

SEDBERGH & DISTRICT

LOOKAROUND

November 2002

Issue 195

Donation 50p

Another bumper issue of 64 pages this month.

You will find in the Centre Pages a Readers Survey. Please take the time to complete it and submit it to our Office before 19th November. If you include

your name & address, you will be entered into a draw for a £25 Meal Voucher.

Please remember that there will be no January Issue so please submit everything to us as soon as possible.

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CHILDREN'S BIRTHDAYS

November 2002

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

The recipient this month is:-
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 10 years old on 14th November.
 Please collect your voucher from
 the Sedbergh Office Services at 13
 Kings Yard, Main Street, Sedbergh
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Sedbergh, Garsdale & Dent.



Day	Name	Age
4	Jade COWIN	6
6	Thomas CALVERT	11
8	Samuel WOODHOUSE	9
8	Christopher TUSON	11
9	Llana FEARN	8
11	Ben Sedgwick	5
12	Heather BOYLES	9
14	Jake HODGSON	10
17	Katie WOOF	4
18	Robbie Kendal	1
18	Beth MASON	6
19	Sam FEARNHEAD	5
22	Ben FURGUSON	3
22	Glen MIDDLETON	10
24	Melissa SPROUL	1
24	Jake COWPERTHWAITE	5
25	Tom COOLING	8
27	Adam SCARR	8
30	Natalie MILBURN	8



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CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge;

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DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast

CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

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CONCHIE

I would like to thank everyone for the good wishes, cards, flowers and gifts I received during and following my recent hospital visit. Thank-you. Jean.

DORMAND

Mary sends her sincere thanks to all who sent her flowers, cards, messages of good cheer and offers of help. Everyone has been so kind and it has been gratefully appreciated.

GREENBANK

I would like to thank everyone for the lovely cards, letters, flowers, gifts and all good wishes you sent during my recent stay in RLI. Thank-you also to Dr Syred, the Surgeons, Doctors and Nurses of Ward 34. I am home now and feeling stronger and better every day. Eleanor.

HILL

Happy 70th Birthday Grandad (Jack). We love you lots. Luke, Kim & Zoe
XXXXXX

McLOUGHLIN

Pat and Ian thank everyone for their cards, flowers and good wishes on the occasion of their **RUBY WEDDING ANNIVERSARY**. Thanks too for those who gave money for Christian Aid in lieu of presents. £120 was received. Ian also thanks folks for their kindness at the time of his hospitalisation at RLI. Thanks too to the Sedbergh Ambulance Crew who were so caring and thoughtful.

TODD

Congratulations Ann on completing the Cautley Run, The Great North Run and the Manchester Marathon in 2002, raising money for the National Asthma Campaign.

WOOF

Well done Lisa. Congratulations on passing your DCP in Childcare. Love from Mum & Dad Wood.

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SOUTH LAKELAND VOLUNTARY SOCIETY FOR THE BLIND

'Talking Lookaround'

The audiotape group held a meeting in October to review progress. Despite a witty suggestion that the tape version of 'Lookaround' should be called the 'Heararound' it was decided to follow the format of many other audio newspapers around the country and entitle it the 'Talking Lookaround'.

Six audiotapes have been produced since May. The group now records in the St John Ambulance centre using its own equipment. Early fundraising has recently been augmented by a Coffee Morning in August which raised £205, and a Non-Uniform day at Sedbergh School held in October which raised £375. These wonderful efforts will enable the group to use good quality recording and also rapid-copying equipment. It also means that it will be possible to acquire a secure lockable cabinet for storage.

Settlebeck High School and Sedbergh School are involved in the production of the tapes. Two youngsters from each school read on the tape each month. In addition the Sedbergh Sixth Formers help in the checking, cleaning, copying and posting of the tapes and will be trying their hand at editing in the future.

Four male and four female adult readers work with a coordinator, an editor, a sound recordist and also a visually impaired listener. The group is still looking for people who are interested in administration so that 'stand-ins' can be available in an emergency.

It is technically necessary to use some music at the beginning and end of each

DENTDALE MEMORIAL HALL

Charges

Hall	£6 per hour
Sedgwick Room	£5 per hour
Kitchen	£4 per hour

Minimum One Hour

To Book, contact Dent 25446

Reduction for Dentdale Parishioners

side of the tapes, and non-copyright music must be used for this. So far we have used one jazz and one electronic composition, and on the next edition will be using a classical recording from the Pepperpot Club. If there are any budding composers out there, do get in touch. It is great to be able to use local talent.

S.L.V.S.B. Sedbergh Social Group

The group usually meets on the third Tuesday of each month in the Community Office from 2.15 to 4.00 p.m. The November meeting will be on the 19th but there will be no meeting in December. On January 21st there will be a New Year party held at the house of one of the volunteers, and starting earlier than usual at 12.30 p.m.

New members are always welcome to the meetings and local help may be available with transport. Despite its title, the group exists for anyone with sight problems, not only for people who are registered as blind. If you feel that you can help the Group in any way or you know of someone that would like to receive a copy of the *Talking Lookaround* or *Lookaround in Large Print*, please contact the Lookaround Office and leave details.

CUMBRIA WILDLIFE TRUST

Hibernation

Hibernation is the strategy used by some mammals for surviving the winter cold, when food is hard to find. Body temperature and heart rate are reduced to a minimum and the animal enters a deep sleep, surviving on the food reserves stored in its body.

In Gilbert White's time people believed that swallows hibernated at the bottom of ponds. Now we know they fly to Africa for a second summer. It perhaps seems strange to think that any birds could hibernate at the bottom of ponds, but how much less amazing is it to think of a small bird flying all the way to Africa and back each year?

Some frogs do spend winter dormant at the bottom of ponds. That's why it is much better if cleaning out a pond to do it in the autumn while frogs are still active. Never clean the whole of a pond out at once as any silt and dead leaves at the bottom of a pond will be full of microscopic life, all ready to power the bigger, and more noticeable, residents of the pond.

These days we hear much about global warming, which already appears to be having an impact on our wildlife. Species that need cold climates to survive are finding it harder to survive in Britain, whereas other species that need warmer climates are being found further and further north each year. The chiffchaff



Sedbergh Community Development Centre

Courses Winter 2002

Course	Weeks	Start	Time	Cost
Floral Art for Christmas – Join Gillian Rowlinson to learn how to create beautiful seasonal displays	6	Wednesday 6th November	7:00 – 9:00pm	£21-60 concessions available
Intro to Spreadsheets – Learn to create effective spreadsheets for home, society or business	4	Monday 4th November	7:00 – 9:30pm	£25-00
How to print labels – put your Christmas card list on computer and print off mailing labels	1	Friday 15th November	7:00 – 9:00pm	£5-00
Intro to IT – Learn how to use your PC for word processing, spreadsheets & the internet.	5	Monday 20th January	7:00 – 9:30pm	£30-00
Silver Surfers – For anyone wanting to get to grips with the internet and email.	4	Monday 10th March	7:00 – 9:30pm	£25-00

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and blackcap, small and common warblers, always used to migrate south for the winter but now they are increasingly being found in people's gardens during the winter. Similarly some species of dragonfly and butterfly are slowly moving into Cumbria from the south.

The change in climate is also having an impact on our true hibernating species. Perhaps the best known of these are the hedgehog, dormouse and bats. Warmer winters can help to reduce our cost of keeping warm but it can be bad news for these species.

Bats used to go into hibernation during October, depending on the weather, but with warm evenings and the insects that they rely on for food still around, they can afford to delay going into hibernation. Warmer weather in the spring can also get insects active earlier which means that bats can emerge from hibernation earlier and still find food.

This far is good news, but the problem is that in hibernation bats cool down to ambient temperature in order to use very little energy, so that their food reserves will carry them through the winter. If they get too warm, perhaps due to mild weather, they will use too much stored energy and can starve before winter is over.

The same problems of being too warm can affect hedgehogs and the much rarer dormouse as well. Warm spells in winter can cause them to wake while food is scarce so sapping their reserves, possibly fatally.

We're not sure where bats hibernate as very few are found during the winter, but they do use caves, mines and even dry

stone walls. Hedgehogs like to make a nest of leaves under branches or brambles. They will then sleep undisturbed through the winter.

At this time of year, with November 5th approaching, please remember that a pile of leaves and branches to a hedgehog could be about to be your bonfire. Do check very carefully for unexpected residents before lighting your bonfire, and move them if found.

Now is also the time to think of those who do not hibernate or migrate, our garden birds, who will be struggling to find food during the winter. Put out seed and peanuts and they will reward you with a colourful spectacle throughout the dark days of winter.

Tony Marshall

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SETTLEBECK HIGH SCHOOL FOOTBALL

The soccer teams have been very busy this term in the Cumbria Cup competitions and as we go to print, we have a 100% record. The under 15 team started us off with the local derby against Kirkby Stephen. This fixture is always made more interesting due to the fact that some of the Settlebeck lads play for Kirkby Stephen in the local Sunday league. We came out of the game with a 6 - 1 win with the goals from; Elliott Beagan (2), Lloyd Iveson (2), Patrick Timson (1), Robert Close (1).

