

Sedbergh & District

LOOKAROUND

December/January 2006

Issue 229

Donation 50p

A Very Merry Christmas, A Happy New Year and the Seasons Greetings to all our Friends, Readers and Contributors.

Last month, as soon as we finished preparing Lookaround, we flew to Slovenia to have an excellent time with

our friend Sasa. We had hoped to include an article about our venture but space restricts us. Maybe the February issue.

Don't forget to submit your messages for Valentine's Day!!!!

Dennis, Jacky & John Whicker

 **SEDBERGH & DISTRICT CHAMBER OF TRADE**
ANNUAL
**FAMILY FESTIVE EVENING
& Christmas Lights Switch-on**
Come along and sample the hospitality of your local traders
Wednesday 7th December
Starting at 6.30 pm
"Spot-the-Item" competition in Main Street shops, with super prizes
FATHER CHRISTMAS
will greet children in his Grotto.
Please note that numbered tickets will be on sale about a week in advance and on the night, to avoid the need for children and parents to queue outside the Grotto for long periods. Come and join us for a Happy Festive Evening, with seasonal music, games for children, mulled wine, mince pies, roast chestnuts and other Festive Fayre on Main Street



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 ~ Web Site: <http://www.whicker73.freemove.co.uk>

CHILDREN'S BIRTHDAYS DECEMBER 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:-
Natasha McFadyn who is

8 years old on 26th 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	11
2	Elijah JAMES	2
5	Isabel ABBATT	5
4	Benjamin ROBINSON	3
6	Freya METCALFE	6
9	Jack ALDERSON	1
9	Aaron WOODHOUSE	10
9	Simon HUNTER	11
10	Tom FEARNHEAD	4
12	Declan BRITTON	8
16	Brenda LUFFMAN	3
17	Reagan BROOKS	7
18	Matthew WOODFINE	6
18	Yasmin BALL	10
20	Emma DAWSON	8
20	William DAWSON	8
21	Charlotte CAPSTICK	6
26	Natasha McFADYN	8
29	Ashleigh HALL	7

CHILDREN'S BIRTHDAYS JANUARY 2006

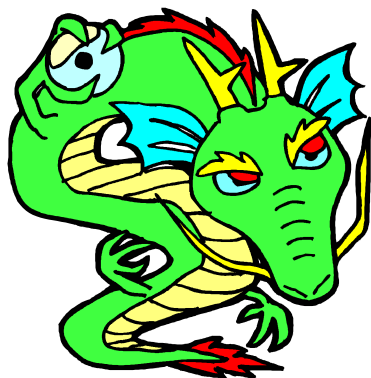


Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

The recipient this month is:-
Jordan Garnett who is

7 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	5
3	Jordan GARNETT	7
5	Zoe UNDERHILL	11
7	Nathan HANDLEY	8
11	Abraham CARNEY	5
12	Lee CAMPBELL	6
13	Grace COWPERTHWAITTE	10
17	Nicholas PIKE	6
17	Imogen HUTT	10
18	Adam ROSS	7
18	Thomas HINSON	8
27	Thomas ROSENZWEIG	11
25	Zoe CRAGG	5
26	Bryony LEDDY	6
31	Liam MASON	6

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh (05/11) <i>2D; (1ES, 1 Private Bathroom) CH; L; NS; DR; VB; CB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh (05/12) <i>1D; 1T; CH; L; NP*; P; DR; VB</i> e-mail:- antique.thurlby@amservice.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (06/02) <i>1D; 1T; 1S; CH; TVL; NSB; P; CB; VB</i> e-mail: sangold.kwood@virgin.net	21808
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (05/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> brantrigg@btinternet.com	21455
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (05/10) <i>2D; 1T; CH; TVL; NS; NP*; P; DR</i> e-mail:- susan@holmecroftbandb.co.uk	20754
Mrs C Cooper	Far End Farm, Garsdale Head, Sedbergh (06/10) <i>1F (ES); 1D (ES); 1T (ES); CH; L; TVL (Satellite) P; DR; VB; CB; CW; PetsW; NS; EM</i> e-mail: farendfarm@onetel.com	21906

CAMPING, CARAVANNING & SELF-CATERING

Moss Barn Holiday Caravan, Garsdale Road (05/10)	21567
<i>4-5 berth; full sized kitchen; shower; sep. WC; TV, NS, Dogs (up to 2) welcome</i>	

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
 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; EM = Evening Meal
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

Lookaround Advertising Rates

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

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

ALDERSON

Happy First Birthday Jack Alderson on 9th December. Love from Mummy & Daddy, & Big Sister Lisa. XX

BAIN

Les & Jean would like to thank everyone who sent cards, flowers & presents on their **30th PEARL ANNIVERSARY** on 1st November. Also to Karen who made a lovely cake for us.

FERGUSON

Mandy would like to say a big Thank You to all her Family & Friends for all the cards, flowers & phone calls during her stay in Furness General Hospital.

KIDDLE

Jennie would like to thank all her friends for the lovely greeting cards and flowers she received while she was in hospital. Also her birthday cards and gifts she received! Also a huge merry Christmas to everyone in Dent and Sedbergh!

LONG

Keith and I would like to congratulate the Rev Bill Long on the anniversary of his birth. He is a man that many people in this town hold in high esteem. I personally feel privileged to know him. He is an example to us all with his strong Christian faith and his true kindness. His thoughtful words have often helped me when I have been sad. Thank you Bill. Best wishes for your health and strength and many more birthdays. With love from Sandra Gold.

KIRKBY

Lorraine, Caspa, Jay & Bobbi-Mae would like to thank all family and friends for the wonderful presents and gifts Bobbi received for her November Christening. Also big thanks to Canon Fell and St Andrew's Church and Steve, Alison and Staff at The Bull Hotel.

MADDISON

Geoff and Karen Maddison would like to thank the wonderful people of Dentdale for their friendship and kindness during Geoff's recent illness and continuing recovery. Many thanks for your offers of help, for your prayers and good wishes, cards and flowers. Our very best wishes to you all for a very Happy Christmas.

METCALFE

John & Ann would like to thank everyone for their generosity & kindness shown to Ann after her operation and subsequent hospital treatment. The good wishes, cards, flowers, gifts, offers of help, visits & prayers are deeply appreciated. It is wonderful to know we live in such a loving & caring community.

MIDDLETON

Cissie would like to say a big thank-you to all relations, friends & neighbours for the kindness shown to me during my stay in Hospital. Especially all the visits, cards, gifts & flowers.

PERSONAL & SMALL ADS £1

Christmas Messages

BRACKEN

May Bracken would like to wish all her Friends & Neighbours a Very Happy Christmas & all Good Wishes for the New Year.

CAMERON

Annie Cameron would like to wish all her Family & Friends a Happy Christmas and Best Wishes for the New Year.

CAPSTICK

A Happy Christmas & New Year Greetings to you all, near & far & a special thank-you for all your kind help. So much appreciated. Nora Capstick

CONCHIE

Ruth Conchie would like to wish all her Friends here in Sedbergh a Very Happy Christmas and a Prosperous New Year. With best wishes.

CORNTHWAITE

Tom Cornthwaite sends Best Wishes for Christmas and the New Year to all.

DAWSON

Jack & Jenny Dawson send their Best Wishes to all at Christmastime and every Blessing in the New Year.

HAYGARTH

Doris Haygarth would like to wish all Family & Friends the Season's Greetings and a Happy & Prosperous 2006.

DENT CRAFT CENTRE

An appreciative Thank-you to all our Customers, visitors & friends for your continued patronage which has resulted in another truly successful year. Susan, Abi, Alice & Craig share with us in wishing you all a Joyful Christmas & a Peaceful, Healthy & Prosperous 2006. Carrol & Joe.

LOWIS

Isabel Lowis would like to wish all her many Friends a Merry Christmas and a Happy New Year.

MASON

Norman Mason would like to wish all his Neighbours and Friends a Merry Christmas and a Happy New Year.

MIDDLETON

Cissie Middleton sends Christmas Greetings & Best Wishes for the New Year to all Family and Friends in Dent and Sedbergh.

RASCALLS

Lorraine & Mags would like to say a very big Happy Christmas and a wonderful New Year to all our precious children and their families who have made all of our first eight months working with you so enjoyable and rewarding. We hope the coming year continues to be as successful.

SPAR

All the Staff at Spar would like to wish all their customers a Very Merry Christmas and a Happy New Year.

PERSONAL & SMALL ADS £1

STAINTON

Peggy Stainton would like to wish all her Relatives & Friends a Merry Christmas & a Happy New Year.

TOMLINSON

George & Alice Tomlinson wish all their friends a Happy & Peaceful Christmas & every Blessing in the New Year.

TROTT

Freda Trott sends the Season's Greetings to all her dear friends in the area. Happy Christmas. May 2006 be kind to you all.

WINN

Margery & Susan Winn send Christmas Greetings to Family & Friends and all the best for the New Year.

WOOF

Sending Christmas is our aim
But just in case we miss,
We send you here a Christmas wish
Which you may get again.
With love from us all at 'Rhumes'. Sarah
& John & all the family including Cleo
& Mitts. May the love & hope of
Christmas be with you all.

FOR SALE

Traditional electric black Singer sewing machine. Fully restored and serviced. £60. Single Futon, Pine base, hardly used & still packaged. £35. Tel: 20185.

FOR SALE

Indesit Dishwasher. Good condition. Offers. Tel: 21445.

FOR SALE

2 pairs of Downhill Skis. Lange 190cm with Salomon bindings £25 ono. Elan 190cm with bindings £25 ono. Various Poles free with skis. Tel: 015396 20360.

FOR SALE

Electric Sewing machine in good working order. £40. Tel: 21944.

FOR SALE

Acorn Stair Lift. 13'6" lift, remote control. Tel: 07789 003654.

FOR SALE

Chappell Piano. Overstrung, new pads/wires, regularly tuned, very good condition. £800 ono. Tel: 01539 725770

FOR SALE

Small red 'Conran' settee. Removable cover & separate 'Ikat' material cover. 90cm deep x 170 cm long x 70 cm high. Tel: 015396 20360.

FOR SALE

Detached 2 bedroom Bungalow in Sedbergh. Gardens, parking for 3 cars, garage & building suitable for workshop/storage. Tel: 015396 20131.

FOR SALE

Bikes for sale. Blue Raleigh Sports 4-7 years; Barbie Sports 4-7 years. £25 each. Tel: 015396 20062.

FOR SALE

2 Smith's Bee Hives, 2 colonies of bees, one polythene honey spinner. Tel: 21567

PERSONAL & SMALL ADS £1

FOR SALE

Half set of Dunlop Golf Clubs with bag & stand. Used once. Good condition. £60. Tel: 015396 21187.

FOR SALE

An Alba TV/DVD Combi. 1 year old. Ideal Christmas present. £50 ono. Tel: Sedbergh 21086

FOR SALE

Nest of 3 sturdy wooden Coffee Tables with Tiled top in vgc. £25. Tel: 20980

WANTED

House or Flat in Sedbergh wanted from January by responsible couple without children or pets. Tel: 21233 or 01497 820068.

FOUND

Bike lock at the rear of JJ Martin's/Bull Hotel. See Angela in JJ Martin's.

FOR HIRE

Father Christmas available for Private or Corporate Parties in the Dent area. Contact Tony or Jim.

**A CONCERT OF
FOLK CAROLS**

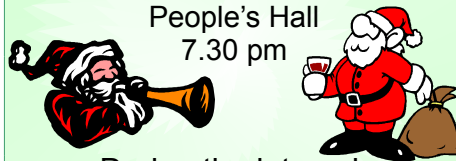
with Slovene & English Choirs
*The Odmev Quartet &
The Gladly Solemn Sound*
Dent Memorial Hall
7.30 pm Friday December 2nd
Cost £5 Refreshments
Further details available from
David Burbidge Sedbergh 21166

SEDBERGH TOWN BAND

**Annual
Christmas
Concert**

Tuesday 6th December

People's Hall
7.30 pm



During the interval,
mulled wine and mince pies
will be served
and Father Christmas
will greet children.

Tickets £5 (Concessions £3)
From Nisa, Information Office
Our Gallery

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 7th December

Slate Quarries & Quarrymen in the
North Eastern Lake District

Dr Rob David

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

**NEW YEAR'S SAFETY
RESOLUTION**

As we approach New Year's Eve most of us will be giving some thought to the traditional annual compulsion of making resolutions. Research shows that the most popular choices are giving up smoking, losing weight and getting fitter.

"There are however some choices which are not so hard to achieve, which will benefit individuals and families alike." said Tom Donnelly of Cumbria Fire and Rescue Service, who is the Group Manager for Sedbergh and surrounding area.

"Spending a small amount of time thinking about safety in the home, like the other more popular resolutions, is a lifetime's investment. Each year several hundred people die and many more are injured in their homes."

BE PREPARED FOR FIRE

Decide in advance your emergency escape plan, which must include the young, old, and any infirm members of



your household. Practice using the escape routes especially in the dark. Have an assembly point outside where everyone in the household knows to meet in the event of a fire.

Fit domestic smoke alarms, ideally one on each floor.

Before going to bed, close all doors.

Make sure keys are readily available to unlock external doors.

Make sure an alternative way out that you have identified, are also able to be opened in an emergency.

Get every one out, then telephone the fire brigade from outside.

In closing, Tom said, "This year like every year will be a fresh start for us all. Our aim is to help create safer communities. Prevention is better than cure".

"There is more than one way to fight a fire and your resolution can help us succeed."

SEDBERGH WANDERERS FOOTBALL CLUB

PRIZE BINGO

Saturday 3rd December
8 pm in
The White Hart Club

*Housey!
Housey!*

Shopping
Vouchers

Christmas
Hampers

Christmas
Cakes

And Lots More Great Prizes!

In Aid of Dales United (Junior Football Club)

<p>Old Tyme Dance <i>in aid of the People's Hall</i> SYD BANKS BAND Saturday 10th December People's Hall 8:00 pm Raffle ~ Bar Supper Available</p> <p>£2.50</p> 	<p>Sedbergh Scouts CHRISTMAS POST For all your local Christmas Cards 3rd to 19th December Just place your cards with 15 pence In any collection box in Nisi Newsagents ~ The Green Door Morphet's Garage Scout Headquarters, Bull Hotel Yard <i>Delivery in Sedbergh & Garsdale only</i></p>
<p>SEDBERGH PARISH COUNCIL From the Minutes of 31st August GUEST SPEAKER - <i>Liz Rice -Reminiscence Quilting Project</i> Ms. Rice is a textile practitioner and intends to set up a community reminiscence quilting project with the residents of Gladstone House. The residents will be filmed talking about their lives and then the memories will be turned into fabric pictures depicting scenes from their lives. Farfield Mill has offered open work space and an exhibition. An application for £4,740 will be made to Awards For All and this application has to be made in the name of the Parish Council and funds will be channelled through the Council. A sewing machine and digital camera will be purchased for future community use. It was agreed that the Parish Council would support this project and wished Ms. Rice every success. <i>Nicola Packham and Helen McFadden - Playground Playgroup</i></p>	<p>The work on the new playground is now complete and the Chairman expressed the thanks of the Parish Council for all the hard work that the playground committee had put in to make the playground such a success and an asset to the community. The only problem is shingle getting onto the play surface from the drive down into the field. It was agreed that surplus earth on site could be used to stop this. <i>Police Report - PC Dennis Whicker</i> advised that there were no major problems to report. The issue of cars speeding down Back Lane was raised and the police will keep a watch on this. JOSS LANE CAR PARK Details of the costs of running the car park and the revenue have been received from SLDC and these were considered. Questions were raised as to why SLDC wanted to dispose of this and how the Parish could run it profitably if SLDC were unable to run it profitably. Also what would be the</p>



Sedbergh Community Development Centre * Courses for the New Year! *

European Computer Driving Licence - One of our most popular computer courses giving you excellent all round knowledge and a valuable qualification.

25 weeks, Thursday 19th January, 7 - 10pm, £125 (£62 benefit).

Learn about using a **PC, Internet and Email** with our new **E-Citizen** course. Get to grips with the online world. Keep in touch, shop, bank and find information. No experience necessary!

10 weeks, Monday 16th January, 7 - 10pm, £60 (£30 benefit).

Digital Imaging (Intermediate) - learn more about digital cameras, scanners and manipulating images using Photoshop. Leads to a module of the popular CLAIT Plus qualification.

10 weeks, Wednesday 11th January, 7 - 9:30pm, £45 (£23 benefit)

Introduction to Web Site Design - Find out how easy it is to create your own web pages with text, pictures and links! Ideal for businesses, clubs or a family web site. Leads to a module of the popular CLAIT qualification.

6 weeks, Tuesday 10th January, 7 - 10pm, £45 (£23 benefit)

*** Sugar Craft - Friday Mornings ***

*** Dress Making * Spanish * Italian * Yoga * English as a 2nd Language ***

*** ALL CONTINUING IN THE NEW YEAR please enquire ***

*** New students welcome on all courses! ***

email: admin@sedberghcdc.org.uk * **BOOK NOW!** * **Tel: 015396 21031**

fate of the market as no mention was made of this.

It was agreed that the Parish Council was not interested in taking over this at the rental proposed by SLDC. Concerns were expressed that this might not be a viable project for the Parish to run and it was felt that this was a service that the district council should continue to provide for the town.

HIGHWAYS

Work has been carried out on the Cautley Road but concern was expressed at the poor standard of workmanship.

Various defects were reported including - Settlebeck Corner a new sign has been erected but old one not removed, Buck Bank Lane pothole, road outside Thornsbank still in a very poor state, crossings on Main Street need urgent attention.

Hedge cutting on the roads has started but the comment was raised that it was not cut high enough to accommodate larger vehicles.

Various street name signs are missing around town and efforts should be made to get them replaced.

Complaints were received about

(Continued on page 12)

parking along Howgill Lane during a recent fell race. Next time permission is sought to hold a race the organisers should be asked to organise parking better and no parking should be permitted on Howgill Lane.

QUEEN'S GARDENS

Cllrs Blair and Gerrard had been on a visit to the gardens and reported that they were looking overgrown and neglected. The fallen tree has still to be removed as Sedbergh School unfortunately do not have the right equipment to remove such a large tree. Quotes will be sought for this job which is likely to be expensive.

