features large in the local psyche: everyone has charms to save them from molten lava, and the volcano erupting is a kind of Neapolitan symbol.

And all the houses with red and green and orange and yellow rooves, and tiles and stone and turret, and smells, and people who talk to you in the street, and from their mopeds as they whizz past, and total anarchy on the roads but all of it without anger, I guess because of what the philosopher Seneca (who was Nero's

tutor and lived near here) said how about people don't get angry if they have a low expectation.

We were driven out of the city and up into the hills to a vineyard near Sorrento for the singing for the new wine competition - "Carmina del Vino Nuovo." Some of the competition was in a school - very similar to Settlebeck here in Sedbergh - same country kids totally curious as to who we were and what we were doing there. After we had sung, I said in Italian to some of the smaller children: "Now it's your turn to sing for us." And in reply, they shyly sang in English: "We wish you a merry Christmas."

George Handley had very kindly translated introductions for our group and our songs which I read out, and which a lot of them loved - especially the older kids when we sang *On Children* based on Kahil Gibran's book, *The Prophet*: "I vostri bambini non sono i vostri, sono i figli e le figlie del desiderio della vita da se."

The Italian scholars from George's class in Sedbergh will recognise this as meaning: "Your children are not your

*(Continued on page 79)*

children - they are the sons and the daughters of life's longing for itself." If this taxes your abilities to translate, you can take comfort in knowing that it wasn't too easy for your maestro either. As George said: "It's hard enough to know what it means in English, let alone in Italian."

For the drinking song we sang an 18th century glee, Sons of Mirth: "Sons of mirth your revels keep, banish thought and banish sleep. / Give the sounding chorus birth / Sing the praise of wine and mirth. / Wine the cheers the drooping sage, wine that smooths the brow of age." It was somewhat odd singing it to small children, but as this was the only song we didn't have a translation for it's possible that only the judges knew what it meant..... and we couldn't be held responsible for encouraging underage drinking.

Anyway, what you're waiting to hear is - YES, we won. Well, first equal with another group who I have to admit were very good. (Though we didn't go to win - just to be part of it all and for the craic.) Whether we have any Vino Nuovo left to share with our audiences later in the month will depend on how much gets

drunk at the post production party this weekend.

The other parts of the competition we sang back at the conservatoire with all the other choirs, though with such stiff competition we didn't expect to win any prizes here. In fact no one did, as it turned out that in Italian competitions you have to score over 96 points to win first prize and none of the choirs reached that mark - despite being of an extraordinarily high standard. As the prizes totalled more than 3,000 euros, there was some speculation that this might have had something to do with saving them from financial ruin.

The Cautley Carollers are now back in the valley that gave them their name, but not being ones to rest on our laurels we're busy preparing for our next engagements which include The Sportsman's Inn on December 4, The Dent Memorial Hall the following Saturday, and Cautley Church just before Christmas.

We hope to see you then, and even if you can't make it, wish you all a very merry Christmas and a happy new year.

*Ciao, David Burbidge,*

(On behalf of the other Cautley Carollers: Roger and Judith Bush, Dorcas Thomas and Penny Carruthers.)

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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

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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	❖

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

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 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

Ian McPherson	T'ai Chi, Flower Essences, Homeopathy	015396 20648
Ruth France	Remedial & Therapeutic Massage	07866 596958
Denise Williamson	Homeopathy, Bowen Technique	015396 20846
June Parker	Acupuncture	015396 20972