The next game was the Under 16 Cumbria Cup and we were unfortunate to be drawn against Lochinvar School at

Longtown for the second year running. Travelling up to Longtown is a bit like travelling to play an away match in the Champions League. Unfortunately Lochinvar were very similar to the last time we played them and they decided that they would try and intimidate us rather than play football even though they had a few useful players. The Settlebeck players did not respond to this and totally outplayed their opponents and eventually ran out 4 - 0 winners. The scorers were Elliott Beagan (2), Robert Close (2). The score would have been much higher but it was difficult to play in the second half as the game was already won. Whilst the encounter was not very enjoyable in some ways, it was a pleasure to see



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Settlebeck lads show such a high level of maturity and professionalism in their approach to the game. Our opponents in the next round are Nelson Thomlinson, which is a school of over 1000 pupils in Wigton, however we have a strong team and look forward to our visit over there.

The under 13s had a disappointing start to their season and were beaten very convincingly by a strong Kirkby Stephen team. Nathan Close scored a consolation goal but if we were going to get

anywhere in the cup we would have to learn from our mistakes and weaknesses. We were then drawn against Appleby in the under 13 Small Schools Cup and travelled there on Monday 14th October. The pitch at Appleby is normally waterlogged but this year it was in pretty good condition although it does take some getting use to rugby posts as goals. We were leading 1 - 0 after the first five minutes although ten minutes later we were 3 - 1 down. We looked a different team from the first when we went into the last couple of minutes trailing by one goal however a good strike by Dan Sedgwick put us on level terms at the final whistle. As this was a cup game we then went into extra time and although the result was never assured until the end we put another two goals past them to run out 7 - 5 winners. The scorers were Dan Sedgwick (4), Nathan Close (1) and

St Andrew's Church, Sedbergh

CHRISTMAS FAIR

People's Hall, Sedbergh

Saturday 9th November

11 am to 2 pm

Admission 50 pence

Lunches ~ Cakes ~ Books

Preserves ~ Gifts

(Continued on page 10)

Thomas Ellison (2). It was a much happier and confident team which returned from Appleby.

I would like to thank all those parents who have come out and supported the teams when the matches have been at home and also Simon Parkin who has kindly refereed some matches for us.

OUTDOOR PURSUITS

At the end of the summer term a group of year 10 students enjoyed a week of outdoor activities both locally and in the Lake District. Some of the students had considerable experience in this field whilst others were new members of the group. Activities in the local area included rock climbing at Hutton Roof, canoeing at Killington reservoir and

Ghyll Scrambling. We then went across to the Lake District for two days activities although unfortunately the weather wasn't very kind to us. On the first day we completed a mountain bike circuit in the forest above Lake Windermere which certainly included its fair share of both thrills and spills. The following day we spent ghyll scrambling up the many waterfalls in Stickle Ghyll, Langdale. The water level was very high which ensured that nobody came back dry. An enjoyable week was had by all the students.

There has been a small group of boys going up to Killington each week since the start of term for windsurfing. The weather has been great this year since it



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67 - 69 Main Street

has been warm and not too windy and so everyone has made great progress. On the nights that the wind has been very light we have even practised some freestyle moves which is the in thing in windsurfing at the moment. Progress has been so good that we have actually wanted there to be more wind! The students who have taken part have had a great time but there is always space for more people if they are interested. One parent who will remain nameless has also joined us on some of the sessions which is a great help.

The dark nights and the colder weather however have just about put a stop to the windsurfing and the indoor climbing wall sessions will start again after half term.

We do a lot of our climbing on the Kendal wall although we sometimes visit the walls at Penrith and Ingleton. The cost of the trip is usually around £5.50 / £6.00 which includes entry to the wall and transport. Whilst some students are now very competent climbers, there is always the opportunity for newcomers to come on the trips and learn how to climb and belay etc.

Andy Trull

Settlebeck Christmas Fair

Friday 29th November is the date for this year's Christmas Fair. It starts at 5.30 – 8 p.m. and there will be a Santa's Grotto, craft stalls, a grand raffle, tombola, bran tub, games and sideshows. Please come along and support us.



NOVEMBER REFLECTIONS

As ever, there was a smash and grab at our letterbox when October's Lookaround arrived. And, what a lovely edition it is. Certainly, we like the new look very classy and a marvelous read as well.

I'm still trying to come to terms with the fact that we'll not be back. But, surprisingly, it is getting easier to accept. I think that full realisation of our advancing years, each year finding something a bit harder than the last, is nature's way.

But, I can still dream! Try stopping me. Being in regular contact with Janice Rusling at Sedbergh Office Services, is marvelous. No one colour copies better

than she does, and she makes it very easy for me to obtain the non-formatted discs, and special ribbons for my little portable word processor.

Janice is also Joan-technical-friendly, she understands my non-computer idiot brain. We can usually manage a laugh or two. At my expense, of course.

Today is 8 October and it is thirty-four years ago exactly that the Stockdale's moved from their idyllic little Cheshire cottage to the land where holidays are made of!

The rambling Victorian house snuggled into the sand dunes waiting for the young family to arrive. It knew them well for the house, with no road, water, electricity or telephone, had been part of their lives



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Well, all these years on, little has changed, except that we have mains water, a telephone, a private, three phase electricity supply from the search and rescue helicopter squadron, over the sand-hill, as opposed to a generator, but, still no road.

Though I write for November's Lookaround, we live in October, a very strange, mixed month.

We are still enjoying an Indian summer, but, the tides are reminding us that winter will soon be here.

I'm seated beside a sunny window, the sea is very near, and its still rising. Sir and Brandy are out and about inventing a

new type of 'quick-fill-quick-fit' sandbag!

The earth, the sun and the moon are in alignment. All pulling like a terrestrial tug-of-war!

And the tidal systems suffer!

The girls, especially Emma, worry about us, hut, we manage brilliantly and cannot imagine ourselves living in any other house.

We feel safe here, being under the caring eye of the Air Traffic Control tower at RAF Valley.

But above all, even though weeks can go by and we hardly see a soul, we're happy and I feel very safe.

(Continued on page 14)

Check-ups! A time of reckoning for me!
I wonder what I might be in for.

But what ever the news, or the fears,
when my Sir drives me back home,
through the potholes, going bump, bump,
crash, clatter, bang, swoosh, God's arms
are tangible and we both -and the dog,
naturally - feel we can fight ferociously,
whatever befalls us, to the bitter end.

As Sir said the other day, we've fought
my cancer for half of our married life. In
this house.

Now for a bit of classic gossip! There
are rumours rife, accompanied with
actual Ministry of Defence statements,
that its likely that we may have a civilian
airport nearer to us than we have a road.
This time we think it really will happen.

And, I am wondering if there's room for a
runway in or around Sedbergh?

Just dreaming, again! But, its surprising
to us that civilian aircraft might fly from
here. Little did we think all those years
ago, how everywhere would develop.

With my check-up later this week, I am
having a lot of trouble trying to keep
myself occupied. Its the concentration
which goes stupid, the mind wanders and
life goes on hold.

Its been breast cancer awareness month.
For the first time, Sir and I feel low and
very tired of it all. I think I am going
backwards!

When this cancer battle began, I was a
lot, lot younger and I went into all the
treatments and scans and things, with a



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bold cry and usually a confident, try me, smile, with the odd feeble jest to show cancer it'd come across a right one here!

But, somehow now, its all worn thin, and I've not been able to participate in any of the usual fund-raising. I managed to write a trilogy of articles, and sponsor two of our reporters on a walk for Cancer Research UK. But that's been that!

"Why are we so tired?" asks Sir.

I wonder. Its a good thing that sometimes the body takes over from the mind, because, if my addled brain had its way I'd go to sleep for a few days!

So, my November Reflections are a bit tired, like me. I've yet to trundle the fingers round the keyboard for Barnet & District (London) CancerLink, but as we are all in the same situation, its not for

me to miss a contribution.

Being a part of a CancerLink movement really illustrates the fact that there's always a lot of folk worse off.

Here is a story to shock! Its sad that it would seem that a lady communicant cannot always leave her handbag in the pew when she goes to the altar.

At a church in Colwyn Bay a lady had her handbag stolen as she took communion.

A new ploy for thieves. The sixth bag stolen from inside a church in six months.

Not at all nice.

And so, I'll say goodbye for now. I thank you all for your friendship and support. Especially Janice, Nona and Edith.

Joan Stockdale.

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THE MENOPAUSE

In the books on this subject there are two main approaches. One explains the types of symptoms one might expect and what to do about them. The other regards the period around the menopause as a great opportunity for a woman to improve her health, become more creative and lay the foundations for a new phase in her life. There is a bit of both in the two books "Women's Bodies, Women's Wisdom" by Dr Christine Northrup (Piatkus 1995) and "Passage to Power" by Leslie Kenton (Ebury Press 1995).

These books contain two stories I particularly like. Leslie Kenton describes how she is driven from her bed by hot flushes night after night and used this

nocturnal time to do her most creative writing. The other book refers to a report by Deepak Chopra (the anti-aging guru) about a tribe of Mexican Indians who were famous for their running. They believed that the best runners were in their sixties. When tests were done of lung function and cardiovascular fitness it was found that the runners in their sixties were indeed the fittest. This illustrates the power of tribal belief. Our tribe, on the contrary, tends to believe that increasing disability is inevitable with aging and many of us live our lives accordingly.