Paul Wilkinson, the Park ranger, will be asked if he can provide any help. It was agreed to have a meeting in the Park to discuss the way forward. The park is an asset to the town but needs to be used more.

PLAYING FIELDS

It was agreed that we wished to continue to maintain the present regime of professional maintenance so that continuity could be maintained.

Jodie Mitchell

Agricultural Engineer

Tel: 015396 20742

Mob: 07974 157002



ALL MAKES ALL MODELS WORKED ON

TREADWELL FLOORING

Suppliers, Planners & Fitters of
Carpet, Vinyl, Laminate & Wood.
1,000's of samples to choose from.

* Carpet Cleaning & *

* Scotchguarding available *

Nicola & Gordon

Wish all their customers

A Very Happy Christmas

& New Year

Tel: 015396 21175 Fax: 015396 21142

TOWN TWINNING

The Highways department have been asked to provide signs to show that the town is twinned with Zrece. They will survey the present signs and submit proposals for our approval but we may have to make a contribution towards the cost of any new signs.

The Mayor of Zrece will be coming to visit at some stage and it was agreed that the Parish Council should support this visit and provide financial help towards the cost of entertaining the visitors.

ELECTORAL REVIEW

This is underway for district council representation. Sedbergh is over represented but can't be split. There are two main options either Barbon and Casterton would be moved into the Sedbergh Ward or to have 3 representatives for the whole

Sedbergh and Casterton area. It was felt that this was a matter for SLDC.

PLANNING

Planning applications were considered as follows:

Erection of 2 storey extension at 12 Woodside Avenue, Sedbergh

Concern about the effect on neighbouring property and also that his will take the house of of affordable housing range.

Extension to bunkhouse barn to provide laundry, stores and showers at Castlehaw Barn, Castlehaw Farm

We support

Erection dwelling to replace existing building at the Old Telephone Exchange, Cockle St.

Application to be withdrawn

Planning decisions were received as follows:

Change use from light industrial to retail/storage as bookshop at Leisure

Philip Horner
Fencing & Walling

Man & Tractor
Any agricultural work undertaken
Tel: 015396 21984
Mob: 07855 349157
e-mail: prhorner@hotmail.com



CEILIDH

7.30 pm Tuesday 13th December

featuring

Dentdale Band

with guests *Lakeland Fiddlers*

Clog Dancer *Alex Fisher*

Dance Caller & Singer *Bill Lloyd*

Tickets £3 on the door *Children free*

All Welcome

House, Long Lane

Granted

Erection 2 storey extension at Cragg Lea, Guldrey, Sedbergh

Granted

To rebuild gable end of barn at Uldale Farm, Ravenstonedale

Granted

Erection extension to porch and bay window at 15 Fairholme, Sedbergh

Granted

Conversion of garage to kitchen and store, former kitchen to be used as dining room at 16 Rawthey Gardens

Granted

The National Park Authority has appointed 3 new Planning enforcement officers and the officer for our area is Mr. Bill Crosby who will be based in Bainbridge.

Also the planning officer has recently met with SLDC (Mr. Whittaker, Housing Section) with regards to affordable housing in Sedbergh. They are currently working together to try and identify sites for affordable housing.

LUVLI FOOD AT FARFIELD

As the tourist season draws to a close, we can enjoy the delights of festive decorations and twinkling candles in the afternoon. We are grateful to the Lookaround to be able to give you this insight into the Tearoom at the Mill.

Andrea and Neil Pullin-Turner took over the running of the catering at Farfield in January this year. Both Kendalians they have lived in the town since 2004 having renovated their cottage at Settlebeck. Neil has family connections with Sedbergh. His parents moved back in 2000 and his grandparents lived in town from the 1940's.

Andrea has an established reputation in catering, with venues as diverse as Dove Cottage at Grasmere and Spirit of the

Lake on Windermere. Most recently with the Brewery Arts Centre in Kendal, where she built up the restaurant and bar trade, before leaving two years ago to develop her own business. She has a strong vision of what makes a good menu so you will find homemade soups mixed in with Panini's, Mediterranean Salads in summer and home roast Sunday Lunch in winter. All of the ingredients are sourced locally and the daily specials try to feature Dales produce. Our association with Farrers in Kendal guarantees a really good cup of coffee from our espresso machine.

We have been fortunate to be featured in Cumbria Life magazine's Food and Drink special in July. This brought many visitors to the Mill we felt, as have the

Farfield Mill Arts & Heritage Centre

Garsdale Road, Sedbergh

015396 21958

www.farfieldmill.org

*Looking for the **Extra Special Christmas Gift?***

Then visit Farfield Mill

Festival Events each weekend until Christmas

Saturday 3rd December	11am - 4pm 1.30pm - 2pm 2 - 4pm 2pm onwards	Rag Rug Making Demonstration Pepperpot Music Makers Junior Group Children's Craft Workshops Mulled Wine
Sunday 4th December	11am - 4pm 11am - 4pm 2pm onwards	Rag Rug Making Demonstration Letter Carving Demonstration Mulled Wine
Saturday 10th December	10.30am - 3.30pm 12 - 4pm	Lace Making Demonstration Musicians from Queen Elizabeth School, Kirkby Lonsdale
Sunday 11th December	10.30am - 3.30pm 12 - 4pm	Lace Making Demonstration Musicians from Queen Elizabeth School, Kirkby Lonsdale
Saturday 17th December	10.30am - 3.30pm 12 - 4pm	Lace Making Demonstration Clarsach Harp Group
Sunday 18th December	10.30am - 3.30pm 2 - 4pm 2pm onwards	Lace Making Demonstration Pepperpot String Quartet Mulled Wine

also Textile Demonstrations every weekend by Loynes Textiles 1-3.30 pm

Please phone for further details of any of the above events

efforts of the Town Twinning and Book Town Groups. We have had many conversations with customers in the wake of the TV coverage. Many of these are first time visitors to Sedbergh, with a good percentage visiting from holiday accommodation in the Lakes.

During December there are two exhibitions and lots of festive events for all ages at the Mill. We are especially pleased to welcome a choir from Slovenia on Friday 2nd December, at the start of their weekend visit to the area. They will be singing traditional carols in the Tearoom at lunchtime. The Mill and Tearoom are currently open every day 10.30am - 5.00pm until the 8th January, excluding 25 & 26th December. Then weekends only until the end of March

(half term week in February is fully open). There is a misunderstanding that you must enter the Mill to visit the Shop & Tearoom. However entry to Level One is free and can be accessed down the slope by using the door opposite Smithy Cottage. We would like to take this opportunity to thank the Trust for their help in getting things arranged so quickly at the start of the year, Mike Clark and his team for making us all feel at home every day and to all our staff, past and present who have worked so hard through our initial season. Finally to all our customers and regulars a big thank you for all your support - as our seasonal offer to you, please show our advert on page 61 when you visit for 10% discount during December and January.



The Great SANTA KIDNAP
by Roy Chatfield

Garsdale Village Hall
Thursday 15th December at 7.30pm

Dent Memorial Hall
Friday 16th December at 7.30pm

**Settlebeck High School
Sedbergh**
Saturday 17th December
at 2.30 & 7.30pm
Sunday 18th December at 3.30pm

Tickets: £5 Adults, £3 Children
Group Ticket: £15 (2 adults & 2 children)

Spellbound Theatre
Tickets for Garsdale & Sedbergh at Sedbergh Post Office
Tickets for Dent at Dent Post Office. Also available on the door

We have been asked to make it clear that this is an amateur production. You won't believe it!

JACOB'S LADDER

This month at Jacob's Ladder we concentrated on filling shoeboxes for children in Eastern Europe and Central Asia. *So many people responded generously to the shoebox appeal – far beyond what we had expected. Many heartfelt thanks to you all.* It is good to know that Samaritan's Purse representatives will deliver the shoeboxes directly and we can be sure that our contributions reach the children as intended.

Twenty-eight people helped to wrap and pack shoeboxes – and also enjoyed a table-tennis tournament, a technical lego challenge, and plenty of toys for the under-5s. When the shoeboxes were complete, Revd Peter Boyles spoke about the children who would receive them and prayed for everyone involved in the project – the contributors, and all the volunteers who sort and pack the boxes, load and drive the lorries, organise the paperwork for customs, and distribute the boxes to the children.

We talked about the meaning of Remembrance Sunday and looked at the Remembrance Book which contains the names of everyone from Dentdale who died during the 1914-1918 war and the 1939-1945 war. Many of them still have relatives and descendents living in the Dale.

Marjorie Haygarth played the keyboard



for us and we learned a Taize Chant:
*Kindle a flame to lighten the dark
And take all fear away*

The reading, John 4: 16-18, reflected this idea.

God is love. Whoever lives in love, lives in God, and God in them. In this way, love is made complete among us so that we will have confidence in the day of judgment, because in this world we are like him. There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

The afternoon ended with a Charades competition. We divided into three teams, and each team mimed Bible stories for the other teams to guess. We acted out six stories.

- 1) Jesus turns water into wine - John 2:1-12
- 2) Saul meets Jesus on the road to Damascus - Acts 9: 1-19
- 3) Peter denies Jesus three times before the cock crows. - Mark 14: 66-72

- 4) Jesus enters Jerusalem riding on a donkey - Matthew 21: 1-11
- 5) The shepherds see a star and follow it to Bethlehem - Luke 2: 8-20
- 6) Mary and Joseph flee to Egypt with Jesus - Matthew 2: 13-16

The hardest one guess was the Flight into Egypt.

Next month, Jacob's Ladder is on 11th December. We will have a Christmas Party and a Treasure Hunt.

**SOUTH LAKELAND
DISTRICT COUNCIL**

Recycling News

Many readers will have been helping the war on waste by using the kerbside recycling service as well as the local Recycling Centres. We want to keep you informed of news about waste and recycling services and would like to thank the editor for allowing us to take some space in this newsletter.

There have been some long-awaited developments recently, not least the introduction of plastic recycling at the Civic Amenity Sites at Ambleside, Grange, Kendal and Ulverston. The banks can be used for all types of plastic bottles and containers, which should be washed and then squashed wherever possible so that they take up the minimum space in the bank. As these banks are being trialled the contractor may adjust the facilities as the materials collected are assessed.

You may also have noticed a plastic carrier bag recycling point at your local supermarket. Some supermarkets are also introducing bags made from biodegradable materials, which are more environmentally friendly.

During November and December, the new Lancaster and South Cumbria Phone Book is about to be delivered. Your old directory can be recycled in the blue paper box or using the paper bank at your local Recycling Centre.

We have also been delivering the 2006 collection calendar. This includes details of the Christmas collections and includes a reminder that you can recycle your Christmas cards in the blue paper box. There will also be collection points at

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You will also be able to recycle your Christmas Tree in January. Small trees can be put in the green garden waste bin by special arrangement with our contractors. There will also be collections at the Civic Amenity Sites, Hayes Garden World, Grasmere Garden Centre and Ford Park Grounds in Ulverston.

If you have any questions about recycling please contact us through the Customer Contact Centre on 0845 050 4434 or by emailing us at recycling@southlakeland.gov.uk

Finally we'd like to wish everybody very Happy Christmas and an enjoyable New Year.



**FOLK CAROLS FESTIVAL
DENTDALE AND SEDBERGH**

Here is the programme for the Folk Carols Festival (not "folk and carols festival" as printed in last month's Lookaround - the songs are called Folk Carols because they are usually sung by Folk singers, in settings such as pubs and folk clubs rather than just in church. Some were banned in previous centuries for being too lively by clergy who lacked the wisdom of our own men of the cloth, but were continued to be sung in the homes of country folk throughout the land.)

Friday December 2nd at 7.30pm Dent Memorial Hall Concert with The Odmev Quartet from Zrece singing Slovenian folk songs, drinking songs and carols,

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and the Gladly Solemn Sound choir singing West Gallery songs. Also a demonstration of the Wyresdale Folk dance by Alan Lewis and singers from the choir, and other acts of merriment. Refreshments. "If it's as good as last year, it will be brilliant," says Jonathan Evans from Edinburgh. "I had a big smile on my face for the whole performance. It was quite magical," says a Dentdale resident who joined us last year.

Saturday December 3rd. 10am Folk Carol Workshop in The People's Hall learning English folk carols from the Middle ages to the present day with David Burbidge. Learning by ear - the ability to read music is not essential.

2pm West Gallery Carol Workshop in The People's Hall - with Paul Guppy learning these lively carols in the style sung by the choir at the Friday night concert. The singing will be accompanied by instruments used between 1700 and 1850 making it easier to learn and sing the different parts. Any other instrumentalists are welcome to join us for the afternoon. With afternoon tea.

8pm - Harmony Singaround with local groups The Cautley Carollers, Howgills Harmony and singers from the Dent Choir in The Sportsman's Inn. Plus singers from places including Scotland, Slovenia, and Sedbergh.

Sunday December 4th, 9.20am Slovene Carol Workshop in Dent Youth Hostel, Cowgill with the Odmev male voice quartet from Zrece. The words will be written both in Slovene, and how they sound in English, to make them easier to read and sing.

Sunday December 4th 12 noon. Singing Walk with the Odmev Quartet, The

Slovene Student singers, the Scottish choir Harmonise - and many other fine singers. Leaving from Dent Youth Hostel, Cowgill. You can join in the singing - or just come and listen. Finish after afternoon tea - c.5pm.

I hope you can join us, it will be a wonderful celebration of singing in harmony - but if you can't, you are welcome to join our weekly Slovene singing group on Tuesday evening starting again on Tuesday January 17. Many of the singers who came said they could never sing in Slovene when we started, but now sing several folk songs in that language. They sound similar to how it sounds on CDs we have of this music - but the proof of the pudding will be in singing them with our Slovene friends when they visit in December.

It's been a truly wonderful year with all the different singers coming from our twin town to join us, and our own singers going out to sing with them - and as you read this more of our singers will be joining Slovene singers in Zrece to lift our voices in song and celebration of our two cultures. We've also been very fortunate to have other singers from Vermont visit us this year, and the wonderful pioneer of voice work and all inclusive singing, Frankie Armstrong, who came sing with us in October. In the summer the Singing Cyclists pedalled their way through a cycle of songs from Coast to Coast meeting up with other singers in different communities along the way. And our regular Settle-Carlisle singing weekend steamed ahead over the moors with songs about the men and women who worked, lived and died in the building of this magnificent railway.

Many, many thanks are due to all those who have made these visits possible by helping with transport, and accommodation, and international friendship, and of course the Town Twinning Committee whose endless meetings and discussions have made so many of our Slovenian links possible. Moral colossi amongst us humble singing pygmies!

May I also take this opportunity to say: "Zelimo vam veselja, in zdravja, in lubesmi, in dusni mir," which, as every Slovene scholar knows, translates as: "We wish you joy, and health, and love, and peach of mind."

And a very merry Christmas and a happy new year to you all.

David Burbidge



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DECEMBER GARDENING

Today I have been pruning some holly bushes which have grown exuberantly through the summer and are spreading over the path down by the side of the house.

The bushes now look rather shaggy as I did not want to prune off the stems bearing berries. There are to be a good quantity of those at the moment and it seems a good idea to leave all of those for the birds and/or Christmas, whichever comes first.

This year it is the yellow berried holly (*Ilex aquifolium* 'Bacciflava') which seems to be bearing the most fruit. It makes an interesting contrast to the conventional red ones although it never seems as cheerful and Christmassy as those. Yellow berried hollies all have plain dark green leaves but there are several attractive variegated red berry bearing



cultivars. One of my favourites is *Ilex x altaclerensis* 'Golden King'. This bears oval, almost thornless leaves which are green with a bright yellow margin. The berries are large and of a bright sealing wax red.

Ilex aquifolium 'Argentea Marginate' is a good, free fruiting, silver variegated holly with spiny white margined leaves whereas *I. a.* 'Silver Milkmaid' has a yellow splash at the centre of the leaf.

If your garden is too small for a holly tree, but you like the idea of a brightly berried bush then look out for *Skimmia japonica reevesiana*.

This small rounded bush bears narrow dark green leaves and, in summer, produces bunches of glossy fruits. The berries usually persist on the plant right through the winter and until the new flowers are produced in late spring.

Elaine Horne

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SEDBERGH AND DISTRICT ART SOCIETY

Members were treated to a "something different" on 11th November, when Nancy Murgatroyd, an artist with a background of experience in fashion and design, talked about colour in life. We found ourselves delving into the colour preferences of ourselves and others, realising that these can change with age, and mood. Cool colours, hot colours; how colours look different according to situation and lighting; the number of "colour" phrases in everyday language, such as feeling "blue", "in the pink", and so on; so it's not only artists who think carefully about colour.



And on the 12th, we enjoyed a splendid

meal at Thorns Hall, followed by a fascinating talk by David Fulford on "Teaching, Living, Making Art". This was largely autobiographical, with slides illustrating various aspects of his work, including some unexpectedly striking paintings of the contents of garden sheds! David had also brought some of his paintings to show us, which were very impressive; one was of a lone building on a hill, which sounds dull, but was anything but. We felt that being taught by David must have been a privilege for his pupils.

Our next meeting is at Farfield Mill on 9th December, when David Hartnup will be talking about World War Artists.

V. Finch



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SETTLEBECK HIGH SCHOOL

French Trip – November 2005

This trip was good because I've never been abroad and I got to see all the sights of Paris and also try new food like snails. My favourite part of the trip was the Eiffel Tower because I've never been so high before.

The best parts of my trip was going up the Eiffel Tower (only half way up) and going to the Sea Life Centre but there were a lot of other good bits (and some boring bits).

Robin Littlewood

The French Trip was really good. I had a great time and so did everyone else even though the bus journey was very long! My favourite part was going up the Eiffel Tower where there were great

views. I did like the chocolate factory though! I also enjoyed going swimming, the bakery and boat trip.

Freddie Evans-Jeanrenaud

In France I think I most enjoyed talking to some French students on Wednesday whilst we were looking for things around the town.

Megan Davies Ingham

The trip was ace! We had done lots of different things and had packed lots of trips into one day. I loved swimming and going up the Eiffel Tower and I would come to France any day.