*Complementary therapists practising locally*

## DIARY OF EVENTS

*All Diary entries are FREE. Dates are held up to 13th December 2005*

<b>DECEMBER</b>		
1	1930	HS Sir William Musgrave (15) SHS
2	1430	SBH Retired District Nurse SMCR
2	1900	Dent Youth Club Bingo Night DMH
3	1315	Zebra's SMCR
3	1930	KVH Turkey Domino Drive KVH
3	1930	Hail to Mistletoe Brough (8) Dent
4		Scout Post Deliveries begins (20)
4	1000	Garsdale/Cautley Christmas Fair URCCR
4	1000	Christmas Workshop (11) FM
4	1000	Annual Table Top Sale PH
4	1000	Folk & West Gallery Carols PH
4	1200	Textile Demonstration (11) FM
4	1245	Helen Beare Cello Duet (11) FM
4	1900	Domino Drive MRB
5	1200	Demonstrations (11) FM
5	1500	Jacob's Ladder DMH
5	2000	Singaround SIC
7	1930	GL Christmas Theme GVH
7	1930	Town Band Christmas Concert (8) PG
8	1000	Wrapped Exhibition Ends FM
8	1800	Late Night Opening & Zrece (1) Sedbergh
8	1930	Needles & Pins Club STJAR
8	1930	CWT Wildlife Quiz v Kirkby Lonsdale KL
8	1930	Dentdale Annual Festival SGM DMH
10	1315	Zebra's SMCR
10	1730	Pre-Christmas Christmas Fair DMH
10	1930	Zrece Celebrations (10) MH
11	1000	Charity Book Clearance MCH
11	1000	Festive Frolics Exhibition Ends (75) FM
11	1000	Dalesmade Exhibition Starts (75) FM
11	1200	Clarsach Harp Group (11) FM
11	1200	Textile Demonstration (11) FM
11	2000	PH Old Tyme Dance PH
12	1200	Textile Demonstration (11) FM
12	1200	Children's Workshop (11) FM
13	2000	CDC Christmas Drink (60) Bull
14	1230	WIK Christmas Party
14	1930	FCH Domino Drive & Mince Pies FCH
15	1930	HS Windermere Ferry (15) SHS
16	1430	SBH Carol Service with Solo & Duets SMCR
17	1315	Zebra's SMCR
18	1200	Clarsach Harp Group (11) FM
18	1300	Machine Embroidery (11) FM
19	1000	Christmas Workshop (11) FM
19	1030	People's Hall Service PH
19	1200	Textile Demonstration (11) FM
19	1330	Kirkby Lonsdale Hand Bell Ringers (11) FM
19	1430	Cautley Church Carol Service StMC
20		Scout Post Deliveries ends (20)
20	1930	Beekeepers <b>Cancelled</b>
22	1930	Christmas Domino Drive HVH
<b>2005</b>		
<b>JANUARY</b>		
5	1930	HS Shap Abbey (47) SHS
6	1430	SBH My Life in Jamaica SMCR
10	1500	Book Group Meeting L
10	1900	CDC Spreadsheets (60) CDC
11	1430	WIK Hotter Shoes SMCR
11	1930	FCH Domino Drive FCH
11	1930	GL Christmas Dinner GVH
13	1145	CDC Boogie for Fun (13) MH
15	1400	Gala Children's Party PH
15	2000	70's Disco (38) PH
18	1900	Neighbourhood Forum PH
19	1930	HS Lady Anne Clifford (47) SHS
20	1430	SBH Glimpses of Glory SMCR
21	1400	CDC Strictly Latin & Ballroom (13) CDC
22	1900	CDC Strictly Latin & Ballroom (13) CDC
26	1930	CWT Camels & Canyons SHS
29	1900	SS Choral Society (56) Kendal
29	1930	Cheese, Wine & Pudding Evening KVH
30	1900	SS Choral Society (56) SSPH
31	1930	Slovenian Experience (60) CDC
<b>FEBRUARY</b>		
1	1930	GL Slide of Mongolia GVH
2	1930	HS Members Evening SHS
3	1430	SBH Cumbria Air Ambulance SMCR
4	1930	Killington Sports Domino Drive KVH
8	1430	WIK Surprise
9		Games Afternoon SMCR
14	1500	Book Group Meeting L
15	1930	FCH Domino Drive FCH
16	1930	HS Gayle Mill Restoration DMH
17	1430	SBH Friends form Settle SMCR
23	1930	CWT A Lifetime of Birds SHS
27	1400	Robin Hood the Panto (64) PH
27	1900	Robin Hood the Panto (64) PH
<b>MARCH</b>		
1	1930	FCH AGM FCH
1	1930	GL Sewing Machines to Africa GVH
2	1000	NW Cancer Research Coffee Morning URCCR
2	1930	HS Reformed Church History DMH
3	1430	SBH Local Slides of Cumbria SMCR
4	1430	Women's World Day of Prayer SMCR
8	1430	WIK Patagonia 2004 SMCR

*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.*

8	1930	FCH Domino Drive	FCH	
9	1000	Christian Aid Coffee Morning	URCR	
14	1500	Book Group Meeting	L	
15	1900	Neighbourhood Forum	TBA	
16	1930	HS Manor Customs of Westmorland	SHS	
17	1430	SBH Easter Flowers	SMCR	
19	1930	HS AGM	SHS	
24	1930	CWT AGM & A Himalayan Trek	SHS	
<b>APRIL</b>				
5		GL Visit to Burton Tulip Festival	GVH	
7	1430	SBH Quilt & Quilting	SMCR	
12	1430	WIK History of Blackwork	SMCR	
21	1430	SBH Trip to be arranged		
27	1930	CWT Limestone Pavements	SHS	
<b>MAY</b>				
3	1930	GL Annual Auction	GVH	
8	1830	Christian Aid Coffee Evening	PH	
10	1430	WIK Resolutions	SMCR	
12	1430	Network Spring Meeting	SMCR	
15-21		Christian Aid Week	Sedbergh	
21	1230	Sedbergh Gala	Sedbergh	
<b>JUNE</b>				
1	1430	WIK Coffee Morning	URCR	
7	1930	GL AGM	GVH	
14	1430	WIK Paper Craft	SMCR	
<b>JULY</b>				
27	1000	Network Coffee Morning	URCR	
<b>AUGUST</b>				
10	1000	NW Cancer Research Coffee Morning	URCR	
<b>SEPTEMBER</b>				
13	1430	WIK Salt Dough	SMCR	
28	1000	Playgroup Coffee Morning	URCR	
<b>OCTOBER</b>				
11	1430	WIK Kirkby Lonsdale Tales	SMCR	
<b>NOVEMBER</b>				
8	1430	WIK AGM	SMCR	
<b>DECEMBER</b>				
13	1430	WIK Christmas Lunch		
<p>Many people are complaining to the us that area events do not appear in the Lookaround but they do appear on Notice Boards around the town. We earnestly request that <u>all</u> events details be given to us so that we can put them in the Diary. We do not necessarily want an advert but it does inform the readership of what the event entails. Prices for adverts have not changed since August 1999 and we feel that they do offer good value. Please help us to help you to help the readership.</p>				
				<b>DIARY KEY</b>
				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
				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
				L = Library
				LHCP = Loftus Hill Car Park
				MCH = Methodist Church Hall
				MCKKL = Methodist Church Centre KL
				MH = Masonic Hall
				MRB = Methodist Room, Barbon
				PH = People's Hall
				SBH = Sedbergh Bright Hour
				SC = Swimming Club
				SCC = Sedbergh Cricket Club
				SHS = Settlebeck High School
				SIC = Sportsman's Inn, Cowgill
				SMCR = Sedbergh Methodist Church
				StAS = St Andrew's Church, Sedbergh
				StJAR = St John Ambulance Rooms
				StMC = St Marks Church, Cautley
				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 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 \*

#### 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

CLOSED

#### 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