A woman's current state of health depends both upon constitution and upon how she has lived in the past. However the menopause is a time of major change and Chinese medicine recognises this as

SEDBERGH WANDERERS F. C.

November Double Header



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an opportunity to improve ones basic state of health by paying attention to diet and exercise, taking care not to overwork and getting sufficient rest. (The same is true after childbirth. With optimal nourishment and sufficient rest a woman can improve her basic health at this time.) Any menopausal symptoms are due to decline in the body's Yin and Yang energies and treatment should aim to strengthen those energies as well as to alleviate symptoms.

One of the major questions of the menopause in our society is whether or not to take HRT. It is clear from the literature that there is not complete agreement about the risks and benefits of HRT. For example, one study shows a protective effect against osteoporosis, another shows that HRT can interfere with the blood supply to the vertebrae. Research showing protection against heart disease is put into question by other research showing increased risk. The whole subject is very complicated and the term "HRT" covers at least 50 products with different combinations of hormones and various methods of application. I can only suggest that you learn as much about it as possible so as to have an informed discussion with your GP.

On one point there seems to be universal agreement: HRT is very effective at stopping hot flushes. Alternative methods, which include homeopathy, herbs, acupuncture and nutritional therapy, usually work more gradually. In Chinese medicine it is important to treat excessive sweating because the loss of fluids further depletes the Yin. For myself, I would be cautious about treating hot flushes, which are not life-

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June M. Parker

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threatening and which manifest at the level of the blood vessels and the skin, with any drug which had been associated with serious internal disorders such as cancer or stroke. When I was studying to become an acupuncturist I helped to treat a patient in a wheelchair who had had a stroke shortly after starting HRT. Although nothing could be proved, all concerned felt there was a probable connection. In such a case a homeopath might consider that the disease had been driven inward by the drug.

The best protection against osteoporosis would seem to be regular load-bearing exercise, good diet (dietary sources of calcium include dark green leafy vegetables, seaweed, beans and pulses, nuts and seeds) and, if you can, not being too thin.

Feedback on these articles is always welcome. My telephone number is (015396) 20972.

June Parker

SEDBERGH SCHOOL

The start of a new term, and once again life is hectic within the school with Sport, Drama, Education and Musical events filling every possible minute of time throughout the term.

Over the summer Sedbergh School saw its A level theatre studies group producing a cross dressed interpretation of Oscar Wilde's Importance of being Ernest at the Edinburgh festival in summer of this year. "An impassioned performance by the students of Sedbergh School. Victoria Beeby was deliciously jocular in the role of Algernon Moncrieff," said The Scotsman newspaper.

The first major event of the new term was, as usual, a rugby match. Sedbergh

School was away to Bromsgrove, and we saw Sedbergh's first victory of the season with a 19-13 win. The following day on Sunday 8th September, an O.S. lunch was held shortly before the much-anticipated O.S. XV vs. Anti-Assassins XV. The Anti-Assassins convincingly defeated the Old Sedberghian team. A week later the Prep Schools Rugby Festival took place in Sedbergh, and many were eager to see how the newly formed Sedbergh Junior School would perform. The competition victors were Caldicott, a school from Buckinghamshire who defeated Mount House from Devon in a close final match to cap the end of a very entertaining tournament.

As well as the young men of Sedbergh School, there are also the young women

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the school taking part in their sports programmes. The second weekend of term saw the girl's first hockey and netball matches, with 1st and 2nd hockey against Giggleswick and the netball teams against Casterton. The girl's 1st hockey team won 3-0. In the following week they drew with St Anne's 2-2. The School has more than a handful of pupils involved in county sports, notably Jason Duffy and James Hoyle, both playing for Lancashire.

Away from sport on the field to an important matter about sport in the countryside, namely fox hunting. The countryside march took place on Sunday 22nd and the school organised to take a coach load of boys and girls down to London for the day to express their feelings. When they came back from their long journey they were all glad they went and were proud to have taken part in such a big event in which nearly half a million people walked the streets of London.

Craig Barrington, in Evans house at Sedbergh School, has recently been awarded 2nd place in the Shroptamist Youth charity award for his outstanding achievements in voluntary service. He worked in the Alzheimers Day Care Centre in Kendal and they recommended him for this particular award. He qualified through many draws and eventually came 2nd in the whole of the north of England for his outstanding work, when asked about his achievements, Craig replied "The phoenix rises with the dustbin lid" and made no further comment.

Dan Evans with his lecture named

(Continued on page 20)

"Wicked Picture" about foreign art entertained the L6th form and A level art students early in September. Everybody thoroughly enjoyed this lecture and we learnt a lot about the points of view of an artist.

Moving on to drama and Sedbergh Schools AS/A2 levels theatre studies group enjoyed a full day of a drama workshop. The English Touring Company, which specialise in Brechtian Theatre did the workshop and helped all the students to use techniques that help to express characters and objects through their movements and timing. It was held in the Lecture theatre, which incidentally is being named after John Arden, the playwright of Sergeant Musgrave's dance, which will be performed in front of a large audience including John Arden himself on 15th-17th October.

Two Sedbergh school pupils, Leonard Wong (Sedgewick) and Timothy Stewart (Winder) won one of the most prestigious awards for design, the Arkwright

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Scholarship. Both boys travel to Hampton Court Palace in London later this term to receive their awards. Captain Alan Lewis, Bandmaster of Sedbergh School CCF Band and Corps Drums also received an award this year winning the Lord Lieutenant's Certificate from Her Majesties Lord Lieutenant, J.A.Cropper Esq., BA SCA, in recognition of his outstanding services to music services. Also on the note of music, John Harle & Sir Richard Rodney Bennett, two of the worlds finest musicians and composers, are performing in Powell Hall, Thursday 7th November. It will be a candlelit evening which should not be missed.

Mr J. E. Fisher is heading a trip, which is a once in a lifetime event for boys and girls at Sedbergh School. It is an opportunity that no other school children around the country will ever be given. He is planning on taking a group of twelve past base camp on Mt. Everest. The boys and girls who are going are undertaking strict fitness regimes in preparation for the big event. It looks set to be a fully enjoyable 2 weeks despite the dedication needed by the few that are going.

Andrew Salmon & James Birchenall

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YORKSHIRE DALES NATIONAL PARK

The YDNP Authority met to set out its agenda for supporting sustainable tourism in the National Park.

The Authority's new agenda comes in the wake of the Government's recent Review of National Parks, which has given a greater freedom to National Park Authorities to promote sustainable tourism. At the meeting members debated a number of key 'principles' developed by a working group of National Park officers, which will guide the Authority's approach to the support of sustainable tourism in the National Park.

The 'principles' adopted by the Authority marks a significant shift in policy. To date the Authority's role in tourism has been limited to its involvement with other bodies such as the Dales Tourist Forum and the Joint Promotion's Initiative, alongside its management of the National Park Centres, which fulfil a tourist information centre role.

The 'principles' recognise that tourism in National Parks plays a major part in the economy and that the National Park Authority should take a more direct role, working with others to support tourism in innovative ways, which ensure a better quality of life for everyone - socially, economically and environmentally. The adoption of the 'principles' will now pave the way for the production of a 'position statement' that will set out how the Authority will work to promote sustainable tourism in the National Park.

The 'principles' that the Authority has signed up to today recognise that tourism is about people and that the public

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chooses to visit the National Park because of its landscape, the peace and tranquillity and the opportunities for outdoor recreation. In promoting sustainable tourism the Authority believes that tourist facilities should be relevant and accessible to the whole of society and that the Authority should work with the tourism industry to increase peoples' enjoyment and understanding of the area.

The Authority will provide advice to the tourism industry about the short and long term effects of its activities. It will also be looking to work with individual operators to ensure that the scale, design, management and marketing of tourist developments respect local distinctiveness and diversity and that they take account of the local environment, communities, whilst enhancing the landscape.

The Authority will also bring forward proposals to promote a tourism industry that supports the local economy and communities and that is not out of balance with other economic activities in the National Park, particularly agriculture.

SETTLEBECK HIGH SCHOOL DERWENTWATER 2002

Once again we had a very successful and enjoyable trip to Derwentwater with our Year 7 students. The mixed programme – night hike, raft building, swimming, climbing, art and craft, drama, problem-solving, hike and games, meant that no-one was bored and everyone found something they were good at.

The YHA was really good. It had good food and good facilities. On the first day we went raft-building and did the night hike. On day 2 we did a seven mile round walk where we met a very friendly pig. Day 3 was a fun day too. We went rock-climbing and then made sculptures but ended up swimming in the lake. On

our last day we went to Keswick Swimming Pool which was great and then sadly we went home.

Daniel McCandlish

I really enjoyed Derwentwater and I definitely got to know everyone better. It was really worth going. It also helped me with my confidence.

Grace Hunter

The best thing was raft building and climbing. I really liked my bed because I slept in it. The food was lovely. I enjoyed going on the launch across the lake and the pool table.

Dean Raw

I think the best thing about the trip was the rock climbing and Keswick Spa. In the rock climbing I went first as a demonstration. I got stuck at one point

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but I made it right to the top. When I got down some people told me to stop making it look so easy. I did all four faces (right to the top) and I've never even been rock climbing before!