Annwen Wilkinson

My thoughts on the French Trip are that it was a good trip if a bit short. It was great going up the Eiffel Tower but would have but would have been able to



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get up to the top. The chocolaterie was brilliant and the chocolate was great. The bakery was brilliant as well and the traditional bread cooker was amazing.

William Richardson

On our journey I was so excited. We got there and I thought the hotel was good. The first day was brill. The second day we went to Paris. That was fantastic; we climbed the Eiffel Tower to the second floor. Friday we went to bowling, that was good.

Bryan Beagan-Taylor

I liked bowling but I lost. I also liked going up the Eiffel Tower. It was good in Paris because I saw good buildings. I liked the Sea Life Centre because I looked at fish.

Kurt Ball

On this trip I have enjoyed going up the Eiffel Tower because it shows you exactly how big Paris really is. I have also enjoyed walking in the towns and talking to French students. The food was mostly nice except for breakfast time where you only got a croissant to eat. The museum was boring and the bus

journeys were too long.

David Goad

On this trip I have enjoyed the bowling and the shopping. On the first night I didn't like the food much but as the trip progressed I found that the food got nicer. I was dreading eating snails but when I actually tried them, I like them! We went to Montreuil on Thursday and we talked to some French students who were learning English. This was really funny.

James Woof

This trip was the best. I loved all the places we visited, especially the bread factory and the bowling alley. The thing I hated about it was the bus journeys. I also wasn't so keen on the snails we tried,

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I had one but that was all.

Kim McCarthy

The French Trip was cool. The most thing that I really liked was going to Paris and going on the boat and going to the second floor in the Eiffel Tower.

Lauren Mackereth

I have really enjoyed the France Trip. I was most looking forward to bowling but it wasn't as good as I thought it would be. The best part was we had to answer questions and then first walk about in the town called Montreuil. There were some French kids started talking to us. The food was ok, I even tried snails but I don't think you get enough. Overall, the trip was good.

Jonathon Harper

**WOMEN'S INSTITUTES
DENTDALE W.I.**

November and the AGM. Time for reflection as we listened to the Secretaries report given by Catherine Sugden. She reminded us of the speakers, outings and fund raising activities that have been so enjoyable over the past year. Dorte-lis Powell our Treasurer presented the Accounts for the year which show a healthy balance.

Margaret Fothergill gave her last address as President as she stepped down from the post at the meeting. She thanked all those who had in any way helped in the smooth running of the WI. Later in the evening she was presented with a bouquet in recognition of her leadership over the years.

Marlene Williamson who has kept an eye on the refreshment and spoilt us all with her amazing selection of home made biscuits, is also leaving the committee and we welcomed two new committee members, Isobel Burrow and Gill Iannou. Mark French Headteacher of the Primary School kindly agreed to oversee the election of the new President after which Catherine Sugden was duly declared next President of Dentdale WI.

Catherine also received the cup as competition winner for the past year and Elizabeth Middleton was in second place. She will be presented with a WI tea spoon when she returns after recovering from a spell in hospital.

Then in complete contrast following the formal proceedings, Gill Iannou had

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cooked and brought along a mouth watering display of Cypriot-Greek food which she talked us through. We then set to and tasted everything from the hot soup - *Avgolemono* to the sweet dish *Paklava*. It was an interesting experience and enough food for a complete supper for everyone! Rita Corpe thanked Gill on our behalf.

Nancy Murdoch had prepared a quiz to tease our memories of famous faces of screen and media and Freda Meakin achieved an almost perfect score! Ann Mason won the raffle prize.

So now just the last event on this years programme the Christmas Party to be held in the Memorial Hall.

The new programme begins with John

Mounsey showing us *Wildlife in Slovenia* on Wednesday 11th January at 7.15pm We should be pleased to welcome anybody that would like to join us.

KILLINGTON W. I.

Our A.G.M. was held in the Methodist school- room on Tuesday 8th November. We were very pleased to welcome Mrs. Pat Allen from Dentdale W.I. to give us a report of her visit to the Albert Hall for the national A.G.M. of the National Federation of Women's Institutes which she had attended earlier in the year. It was clear that she had found her visit both rewarding and inspiring. Being part of such a large gathering brought home to her what an influential and caring

(Continued on page 26)

organisation the W.I. really is. Thank you, Pat. It was particularly sad to have to report at the same meeting the death of the chairman of the National Federation of Women's Institutes who had chaired the meeting which Pat attended. Barbara Gill was only 63 and had been chairman since 2003. She became a W.I. member in 1974 and later recalled her first meeting: *"There were around 40 of us, sitting on tiny plastic stools in our crimplene trouser suits and mini skirts. We must have looked ridiculous, but for the first time I wasn't just someone's wife, mother or daughter. I was me"*

We followed with reports of recent activities. Some members had enjoyed the production, "Cavalcade" at the Kendal Town Hall. Others had been to a

celebration supper and Quiz at Endmoor Village Hall. Both these events were part of the celebrations of the Cumbria-Westmorland Federation's (ours) 85th Anniversary of its founding. Let's hope we are good for another 85 years or our successors anyway! We had our own little celebration as well. One of our teams, "The Killington Killers" (not sure the name is appropriate for such a gentle group of folk), beat off stiff competition from about twenty other teams to **WIN** the W.I Quiz held at The Bull in Sedbergh on Halloween. The question setters and adjudicators were dressed as fearsome witches so perhaps black magic had something to do with our triumph! We continue to natter and knit blankets for the Kindu Trust in Ethiopia and our

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plans to sponsor a child are going ahead. First payments will be made in January.

We then whizzed through the business of the A.G.M., Sue Sharrocks, our Secretary, Anne Macer, our Treasurer, and Shirley Richardson, our President, all presented lively, interesting and accurate reports summarising our many happy activities during the past year. We thank them all for their hard work and commitment. Elections followed or rather the formality of installing the same committee and officers who have agreed to serve for another year. Additionally Joyce Bird has agreed to join the committee and we welcome her to the august band. As champion sandwich maker and fudge maker, she is doubly

valuable.

Finally we moved on to our fun and food – entertainment and tea by courtesy of the committee. We enjoyed selections of songs (funny ones of course) from records, a dialect poem from Joan Moores (it's hard to believe she's not a tyke), an anecdote from Mary Fisher and a poem read by my good self. The poem, entitled "The Capplethwaite Tragedy, December 31st 1995", was written by Jack Dawson and tells of the fire, which ravaged the Hall at that time. For some of our members it brought back memories, and for the rest of us it added to our feeling for the area and its people in a wonderful way. Thank you Jack, 'though

(Continued on page 28)

I think I should have asked you first! On to the raffle - winner of some lovely 'smellies', - Susan Sharrocks, and the competition for a Teddy Bear – winner - Mary Fisher.

Our last event of this year (*where has it gone?*) will be our Christmas Lunch on Tuesday 13th December at Bridge House Farm in Wray. We look forward to seeing members and friends there at noon. And for everybody else, my favourite phrase from the Readers' Digest, "A HAPPY CHRISTMAS TO ALL OUR READERS!"

FROSTROW W. I.

The AGM was well attended and presided over by Ann Petyt. We stood in silence to remember Barbara Gill, the National W. I. Chairman, who died suddenly recently. Our best wishes go to Margaret Faulkner who is recovering from illness.

The Pub Quiz at the Bull Hotel had been great fun even though our team did not win. Our three members who attended

the 85th Celebratory Meal had enjoyed the evening very much. We all look forward to our Christmas Meal on December 8th!

The AGM followed the monthly business and it was good to hear from our Treasurer, Dorothy Gerrard, that our finances are healthy. Our Secretary, Linda Hopkins, reported on a successful year with a varied programme, with member supporting Federation events and taking advantage of courses to learn a new craft or whatever. The W. I. has so much to offer apart from monthly meetings.

In the President's report, Ann thanked the Committee for their support, also non-Committee members who also undertake essential jobs. As there were no new nominations for the Committee and the present members were willing to stand again, there was no election.

Pauline Mather thanked the Committee for the work they do in ensuring the meetings run smoothly.



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A hilarious social time - Call My Bluff - organised by Christine Sheppey and Ann Petyt, joined by Josie Templeman on the team, caused much laughter as each tried to convince us of their meaning of such obscure words as FLICER, SCARABLANCO, MURFLES etc. The evening ended with a Jacob's Join supper.

If you would like to find out what W. I. is all about do come along to our January meeting as a visitor on the 11th in the People's Hall Committee room. Vic Hopkins, who has visited Zrece, will be updating us on "The Twinning Experience".

M. F.

HOWGILL W. I.

Our November meeting was held at Howgill Village Hall. A warm welcome was given to our visitor Lesley Arwell from Hillside.

The three founder members who attended the 85th Celebration Dinner and entertainment at Endmoor had a super and memorable evening. They thanked President Mary Silva and the Executive Committee for all their hard work making it such a success.

We are looking forward to our Domino Drive later this month and Christmas meal, also forthcoming events in the Federation calendar.

Those of us who have been "stepping out" over the year are now ready to compile their scrapbook for entry in the competition. These have to be completed and returned to the W. I. Office by January 13th 2006.

President Mary Silva gave a warm welcome to our guests Carolyn Francis and Alex Fisher. Alex gave us the history of clog dancing which goes back a long



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way. She explained the different dance styles throughout the ages. Clogs were originally worn in farming areas. There are many different types of clogs and are described as a wooden soled shoe.

Alex has worked as a dance artist specialising in clog dance for 8 years and is keen to continue teaching and promoting clogs, her aim being to reconnect people with this unique heritage.

Carolyn's musical talent on the fiddle accompanied Alex for a demonstration, followed by a workshop when it was time for us to put on our dancing clogs (these were provided for us), which proved to be fun and enjoyable.

Helen Beare thanked Carolyn and Alex for a fantastic evening of music and dance.

The competition for a clog dancers costume was won by Anita Carey with Sheelagh Dennis second. The social to guess the number of almonds in the jar was won by Joan Luffman. A Jacobs join and get together brought the evening to a close.

On December 1st members and guests will meet at the Golf Club, Sedbergh for the Christmas Meal at 7pm. *A. H.*

AGE CONCERN

Age Concern South Lakeland has recently started a regular weekly "Surgery" for older people in Sedbergh. The surgery is being held at the Community Offices in Sedbergh, between 11am and 1pm every Wednesday morning.

There will be someone from Age Concern available to talk to you, in total confidence, and who will be able to provide you with Information and Advice on a very wide range of issues. Age Concern South Lakeland has a well developed and experienced Information Advice and Advocacy Team, skilled in dealing with the issues which affect older people in this area. The surgery is designed to be a first point of contact and is a safe and confidential place in which issues can be raised and discussed in confidence. It might be that this meeting is all that is necessary to help the individual deal with his or her problem. If this is not the case, then further help is available from our full team of advisers, who will arrange to visit you at home to provide further help and advice. There is no charge for using our services.

So what sort of issues can we help you with?

We can help you with almost any issue which is causing you concern. Quite often we will have the experience and expertise within our Information and Advice Team to help you directly. If this is not possible, then we have a wide range of contacts with many other agencies (statutory and voluntary) who would be able to help you with your problem. We can listen to the issue and

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Refreshments ~ Bric a Brac Stall

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Student Exchange Programme

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- General Advice ... offers wide ranging help with all sorts of issues which cause concern and distress to older people. These issues range from problems with energy supplies, through family and neighbour disputes, home care issues, money problems, consumer disputes, problems with health and/or social services ... and a long list of other subjects, too long to list here.
- Nursing and Residential Care ... help with making a move into care,

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- Advocacy service ... help to put your argument across and to ensure your voice is heard. We can help you make your case, or contact people on your behalf and support through the process of ensuring that your wishes are respected where there is a dispute.
 - Promoting Independence ... provision of practical assistance and funding to help older people live independently in their own homes.
- The weekly surgeries are designed to be the one point of contact for older people where they can get the help they need with any issue they might have. So, if you need help, but don't know where to turn, then come along to our Wednesday Surgery (11am-1pm at the Community Office, Sedbergh) and see whether we can help. You will be assured of a warm welcome and a sympathetic ear.
- Please note:** We hope to start a similar surgery in the village of Dent. This will be on a monthly basis, being held on the last Friday of the month, from 2-3.30pm in the Haygarth Room in the Memorial Hall in Dent, starting on Friday 27th January 2006.
- Jeremy Richardson,
Information Services Manager.*

CHAMBER OF TRADE

From the minutes of the AGM held on 17th October

Sub Committee Reports

Book Town, TIC & Tourism

Old Galliot's warehouse and the small Knights shop are both due to open as bookshops in the spring.

Drama & Literature Festival was a great success and will be repeated again in 2006 running from the 24th August – 3rd September. The theme will be Folk Tales & Stories.

2 brochures are to be produced for 2006. The current Sedbergh brochure is to be updated to include the Twinning aspect and our Book Town status. The 2nd brochure will promote the Book Town.

Late Night Opening

The same theme as last year; combine both the LNO and the switching on of the lights. This year's celebrity will be Alistair Wray (Sergeant Major in Bad Lads Army).

To avoid the congestion at the Grotto, it

has been decided that numbered tickets are to be produced and put on sale in local shops both prior and before the evening. Entrance to the Grotto will then be in numerical order during the night.

All members may be asked to sell 10 books of raffle tickets before the night.

The theme for the "Treasure Hunt" is Book Town.

The Town band will be performing their annual concert at the Peoples Hall on the 7th & 8th December.

Cost of Electric – The Parish Council are to be approached about helping with the cost lighting Main Street at Christmas. There are 2 separate meters in Powell's and White Hart Sports & Social Club and in addition to the £30 donation to each of the Churches (St Andrews & United Reform) the average cost is £360 pa.

Membership Subscriptions

Although there have been a number of new members during the year there are also a number who declined to renew

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52 Main Street, Sedbergh, LA10 5BL, Tel 015396 20304

their membership. More encouragement for new members to join is needed this year. There are a large number of traders in the town who are not members.

It was agreed that Subscriptions for 2004/2005 would remain at £50 with a £5 reduction for all those paying before the end of December or by Standing Order.

Amendments to Constitution

The constitution is to be amended to state that there are normally no meetings held in August and December of each year.

Aims & Objectives for 2005/2006

This will be discussed in more detail at the next meeting in November. But Car Parking is a major concern and was discussed. As from January the cost of a parking permit for local residents will no longer be free, we will have to pay the full £278 for a permit.

Aim – To provide substantial parking in the town for long stay, short stay and Locals.

Objectives – Approach the Parish Council and ask that there be an open meeting as the C of T are concerned about the future of parking in the town.

Election of Officers

President	Garth Steadman
Vice President (Hon. Position)	J Rusling
Chairman	C Nelson
Vice Chairman	E Hailwood
Secretary	Jacky Baines
Treasurer	Rosemary Lewes
Membership	Sandra Gold
Tourism	L Hilton
Late Night Opening	Ernie Hailwood
Election of representatives on outside bodies	
E Cumbria	M Lamb
Cumbria Credits	D Collier

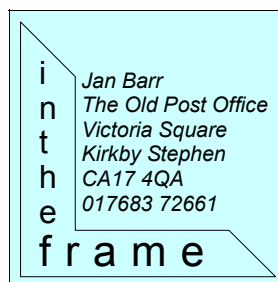
Settle – Carlisle
Twinning
Parish Council
St Andrews
SDC

B Manwaring
G Steadman
N Brown
L Alban
D Collier

Any other Business

T-Towels:- Profits from the Sedbergh T –Towels that have been produced in recent years have gone to the PULSE project (Town Gym). S Gold asked if the Chamber would like to profit from these in the future. It was agreed that yes we would. C Nelson & S Gold to investigate re-designs of these.

Christmas at the Mill:- A letter has been received from Farfield Mill wanting support from members over the Christmas period to attract more visitors. Possibility of opening on Sundays.



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PEPPERPOT MUSIC MAKERS

..... at Farfield Mill

On Saturday December 3rd, Farfield Mill is organising a series of afternoon workshops for children and, as a prelude to these, the Pepperpot Music Makers orchestra will be providing some seasonal music between 1.30 and 2.00pm. Why not bring the family along for a treat by having something to eat at Luvli at the Mill and then enjoying the music and the activities afterwards.

The orchestra now has seventeen members, including three adults, and the instruments range from flutes, violins and recorders to a cello and a double bass as well as a metallophone and percussion. There will also be a surprise instrument featuring!

This will be the second time the orchestra has performed in public this term. The first was at the Pepperpot Coffee Morning in October - a bold venture since some new members had joined only in September. They played really well then and so we look forward to hearing their new repertoire on December 3rd.

Did you know that Sedbergh Pepperpot Club owns several orchestral



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instruments? These have been kindly donated by people from all over the country - from Beaconsfield to Coldstream - and even from places as far flung as Canada and Australia! Several of these instruments are currently out on loan to members of the orchestra. Two brass instruments have now gone to the Town Band, two others are lent to students whose homes are in Sedbergh and another two are being used by teachers who are tutoring sections of the Westmorland Youth Orchestra.

So . . . if you have an instrument lying unused at home and would like to have the chance of it being played again, please be kind enough to donate it to Sedbergh Pepperpot Club.

Before lending out an instrument, we make sure that it is in good playing order. At present we have two clarinets and two full size violins still available to lend to anyone who would prefer to borrow rather than to hire or to buy. The violins would be ideal for any youngsters who are shooting up and needing to progress from three-quarter size instruments.

We charge nothing for the loan of an instrument, but simply ask for payment of the annual insurance premium.

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The Pepperpot Club is also keen to encourage children to take up orchestral instruments, especially strings which allow for the greatest opportunities throughout life for making music with other people. Please enquire about the awards that are available to subsidise music lesson fees, especially in the early stages or if progressing from shared to individual lessons.

While reading this article, you may have been wondering how the funds are found to make all these things possible. The answer is that we have Pepperpot Members, Friends and Sponsors and, to keep the orchestra up and running, help from external sources, although this is increasingly difficult to find.

- Members pay £6 annually or £10 for two at the same address. In return they receive newsletters and lists of events such as concerts, plays, operas, ballets, open gardens etc in a range of places from Keswick to Manchester as well as places nearby. Transport is in the minimum of cars or sometimes a coach. Everyone who goes contributes a £1 'peppercorn' for the fund for young musicians, over and above the cost of the outing.

- Friends contribute £5 each year to support the cause
- Sponsors contribute a minimum of £20 annually
- Company Sponsors are invited to contribute even more

We are very grateful to all who already contribute. If you are in sympathy with what we are trying to do, we would welcome your support, in one or more of these ways, for a very worthy cause.

Please contact Shirley Smith Tel: 015396 21196

email : yantethera@aol.com

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THOUGHT FOR THE MONTH

Sometimes we just cannot find the right words to say to someone, the words we do say can sound hollow and cold yet it is so important we do say something and do not just walk on by. On Christ's birthday eve the Shepherds would not understand much of what happened around them but they went to see Jesus, perhaps you enjoy Christmas without much connection with Jesus, you do good deeds, acts of kindness all the year, How much more could you do loved and led by Jesus? He never passes by on the other side. When you seek him He is there. Happy Christmas. LD.

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SEDBERGH BADMINTON CLUB

Westmorland Badminton League

1st Team - Sedbergh - Division 3

Keith Burrow (Captain), Lynne Iredale, John Armitstead, Angie Mason, Richard Mason, Lisa Iredale.

The 1st Team have had an excellent start to the season.

v. <i>Hutton Croft A</i>	18 - 0 win
v <i>Bowness A</i>	18 - 0 win
v <i>Ambleside</i>	17 - 1 win

Lisa and Angie losing the only game so far. That was a costly round of drinks!!

2nd Team - Sedbergh A - Division 4

David Wheatley (Captain), Margaret Chambers, Alan Wilson, Jessica Mason, Steve Cayley, Sally Jennings.

Sedbergh A have played 4 matches so far, winning 12 - 6 against Natland with Jessica Mason winning all her games. A close game was played at Heversham with the match going down to the last Mens and eventually losing 10 - 8. Five points were picked up against Burneside and six against Strickland.

3rd Team - Sedbergh B - Division 5

Janet Gorst (Captain), John Postlethwaite, Kate, Thexton, Philip Armitstead, Andrew Burrow, Emily Armitstead, Caroline Williams.



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This is the first season the 3rd Team have played together. They have made a very promising start with two wins and two defeats.

v. <i>Grange B</i>	15 - 3 win
v. <i>Heversham B</i>	4 - 14 (away)
v. <i>Heversham B</i>	4 - 14 (home)
v. <i>Bowness B</i>	14 - 4 win

Eden Valley Junior League

An outstanding start by our junior team. They have played two matches so far, the first at home against Shap, winning 10 - 2. The second away at Penrith in their new sports hall winning 10 - 2.

Senior Tournaments

In October the adult members entered a pot luck competition at Ullswater High School, Penrith. There was a good contingency from Sedbergh with four players getting through to the semi-finals - Richard Mason, Philip Armitstead and Lynne and Lisa Iredale. Philip and Lynne and their partners getting through to the final. Lynne and her partner were the eventual winners.

In November several members of the Club entered a Penrith and District Handicapped Badminton League Tournament. This was a very successful night for Sedbergh with two 1st team

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* 1.45pm on normal Sundays

mixed couples getting through to the final. Keith Burrow and Lynne Iredale (brother and sister partnership) against John Armitstead and Angie Mason. This was a tense and closely fought match with John and Angie winning 15 - 13 in the 3rd set.



Success for Richard Mason and David Wheately in the same tournament. Runners-up in the Men's Doubles

losing 15 - 13 in the final.

Junior Tournaments

Early November some of our junior players attended a County Tournament at Workington.

Congratulations to Joe Robinson who won the Under 15 Boys title and to Adam Robinson and Emily Armistead for reaching the semi-final of the Boys Under 13 and Girls Under 13 categories.

A Well Done to Adam Robinson and Rosie Mason for being two of only 4 Under 13 county squad players selected to attend the World Futures Training Day at Consett, County Durham. This is a new strategy to help County players develop.

DENTDALE BAND

Thanks to on-going support from the Pepperpot Club, and funding from "Soundwave", Cumbria's Youth Music Action Zone, the Dentdale Band has finally come into being. Young people from Dent Primary school and Settlebeck, who are learning fiddle and guitar, meet on Wednesdays 3.15 to 4.45 at Dent Memorial Hall for instrumental tuition and band practice with Carolyn Francis and Del Sheppard. The band will hold its first Ceilidh on Tuesday December 13 at 7.30pm in the memorial hall; an evening of music, song and dance including guests Lakeland Fiddlers, clog dancer Alex Fisher, and dance caller / singer Bill Lloyd. All are welcome. Please come and support your local young musicians.

Cost £3 adults, children free. For further information, or enquiries from young people wishing to join the band, contact Carolyn on 01539 726821



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NEWS FROM BRIGFLATTS

The first photograph was taken outside the Quaker Meeting House in 1905, following the completion of major repairs to the building.

Can anyone recognise any of the people in this picture? A larger original is hanging in the gallery at Brigflatts.

The second photograph was taken one hundred years later, on the 17th July 2005, which was the first Sunday after the arrival of the new Warden, Tess Satchell. She is sitting on the front row, two from the right end, with her youngest son Hugo on her lap. Husband Phil is on her right, two more of their children (Toby and Tamara) are sitting on the grass in front of their eldest son, Davey.

Brian Finch



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SEDBERGH YFC

In October the district quiz's kicked off. In the second round the senior A team managed to come 1st but didn't get enough points from round one to go through. However, both junior and senior B teams got through to the semi-final with senior B going through to the district final at the Plough at Lupton. Well done to all members that took part in this, we managed to enter 2 junior and 2 senior teams.

The Brains Trust competitions got underway in October with Sedbergh hosting the first round of the Intermediate competition. Sedbergh Intermediates came first going through to the next round.

Sheila Wolfenden from Asda came to one of our Wednesday meetings and gave us a talk on healthy eating in particular our daily salt intake. She brought along various fruits for us to try including melon, pineapple, physillis and mango.

In November Yvonne attended the County AGM at the George Hotel in Penrith. There was also the Carrs Billington Challenge at Penrith where Yvonne, Jayne, Emma and Stuart took part. This was a fun-packed night with 24 competitions each lasting 4 minutes with just one minute to get from one to the other! Competitions included the bucking bronco, tiddlywinks, pictionary and know your TV. Supper was also provided. There were 24 teams entered and Sedbergh came 7th.

Soon we've got Jane Brown the Paramedic coming to give us a talk on First Aid, a Blind Fold Drop, a talk on working and travelling in Australia by a previous member Mark Hartley and the

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Call My Bluff competition will commence.

Coming up in December and January we've got the Intermediate District Final of the Brains Trust competition at the Gilpin Bridge. We shall be having our Christmas 'Chinese' night.

There's the final of the Call My Bluff competition and then we take a couple of weeks off over the festive period and return on Wednesday 4th January for a meeting and game of Bench Ball.

In January we will be visiting Thornton's Chocolate shop at Kendal (10th) and I'Anson Feed Mills at Masham (25th). The Southern District AGM takes place at the Castle Green Hotel, Kendal on the 20th January, and, on the 1st February the Taxidermist Simon Wilson is coming to give us a talk.

We're getting new members all the time which is great. News about the fun we have is spreading fast so, if you are aged between 10 and 26 years and would like to join us call Valerie on 21032 for more details or just come along.

We'd also like to take this opportunity to thank all those behind the scenes that help to keep the club up and running one way or another of which we are very grateful. There's too many of you to mention personally but you know who you are!! Wishing you and all readers a Merry Christmas and best wishes for 2006.



PHOTO CALL

Another wonderful month with loads of calls about both the November and October photos. Thanks to Mary Airey, Jim Woof, Ken Cragg, Terence Garnett, Willy Haygarth, Bill Mitchell, Tommy Brookes, and Raymond Rawlinson. Hope I haven't missed anyone.

There were a couple of missing names from the October photo. I have had

conflicting suggestions for this, Margery Staveley or Gwen Bentham. And the girl on the 2nd row is Eva Metcalfe. The missing boy is Barry Dunham and next to him isn't Terence Gregg, it is Raymond Rawlinson (had that one from Raymond himself.)

For last month's photo

Top Row l-r: Harry Allen, Tony Taylor, Graham Metcalfe, John Metcalfe, Bill Sowerby, Derek Parkinson

Next row: Colin Smith, Kelly (Les) Gibson, Thomas Harper, William Airey

Next row: Eileen Staveley OR Edna Greenwood, Avis Airey, June Pratt, Agnes Waller, Hilda Harper OR Pamela Dent, Edna Pratt,

Front row: Jimmy Braithwaite, Gerald Law, Gerald Hodgson, Dennis Mason, Trevor Williamson.

This month I will submit 2 photos.

As usual names to me, Shirley Tebay, Walnut Bungalow, Dent, LA10 5QT or 015396 25001 or by e mail shirley.tebay@btinternet.com



OCTOBER WEATHER

What a mild month it has been with half the month reaching maxima in the 60sF. The highest being 68F on the 27th, the warmest October day on record I believe. The other half of the month had maxima in the 50sF. Minimum temperatures were also on the warm side with 16 days of temperatures of 50sF being noted. The actual minimum recorded was 38.8F. On only one day did the pressure dip into the 28 inches of mercury zone. Winds were variable with maxima from 6.7mph to 20.6mph being recorded. Again on only 8 days did the wind not blow from the north west. Rainfall was patchy with very little for first week followed by some sharp showers and another week without measurable rain. Nearly an inch fell on the 23rd and some fair showers brought up the month's total of 4.41 inches.

With the mild weather there were some contrasting features in the natural world. I saw the first Fieldfares arriving on the first of the month with larger groups throughout the rest of October. Owls were calling regularly making an early start to territory claiming. Grass continued to grow, as my garden will testify as it has been too wet to cut.

Daphne Jackson

MSc (Ost) DO

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Winter Jasmine has been in flower all month, daisies and even primroses have been in flower. On the very warm day red admiral butterflies came out of hibernation and bees were active through the month. I actually went into mine on the last day and do not remember ever seeing so many bees in a hive at this time of year.



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TOWN TWINNING CLUB

The current members have received their first newsletter and several have already taken advantage of the travel advice and discounts that membership brings.

Why not join us now? Besides the obvious advantages, you are helping the Twinning Group with a contribution to their running costs. Twinning has already proved to be of considerable benefit to the Sedbergh community but needs your support to continue to thrive.

An annual subscription costs £10 for individuals and £25 for families. Payment can be by cash, cheque or standing order. Membership forms are available from Cobble Country Properties or direct from me; Susan Garnett 21138 msg@fish.co.uk

Join now and enjoy one month free.

WHAT A YEAR!!!!

For one little girl, 2005 has proved a very busy but exciting year. Emma Packham is very busy outside of school, attending Stagecoach Theatre Arts on a Saturday, she dances with Taylor School of Dance in Carnforth taking two classes in each of Ballet, Modern, Tap and Acrobatic dance. Emma also has private lessons in Modern and Classical Greek dance and Piano lessons with Andy Glanville in Sedbergh-

Shown below are the opportunities and experiences Emma (just turned 7) has gained and which we thought the readers of Lookaround would like to share with her

- Beatrix Potter asked Emma to return for a second Photo shoot after they

were pleased with her last year. This has resulted in Emma being in all the advertising material for "The World of Beatrix Potter" in Windermere- Photos in Local and National newspapers (eg. Times and Post) and magazines like Woman's Own. She also appears in Guide Books, Billboards at M6 service stations and on the sides of buses across the Lake District to name but a few places.

- After a showcase of dance in Kendal with 70 other children, she won a trophy for most promising performer from Taylor School of Dance.
- She danced at the Grand Theatre in Lancaster in 3 performances
- Emma received one of 7 scholarships awarded at a summer school in

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CHRISTMAS BOOKINGS NOW BEING TAKEN

Proprietors: David and Elizabeth Martin

Morecambe at the Dome Theatre. Here Emma was taught by Fiona Chadwick (former principal Ballerina of the Royal academy). Gerry Zuccarello (a well known pop and TV choreographer) and Greg Pichery (who performs in the West End musicals)

- Attended Stagecoach in Kendal summer school and put on a performance for the public.
- Auditioned for a part in Sweeny Todd at Settlebeck which she had a small part alongside the Settlebeck students.
- Will be appearing in Spellbound's play this Christmas in Sedbergh, Garsdale and Dent 'The Great Santa kidnap'.
- Passed Grade 1 in Acrobatic dance and Presentation class in Ballet.
- Entered a novice modern section at a Dance festival held near Blackpool and surprising everyone, including her dance teachers, won 4th place. This was in a large section where she was mainly up against girls aged 11 who had several years experience over her.
- For Children in need, Emma raised £50 for learning in 1 hour and 45 minutes, a dance from the Lion King and performing it for the public.
- Emma auditioned for a concert being held at fee Zion Chapel in December and not only won a solo part, but is opening the show with her song. This has been organised by Stagecoach with all proceeds going to Cancer Care

<p style="text-align: center;"><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £3.90 Garlic Mushrooms on Toast £3.40 Pate with Garnish, Toast & Butter £3.30 Soup of the Day £3.25 Egg Mayonnaise £3.40 Grapefruit Cocktail £3.40 Garlic Bread £2.50</p> <p style="text-align: center;"><u>Extra Special Main Courses all £11.45</u></p> <p>Loin of Pork in Cider & Apple Sauce Lamb & Apricot Casserole Chicken with Basil, Port & Dill Sauce Venison Steak with Red Wine Sauce Venison Casserole Supreme of Pheasant Chasseur Pork in Pepper Sauce Cod & Prawn Crumble</p> <p style="text-align: center;"><u>Main Courses</u></p> <p>Roast Dinner of the Day £6.80 Mixed Grill £12.40 Fillet Steak £12.40 Sirloin Steak approx. 8oz uncooked £10.30 Half Roast Chicken £7.90 Chicken Kiev £6.80 Lasagne £6.80 Steak & Kidney Pie £6.80 Cumberland Sausage £6.80 Gammon & Pineapple £6.80 Barnsley Lamb Chops £9.90 Marinated Lamb Steak (6oz) £9.90 Pork Chop in BBQ Sauce £7.20 Cheese & Ham Pasta £6.80 Tuna Pasta Bake £6.80</p>	<h1 style="color: blue;">THE HEAD AT MIDDLETON</h1>  <p style="text-align: center;">Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h1 style="font-style: italic;">Menu</h1>	<p style="text-align: center;"><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £9.40 Grilled Rainbow Trout £9.40 Breaded Scampi £6.80 Breaded Haddock £6.80</p> <p style="text-align: center;"><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £6.80 Stilton & Vegetable Crumble £6.80 Vegetable Lasagne £6.80 Mushroom & Nut Fettuccini £6.80 Broccoli & Cream Cheese Bake £6.80 Vegetable & Pasta Bake £6.80 Vegetable Tikka Masala £6.80 Macaroni Cheese £6.80</p> <p style="text-align: center;"><u>Rice Dishes</u></p> <p>Chilli £6.80 Chicken Tikka Masala £7.70</p> <p style="text-align: center;"><u>Salads</u></p> <p>Ploughman's Lunch £5.40 Cold Meat Salad & Roll & Butter £6.40 Prawn & Rice Salad £6.80</p> <p style="text-align: center;"><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.20 Ham, Beef, Cheese & Tomato; Cheese & Pickle or Salad from £2.70 Toasted Sandwiches from £2.90 Portion of Chips £1.70 Mixed Side Salad £1.70 Portion of Mushrooms £1.70 Roll & Butter £0.65</p>
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TIM FARRON MP

The drive from home or my office in Kendal to Sedbergh is one of the great pleasures of being the MP for this constituency. As I come down from Killington into the Lune valley and see the Howgill's up in front of me, I can't help but count my blessings at being able to play a role in protecting this area and helping to ensure that it prospers in the future.

Sadly, at this time of year, most of the occasions that I drive over are in the dark so I need to imagine the view, well actually I need to focus rather hard on those bends coming down the hill but you get my drift.

Much of the thanks for maintaining these views must go to the hill farmers. Without them and their animals the fells would have a very different aspect to the one we enjoy now. I was recently taken to see some hill farming land in Kentmere that no longer had animals grazing on it and I can tell you that it was nothing like as attractive as the fells that we are used to looking out at and walking on.

One of the tasks that I was particularly keen to take on when elected was to become the Chair of the All Party Committee for Hill Farming. We are there to ensure that the views of Hill Farmers are listened to by the Government. At the moment the key focus for our activity in exploring what will happen now that the reforms to European Agricultural funding are resulting in the removal of the Hill Farm Allowance. Unless something is found to replace this allowance it could very easily be that it becomes uneconomic for hill farmers to farm any more and that would be a disaster for this constituency, not

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simply because of the damage it would do to the farming industry but because of the knock on problems that it could create for tourism and other related industries.

The Government have listened to us and taken on board the fact that there is a problem here and have announced the launch of a consultation paper. The consultation will last for the next three months and they hope to announce the results by June next year. This is a long time away and leaves hill farmers with a long period of uncertainty which is a problem when people are trying to make long term decisions but at least they are listening, we will just have to ensure that they do the right things after the consultation.

Finally, can I wish you all a very Happy Christmas and a great New Year. Christmas is going to be a bit different in our household as we are expecting a baby the week before. However, I will try to avoid this getting in the way of work too much so if there is anything that I can do to help then please contact me at Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or by email at tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP

HISTORY SOCIETY

Every village, town and city has its own memorial commemorating those who lost their lives in the two world wars.

Ian Lewis has been researching World War One memorials and in his fascinating lecture and overhead slide show brought our attention to the great diversity of memorials in South Cumbria. These ranged from seats dedicated to specific people, trees planted in memory of local soldiers and decorated mugs to the more conventional war memorials found in local graveyards which listed those who fell 'for King and Country'.

There was a feeling in 1914 that British 'values' were being eroded; the war that broke out was thought of as a means of purifying and cleansing the nation. Pressures for young men to join up were considerable and initially most left their homes in euphoric mood little dreaming of the horror and destruction which was to ensue.