Jenny Lamb

I thought Derwentwater was great. The best thing was raft building because we got to build the raft and test it to see if it was any good. Rock climbing was really fun at first. I was a little bit nervous but when I got started it was brilliant! When we went on the Watendlath walk we had to find clues from photographs, a bit like a treasure hunt. On the last day we went to Keswick Spa, it was a perfect ending to a brilliant week.

Debbis Louise Armitstead

We arrived at the hostel on Tuesday morning. Everyone was amazed at the beautiful colours of the building. It was nice inside. The meals also were brilliant. At 9.30 p.m. we began to walk the night hike. It was brilliant. When we got back and ready for bed Mr. Smith guarded our room alright. I mean we did not pay to go to jail. The next morning we had breakfast and went on a 777 mile walk (7 miles the teacher reckoned but it felt 100,000 miles to me). After the walk we had a good sit down. The next morning was the best – we had art and climbing. Art was cool. We drew pictures of different things and climbing was cool – it was well high when we got

(Continued on page 24)

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The next day we went swimming. It was so cool – the slide and the waves were the best.

Ryan Iveson

GREAT TOWER

Year 11 Successful Learner Course at The Great Tower Campsite, Windermere

Nearly all of our year 11 group spent 3 days at the Great Tower Camp (in chalets – not under canvas this time!) from Friday 4th – Sunday 6th October, preparing for their GCSE exams by focussing on revision & exam techniques, personal & time organisation, team building and stress management. The course was sandwiched between many fun activities and the staff had a great time too.

These student reactions say it all:

I would recommend the camp to any of the year 10 that will be in year 11 next year. It is a great experience and I have learnt valuable techniques for my upcoming mocks and GCSEs.

Adam Hague

It was a great weekend, I loved being with all my friends for the last trip together before we all go our separate ways. We had lots of fun together and the

teachers treated us like young adults, I'd love to go again because I feel more prepared for my exams. Even when we got up at 6 in the morning it was the best experience!

Lyn Hunter

I found that teamwork and friendship is going to help me get through the exams and this is essential for good group work. I realised how much I need to work, revise and apply myself before I get the marks I want.

Andy Johnson

I found the weekend really useful and relaxed. I loved the layout of the 'lessons' in which we had a 30-minute break every 45 minutes. This meant that I could concentrate for the full time rather than sinking into a stupor of miscomprehension. The team building was great and I was surprised at how well we did.

Beth Aveyard

I found the Successful Learner Course great; it helped me understand what I need to do before my exams. It also made me realise that they are not that far away and I need to start to prepare for them soon. I also enjoyed being with all my friends and having loads of fun. It was definitely a valuable experience.

Leanne Bradley

EMBROIDERERS' GUILD

Kirkby Lonsdale and District Branch

In March 2002 an exploratory meeting was held with a view to forming a new branch of the Embroiderers' Guild. Since then we have met every month with the exception of August. At each meeting a different member has led us in a stitching activity, and we have had on average about 20 people attending.

After considering the interest shown, it was decided to sign up to become officially affiliated with the Embroiderers' Guild. The inaugural meeting was held on Thursday 10th October in the Westhouse Village Hall, near Kirkby Lonsdale and was attended by Betty Mansfield, the Chairman of the North West region.

After being welcomed by Ann Hunter, who set up the branch and is now Chairman of it, Betty Mansfield explained about what membership would mean for us, and the benefits it has given her personally. There followed the business side of the meeting, after which we were treated to a talk from Betty Mansfield, during which she showed us some of her wonderful collection of textiles. An excellent way for a branch to be officially started.

Our next meeting will be held on Thursday 14th November when we will learn all about batik from Pam Pitt. All our meetings are held from 2-4pm at Westhouse Village Hall, usually on the second Thursday. Further details can be obtained from Ann Hunter on 015242 41120, Kay Stockdale on 015242 76443 or Tracey Pearce on 01539 741869. All are most welcome. No previous experience is needed.



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REMEMBRANCE SUNDAY CONCERT

At 8 pm on Sunday 10th November a concert will be held at St. Andrews Church, Sedbergh entitled Quartet for the End of Time by Olivier Messiaen (see advert on page 10).

Olivier Messiaen (1908-1992) organist and composer, combined profound musical knowledge, Roman Catholic mysticism, an interest in bird song and a wild musical imagination to produce some of the greatest music of the last eighty years. He said that like all composers he wrote for the same reason that apple trees bore apples - it was simply what he did. But he added that music also gave him a means of expressing his deep feelings about nature, human emotion, love and God.

"Quatuor pour la Fin du Temps". How did it come to be written? In the Second World War, Messiaen enlisted in the French Army to serve in the Medical Corps. He was captured and interred in Stalag VIII-A, a POW camp in Eastern Germany. The camp was overcrowded and in the winter of 1940 there was not enough fuel or blankets to keep the men warm. They were cold and hungry. Messiaen found several musicians among his fellow inmates, including a clarinettist, a violinist and a cellist. He began composing. First a solo piece for the clarinettist (who complained it was too difficult, but Messiaen said "You'll manage"). Next came the trio movement - for violin, clarinet and cello. The cellist - Etienne Pasquier - persuaded a guard to take him to the nearby city of



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Gorlitz to buy a cello - with money donated by fellow prisoners. (Pasquier would later say there was no truth in the story about the cello having only three strings!). Messiaen was so pleased with the way the trio piece sounded that he began expanding it, adding other movements and a piano part, which he played himself on the camps rickety upright. It was the longest piece he had written up to that time, and full of musical inventions. He would later say that the cold and hunger made him dream of "sound colours" (he had always had a vivid sense of musical colouration), and he incorporated elements of these dreams into the score. He said it was directly inspired by the Book of Revelation where an angel announces "There shall be no time longer".

The piece has contrasting movements, "vibrant rhythms, unusual harmonies, blocks of sound and passages of ethereal beauty." One can only imagine what the audience of 5000 prisoners and guards thought as the four musicians played the piece on 15th January 1941. Messiaen later claimed that never, before or since, had a piece of his been listened to more

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The Performers: Mary Anderson (violin) writes "I was born and brought up in Sedbergh. I have always tried to combine Music and Medicine, even leaving Medicine for a while when I got through my audition to play in the Halle Orchestra. Now I count myself lucky to have such friends as Geoffrey Smith (clarinet), David Gordon (cello) and Julian Davis (piano). We meet regularly in Stockport to play Chamber music. We particularly like performing 20th Century works for charity, e.g. Bartok contrasts and Prokofiev overture on Jewish Themes and now the Messiaen."

Why the Narrator: An innovation. I was keen to involve my Uncle Bill (The Rev. E.P.E. Long) because he has studied French and was also a prisoner himself during the War. It is not generally acknowledged that Messiaen was also a poet who had already composed the words and music of "Poèmes pour Mi," songs dedicated to his wife. The way he describes the Quartet for the End of Time is illuminating and poetic too. I have persuaded Bill to read Messiaen's own words between the movements.

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FAMILY MUSINGS

To be still picking Sweet Peas from the garden in mid October is a rare treat. I love their perfume and when things get really black I bury my face in a bunch of Sweet Peas for an instant 'pick-me-up' (probably an Asthma attack as well!).

Gran has been home six months and what progress.... amazing, really amazing. We lit the fire to celebrate, and to warm us up on a cold frosty day and the memories of Granpa came back mightily. He loved his fire with its Baxi grate and revolving ash-boxes... Oh! A big tug at the heart strings there!

I've a black and white photo by my desk of a small boy aged about 8 wearing a suit and a 'dickie-bow tie' at one of our family weddings and rarely for him when faced with a camera - he is smiling! I've another photo, a colour one of 8 teenagers taken last month and one of them is the same lad and yes! ..he is smiling, just! Where do the years go? He is enjoying all he is experiencing in Manchester with 'Ecelerate' and 'The Message' even living in Moss Side which he calls "an interesting area", my visit to him didn't work out, the train drivers went on strike, but he will be home soon. Elder daughter's enjoying her course in France at Saint Etienne spent one weekend visiting Florence. She and a friend hired a car and drove to Italy; a weekend away on the course including a slap-up five course meal on the cruise ship they had visited... all free and brought about 'cos an ex-student of their college works for the Cruise Line! She'll be home for Christmas and then back to Dublin to complete a Thesis, then direct to France but home in February and then back to Durham.

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Bill Page

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My short-stories are coming on well and some have gone off to magazines ... and the first 'rejected' ones have come back! Such is life. I'm entering every competition I hear about. It's all experience and have just sent off my second assignment with the Writing Course-by-post, which I started again this summer.

Hubby was getting concerned... I really couldn't do without it Kept getting the urge... morning, noon and night... couldn't get enough! Worse things to crave he knew but - all the time? He knows I can't be pregnant... did wonder if it would help me lose weight but - gosh! Just writing about it makes me want it - pass the bacon I'm longing for another sarnie!!