Once the war ended, local people felt that a tangible form of remembrance of their dead was the least they could do. Parish Councils met to discuss how to raise the necessary money; this was not always easy as unemployment was

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growing.

Amongst the different memorials were street shrines dedicated to those who had lived in the neighbourhood, wooden crosses at road junctions, lych and cemetery gates. Some buildings displayed Rolls of Honour, many being beautifully decorated. Officers and men from well-to-do families were remembered by stained glass windows in their churches.

Members were able to supplement Mr Lewis's list by suggesting Sedbergh, Garsdale and Dent memorials with which he was not familiar.

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SETTLEBECK HIGH SCHOOL

Jeans for Genes Charity Fundraising

On Friday, 7th October, it was "Jeans for Genes" day. "Jeans for Genes" day is a day which raises money for people with genetic disorders. We did this by wearing our jeans on the last day of half term. We raised £170 to help the people with genetic disorders. We also did an assembly that day to tell the students of Settlebeck about "Jeans for Genes" day and people with genetic illnesses.

We all had great fun and enjoyed wearing non-uniform.

Nat & Kim 9B

FAMILY MUSINGS

As one of our daughters says, it is not everyone who has a scar gained on the Great Barrier Reef, Australia! Just a reminder as she came in looking very attractive dressed-up-to-the-nines ready to go out, that this time last year both our daughters were in the Far East en-route to Australia.

In the morning of Bonfire Day, some of us laid to rest the ashes of two dear friends, we then went to the Mill to wander around and have coffee, another wander to work off the chocolate cake I could not resist, "comfort food" you understand, then lunch. Younger daughter had brought Grandma out for lunch and conversation turned to our Christmas dinner last year on Bonfire Day, a day of

mixed emotions.

During that afternoon came the most awful news with confirmation following on the Monday, I am not as many people think, an only child, I have two brothers, one, the elder lives near Manchester, the other, still older than me, (I am the 'little sister' who I am sure has been the little blister in my time!) lives near Bristol.

This brother has just been diagnosed with Cancer. He rang me to tell me he had had to go into hospital very quickly and why and when I got off the phone, I knelt on the floor and beat the carpet with my fists out of pure pain and anger.

Reading a booklet called "God's Survival Guide For Women" a week later I read this, 'If God has you in the palm of his hand and your real life is secure in



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him, then you can venture forth - into the places and relationships, the challenges, the very heart of the storm and you will be safe there'. Hubby agreed with me, we are at the heart of a storm.

My holiday was spent in Bristol, giving support to my lovely brother and seeing something of what the city has to offer, mostly from a taxi to and from the hospital, but I visited a Gallery, saw a Beatrix Potter exhibition, had lunch in the cafe; saw the shopping centre with its Christmas Lights. Got chatted up one night in a Working Men's Club where I had to go to be shown into my B and B, another chap came to my rescue and sat with me until the 'boss' arrived. Another day I got chatting to an elderly man in a charity shop, we walked down the street

and on hearing why I was in Bristol he took me to a cafe for coffee. Needless to say hubby was very glad when I got home!

Cleo has been re-united with Gerald while she had another clip, but she was not as happy as usual and followed me everywhere the first few days I was back, possibly missed me do you think?

Have a lovely Christmas however you spend it, at home, at someone else's home, at a hospital bedside, where ever. Enjoy the love and the laughter especially the giggles of small children, nothing like it. Make your New Year Resolutions and try not to break them by the end of January, and if your carpet needs a good beating let me know!



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FAREWELL

.... to the Sedbergh and District Buildings Preservation Trust.

You have probably not noticed that the Buildings Preservation Trust has recently died. If you are not aware of it, it is not surprising as there has been no obituary notice: and in fact there is no need for one, because a new Trust has risen from its ashes - the Sedbergh and District Arts and Heritage Trust I felt however that perhaps I should record its passing if only because together with Winifred Howarth, I was there at the very, very beginning.

It was a mad idea, the Farfield Project, and who could criticise one of the councillors for saying, under his breath of course, it was pie in the sky. His opinion

was echoed all over Sedbergh, but there were a few who had faith - a few willing people who worked steadily on, year after year.

Why did they carry on against all the odds; when half a million pounds of funding went down the drain because the Arts Lottery did not think it was good idea; when the building firm doing the restoration went bankrupt.; when we were threatened with court action because amongst other things we had not made it clear that there would be an entrance charge; when we were falsely blamed for putting raw sewage into the river?

Why did we do it? I think it was because of the looms. When I saw Bryan Hinton with spanner in hand about to break up

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the looms and sell them for scrap, I felt something had to be done. Fortunately many others felt the same and after two public meetings a committee was formed that has since had 194 regular meetings and goodness knows how many special meetings. I wonder how many cups of coffee Dorcas Thomas has made for us over the years.

Among the first to join the Committee was David Booth who was perhaps the only person who had any expertise for the job in hand as he had worked as an archaeological officer for Cumbria County Council. He has stayed with us ever since. Winifred Howarth brought along not only herself but her husband Professor Howarth, who sadly never

lived to see the work on the mill finished, her two sons who became life members, as well as her daughter-in-law who was at one time Minuting Secretary. Winifred has hardly ever missed a meeting and for years has looked after the membership and produced the eagerly awaited 'little red book, the Trust's twice yearly Newsletter.

Our first Chairman who has also since died, was Tony Johnson, who together with his wife Susan lived at Farfield. Susan has continued as a supporter and volunteer ever since, turning her hand to looking after the accounts in the early days, and even to acting as a visitors' guide in more recent years. Apart from

(Continued on page 50)

Richard Thomas the present Chairman, who was recommended to us by Sedbergh School, we have had John Whitehead who some may remember as our first Sedbergh Partnership Officer and Roger Underwood. As Chairmen they both went through traumatic times. There were the long negotiations to secure a right to improve the access road and sleepless nights over a raffle. We had collected several thousand pounds in £1 tickets in order to buy the mill, but we were still not sure the owner would sell it. As an ex-policeman Roger of course insisted that if the worst came to the worst all the buyers of raffle tickets would have to be paid back. Fortunately it was not necessary.

One of the first people to give us

invaluable help was Graham Dalton. He gave freely of his advice and helped us through the tortuous process of setting up a charitable trust. Also there at the beginning to give us sage advice and who have stuck with us through thick and thin were Anthea and David Boulton from Dent and Carolynne Cotton., and there was Chris Chambers ACA, from the 'Bookshop', our first Treasurer.

Bryan Hinton himself helped where he could and he edited our first Newsletters, while George Calderbank who lived at number 1 Main Street helped out as Treasurer. Unfortunately he too has since died.

I have been looking through Lookaround articles written about the project in 1993, the year when we



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registered as a charity and asked the people of Sedbergh for their backing. It reminded me that Councillor Nicholson, Alan Pratt and the Sedbergh Chamber of Trade were all there at the beginning and have supported us ever since. Then there was Mike Davies-Shiel, writer of many books on Cumbrian Mills who gave us our very first donation.

Many others, too many to mention have given freely of their help. There were Jane (together with Roger) Underwood and Sarah Woof who at different times ran the Luncheon Club and Margaret Milburn Chairman of the Spring Show Committee. There were the boys of Baliol School who did a huge painting job. The mill manager was afraid they

would get more paint on the floor than on the walls. They did not, but they did look a bit messy themselves when they had finished. We had the British Trust for Conservation Volunteers who did not know which end of a hammer was the handle, but who finished up experts on 'studding'.

There were other members of the council of Management who joined us later. Chris Whelan whose experience on leases was invaluable and then Anne Pierson who having spent years as a most successful Director of Kendal Brewery Arts Centre was prepared to lend her help to our little show. An outstanding contribution was made by Shirley

(Continued on page 52)

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Richardson who became the Treasurer in 1999. There cannot be many organisations who have handled over a million pounds in grants and donations, never mind revenue income of thousands a year, with an unpaid treasurer who did all the banking, the payments, the accounting, and the reports. Shirley insisted she was only a 'bookkeeper', but a qualified paid accountant could not have done more.

I wrote in the Lookaround in May 1993 about what we were planning. "We want to see the looms started again. We want visitors to be able to spend a happy hour at Farfield watching the looms at work and browsing through the shop selling goods made on the premises. We want to provide more employment for those who live in Sedbergh." Little did we believe that it would all come true and in such a spectacular fashion.

For although we have been lucky in our volunteers, we have been very lucky too in our paid employees. That Farfield became a place far more exciting than we ever imagined was due to the Manager Mike Clark. Had we searched the country I do not think the Trust could have found

anyone better able to produce in an old mill building such a delightful experience for all who visit and who would be so good at persuading people to part with their money! He has also recruited a wonderful staff team and the visitors book shows how highly the visitors rate the service and the kindness they receive from them.

In August 2003 I wrote, "There are just a few of us beavering away to spearhead the project, but we really are anxious that Farfield should belong to the community and that Sedbergh will feel it belongs to them". I am writing this today as a tribute to that little band of people 'beavering away' and to emphasise that although Farfield is a mile down the road from the centre of town it really does belong to Sedbergh. If any of you have not been there yet (and there may be a few) do go along. I guess that even if I lived next to the Tower of London I would probably not ever have been inside it, that is the way we are, but if the Farfield project is to continue to succeed it needs the people of Sedbergh to know what a valuable asset they have and to tell the world about it.

Maureen Lamb

COMMUNITY OFFICE NEWS

Our two new services started this month on Wednesday mornings and promise to be of great benefit to our community:

Age Concern drop-in runs from 11 am. until 1 pm. Anyone over the age of 55 can call in with concerns or questions about local and national services.

Homeopathy clinic runs from 10a.m. until 12noon. Acute conditions can be treated or appointments made for longer consultations so do try it.

We are now selling Fair Trade goods to support the learning resource unit at Settlebeck High School. Do call in and buy a chocolate bar, coffee, tea or browse through the catalogue for gift ideas.

Also for sale here are four grey-topped oblong tables, some cable casing and bits and pieces so call in and make an offer.

We have reduced our paperback novels to 50p each and new donations come in regularly so do check out our selection. We also have prints and reasonably priced paintings that would make lovely Christmas presents.

If any one would like a computer, we have been offered one - I think it is Windows '95. It is free to a good home although a small donation to Community Office funds would be nice! Is there any mileage in having a computer / components exchange here?

Tim and Catherine from Sedbergh School are doing some fantastic outreach work visiting people who are housebound, lonely or who just appreciate someone to chat to, play a game with or go for a walk. If you know anyone who would appreciate some company, please ring the Community Office.



The launch of the 'Access for All' leaflet was a great success. Paul Wilkinson gave us a history of the project and the work that has been done to make various paths in the area accessible to wheelchair users, people with limited mobility and those with young children. The leaflet is available in the Tourist Information Centre for anyone interested.

There is talk of a Creative Stitching Group starting in January to do knitting, cross stitch, embroidery, crotchet etc. Please call in and register your interest.

The People's Hall Committee are still looking for representatives from community groups who use the hall to sit on the committee. It is one meeting a month and the chance to be involved in a community project.

The office will be closed over Christmas and New Year from 23rd December until 2nd January.

Thanks to all volunteers and everyone who has supported the office this year. We are still needing an extra person to do a regular 3 hour shift once a week so please call in if you can spare any time to keep the office open or ring 20504 and leave a message.

Merry Christmas.

**FIRST CALL FOR
THE SPRING SHOW 2006!**

This year will be the **10th** since the Sedbergh Show was revived as The Spring Show and it will be held on **April Fools' Day**. So **NOW** is the time to get busy with your knitting needles, lathes and computers and have those works of art ready in good time! We are hoping for a record number of entries so there will be lots for us all to look at and enjoy. And remember it is the Sedbergh and **District** Show, so come on Dent! and everywhere else around. Our new M.P., Tim Farron, will be opening the show and judging the special April Fools' Fancy Dress competition. There are some changes to the children's classes to encourage more to take part. Full schedules will be widely

available in February but should you want any more information now please telephone the Show Recorder on 21902.

Below is a list of the **100** classes!

SECTION 1 HANDICRAFTS

1. Any patchwork item
2. A scale model, own design or kit
3. A new item from something old (any material)
4. Any wooden item
5. Any hand woven article
6. A cross stitch article (indicate if own design)
7. An item of embroidery (other than item 6 or 8)
8. Canvas work
9. Hand spun wool
10. An article knitted from hand spun wool

By very popular request

WOMEN'S NIGHT

With

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From Manchester
in the People's Hall

Saturday 14th January

7:30pm Till late

Admission **£5**

3 hours of fun and games

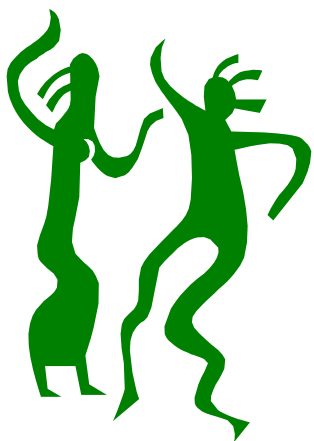
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11. Beadwork
12. Bobbin lace
13. Other lace item
14. A hand made rug
15. A hand made card
16. Any decoupage article
- SECTION 2 HAND MADE TOYS
17. A soft toy, knitted, sewn, or crocheted
18. A glove puppet
19. A toy made from scrap material
20. A dressed doll (doll may be bought)
21. An *April Fool's* toy
- SECTION 3 FLOWERS AND PLANTS
22. A house plant
23. An arrangement featuring cacti and succulents
24. *A Garden on a Plate*
25. A decorated *Easter Bonnet*
26. *Fool's Paradise*, petite arrangement
27. *Turn a New Leaf*, foliage arrangement
28. *Easter Greetings*, featuring tulips
29. *Happy 10th Anniversary*, a table arrangement
30. **Novice class** - an arrangement interpreting *Coming of Age*
- SECTION 4 GARMENTS
31. A hand knitted garment in a single

- colour
32. A hand knitted multi-coloured garment
33. A hand knitted mittens or gloves
34. A crocheted article or garment
35. A sewn garment
36. A knitted baby garment
- SECTION 5 HOME PRODUCE
(All items will be covered after judging)
37. Sugar craft
38. Fruit pie
39. Savoury flan
40. Ten biscuits of any variety
41. Ten butterfly buns
42. *10th Anniversary Show* cake (judged for decoration only)
43. Fruit cake
44. Four Fruit scones
45. Gingerbread 8" square
46. Round shortbread
47. Ten Flapjack pieces
48. Sponge cake
49. Victoria sandwich (filled with raspberry jam)
50. Swiss roll
51. Pot of jam
52. Pot of marmalade
53. Pot of fruit jelly

(Continued on page 56)

54. Pot of lemon curd
55. Pot of chutney
56. Bottle of wine (includes mead)
57. Pot of clear honey
58. Pot of set honey
59. Pot of heather honey
60. Piece of honeycomb
61. Wax products

**SECTION 6 ART AND
PHOTOGRAPHY**

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

69. Colour photograph of local landscape
70. Colour photograph other than any of above
71. Colour panoramic photograph
72. Any photograph *interpreting the number 10*
73. Black and white photograph – not tinted
74. Black and white portrait (including animals)

Colour photographs not to exceed 8” by 10” including mount. Black and white photographs may not exceed 12” by 10” including mount.

Pictures may be framed but should be unglazed.

**SECTION 7
CHILDREN’S SECTION**

Entries (in your present school year only)

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must be the unaided handwork of the child. Verbal guidance only may be given by the child's parent or teacher.

Pre-school

75. A birthday card

76. A handprint picture

77. A collage made from things found on a spring walk

78. A decorated crown

Reception year

79. An animal made out of vegetables, fruit, or foliage

80. A decorated paper plate

81. A picture of an animal

82. A picture made of dried food and/or pasta

Years 1 & 2

83. Handwriting of nursery rhyme 'Hey Diddle Diddle'

84. A model made of any material

85. An observational drawing from a flower

86. A decorated stone

Years 3 & 4

87. Handwriting of the first three verses of "All things bright and beautiful" (for the W Milburn & Sons cup)

88. A mosaic animal, bird, or insect

89. A computer generated design for a

tablemat

90. An animal made from vegetables, fruit, or foliage

Years 5 & 6

91. A computer generated design for a DVD cover

92. A mini-sculpture made from junk

93. A sewn design of a bird, animal, or flowers

94. A pop-up card

Years 7 and above

95. A hand crafted article - any material including wood or metal

96. A congratulations card

97. A digitally enhanced photograph

98. Four small fancy cakes

SECTION 8

APRIL FOOL'S ITEM

99. Interpret it as you wish!

SECTION 9

LOCAL ORGANISATIONS

PROMOTIONAL STANDS

100. A stand, maximum area of 6' x 6', to be judged by visitors voting at the St John Ambulance Hall. Every vote will be entered free in a Special Prize Draw.

Further details will be in the February issue including Application Forms.

A SEDBERGH VIEWPOINT

Christmas is coming; the goose is getting fat,
Please to put a penny in an old man's hat;
If you haven't got a penny a ha'penny will do,
If you haven't got a ha'penny, God bless you.

Yes, you don't need me to tell you that Christmas is coming. No doubt we are all looking forward to it. There will be plenty of Christmassy things to do in and around Sedbergh before the big day comes.

I always intend Viewpoint to be relevant to Sedbergh, but I'm going national just for a paragraph or two.

I wonder if like me, you are infuriated by all these news items of so-called "politically correct" local authorities who are taking Christ out of Christmas.

Generally it seems that Christmas lights being put up in our towns and cities are being renamed Winter Lights or some such daft title. I wonder what they call Christmas Day. Winter Festival perhaps, or December Bank Holiday? I'm sure

virtually everyone in this country knows December 25th as Christmas Day, whatever they celebrate or do that holiday day. Not everyone has a Christian faith and you don't have to be a Christian to celebrate Christmas and sing Christmas Carols. I know for many people Christmas wouldn't be the same if they didn't go to Church on Christmas Day even though it is the only day of the year that they do go to Church.

Unbelieving parents flock to Primary Schools to see their children acting in Nativity plays; and long may they continue to do so.

We live in a country which has embraced the Christian faith for centuries and have celebrated Christmas as an

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annual remembrance of the birth of Christ. Yes, I know the Christians "Christianised" pre-Christian wintertime festivities for the shortest day and Druids still celebrate the longest day in mid-summer. So what! I'm not offended, but I'm going to continue to celebrate Christmas and I hope Sedbergh will too.

I love Christmas Pudding and Christmas Cake. I shall eat a Christmas Lunch and (possibly) a Christmas Tea. I shall go Christmas Shopping, post Christmas Cards and give Christmas Presents. I shall have a Christmas Tree and Christmas Decorations. I might even hum a Christmas Carol or two! And I know some children who will be looking forward to a visit from Father Christmas.

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 4th January
 Andrew de Harcla & the Scottish Wars of Independence
Adrian Rogan

Wednesday 18th January
 Robert Lowther (of Mauds Meaburn) , Governor of Barbados 1711-20. Saint or Sinner?
Dr Simon Smith

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

and kill your speed. Then there will be no unhappy Christmas times in hospital for some. And don't forget there are Twelve Days of Christmas, which takes us well into the New Year, as does this issue of *Lookaround*.

Last year I gave my awards for the best events of the year past. I'd like to do the same again. I've certainly enjoyed another Sedbergh year and particularly the Gala and Bonfire Night Fireworks (joint first) and all the events of the Book and Drama Festival deserving a Silver award. The Christmas Shopping evening and the Mediaeval Fayre were both happy events too and must be joint third. Congratulations and thanks to all the organisers.

We wish you a Merry Christmas;
 We wish you a Merry Christmas;
 We wish you a Merry Christmas and a Happy New Year.

Good tidings we bring to you and your kin;
 Good tidings for Christmas and a Happy New Year.

Oh, bring us a figgy pudding;
 Oh, bring us a figgy pudding;
 Oh, bring us a figgy pudding and a cup of good cheer
 We won't go until we get some;
 We won't go until we get some;
 We won't go until we get some, so bring some out here

We wish you a Merry Christmas;
 We wish you a Merry Christmas;
 We wish you a Merry Christmas and a Happy New Year.

And I too wish you all a Merry Christmas and a Happy New Year.
N. Hastle.

How about you?
 Enough of that. Well almost! I notice that Christmas lights came to Sedbergh early this year. Bright and decorative and mobile too. They only lit up when cars approached them and displayed numbers. I was quite amazed to see the effect on drivers. They seemed so entranced by them that they slowed down to take a closer look and I have heard it said that the illuminated decoration took photographs of the speedier cars too. I certainly got the impression that sadly most cars normally travel through Sedbergh at speeds of more than 30 mph. despite the fact that we all know that speed kills. I guess an early Christmas warning to us all. Don't drink and drive

MAINTAINING HEALTHY BONES

According to Chinese medicine, winter is the time to be thinking of strengthening the bones. This makes sense from a scientific perspective, as vitamin D, which is produced by the effect of sunlight on the skin, may be less available. Vitamin D aids the absorption of calcium from food into the blood.

Osteoporosis is a serious problem in our society, particularly among older women. It can be lessened by good diet and exercise earlier in life, so don't wait for it to creep up on you, take action now! As well as causing fractures, it is responsible for shrinkage of the spine, when the neck sinks into the shoulders, the back hunches and the ribs sink towards the hip bones. This is associated with considerable pain

and discomfort.

Surprisingly (given that 12% of deaths in the US are caused by complications of osteoporosis), there is no mention of this condition at all in the otherwise very comprehensive Chinese medicine texts, with which I am familiar. It would seem, that in pre-industrial China, osteoporosis was not a problem. There is evidence to suggest, that the diet prevented many or the symptoms we associate with the menopause. Did it also provide protection against osteoporosis?

In our society, calcium supplements are often proposed for bone health. Lambert's, for example, produces a supplement called "Ostoeguard", which contains calcium, magnesium, boron and vitamin D. The equivalent, in traditional Chinese medicine, would be a substance like oyster shell (I am not suggesting this as a DIY measure: the only time I inadvertently ingested some oyster shell I was most unwell and I have not eaten oysters since). This is indicated in the Chinese system, not for bones, but to anchor and calm the spirit in cases of irritability, insomnia and anxiety. It is basically a heavy substance, which has a settling effect. It would be interesting to know what the effects of calcium supplements are on mental and emotional health. We often take substances, presuming a certain bio-chemical result, but without fully understanding the long-term effects on the body-mind as a whole.

The effect of exercise on the bones is first to cause minute areas of degeneration, which in turn triggers bone regeneration. Normally walking and running should provide the small jolts the

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spine needs for these processes to take place.

On a recent trip to Nepal, I observed that people of all ages in remote mountainous areas walk up an down mountain paths (there is no motorised transport) wearing flip-flops and carrying heavy loads in baskets suspended behind them by a strip of cloth round their heads. I looked at the older people to see what the long-term effects of this might be. My observation was that they remained erect and supple and I saw none of the signs of osteoporosis of the spine, mentioned earlier. It seems that the extra load bearing exercise is beneficial to the spine.

In our society, we are perhaps not making the most of the exercise we get, because of inappropriate footwear. Shoes, which are too narrow and prevent the toes from spreading, lead to impaired balance. Also many shoes are cushioned, supposedly to protect the joints, but this leads to inefficient movement and lessens the effect of movement on the spine.

Under normal circumstances, the body does not need cushioning from ordinary walking or running. For detailed information about running without injuries see "Chi Running" by Danny Dreyer (Fireside 2004).

The massage expert Meir Schneider recommends quick light tapping along the spine and other bones to help reverse osteoporosis. This can be done on oneself to a certain extent and many Tai Chi routines include some version of this. It can also be practised by one person on another and is not difficult to do. If you would like detailed instructions, please contact me.

If you have comments or questions about this article, please phone. My number is 015396 20972. *June Parker*

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SEASONS GREETING AND A FIRE FREE CHRISTMAS

“Christmas is approaching - hopefully we all relax and unwind, forget our problems and responsibilities and get ready to party. Please make sure that the flow of party spirit doesn't lead to extra dangers at home or at work,” said Tom Donnelly of Cumbria Fire and Rescue Service, who is the Group Manager for Sedbergh and surrounding area.

“Just follow the Fire Service's Christmas safety tips and we hope you will have a very Merry Christmas”.

Streamers - Christmas decorations are often made of combustible materials. Never attach decorations to lights or heaters or place garlands immediately above or around fireplaces.

Ash - Even in a non-smoking household, visiting family and guests may be smokers and it is important that ash is put into appropriate containers. Ensure that any smoking materials are extinguished properly. Beware of smokers falling asleep during the day and never smoke in bed. If you have an open fireplace but only use it at this time of the year, make sure the chimney has been cleaned and swept.

Familiarisation - If you are having overnight guests who may be unfamiliar with your home, ensure that they know their quickest escape route in the event of a fire. Take particular care to ensure that any children, elderly visitors or people with disabilities can escape safely. Make guests aware of any special features in

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&
Happy New Year

to all our
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Friends and Clients

your home for example, how the front door opens from the inside.

Parties - A house or office full of people always presents more hazards than usual, particularly in the kitchen and especially if the drink has been flowing. Take extra care. Never overcrowd office spaces. This may make escape difficult as there could be too many people using a limited number of exits.

Rubbish - Be aware that with lots of cards, decorations and wrapping paper around, there are more things to catch fire. Dispose of wrapping paper and packaging sooner rather than later.

Alarms - Never take the batteries from your smoke alarm to run toys and other gifts. Buy a stock of batteries before Christmas. Remember to test your smoke alarm as usual. If you have music at your office Christmas party, make sure you can still hear the fire alarm.

Candles - Never leave candles unattended and never put lit candles in or near a Christmas tree.

Toys - Try to avoid buying toys that look as if they are made from combustible materials. Buy toys from established retailers and manufacturers if you can.

Illuminations - Test Christmas lights



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before putting them on the tree. Make sure they are fused properly. Replace sets of old lights, especially those that are not in perfect working condition.

Remember to turn them off at night and when you go out.

Cooking - If leaving a turkey to cook overnight, ensure that you are familiar with the timer controls on your cooker and that the temperature is set correctly. If setting light to the Christmas pud, don't pour the alcohol straight from the bottle. Put a small amount of alcohol in a non-combustible container, such as an eggcup, and pour onto the pudding from there. Beware of adding more alcohol - if you add alcohol to a flame, you could get a 'flashback'. If you spill a drop and the tablecloth catches fire, it can be put out with water. However, this is only recommended for a very small fire.

Enjoy - By following the SAFE PRACTICE spelt out in this code you will have a Safe and Merry Christmas.

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A record twenty-three members and guests attended our 5th Annual Sedbergh Honey Show on Monday 24th October, which reflects our growing number of members and their skills. Sixteen members staged fifty entries in twelve classes, up 25% and 20% respectively on last year. Our thanks go to Linda & Richard Wilson, the secretaries of Lancaster & District Beekeeping Association for their detailed and careful judging, and for their helpful and encouraging comments, and to Bill & Marion Smith for all their hard work in organising and running the event. Two further innovations made the evening especially enjoyable. First, points were awarded for each 1st, 2nd, and 3rd prize gained, the highest point scorer, Bill Eglin, being presented with our new Honey Show 'Lunesdale Shield', and Enid

Hastings winning the new 'Novice Trophy'. Second, our Chairman Vic Hopkins organised and ran two competitions while the judges were next door doing the judging; a 'Celebrity Quiz' of 50 photographs or part-photos of celebrities from the last 50 years, to attempt to identify (!), and a 'Spot the budding beekeeper' competition - identifying today's members from photographs of themselves as toddlers, displayed anonymously by Vic. Both competitions brought a lot of head-scratching, puzzled looks, and great amusement, none more so than discovering that a picture of a 30 year old 'baby', clad in nappy only, and sucking a dummy, was none other than our own, very reserved, Bill Smith, in his wilder days!! Everyone enjoyed the evening immensely - our best Honey Show yet. The official results were:-

Class	Entries	1 st Prize	2 nd Prize	3 rd Prize
1 Light Honey	8	Bill Smith	Richard Challenor	Kevin Seward
2 Medium Honey	7	Kevin Seward	Malcolm F-U	Bill Smith
3 Dark Honey				
4 Set Honey	2	Bill Eglin	Malcolm F-U	
5 Novice Class	6	Enid Hastings	Alan Tett	Charles Brown
6 Honey for Sale	5	Vic Hopkins	Kevin Seward	Malcolm F-U
7 Cut Comb	1	Bill Smith		
8 Frame of Honey	4	Bill Hastings	Richard Challenor	Bill Eglin
9 Wax products	3	Bill Eglin	Marion Smith	Bill Eglin
10 Mead	1	Bill Smith		
11 Novelty Item	5	Bill Eglin	Tiffany Seward	Alan Tett
12 Honey Cake	8	Anthea Rogers	Wendy F-U	Bill Eglin

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We would like to wish all our customers
A Merry Christmas and A Happy New Year
and take this opportunity to thank everyone for their custom over the past year.

Our first meeting of 2006 is our 10th Annual Dinner, to be held at The Middleton Head from 7pm on Friday, 20th January. Our bees will be quietly clustered in their hives in the middle of their winter rest - not so our beekeepers - who will be enjoying an evening of great fun and hilarity! Before then, may we wish you a very Happy Christmas and safe and prosperous New Year, and keep your garden full of the lovely flowers from which our bees derive a large measure of their nectar and pollen!

Malcolm Fraser-Urquhart

SETTLEBECK PTFA

The PTFA committee would like to take this opportunity to remind you of two ways you can help us raise money for the school.

First – if you do any shopping on line you may be able to help us earn commission at no cost to you. The web sites of major retailers such as Amazon,

M&S, Play.com, Early Learning and many more, can be accessed through www.buy.at/settlebeckptfa

Doing this means that the PTFA earn commission on any money spent on these sites. Especially now, as we are on the biggest spending spree of the year, Settlebeck can really benefit from the season of good will. Why not come along to the Christmas Fair and see a demonstration of the website in use, and enter our free draw.

Second – Have you considered joining the Settlebeck Lottery? We hold a draw 3 times a year for a prize of £100. The cost is £15 a year, and if you join up straight away you will be included in the Christmas draw. Forms are available from the school office.

Finally, a big thank you to all our generous supporters, and watch out for forthcoming PTFA events,

Seasons greetings from the PTFA committee

PEOPLE'S HALL

In accordance with the recent change in the law, the People's Hall is now a premises additionally licensed for the supply of alcohol. If you are running a bar you can no longer apply for your own temporary liquor licence. You now run the bar under our Premises Licence only, but you do need to inform us in advance. We have had to make some changes to how we run the hall because of this new law and while we were doing this we have changed a few things in the hope that it will make hiring and using the Hall easier and more convenient.

New Times

Mondays to Thursdays now have the evening divided up into three sessions – from 5pm until 7pm, 7pm until 9pm and from 9pm until 1am.

Fridays, Saturdays and Sundays still have three sessions in a day because people usually want evenings in their entirety on those days.

New Prices

The People's Hall is a charity, so our prices reflect the cost of running the Hall. As such we are pleased to announce that there is only a slight rise in prices this year. The committee room is still £6 per session (morning, afternoon or evening). In the main hall a daytime session will cost you £10. Friday and Saturday evening sessions cost £30 from 5pm – 1am, and Sundays cost £25 for 5pm – 11.45pm. During the week the shorter evening sessions cost £10 for 5pm – 7pm or 7pm – 9pm and £12 for 9pm – 1am.

Our New Licence

If you are going to supply alcohol at your event, whether you are selling it or giving it away you need to inform us in advance. The new licence covers any supply of alcohol, not just the sale of it. You will need to fill in an extra form and at least twice during your event someone experienced and personally licensed to supervise licensed premises will check

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that everything is running legally. The fee for you to run the bar is £25, payable to the People's Hall, in addition to the hiring fee. This is the same cost as our previous supplemental fee and the cost of getting the former temporary liquor licence. Please note that the fee is for organized events which aim to raise money; if you are having a private get-together which includes a small amount of alcohol then you can speak to the staff when you book about having it waived. Our new licence permits the supply of alcohol up to, but not beyond, 30 minutes before the hall must be closed (normally at 1am, 1145pm on Sundays). The liquor licence is not in your name on a temporary basis as before, and we must insist that you obey the laws on the provision of alcohol at all times. Anyone found to be breaking the law may have their event stopped and may be refused subsequent bookings. We do not want to

be fined or imprisoned because of your behaviour! Help and advice on this issue is available upon request.

New Booking Form and Documents

If you have booked or provisionally booked an event then you must fill out a new booking form and receive the new information pack which includes our revised terms & conditions. Anyone who has filled in an old booking form should receive the new documents in the post. Please return your form to *Sedbergh Office Services* as soon as possible.

It is our hope that these changes will make using the People's Hall straightforward and that it will suit your needs. We hope to keep any difficulties during the transition period to a minimum and we would like to hear your feedback on the new system.

*Sedbergh People's Hall
Management Committee*

CUMBRIA WILDLIFE TRUST

Birdlife on the Howgills

There are a fair number of birds to be seen on the lower slopes of the Howgills if one is patient.

To start with, a remarkable story of Blackbirds; in 2003, prior to my starting the Wainwright Coast to Coast walk, a pair built a nest in a wall alcove by my cottage overnight. Returning two weeks later, there were five young, only a few days old. Having to pass to and fro within two feet of the sitting mother to reach my door, I was at once worried that my sudden reappearance would frighten her to abandon the nest. Next morning, no sign of the parents and as the hours went by, one feared the worst and so started digging up and cutting up worms as a

surrogate parent. It took sometime to do the open sesame trick with all beaks closed until the discovery that they listened for the simulated vibration of the parents' feet on the side of the nest and then all the beaks gaped. The parents must have watched all this and happily took over, with four eventually fledged. Next year, a completely new blackbirds' nest appeared, built in one early morning on the back wheel arch of my car. This had to be removed but next morning a second had been built using new materials in the same place. After this they gave up!

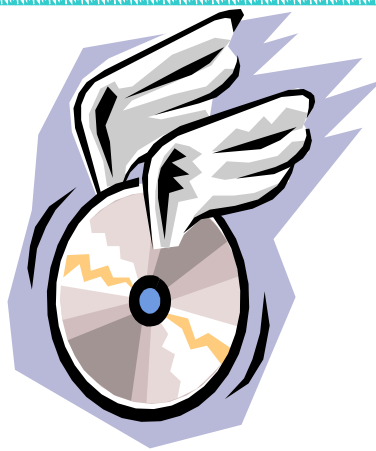
At least two pairs of spotted flycatchers breed here. In 2004, one pair built a nest in the wall trellis next door and raised two broods. This summer, one pair nested

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near Howgill Church and a second pair on the same trellis. They thus return to exactly the same location and tolerate our species well.

The curlews usually seem reluctant to do more than prospect in our valley, but this summer their wondrous sounds were heard most days from March until June. They seem to have had a local nest, as one day a little scuttling furry ball was to be seen for many days between Syke and Holehouse farms. The parents left it to its own devices, reviewing its safety while aloft. I only hope it survived.

A family of oystercatchers regularly breeds along the lane below Thwaites farm but on only one out of three years has the whole family flown up into the fields above the river.

This spring, for one morning only, a pair of goldcrests flitted in the hedge, In October they were seen again so were probably migrating both times. Today, 12th November, a very unusual sight of a wren sitting on the window box for perhaps a minute, quite unconcerned about a human a few feet away. Such behaviour is totally atypical!

A cuckoo (or most likely a pair) returns each spring to the same wood on Firbank and calls regularly usually in the morning and sometimes in the afternoon.

At least two pairs of greater spotted woodpeckers live in Howgill with one regularly visiting our feeder and last year we had the whole family. Treecreepers live along one of

the becks and nuthatches visit from time to time. Currently a flock of three to four hundred starlings are about and doubtless

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the redwings will return.