SETTLEBECK HIGH SCHOOL

CHRISTMAS FAIR

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Craft Stalls ~ Grand Raffle

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If the above makes you concerned for my sanity don't worry Worse to come, enough to make one close friend hurry to visit to check how I am!! I rang her but by the time to BT answerphone answered I could not remember (a) who I was ringing or (b) what about.... presumed it was someone I knew so I left a message to the effect of who I was and I was sorry but didn't know who.... Or why etc. and hung up feeling a fool! To make matters worse the following morning I rang an elderly friend to wish her a happy birthday (her 93rd) and sort of thought "Oh! I didn't realize this was her number, and left a birthday greeting on a BT answerphone! You've guessed it.... I'd rung the friend I'd rung the previous day and she returned the 2nd call before hearing the message saying "You rang?" silence, then (me) "Did I?" Oh! Dearie-me-today put it down to stress and a slight slip of my mind. You just be aware of your mind!

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FARFIELD MILL

The Sewerage Problem at Farfield

The sewage system at Farfield has been overloaded for a number of years. Any pressure the local residents have put on the authority responsible for the system (North West Water, now replaced by United Utilities) had up to now been unsuccessful. Now at last something is being done. We have been told in a letter from the Chief Executive of United Utilities that work should start next month on upgrading the sewerage system at Hallbank and Farfield.

No enforcement order has been served on the Sedbergh and District Buildings Preservation Trust but the Centre at Farfield would have been forced to close if measures had not been taken to prevent river pollution. The authority responsible for those measures is United Utilities and they have shown their acceptance of their responsibility by undertaking the necessary measures.

The Sedbergh and District Buildings Preservation have acted in good faith and they deny they have been negligent in any way. It is the responsibility of the statutory authority, United Utilities to accept and dispose of all sewage in a way

that does not endanger public health.

Chairman S&DBPT

A letter has been received at the Lookaround Office penned by United Utilities to Mr Tim Collins MP dated 12th June 2002 and reads in part:- "The current situation is that financial provision for the scheme (at Farfield) was approved late November 2001 and that work on the planning and design of the scheme has begun. Survey work will also start in the area next week.

Regrettably, the anticipated date referred to in our letter of the 11th September 2001 was not feasible. However, construction work should start on site early in December and we aim to complete the project around the end of April 2003.

This work will remove the Septic Tank and its associated discharge from Farfield. The wastewater will be pumped to an existing sewerage works at Sedburgh (UU spelling!) which will be a major improvement to the current wastewater treatment arrangements at Farfield."

There has been coverage of Farfield Mill over the past few months with many points raised. Lookaround is a platform for all sections of the community and hopes to improve the area we live in by being a medium to be used locally. Hopefully, all the issues raised will be sorted, especially in the light of the correspondence from United Utilities. Watch this space for the next issue affecting our area. If you have any further enquiries, please contact either Farfield Mill on 21958 or David Wilson on 20537.

Eds.

BEEKEEPERS ASSOCIATION

Sedbergh beekeepers held their second evening meeting of the winter season on Monday 14th October at the Friends' Meeting House at Brigflatts. Eight members listened intently as Brian Wright described how the judge at a Honey Show goes about determining which jar of honey, which piece of cut honeycomb, which beeswax product, which honey cake, and which bottle of mead will win the coveted first prize in their classes. At the end of the honey gathering season, beekeepers like to display what their hard-working bees have achieved, and to display them as perfectly as possible. Brian stressed that whereas taste is very personal and subjective, the quality of presentation can be agreed by all. Therefore how you present your product is the most important thing to concentrate on. He started by showing how important choosing a near perfect a honey jar and lid were, how to avoid an otherwise beautiful clear coloured honey being spoiled by suspended solids getting through the filters, or tiny air bubbles trapped by careless jar filling. He warned against showing unripe honey, which is one whose moisture content is too high, and which will quickly start to ferment. He demonstrated the use of coloured glass comparison slides to grade the colour of honey, and the use of crossed polarising filters to detect the presence of micro-crystals of honey that is just beginning to set. He then described the simple tricks of the trade to avoid or remove these problems. He pointed out that the judge tastes the honey, but, to the surprise of some, this is really to decide



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which of the very best presented entries in a class, should be the overall winner.

To keep us on our toes Brian had brought along copies of the formidable requirements for the National Honey Show of the British Beekeepers' Association, and we also had those for the Cumbria Beekeepers' Association Honey Show, which comes two days before our own show on Monday 21st October. But he stressed that for us the most important thing was to enjoy the occasion, even while presenting our entries as well as we possibly can. We intend to give him a busy time!

Our next meeting after the Honey Show is at 7.30pm on Monday 11th November at the Friends' Meeting House at Brigflatts. We shall all be reviewing our successes and failures during the 2002 season. No doubt there will be some really amusing stories to be told. You will be made most welcome if you would like to come.

MFU

RED SQUIRREL ALERT

What is the news of the campaign to save the Red Squirrel? A year ago the campaign was faced with a serious crisis. Up till then it's chief sponsor had been the N.P.I., but when that firm was taken over it hardly seemed likely that an Australian firm would take much interest in Cumbria's squirrels, so it was only a matter of time before its sponsorship was withdrawn. As N.P.I. Had been contributing £30-40,000 a year that left a nasty hole in our budget, and there seemed little prospect that we would be able to employ another full time project officer.

Now I am glad to say the situation is very different. Thanks to the efforts of the fund-raising committee other sponsors have been found including

United Utilities, the Furness Building Society and Jennings Brewery, who are now marketing a Red Squirrel Beer! As a result it has been possible to appoint a full time project officer - Jason Reynolds, together with a part time assistant. Jason has been working with the Campaign in Northumbria and has considerable knowledge and experience of the Red Squirrel. For this first year he will be concentrating on preparing management plans for Thirlmere and the other Refuge Sites. Garsdale and Mallerstang are together one of those sites, and Jason has already spent a day being shown its two valleys, as well as Cautley and Dentdale. He was impressed by what he saw and the account of what has been done over the past eight years. He realizes that there are lessons to be learnt from an area

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which is very different from its other sites; so we can count on his support and encouragement.

A major function of our Sedbergh group is to monitor the distribution of both red and grey squirrels. Sightings are put on computer by Roger Moore, and this gives us some idea of whether red squirrels are holding their own or if greys continue to spread through the area. At the moment it seems that there is a small but healthy population of reds in both Mallerstang and Garsdale, with sightings at both the Moorcock Inn and Garsdale Station, and only occasional sightings of grey intruders. In the rest of the district there are occasional sightings of reds from Dent Head to the centre of Sedbergh, and from Firbank to Fell End, with the largest concentration on the Llymeref Estate.

This constant reporting is vital if we are to control grey squirrels which is carried out by a small dedicated group.

Now that Mrs. Jackie Foott has moved to Dent, reports of sightings of both red and grey squirrels in Garsdale should be sent or phoned to Mrs. Judith Walsh at Whitbeck House, telephone 20182, with the place and date and any other details of interest. Judith has kindly agreed to coordinate records for Garsdale, so please help her. Records for Mallerstang should go to Mr. Roger Howard at Shoregill, telephone 017683-72062. While sightings from anywhere else should be sent or phoned to me, telephone 25476 or Colin Armitstead, telephone 20319. We should be delighted to hear from you.

Ingram Cleasby

Starters

Prawn Cocktail & Marie Rose Sauce	£3.10
Garlic Mushrooms on Toast	£2.90
Pate with Garnish, Toast & Butter	£2.80
Soup of the Day	£1.90
Egg Mayonnaise	£1.90
Caperbuttermilk Cocktail	£1.90

Extra Special Main Courses all £9.60

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

Main Courses

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Fillet Steak (Aberdeen Angus)	£11.10
Sirloin Steak approx. 8oz uncooked	£9.80
Half Roast Chicken	£8.80
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Steak & Kidney Pie	£5.70
Cumberland Sausage	£5.70
Garnham & Pineapple	£5.70
Barmfay Lamb Chops	£8.90
Marinated Lamb Steak (6oz)	£8.90
Pork Chop in BBQ Sauce	£5.70
Cheese & Ham Pasta	£5.70
Tuna Pasta Bake	£5.70

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Menu

Fish Dishes

Salmon Steak with Parsley Sauce	£7.70
Grilled Rainbow Trout	£7.30
Breaded Scampi	£5.60
Breaded Haddock	£5.80

Vegetarian Dishes

Tropical Vegetable Curry	£5.90
Silken & Vegetable Crumble	£5.90
Vegetable Lasagne	£5.90
Mushroom & Nut Fettuccini	£5.90
Broccoli & Cream Cheese Bake	£5.90
Vegetable & Pasta Bake	£5.90
Vegetable Tikka Masala	£5.90
Mazanori Cheese	£5.90

Rice Dishes

Chili	£5.60
Chicken Tikka Masala	£6.70
Cajun Style Chicken	£6.90

Salads

Ploughman's Lunch	£4.50
Cold Meat Salad & Roll & Butter	£4.90
Prawn & Rice Salad	£5.30

Sandwiches

Prawn with Marie Rose Sauce	£3.10
Ham, Beef, Cheese & Tomato,	
Cheese & Pickle or Salad	£4.90
Toasted Sandwiches	£2.20
Portion of Chips	£1.00
Mixed Side Salad	£1.20
Portion of Mushrooms	£1.00
Roll & Butter	£0.35

SETTLEBECK HIGH SCHOOL CAUTLEY 10

A big thank you to all our sponsors and helpers. There were 70 runners (and 30 fun runners) this year – double the 2001 entries and the day was a great success. Your support with prizes, prize money, marshalling and/or activities on the day was greatly appreciated and we hope you'll be able to help us again next year on Sunday, 28th September 2003 (alternatively you may like to compete!?).