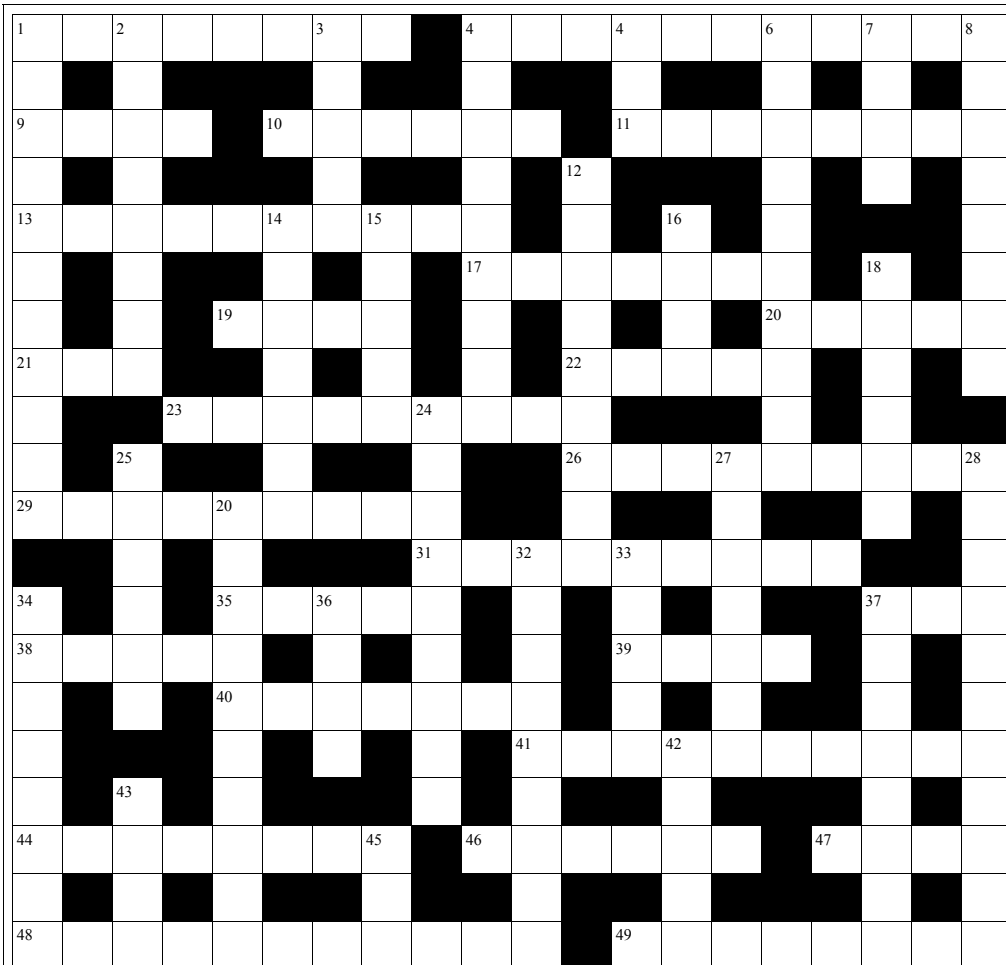
Overhead. crows sometimes mob buzzards as the latter molest their young. A kestrel from the Killington area is an occasional visitor, sitting and glaring at the little birds; on two occasions it has hurled itself for several minutes at the conservatory window as it can see a wooden sculpture of three sandpipers inside!

John Mander

PS Many thanks to all who supported or helped in any way with our October Table Top Sale. We raised over £400 for the work of the Trust.

Susan Garnett





CROSSWORD 6

Across

- | | |
|---|--|
| 1 Tense, small things found under tree (8) | 17 More space for study, that is right! (10) |
| 4 Carol (with Jill) begs Nel to be different (6,5) | 19 Rain softly through small hole (4) |
| 9 Romantic poet loses head in worries (4) | 20 Lost freedom for hire (5) |
| 10 Stir about share when middle man leaves firm (6) | 21 Nothing in turning 50 (3) |
| 11 Exotic rice first, not second - fantastic! (8) | 22 Animal found in Tesco at Ipswich (5) |
| 13 Soft organ mixed with force in a dish | 23 European girl stuck very near the top (9) |
| | 26 Sickens Irishman to go back taking university chair (9) |
| | 29 Shy detective accompanies two ladies and I near local village (9) |

- 31 Unidentified person moving to music takes five, moving forward (9)
 35 Illness surrounds smell of Tom, maybe (5)
 37 Espied tool? (3)
 38 Road campaign (5)
 39 Decide to return in celebratory day (4)
 40 Margin for driving as fast as possible (7)
 41 Patronize hobbit, perhaps? (4,4,2)
 44 Black tail wraps around the rest (8)
 46 Lounge next to alien in a sort of chair (6)
 47 Small label found in party (4)
 48 Tommie bends awkwardly to see good examples (11)
 49 European lords are gentlemen, sometimes (8)

Down

- 1 Forced into juicer with group by journalist (5-6)
 2 Former lover and others sit under bird outside (8)
 3 Put it back and hide from powerful one (5)
 4 Card and note given to funny sort, an icy character (4,5)
 5 Pull back and disembowel (3)
 6 Perhaps OS feature is not black and white (10)
 7 Upper room is frequently large at first (4)
 8 After short time, frantic duel with daughter found in hidden place (8)
 12 Reconstructed a corpse in stages (9)
 14 Turn over two pages, getting a cheer (7)
 15 System of US city goes back after a month (5)
 16 Songstress is keen to return (4)
 18 Island that is confused with two other

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- islands (6)
 24 Rearrange his tables in lodge (9)
 25 Event like a gala, say? (6)
 27 Timothy's head moves in church glass, becoming like Matthew or Mark (7)
 28 Large 'winter clearance' items (11)
 30 Tempted by money returned from French (10)
 32 Shady types, some Italians (9)
 33 Body part found in main aisle, on top of letter (5)
 34 The odds of Andy, on 'Real Bull' EP being lovely? (8)
 36 Language used when Uranium is put at both ends of road (4)
 37 Turn rest out, will always be single (8)
 42 Maintains castles (5)
 43 Roadside check heard (4)
 45 Potential offspring of a deer? (3)
 Answers to #5 - ACROSS: 1 Probability; 8 Understudies; 9 Balance; 11 Sultan; 14 Addict; 17 Ordeals; 20 End of the road; 21 Tikka Masala. DOWN: 2 Rydal; 3 Byronic; 4 Bathes; 5 Iciest; 6 Yes-men; 7 Dumb; 10 Aid; 12 Undress; 13 All; 14 Assent; 15 Dik-Dik; 16 Tom-tom; 18 Atoll; 19 Side.

**CHALET DEVELOPMENT AT
KILLINGTON BRIDGE?**

Killington Bridge is a marvellous spot. Canoeists paddle from it, walkers admire the view from it, children (including mine) picnic by it on hot summer days. It's a source of pleasure to hundreds, perhaps thousands, of people every year. So am I selfish to object to a proposal for 20 wooden chalets on the field beside it so that even more people can enjoy it? Maybe, but please hear me out.

An application has been lodged to put twenty wood-clad chalets and a manager's house on the field on Killington Bridge's South-West side. The planners are likely to recommend weekly rental rather than owner occupation. What – apart from admiring a once-lovely view – will all these people do? If they want a loaf of bread they have to get in their cars. Neither adjacent road is safe for children, dogs or prams. There is only one footpath close to the site. There aren't many days in the year when children could play all day by the river. It's hardly an environmentally sustainable development if families can't spend a day without driving out. What's more, how safe is the Lune? In fine weather, local children have played by it for generations. These chalets will be occupied for most of the year by families who may have no idea of the dangers of a fast-flowing river that rises rapidly after heavy rain. I have twice rescued canoes abandoned in bad weather by experienced canoeists who knew that there are weirs below Killington Bridge and valued their lives more than their boats. What chance

would a child in a rubber dinghy have?

We need more tourists. But why on a very visible field on the edge of the Yorkshire Dales National Park where the bare hills give way to the priceless beauty of the Lune Valley? Why not allow farmers, who have been told to diversify, to develop (sensitively) some outbuildings with camping in the adjacent fields. It's what they did for hundreds of years when this was a Drover's route. This would bring revenue to the district without killing the hen that lays the golden egg.

Don't take my word. Please go and look for yourself. If you think the site's suitable for the development, ignore this letter. If you don't, the deadline for your letter is November 29th, although we hope letters written soon after this will be accepted.....so we need to act fast! Write to: SLDC. Lowther Street, Kendal. LA9 4D1. Quote ref. No: SL/2005/1037. *Daphne Jackson*

DENTDALE MEMORIAL HALL.

Our AGM will have taken place as you read this and the committee will have looked back on a very busy year when we had some good fund-raising events including a Table Sale, a Coffee Morning, the Gala and a Folk Concert. We now have Disability Access at the front and rear and a Bowling Club ready for the off.

This is my last report as Secretary as I finish at the AGM. Whether I remain on the committee or not, I will be happy to help with fund-raising events and the Gala. *Sarah E Woof.*

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LADIES NFU

At our November meeting our guest speaker was from Farrers Coffee and gave us a talk on the coffee that they sell showing us the coffee bean in the different stages before been roasted. This was followed by a talk on tea telling us have it arrived in cardboard foiled boxes ready for them to make up into their different kinds of teas. She then answered our questions about the coffee and teas.

On Thursday 24th November, 29 members went to the Prelude in Kendal for our Christmas meal.

Our December meeting will be on Tuesday 13th our speaker is Mr Trevor Hughes who will show us slides of Old Kendal.

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SEDBERGH & DISTRICT CHRISTIAN AID

Getting a fair deal in farming is a big issue locally and international trade affects local livelihoods in major ways. Christian Aid is very concerned and involved in enabling fair deals for local farmers worldwide. On Thursday 9th February the Christian Aid in Sedbergh and District group have invited the Revd. Richard Hunter of Barnard Castle to come and speak on Fair Trade and UK Farming at 7.30 pm in Settlebeck High School's Music room. The meeting will be open to anyone with an interest in these issues. Refreshments will follow the talk and discussion.

SHOE BOXES

On behalf of Operation "Christmas Child", may I say a big THANK YOU, to all who have packed a shoe-box. The response has been magnificent, from all corners of the community.

They are still coming in as I write (Collection day was 26th November) and over 90 boxes will go from this appeal alone.

They will go to needy children in Eastern Europe, and as Rev. Richard Bewes, former Rector of All Souls, Langham Place in London says "Certainly, in recent years, this simple action of shoe-boxes for boys and girls has taken us all by surprise, in the impact it has had, not only upon individuals, but upon whole communities".

Your box will make a difference, so Thank You very much.

Janet Widdess

SETTLEBECK HIGH SCHOOL

Town Band

Dear Mr Lewis

We would like to say a big thank you to you and your band for helping us to raise money to enable us to go to our twin town, Zrece! It was a very successful night and raised a total amount of £267.50, which will be appreciated by us students.

Everyone who helped and came to watch said that they really enjoyed it and would certainly come again! I, who helped myself, thought that it was a brilliant night and it was all in aid of a good cause.

So thank you very much, we really appreciated it.

Yours sincerely

Year 9

DENTDALE RUN

The 22nd Dentdale Run will take place on Saturday 11 March 2006. It is a figure of eight course, literally uphill and down dale, starting and finishing at the school. Although it is only fourteen and a half miles, it has a reputation for being one of the toughest, yet most enjoyable running events in Cumbria.

The Run is as popular as ever and attracts between 350 and 500 runners from all over the north of England and beyond.

As always, all profits raised will enable bent Primary School to purchase vital classroom resources.

The Dentdale Run Committee would like to thank all sponsors and participants and look forward to your continuing support.

If you would like an entry form, please email jill.mitchell@ntlworld.com

MATHS TUITION

Key Stage 2, Key Stage 3,
GCSE or A Level

Regular or occasional lessons
with an experienced Teacher to
suit individual needs

Contact: Marjory Glover
015396 25438

CHARITY NIGHT

On Saturday 28th January we are holding a Charity Evening. The money raised will go to Cystic Fibrosis. This will help all the people who suffer from this terrible condition, especially a young lass from Tebay.

Her mother told me that the top doctors had informed her that they were on the brink of finding a cure for this disease and only a lack of funding was holding them back.

So please give us your support on the night, as well as having an entertaining evening with ex-professional footballer Norman Whiteside and top Yorkshire comedian Max Pressure. Every penny helps.

Caspa

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

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DIALECT DIGEST

Ah've bin readin' in t'papers aboot these here foak in town halls sayin' thoo can't call t'celebrations at this tahn o' year 'Kessmas'. Thoo mun say 'Winter' instead. Ah've nivver heard nowt soa barmy! In Yorksher, we call carol singin' 'Kessmas singin'. Dis that mean that noo we'll hev ti say, "We're jist off oot winter singin'," instead?

Mebbe it'd be better ti say "we're off wassailin'," cos that were t'ord name fer singin' roond t'villages.

Ah knows that we call Kessmas cake 'spice cake', bud that goas back centuries, an dean't fergit thoo mun hev ti wi' creamy Wensleydale cheese.

Ah dean't know what these 'ere Cooncil foook'll cum up wi' next. Happen they'll

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cancel Kessmas altergither. If they do, we shall jist hev ti goa on celebratin' i' secret. As Arnold Kellett sez in a poem: "Side all t'tripe! Switch off T.V. Switch on 'omely fun an' jest. Christmas crack wi' friendly fowk - Owd-time Christmas at its best!

An' happen their's more ner a grain o' truth in this owd joke: "Hoo monny foook werk at t'Town Hall?" asked a chap of his mate. "Oh, aboot arf on 'em!" came the reply.

Happy Kessmas ti Lookarood readers fra all on us in t'Yorkshire Dialect Society.

TOY LIBRARY

On Thursday the 1st of December, the toy library will be open for the collection of toys only and not for loans. This will enable us to have a stock take, cleaning, and repairs and to evaluate which toys need replacing. The library will be closed then until the New Year.

We are still looking for a PAID member of staff to help the committee run the Toy Library. This involves working at the toy library two Thursday's each month from 1.30 pm to 5pm. Interested, more information, salary details, telephone Nichola on Sedbergh 21484.

From January 2006 the Toy Library will be opening on the 1st and 3rd Thursday of each month. We hope that this will help people remember which Thursday we are open. Commencing from 19th January.

Any suggestions of toys you think the Library is missing or short of, please ring the above number or let a committee member know. We want the library work for the children of Sedbergh and surrounding areas.

DENTDALE METHODIST CHAPEL

We welcomed a previous Minister to a service recently and shared a “hand-around tea” afterwards, also in November the annual Network event took place with a service a supper and Bring and Buy stall raising over £300. Then the cameras rolled as some of us re-enacted a Sunday School and talked about the chapel for the Heritage Centre. All are welcome to our afternoon Carol service on Sunday December 11th followed by another tea. We hope to be involved in the Carol singing in the dale and extend Happy Christmas wishes to all. Pray and Share continues on alternate Thursdays at 1.45pm, ring 25226 or 25212 to check dates. Our services continue at 2pm in January and we hope to share a service with our Anglican friends although the “Week of Prayer for Christian Unity” will now be later in the year.

John and Sarah Woof.

SEDBERGH BONFIRE NIGHT

The wet weather and threat of storms to come caused some anxiety to the organisers of the Bonfire Night, but fortune smiled down and the rain stopped as if on request, allowing a large and appreciative crowd to enjoy probably one of the best firework displays in recent years. The end of the display was marked by a special “Goodnight” firework kindly sponsored by the “Lookaround” and followed by applause from the public. The bonfire, lit by the Gala Queen, Rosie Wood, also attracted crowds of people despite being some distance away from the stalls.

The turnip and pumpkin lantern and best guy competitions were well supported

and standards were high, providing quite a hard task for the judges, Stuart Manger and Elspeth Griffiths. The results were: *Pumpkin Lanterns* - 1st Erin Proctor, 2nd Jordan Blackett, 3rd Abbae Holme; *Turnip Lanterns* – 1st William Teal, 2nd Neil McLoughlin, 3rd Rose Longlands; *Best Guy* – 1st Rose Longlands, 2nd James and Neil McLoughlin and Emma Hopkins, 3rd Alice McLoughlin.

The Gala Group are grateful to the many members of our local community who helped to make the evening such a success and now look forward to planning the Children’s Party on Saturday, 14th January.

SILVER JUBILEE DINNER

The Silver Jubilee Dinner of the Sedbergh & District History Society was held on Saturday, 22nd October, in the Queen's Hall by kind permission of the Headmaster. Fifty-eight members of the society and its guests assembled in the hall which had been most attractively laid out for the occasion.

After an excellent meal, the diners listened to speeches from the chairman who proposed a toast to the guests and from Sir Christopher Booth who replied on their behalf and proposed a toast to the society.

Apart from Sir Christopher and Lady Booth the other guests were Mr & Mrs White and Mr & Mrs Pratt. Robert White is the Senior Conservation Archaeologist of Y.D.N.P.A. and Alan Pratt is the Chairman of Sedbergh Parish Council.

After the formal meal everyone looked at memorabilia and reminisced over the previous twenty-five years.

COME DANCING

Dancers at John & Barbara Douglass's regular Monday Evening Ballroom & Latin Dance at Christchurch, Morecambe were surprised when Mathew Cutler World Masters Professional Latin Dance Champion walked into the ballroom. However, even more surprised was Barbara Douglass, husband John had been working secretly with the BBC Strictly Come Dancing team to get one of the professionals that are currently appearing live in the popular Strictly Come Dancing series together with a producer and camera crews, to travel up from London to polish up their Slow Foxtrot, Barbara's favourite dance.

The following morning, Tuesday 15th November Mathew and the BBC crew moved to the Town Hall Kendal to enable John and Barbara enjoy the nostalgia of dancing in a location where they danced almost 50 years ago. John and Barbara who recently celebrated 45 years of marriage have outlived the Floral Hall, Winter Gardens, Pier and Midland Hotel where they also danced all those years ago.

The footage shot by the BBC will be shown on Strictly Come Dancing, it Takes Two on BBC 2 6.30pm each weekday evening.

John and Barbara currently run Ballroom & Latin Dances in Morecambe and Endmoor, Kendal.

John & Barbara Douglass

WINDER 100 POPPY CHALLENGE 2005 - All Finished!

From November 11th 2004 and November 11th 2005 Paul Brassington, formerly of The Green Door Sweet Shop,

has been running up Winder 100 times and seeking sponsorship to support the British Legion Poppy Appeal 2005.