Our sponsors were: The Cross Keys, Cautley; Jackson & Graham, Chartered Accountants, Sedbergh; Sedbergh Dental Practice; Oakdene Country House, Sedbergh; Lyon Equipment, Dent; Core Magnetics, Sedbergh; JMP Foodservice,

Sedbergh; Mark Grant School of Motoring, Garsdale; Roger Winn & Sons Limited, Sedbergh; Cico Chimney Linings (Cumbria) Limited, Sedbergh; Electrical & Building, Sedbergh; The Green Door, Sedbergh;

PARKING

I'm occasionally asked for clarification about parking at Settlebeck and the situation at present is as follows.

After 3.40 p.m. and throughout the evening we encourage visitors to the school to park in our bus park, off the Garsdale Road, by our tennis courts. There is a path from the bus park up to the lane behind the school and until the building starts on our new Learning Resource Centre in January, there is easy access on a path around the music /

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drama room to the front of the school. After the building starts visitors will have to enter the rear of the school or walk around the footpath on the Garsdale Road to the front entrance.

During the day some parking is available for visitors at the front of the school but this is very limited and will become even more so when the new building begins in January. A few parking spaces are available at the rear of the school, near our kitchens and otherwise people tend to park nearby. However, all visitors should avoid parking on Mary Fell where local residents need the roadside spaces available for their own vehicles.

Ottaker's Poetry

The enclosed poem won 3rd Prize in Ottaker's Poetry Competition in Carlisle and is now being forwarded to be read by Andrew Motion in the National Competition

When..... (September 11th)

When my life has come to an end,
You will still hear the messages I send,
I don't want you to say any long
goodbyes,

Or see any tears fall from your eyes,
Live your life when I leave this place
Don't feel sad, remember my smiling
face,

For really I have not gone away,
Because I will be with you every day.

Megan Henderson

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YORKSHIRE DALES NATIONAL PARK

The Yorkshire Dales National Park Authority has welcomed its newest member, Graham Dalton from Dent. Mr Dalton takes up his position on the Authority following the death of Bill Graveson.

Mr Dalton, from Dent Parish Council, has been appointed to the Authority by the Secretary of State after being nominated by the Parish Councils of the South Lakeland area of the National Park.

Commenting on Mr Dalton's appointment, Steve Macaré, chairman of the Yorkshire Dales National Park Authority, said: "Graham fills the vacancy on the Authority after Bill sadly died earlier this year. Unfortunately Bill was not with the Authority for long, however in his time he contributed to our work and in doing so to the area he loved.

"With his appointment, Graham will bring with him the detailed knowledge of the parishes in the Cumbrian part of the National Park, helping to ensure that all views are fully represented on the Authority."

The Yorkshire Dales National Park Authority consists of twenty-six members. Members of the Authority are drawn from North Yorkshire County Councillors (six), Cumbria County Councillors (one), Craven District Councillors (three), Richmondshire District Councillors (three), South Lakeland District Councillors (one). A further twelve members are appointed by the Secretary of State for the Environment, five to represent the parishes in the National Park and a further seven to represent the national interest in the area.

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MAIN COURSE

Roast Turkey with Chipolata Sausage,
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or Vegetarian alternative available

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SWEETS

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Hot Chocolate Fudge Cake served with Cream
Vanilla Ice Cream with Chocolate Sauce and Nuts
or Cheese and Biscuits

Mince Pie and Satsumas
followed by Coffee and Mints

£12.50 including Christmas Cracker



**Christmas Day
Lunch £25.00**

KILLINGTON W.I.

The monthly meeting of Killington W.I. was held in the Peoples' Hall, Sedbergh on the afternoon of 8th October 2002.

Our President Shirley Richardson dealt with the business in an exemplary manner and Anne Macer our treasurer reported a healthy state of affairs. Next month will be our A.G.M. followed by entertainments and a special tea. (No lunch girls please!). Believe it or not the following month will be our Christmas Lunch which we look forward to celebrating at the Sedbergh Golf Club. We are also looking forward to a Festival of Carols to be held on 12th December in the Parish Church at Kirkby Stephen. Another event in the offing is a W.I. Pub Quiz to be held in the George and Dragon in Dent on October 14th. (*) Congratulations to Dent W.I. who were victorious in this encounter- a good time was had by all and the refreshments were superb!)

Shirley then introduced our speaker Revd. Howard Shapland whose talk was entitled, "The Right Place at the Right Time" Mr Shapland is a Presbyterian Minister, originally with the church in Wales but now with the English church. He told us how he was in the right place at the right time to find his vocation and later to meet his wife. He described how moving from church to church had been a series of fortunate coincidences taking him from Wales to Workington and finally to a large parish in Harrow in north London. Shirley proposed the vote of thanks and wondered how many of us had been in the right place at the right time. Life certainly seems to have

L. F. H.

DOMINO DRIVE

7.30pm

Friday 6th December

Settlebeck High School

Lots of Prizes Galore

unexpected twists and turns.

Refreshments and chat were then enjoyed. The raffle prize - a box of chocolates was won by Valerie Cann. Wendy then read out the hilarious entries in our competition for a limerick starting with the line "There was a young vicar called Fred." The result was a three-way tie for first place between Joan Moores, Anne Macer and Majorie Henson. Which would you have chosen?

There was a young vicar called Fred
Who decided to shave all his head
His flock were appalled
They thought he'd gone bald
So he purchased a red wig instead.

There was a young vicar called Fred
Who wrote all his sermons in bed
So on Sundays he stripped it
And hung on the pulpit
The sheets--to see what he had said.

There was a young vicar called Fred
Whose sermons were something to dread
At the end of an hour
Congregation and choir
Were either asleep or had fled

W.F.U.

SETTLEBECK HIGH SCHOOL

Recent Developments

The new CDC (Community Development Centre), that was our cottage, is now rising from the ashes and we're very excited by the footprint of what is clearly going to be a much enhanced facility for both schools and the community.

The plans have now been drawn up for our new Learning Resource Centre and we expect building to commence in January 2003, ready for a September 2003 opening.

The £1.8million bid for specialist technology college status, for Settlebeck and the eight other small Cumbrian schools in the Rural Academy, went in to the DfES on 4th October. We fell well short of the necessary sponsorship on that date but we're hopeful that more sponsorship will be forthcoming over the next few months and it looks likely that

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we will re-submit the bid in March 2003 in order for us to open as a member of the Rural (Technology) Academy in September 2003.

Dave Smith

BATTLE OF THE BANDS

On September 26th Settlebeck's own Monkey Deathstick (Tom Swannick, Jack Swannick and Richard Wilson plus a special guest appearance by 6 year old William Wilson) travelled to Kirkby Stephen Grammar School for the annual Battle of the Bands.

Not only did they win the audience prize, which, not surprisingly is awarded on the strength of the audience's reactions to the band (the audience included hundreds of screaming girls who all fell for our boys' charm, as well as their excellent musical ability!). The band also won joint first overall prize, which was a magnificent achievement. The prize is an opportunity to record some tracks at the recording studio in Kendal College, and also a chance to appear on two local radio stations, Fresh FM and CFM.

Well done boys....next stop, The Kerrang Awards!!!

FOOT AND MOUTH

Some sources of help:

Recently, extended or newer sources of financial help have become available for those suffering financial difficulties due to the Foot and Mouth crisis. The ARC Addington fund is now able to make grants to non-agricultural businesses. Their telephone number has changed from that circulating on leaflets in the area to: 024 7669 0587 but their fax remains as 024 7669 6274.

The Craven Recovery Fund (The Craven Trust) is able to make grants to individuals, businesses and community groups. Contact is by: Telephone 01943 831660; Fax 01943 831570; and Email: SirGeorgeMartinTrust@care4free.net

Early Warning for homes in Firbank, Killington and Howgill Communities!

In late November and early December a small group of small people will be travelling around each of the three areas and are hoping to find a home to shelter them each night as they work their way to the Church of each parish for Christmas. The small people are models of Mary and Joseph with their travelling companions re-living their trek to Bethlehem. This modern home-to-home journey is based on a Mexican Church custom called Posada. If you live in any of the parishes

or are a member living beyond the parish boundaries and would like to put your name on the overnight stop list to open your home to these little travellers on their enforced journey then please contact the following people or sign the list in the Church:

Firbank: Mrs Pam Thompson

Tel: 015396 21278

Howgill: Mrs Mary Stainton

Tel: 015396 20426

Killington: Rev. Anne Pitt

Tel: 015396 20670

It is hoped that as the travellers stay in our homes they will remind us of other people on enforced journeys away from their own homes such as refugees and displaced people in Afghanistan and many other places. Please remember them in prayer or quiet reflection.

If possible overnight hosts will pass the travellers on to the next hosts on the list. The journeys will begin from the respective Churches following these services:

25th November:

Howgill - Family Service at 2pm,

2nd December

Firbank - Family Service at 2pm,

2nd December

Killington - Holy Communion at

11.15am,

Revd. Anne Pitt

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TOWN TWINNING

Although not a new idea this is one that could prove of value to all aspects of the local community. Closer connections with Europe will help us gain more foreign tourists. This will help Business/Shops in the Sedbergh area. Local schools can benefit from exchange visits to help with language studies. Plus many of the organisations and groups in the Town could enjoy cultural exchanges.

The committee have been discussing what exactly we want from a Twin town. It was felt that the Town should be rural, of a similar size, and economically on a par with Sedbergh. Among other things it was suggested there should be a music connection and not be too far to travel. We will be looking at Belgium and Holland in the first instance.

In the past we have had visitors from these flats lands and it would seem sensible to encourage more. The attraction for them is obvious so that gives us a good start.

When we find a Town to Twin with, a 'they like us and we like them' situation, the next step would be to visit them and they us. Each Town must raise the funds to bring the visitors over; i.e. They pay for us, we pay for them. Accommodation is in homes with families rather than

commercial.

For example; 'The Chosen Town', has a choir of thirty people, and we are having a Music Festival and we wish the Choir to come. There may be a possibility that some funding will come from local government sources (Culture and Tourism). Not much, as the Lakes tend to take the lions share of whatever is on offer. This is because they pay the most in, as they have all the businesses. That is why we need to market ourselves out there in the rest of the world. However something like a Music Festival would generate funds and in a sense pay for itself.

Similarly if 'Chosen Town' wish to have a say, Football Match, they would have to raise the funds for our travel costs and provide accommodation. Of course there is nothing to stop an individual paying for themselves.

As you may know the Town Band are planning a trip to Ypres next year. It is possible that this will provide a showcase for Towns over there to come and see what we can offer. Should you wish to find out more about Town Twinning please give us a call - Stuart on 20909, Garth on 20431 or Sandra and Keith on 21808.



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HOWGILL W. I.

On Thursday 3rd October, members met at Firbank Church Hall for the AGM.

President Dilys McCaffery reported back on the Council Meeting which took place on 26th September. The highlight being guest speaker James Wright, son of the writer of the James Herriot books, himself a vet who gave a light-hearted and amusing talk on his personal experiences as a vet. An interesting and enjoyable day.

Dilys has decided to stand down as President. On our behalf, Bridget Postlethwaite thanked Dilys for five dedicated and loyal years.

Mary Silva was elected as our new President. The committee and members wish Mary a happy year and will be happy to support and work together.

No ballot was needed as the present committee agreed to stand for a further year with the addition of Joan Luffman. Barbara Axford reported on the financial side which is looking healthy.

The Appleby Cup for the most competition points throughout the year was won jointly by Mary and Judith Stainton.

We were pleased to welcome our guest for the evening, Federation Chairman Sheila Parkinson, who was happy to

answer questions and queries we had.

July 29th 2002 was a special day on Sheila's calendar when she had the honour of being a guest at the Royal Garden Party at Buckingham Palace. The setting on the day was fantastic. Perfect weather, attire, food, marquee and red carpet, all contributed to an unforgettable experience. The highlight of the day was the opportunity to speak at length to Prince Philip who she found pleasant, with a sense of humour. Dilys thanked Sheila for sharing this wonderful day with us.

The person with the highest number of selected items in their handbag was Bridget Postlethwaite. The monthly competition for a necklace of autumn berries was won by Barbara Axford with Mary Silva second.

The social to guess the number of almonds in a jar was won by Audrey Hoggarth. The raffle winner was Sheelagh Dennis.

The November meeting will be held at Howgill Village Hall on the 7th, when we will be visiting Lesotho with guest speaker, Diane Caldwell. The competition is 'Something from Africa'. Visitors and new members will be most welcome.

A. H.

PEPPERPOT CLUB

Sedbergh Pepperpot Club (including Pepperpot Music Makers) hosted its first ever Coffee Morning on Saturday October 5 in the URC rooms. It was held on the first Saturday in the month because that is when the Sedbergh Ocarina group meets on a regular basis. This meant that those who dropped in for coffee had the chance to see and hear the group perform. It was refreshing to have youngsters around. They, together with the adult members of the group, provided very pleasant entertainment during the morning.

As usual, there was a queue of people waiting outside for the door to open so that they could have first choice of the delectable items on the cake stall! A lot of kind and generous people had been busy baking and the items were quickly snapped up. Likewise many kind people contributed plants, garden produce and beautiful flower arrangements, preserves, bric-a-brac etc and prizes for the raffle.

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There was also a Pepperpot stall with information about the Club and the Music Makers and also about the history of the Pepperpot itself, the local landmark from which the Club takes its name.

We are always on the lookout for people who would like to join the Club or who would be willing to become Friends or Sponsors of the Pepperpot Music Makers and we were fortunate in being able to enrol some Friends and our first local Company Sponsor there and then. If you are in sympathy with our aim to offer musical opportunities, particularly to the youngsters in our area (although we do have several keen adult Music Maker participants who are catching up on opportunities missed earlier in life) please contact Shirley Smith (015396 21196) for more details. The annual subscription for Friends of Pepperpot Music Makers is a mere £5, but every such contribution can be of real value. Please telephone the same number if you are interested in joining the Club (annually £6 for an individual or £10 for two at the same address) to receive information about the trips to concerts and plays etc that we organise. To find out how to join the Music Makers groups, please contact Judith Bush (015396 20058).

All in all, the Coffee Morning raised the very useful sum of £265 which will go towards the activities of the Music Makers groups in Sedbergh, Dent and Ravenstonedale. Grateful thanks must go to the many people who brought items for sale, were involved in providing the music, manning the stalls, serving coffee - and drinking it - and doing all the other jobs that no-one notices but are vital for the success of such a venture!

SEDBERGH CRICKET CLUB

A very pleasant evening was had at the annual dinner and awards evening, held jointly with Dent, at Sedbergh Golf Club. Many thanks to Ruth and Steve for yet another successful evening. It seems that the young folk of Sedbergh enjoy wining and dining more than playing cricket, judging by the numbers present. The chairman, Richard Gorst, gave his thanks to those who had helped to keep the club going and presented an inscribed tankard to David Alison for his years of service to junior cricket with the club. Sandra Londlands and Helen Cresswell received bouquets for there continued work for the club.

On behalf of the club David was then asked to present the rest of the awards. These were:



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U13XI;

Batting - Andrew Smith;

Bowling - Stephen Wilson;

Fielding - Oliver Wales;

Clubman - Bill Longlands;

Personality - Catherine Hurst (In fact
David presented these awards in
assembly at Settlebeck school);

U16XI;

Batting - Tom Moore;

Bowling - Sam Moore;

Fielding - Andrew Burrow;

Midweek XI;

Batting - Ian Cousins;

Bowling - Andrew Todd;

1st XI;

Batting - Les Hoggarth;

Bowling - Julian Cann;

Fielding - Mark Stephenson;

Most Ducks - Mark Platts;

Outstanding performance with 8 for 34
and 54 Julian Cann.

The final award of the evening, that of
Clubman of the year, went to Mike
Wilson for his hard work ,in the face of
great difficulties, trying to get a side out
each week. The "managers" of the junior
sides spoke highly of the team spirit
amongst the youngsters which bodes well
for the future so lets all pull together to
keep this club on the road.

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FROSTROW W. I.

There was a smaller than average attendance at the October meeting for various reasons. Our President, Mrs. Linda Hopkins, welcomed everyone especially a visitor, Mrs. Peggy Ingham. We were pleased to hear that Mrs. Eleanor Greenbank is recovering at home after her operation, also Mrs. Mary Dormand after her stay in hospital, and that Mrs. Jean Conchie has had a successful hip operation. Our thoughts are with Mrs. Amy Ferguson who has

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undergone major surgery.

Linda introduced Barbara Donnelly, a beautician from Beales who had come to demonstrate and explain the uses of various Clarins products. Mrs. Anne Petyt volunteered to act as a model and felt wonderfully relaxed after her treatment. Members learned many useful tips about using the products and Barbara answered any queries as she demonstrated. She was warmly thanked by Mrs. June Mudd.

A short business meeting followed. A cup won by Frostrow W. I. For the Group Meeting Competition was on display. Mrs. Anne Petyt gave a report on the recent Council Meeting and explained "Message in a Bottle" - a scheme for the old and vulnerable whereby a form with the person's details is kept in a 'bottle' in the fridge (which would not be burnt in case of fire). The 'bottles' are available from the Health Centre or Age Concern.

Several members wish to attend the 'Spirit of Christmas' evening in November and one member will be going to the Knitting and Stitching Exhibition at Harrogate.

Our next meeting is on November 13th and is the AGM followed by a Jacob's Join and social evening. Please come along if you are interested in W. I.

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FRIENDS OF BEAMSMOOR

Beamsmoor has provided a happy home for numerous older citizens since October 1982. Our dedicated team of Carers have ensured our Residents have received the best possible care 24 hours a day. We have strived to keep abreast of changes in legislation and implemented these as soon as practicable. The latest being the new Social Care Standards 2002. In compliance, Beamsmoor have recently appointed Carole Bain as the Homes Social Care Co-ordinator. Carole has been employed as a Carer by the Beamsmoor group for a good many years and was more than willing to take up this new roll to provide our Residents with a full and varied choice of activities and entertainment.