Well, that was a very quick year! All 100 Winder runs have now been completed with the last ascent on Friday 11th November on what was probably the windiest of all 100 trips up the fell.

Many thanks for all the support and encouragement that you have given me over the past 12 months and a special thanks to Christine and all her staff at the Post Office for booking me out on each and every run. I usually managed to do this at their busiest time of day! Also thanks to Andy and everyone at The Green Door for receiving sponsorship money and passing it on and of course to everyone at the *Lookaround* for keeping everyone up to date.

If you would like to pay in your sponsorship, it can be left at The Green Door. Please put your cash or cheque (payable to the Royal British Legion) in an envelope with your name and phone number on the outside so you can be ticked off the sponsorship list. Many thanks.

The total amount raised should be appearing in the February 2006 *Lookaround*, once again, thanks for your support.
Paul Brassington

McMILLAN COFFEE MORNING

I would like to thank all who came to my Coffee Morning and my mum and friends who helped.

Over £126 was raised for the McMillan Cancer Relief, even though it was a miserable day and there was no tour of my garden.

Janet Pritchard

Buses from Sedbergh

To Kendal

Via Oxenholme Rail Station

Monday – Friday

7.45am	564	Stagecoach	(❖)
9.40am	564	Woof's of Sedbergh	(❖)
10.05am	564	Stagecoach	(❖)
10.15am	Wed 564B	Woof's of Sedbergh	(❖)
12.40pm	564	Woof's of Sedbergh	(❖)
1.00pm	564	Stagecoach	(❖)
2.00pm	Tue 804	D & H Travel	(❖)
2.40pm	564	Woof's of Sedbergh	(❖)
3.50pm	564	Stagecoach	(❖)
5.11pm	564	Woof's of Sedbergh	(❖)

Saturday Only

10.05am	564	Stagecoach	(❖)
10.50am	564A	D & H Travel	(❖)
1.00pm	564	Stagecoach	(❖)
3.50pm	564	Stagecoach	(❖)

To Kirkby Stephen

Via Cautley and Kirkby Stephen Rail Station

Monday – Saturday

9.00am	M-F 564	Stagecoach	(❖)
11.20am	564	Stagecoach	(❖)
2.40pm	564	Stagecoach	(❖)
4.55pm	564	Stagecoach	(❖)

To Kirkby Lonsdale

9.45am	Thu 567A	D & H Travel	(❖)
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To Hawes

8.45am	Fri 112	Braithwaites Coaches	
9.10am	Tue 112	Braithwaites Coaches	
10.00am	Tue 804	D & H Travel	(❖)
11.20am	Fri 112	Braithwaites Coaches	
2.00pm	T&F 112	Braithwaites Coaches	

To Dent & Cowgill

Wednesday only

1.30pm	564B	Woof's of Sedbergh	(❖)
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Saturday only

9.40am	564A	D & H Travel	(❖)
3.00pm	564A	D & H Travel	(❖)

Returning to Sedbergh

From Kendal, Blackhall Road

(opposite Bus Station)

Via Oxenholme Rail Station

Monday - Friday

8.30am	564	Stagecoach	(❖)
8.35am	Sch 564	Woof's of Sedbergh	
9.30am	Tue 804	D & H Travel	(❖)
10.30am	564	Woof's of Sedbergh	
10.50am	564	Stagecoach	(❖)
1.30pm	564	Woof's of Sedbergh	
1.00pm	Wed 564B	Woof's of Sedbergh	(❖)
2.10pm	564	Stagecoach	(❖)
4.25pm	564	Stagecoach	(❖)
4.30pm	564	Woof's of Sedbergh	
5.45pm	564	Woof's of Sedbergh	(❖)

Saturday Only

10.50am	564	Stagecoach	(❖)
2.10pm	564	Stagecoach	(❖)
2.25pm	564A	D & H Travel	(❖)
4.25pm	564	Stagecoach	(❖)

From Kirkby Stephen, Market Square

Monday – Saturday

7.10am	M-F 564	Stagecoach	(❖)
9.40am	564	Stagecoach	(❖)
12.25pm	564	Stagecoach	(❖)
3.15pm	564	Stagecoach	(❖)

From Kirkby Lonsdale, Square

12.15pm	Thu 567A	D & H Travel	(❖)
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From Hawes

9.20am	Fri 112	Braithwaites Coaches	
12.00pm	T&F 112	Braithwaites Coaches	
1.25pm	Tue 804	D & H Travel	(❖)
2.45pm	Fri 112	Braithwaites Coaches	

From Dent, School

Wednesday only

10.00am	564B	Woof's of Sedbergh	(❖)
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Saturday only

10.35am	564A	D & H Travel	(❖)
4.00pm	564A	D & H Travel	(❖)

KEY : M-F Monday to Friday Only
Tue Tuesday Only
Wed Wednesday Only
Thu Thursday Only
Fri Friday only
Sch Schooldays Only (M-F)
T&F Tuesday & Friday Only

❖ Provided with Support from Cumbria County Council

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

For Comprehensive up-to-date information ring :-
Traveline 0870 608 2 608 (Open : 7am— 8pm Daily)

POLICE REPORT

'Cold Callers'. Do not entertain them. One couple in Sedbergh recently had someone knock on the door to 'have their boiler serviced'. There is no doubt in my mind that had this person got into the house, there would have been a loss of some sort. Entry was refused and the person left. It was just unfortunate that the couple could not see the Registration Number of the vehicle otherwise a follow-up could have been made. If you have someone 'Cold Calling' on you, ask for Identity and if they produce an ID, ask them to wait while you check with their firm. The Bogus Caller will not hang around.

A big thank you to everyone that has reduced the speed of their driving. I am hoping to have the 'Speed Machine' on a more regular basis which certainly has helped you to realise the speeds you are doing. Many residents have thanked me - including one who spent £145 installing a machine that helps him to slow down. The alternative to the £145 was 'Speeding Tickets' at £60 each which each earn 3 Penalty Points and higher Insurance Premiums. Not a bad investment I think. Because every has slowed down, there have not been any locals involved in any accidents, despite the cold spells that we have been having. Well done.

While on the vehicle theme, don't forget to check your lights, tyres and fluids. It only takes a few minutes every now and then.

As Christmas approaches, please be aware of strangers in our town that may be sneaking around. Occasionally, we have a call in the morning to say "about

3 o'clock this morning, I heard someone in my back garden!" Give us a ring at the time, as we are on duty 24 hours a day, and everything will be investigated.

Have a Crime Free Christmas! DJW



USEFUL TELEPHONE NUMBERS

Baliol School	013396	20232
Bay Radio	01524	848747
<i>Phone in</i>	<i>01524</i>	<i>848969</i>
Border TV.....	01228	25101
British Rail	01539	720397
Citizen Advice Bureau.....	01539	720112
Childline	0800	1111
Councelling for Youth	015394	34121
Crimestoppers.....	0800	555111
Cumbria C. C.	01539	721000
Cumbria Police HQ	01768	891999
Electric Services	01539	732833
<i>Emergency</i>	<i>01539</i>	<i>729112</i>
Gas Services	0845	6091122
<i>Emergency</i>	<i>0800</i>	<i>111999</i>
Kendal Hospital	01539	732288
Missing Persons.....	0181	392 2000
Public Transport Enq's	01228	812812
Radio Cumbria	01228	592444
<i>Phone in</i>	<i>01228</i>	<i>592592</i>
Royal Lancaster Infirmary	01524	65944
Samaritans	01539	741444
Sedbergh Primary Sch.	015396	20510
Settlebeck High Sch.	015396	20383
Sedbergh School.....	015396	20303
S.L.D.C.....	01539	733333
Social Services.....	01539	773300
<i>Out of Hours</i>	<i>01228</i>	<i>526690</i>
Water Services	01229	821690

If any of these numbers are incorrect, please let us know.

THOUGHT FOR THE MONTH

I think I am giving up thinking, what do you think? Thinking is all well and good but thinking needs action as a bed-fellow, I think thinking is not much good on its own, what do you think about thinking? Am thinking about this New Year what a lot of thinking will be done I think before the end of it, is there much point to much of the thinking I am thinking.

Happy New Year to one and all - whatever you are thinking!

LD

SEDBERGH TOWN BAND

Christmas Concert

The Annual Christmas Concert will take place in the People's Hall at 7.30pm on Tuesday 6th December. Once again strenuous efforts are being made to ensure an evening of entertainment that will appeal to all the family.

Regular Wednesday rehearsals since the charity concert on behalf of Settlebeck on 12th October have been devoted to working on the programme for the Christmas Concert in which traditional carols and Christmas music will naturally dominate.

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

Father Christmas will again be attending, bringing with him a sack of pre-Christmas goodies to distribute among the younger members of the audience.

A great family evening lies in store but we urge you to get your ticket in good time as previous experience has shown that they go quickly and the number of available seats is strictly limited. Tickets are available from Nisa (the Paper Shop), the Information Office and Our Gallery - all of which we thank most sincerely for acting as sales outlets.

Birthday Party

Many members of the band joined other friends and family of Hilary Hodge (Cornet) who was the most generous hostess of a magnificent party held at the Golf Club to celebrate her 60th birthday.

Best wishes and sincere thanks go to Hilary and congratulations to the Golf Club for providing an excellent spread in a fine location.

Remembrance Day

Cornetists Keith Wood and Robert Orr played The Last Post and Reveille at the Remembrance Day service held in St. Andrew's Church on Sunday 13th November.

After the laying of wreaths at the memorial, members of the Town Band were joined by the Sedbergh School Band. Accompanied by a representation from St. John Ambulance the two bands played and marched around the town.

Earlier the School Band had played before a huge congregation for the re-dedication of the memorial recording the 450 former members of the school who gave their lives for their country. The Bishop of Durham, Tom Wright O.S. performed the service of re-dedication of The Cloisters which have been restored to their original condition thanks to the contributions made to an appeal by Old Boys of the school.

Christmas Carols

Sections of the Band will be seen and heard playing at three of the leading Kendal stores in the run up to Christmas.

The first venue will be Booths on Saturday and Sunday 17th and 18th of December from 11.00am to 1.00pm. On Monday 19th December from 5.30pm to 7.30pm they will be at ASDA. The final venue will be Morrisons on Thursday 22nd December from 5.30pm to 7.30pm.

G. B.

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Canon A W Fell Tel: 20283

ROMAN CATHOLIC

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

Rev. Dr. P Campbell Tel: 20918

METHODIST CHURCH

New Street
 Sunday 10.30 & 18.30

Rev. T Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
 Sunday 10.30

Secretary: Mr M Cope 20678

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
 Sunday 10.30

Mrs T Satchell Tel: 20005

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
 Sunday 11.00
 Wednesday 19.30

Rev. G Jones Tel: 01539 - 722079

*For enquiries for the following services,
 Please ring the relevant telephone number*

CHURCH OF ENGLAND

Firbank; Howgill & Killington

Rev. A Pitt Tel: 20670

Cautley & Garsdale

Canon A W Fell Tel: 20283

Dent & Cowgill

Rev. P Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
 Cautley; Fell End;
 Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostrow

Rev. T Widdess Tel: 20329

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



OPTIONS for health and well-being

Jenny Heath	Alexander Technique	015396 25002
June Parker	Acupuncture	015396 20972
Ian McPherson	T'ai Chi, Flower Essences, Homeopathy	015396 20648
Denise Williamson	Homeopathy, Bowen Technique	015396 20846

Complementary therapists practising locally

DIARY OF EVENTS

Dates are held up to 12th December 2006

DECEMBER				
1	SS Half Term Ends		21 1100	Age Concern Surgery CO
1	1900 WIH Christmas Meal	Golf Club	21 1930	Christmas Domino Drive HVH
1	1930 Christmas Domino Drive	KVH	24 1830	Nativity Play StAS
2	1930 LFH Domino Drive	SHS	25	Christmas Day
2	1930 Zrece Singers in Dent (8)	DMH	26	Boxing Day
3	1000 G&CC Christmas Fair	URCR	27	Public Holiday
3	1000 Zrece Singers Workshop	PH	28 1100	Age Concern Surgery CO
3	1100 Rag Making (14)	FM	JANUARY 2006	
3	1330 Pepperpot Music Makers (14)	FM	1	New Years Day
3	1400 Children's Craft Workshop (14)	FM	2	Public Holiday
3	2000 Zrece Carollers	SIC	4 1100	Age Concern Surgery CO
3	2000 SWFC Prize Bingo (9)	WHC	4 1930	HS Scottish Wars of Independence (49) SHS
3	2200 SWFC Christmas Disco (17)	PH	8	SS Term Begins
3	Scout Post starts (10)	Sedbergh	8 1530	Jacob's Ladder DMH
4	1000 Zrece Singers Workshop	DYH	11 1100	Age Concern Surgery CO
4	1100 Rag Making (14)	FM	11 1915	WID Wildlife in Slovenia DMH
4	1100 Letter Carving (14)	FM	11 1930	WIF Slovenia PH
4	1600 Christmas Fayre	DMH	14 1400	Children's Gala Party PH
6	1930 Town Band Christmas Concert (8)	PH	14 1930	Women's Night & Disco (54) PH
7	1100 Age Concern Surgery	CO	17 1930	Domino Drive FCH
7	1315 Zebras	SMCR	17 1930	LNFU PH
7	1830 Late Night & Father Christmas (1)	Town	18 1100	Age Concern Surgery CO
7	1930 HS Slate Quarries & Quarrymen (8)	SHS	18 1930	HS Robert Lowther (49) SHS
10	1030 Lace Making (14)	FM	20 1900	Antiques Valuation Evening (30) SHS
10	1200 Musicians from QES (14)	FM	21 2000	70's Disco (53)
10	2000 Old Time Dance (10)	PH	25 1100	Age Concern Surgery CO
11	1030 Lace Making (14)	FM	25 1930	CWT Pillars of Salt SHS
11	1200 Musicians from QES (14)	FM	27 1400	Age Concern Surgery DMH
11	1530 Jacob's Ladder	DMH	28 1030	Jumble Sale & White Elephant DMH
13	1430 WIK Christmas Lunch	Wray	28 1930	Charity Sports Evening (56) PH
13	1930 Domino Drive & Mince Pies	FCH	FEBRUARY	
13	1930 Ceilidh (13)	DMH	1 1100	Age Concern Surgery CO
13	1930 LNFU Old Kendal	PH	1 1930	HS Bristol to Sedbergh & Inventories SHS
14	1100 Age Concern Surgery	CO	2 1930	WIH Settle/Carlisle Railway HVH
14	1900 WID Christmas Meal	DMH	8 1100	Age Concern Surgery CO
14	SS Term Ends	SS	8 1930	CWT Spring in the Burran SHS
15	1930 The Great Santa Kidnap (15)	GVH	9 1930	Christian Aid Fair Trade SHS
16	1930 The Great Santa Kidnap (15)	DMH	10	SS Half Term Starts
16	1930 Christmas Domino Drive	HVH	12 1530	Jacob's Ladder DMH
17	1030 Lace Making (14)	FM	15 1100	Age Concern Surgery CO
17	1200 Clarsach Harp Group (14)	FM	15 1930	HS A Year at Killington Hall SHS
17	1430 The Great Santa Kidnap (15)	SHS	17 2000	Valentine's Night Dance PH
17	1930 The Great Santa Kidnap (15)	SHS	18 1930	Lad's Night & Disco (68) PH
17	2200 SWFC Christmas Disco (17)	PH	19	SS Half Term Ends
18	1030 Lace Making (14)	FM	21 1930	Domino Drive FCH
18	1400 Pepperpot String Quartet (14)	FM	21 1930	LNFU PH
18	1530 The Great Santa Kidnap (15)	SHS	22 1100	Age Concern Surgery CO
19	Scout Post Ends (10)	Sedbergh	24 1400	Age Concern Surgery DMH
			ee Morning	URCR

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

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

THE HEAD AT MIDDLETON

*Nr Sedbergh, Cumbria
Tel: 015396 20258*

Proprietors: David and Elizabeth Martin



**Christmas Fayre available
throughout December**

STARTERS

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

MAIN COURSE

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

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

SWEETS

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

Mince Pie and Satsumas
followed by Coffee and Mints

£14.95 including Christmas Cracker

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

DIARY KEY

BF	= Brigflatts
BS	= Baliol School
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CS	= Casterton School
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Church
DYH	= Dent Youth Hostel
EG	= Embroiderers' Guild
FCH	= Firbank Church Hall
FM	= Farfield Mill
GL	= Garsdale Ladies
GVH	= Garsdale Village Hall
G&CC	= Garsdale & Cautley Churches
HC	= Health Centre
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
MCCCKL	= Methodist Church Centre KL
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/H	= Sed. Methodist Church Room/Hall
StAS/D	= St Andrew's Church, Sedbergh/Dent
StJAR	= St John Ambulance Rooms
SR	= Spooner Room
SSSH	= Sedbergh School Sports Hall
STO	= Sedbergh Tourist Office
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 ☎ 015396 20218
 Repeat Prescription ☎ 015396 20239
 Out of Hours ☎ 01539 781999
 Bay Call ☎ 0845 0524 999

Dr W Lumb

Monday	0830 - 1045 *	1500 - 1745 *
	1230 - 1300 Dent	
Tuesday	0830 - 1030	1500 - 1745 *
Wednesday	0830 - 1030	1430 - 1645 *
Thursday	0830 - 1045 *	
Friday	0830 - 1045 *	1500 - 1745 *

Dr C Hunt

Monday	0830 - 1030	
Tuesday	0830 - 1045 *	
Thursday	0830 - 1030	1500 - 1745*
Friday	0830 - 1030	1500 - 1745 *

Practice Nurses

Monday	0845 - 1700 b	
Tuesday	0845 - 1730 a	
Wednesday	0845 - 1730 b	
Thursday	0830 - 1730 a	1300 - 1800 b
Friday	0830 - 1730 b	

a = Adele Reynolds
 b = Anne Crome

District Nurse	Health Visitor
☎ 015396 21690	☎ 015396 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	

SEDBERGH TOURIST OFFICE

Main Street ☎ 20125
 Open every day

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600
 e-mail office@sedbergh.org.uk
 web page www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office
 ☎ 0870 1264061
 e-mail via site 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

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