Our Residents need to feel they are still



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a valued part of the community in which they live. As various reasons have prevented them from, for the most part, taking active outside participation we need to bring the community to them! This is the sole reason we have re-activated 'The Friends Of Beamsmoor', a fund established many years ago with other 'active' relatives.

Many people have, or have had, a relative staying with us and will therefore understand the importance of their loved one being included in social events as much as possible.

It is our aim, with your help, to provide a stimulating environment conducive to a happy and fulfilling life. Perhaps you can donate an hour or two of your time on occasion, help with fund raising, or be a much needed escort on a trip out, maybe you, or someone you know, would be willing to come into the House to entertain in some way, a talk, slides, music, singing? If you feel you can help in anyway at all or would just like more information please join us at our next meeting to be held at Beamsmoor on Tuesday 5th November at 2.30pm. Everyone is welcome.

Contact Carole Bain on Sedbergh 21001. Thank You.

DENTDALE W.I.

While the Queen was away celebrating her Jubilee year in Canada, her subjects in Dentdale W.I. were listening to a talk entitled *A Butler to HM The Queen*. No secrets given away here just our impressions confirmed that the Royal Household runs on very well oiled wheels and Ceremonial events executed to minute detail along time honoured paths. We watched a short video of the preparation and serving of a State banquet in Windsor Castle in which the banqueting room had taken four days to prepare. Our speaker had enjoyed his three years in service watching the world from the windows of Buckingham Palace and travelling to the other Royal Houses and abroad in the course of duty.

The Competition produced a table full of Royal objects in our endeavour to be the winner with a *Royal Souvenir*. Catherine Sugden came first this month with a pair of scissors given to her at school to mark the Queens Coronation.

There was a fair amount to discuss at the business meeting. Updates on this years resolutions when members agreed that we should write to our MP and MEP to suggest stricter enforcement on the Illegal Importation of Foodstuffs.

Members voted to pursue further the setting up of a *First Responders group* in Dentdale. This project would need to involve many outside the W.I. but we hope it may be a way of fulfilling a community project that would also help us celebrate our 60th Anniversary. It was also hoped to start a St John's Ambulance First Aid course.

The W.I. walking group is being revived

under the leadership of Freda Meakin and the first walk due to take place on 23rd October.

Doris Foster gave a report on the half-yearly council meeting.

Next Month is the AGM and talk by Freda Meakin on Rags to Rugs

PEOPLE'S HALL

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5 pm to finish - £20

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THOUGHT FOR THE MONTH

"Oxo's spicy new family" read a headline in the paper. I liked the old "Oxo" family and could relate to 'Mum' (Lynda Bellingham) and her brood, but "Oxo" wants to (quote) 'move away from its middle-class image... because it was too old fashioned.' I've a small wooden plaque on my wall which reads "Friends are flowers that never fade." Are they? Yes, sometimes, but not always. This month we remember not only the 5th of November, but the 11th and all that is tied up with Armistice Day. Do we really enjoy our families, our friends? How important are they to us? If November 11th does nothing more for us than remind us of the importance of being with those we love - so be it. "At the going down of the sun and in the morning we will remember them." *L.D.*

YORKSHIRE DALES NATIONAL PARK

Following the publication of the 'Pullen Review' - the Government's Review of English National Parks - The YDNP Authority agreed its response to a number of outstanding issues on which the Government has sought further views.

The year long 'Pullen Review' was published on 15 July. In total, it has made 54 recommendations to the Department for Environment, Food and Rural Affairs' Ministers on improvements that could usefully be made to the workings of England's National Park Authorities, the framework within which they operate and their relationships with partners and other stakeholders.

The Ministerial statement, which accompanied the Review, identified seven recommendations on which the Government is now seeking further views. These recommendations include

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reducing the size and mix of representation on National Park Authorities, the appointment of independent Authority chairmen, proposals for National Park Authorities to take on responsibility for rights of way and changes to how Government grants to National Park Authorities are made.

The Authority will write to the Government setting out its response to the remaining issues highlighted by the Review. Despite its views on independent chairmen and the size of the Authority, the Authority will support the Government's proposal to transfer all rights of way powers, and those covering unmetalled roads, from County Councils to National Park Authorities. The Authority will also support the recommendation that all National Park Authorities' grants should come from Central Government, rather than, as now, 25% being re-directed via local Authorities.

As part of the Review, Richard Pullen visited all of the National Parks in England as well as meeting a range of people and organisations with an interest in National Parks.

FIRST RESPONDERS

For some time Dentdale W. I. has been in touch with the Ambulance Service to investigate the possibility of setting up a First Responders Unit in Dentdale. Members feel that this would be an appropriate way to commemorate the 60th Anniversary of the Institute.

They see their role as raising cash for the initial cost of the project, estimated at £4,000 to cover 3-4 years, and are investigating grants available to contribute toward this.

Initially, it is hoped that 20 members of the wider community in Dentdale will volunteer to train as First Responders. The W. I. will be arranging a meeting of those interested in the near future on a date to be advised.

If you are interested in taking part in this project please contact Margaret Fothergill (25257) or Catherine Sugden (25303).

SEDBERGH LIBRARY

By the time this edition of Look Around is printed your new library in Sedbergh should be complete and open for business as usual.

Doune will be released from her "PRISON" on the car park and happily ensconced in her new luxurious library.

I would like at this point to acknowledge the cooperation of the Bay Health Authority in supplying the vehicle with mains power for the duration of its stay. It has meant that Doune has been able to see and remain cool or warm depending on the vagaries of the weather.

Of course the "new" library is accessible to everyone, no difficult stairs to negotiate, in fact we even have a lift to take you upstairs to the new meeting

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room, or the toilet with disabled access, and we also have a new kitchen with all mod cons!!! We would welcome ideas from the people of Sedbergh concerning the use of the upstairs room. I know there is some interest in establishing a reading group attached to the library, (the books being obtainable from the library) However the space is open to groups in the town who are looking for a pleasant place to meet.

I would like to thank everyone for their patience and support whilst we have been "homeless" and look forward to welcoming you in your new library.

P.S. I expect all the new books have gone by now!!!

P.P.S. The opening hours will remain the same.

THE EU AND US

Some people don't like the idea of Britain being in the EU because Britain is a net contributor, it puts more money in than it gets out, (see Brian Wright's article in October Lookaround). Britain is the world's 4th largest economy - you could say the 4th richest country in the world - behind the USA, Germany and Japan. Wealthier countries contribute towards trying to raise living standards in other countries, not least because they know that poverty breeds trouble, and trouble can sometimes become very costly.

Giving help to poorer nations in partnership with other European countries can be more effective and less

expensive than an individual country operating alone, as can more technological things like developing the aircraft manufacturing industry. There are also, as every farmer will... er, should, tell you, definite business advantages in trying to keep Europe's national economies more or less in line with each other.

On the downside, the EU is currently rather weak at the top, too wasteful, slow to implement change, and what is more you and I never seem to see much of this money that is sloshing around, though that isn't necessarily just about the EU of course.

On the upside, the ability to move around easily, to meet and find out about the foreign folk and their funny ways, is a good thing - it's fun. And it can bring in some useful ideas. And you can sell them something.

In between the ups and the downs, international finance is a highly complicated matter. It's not so bad for the USA, they can operate alone, they're really big. But you can't just say we should hold on to all our pennies and blow everyone else, in today's world that wouldn't work. It wouldn't be very kindly, either.

Spain was poor and backward under General Franco, it's now becoming a modern, quite wealthy nation, we can be proud of encouraging it to turn around. Probably the support it gets can now be reduced, but that's a matter of degree, not of chucking everything, the good with the bad, down the plughole.

Dave Collier

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HEALTH & SOCIAL SERVICES

Are you happy with the services you receive in Sedbergh? Come along and tell us what you think about the health and social services for older people in Sedbergh and the surrounding area.

We'd also like to hear your ideas for improving local services for helping older people to live in their own homes as long as they would like.

If you are not sure what's available, you can find that out too! Local health, social services and voluntary agency staff will be on hand to answer your questions.

The free presentation will be held in The People's Hall at 1:30 pm on Wednesday 20th November.

DENTDALE MEMORIAL HALL

We did have a lovely day for our August Bank Holiday Gala and a huge thank you to all who did any work before/during and afterwards. An especially huge thank you to our Gala Queen Miss Tracy

Hodgson who remained in her Queen's Attire all afternoon and seemed to enjoy the experience.

Thank you to Joan Stockdale for her kind words and her donation, being on any committee can be a thankless task at times, especially when it seems nothing is happening. Rest assured folks things are happening.

The Dent Memorial Hall committee are discussing ideas and proposals regarding extending the hall premises and also providing more storage. The wheels of progress grind slowly at times but they haven't stopped.... yet!

The metal ramp lives in the porch and can be used to get into the porch, we're working on the next step... If you haven't been into the Sedgwick Room it's worth

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going to see the new window and floor covering and when the Nursery moves into the Portacabin the Sedgwick Room will be available for hire during the day, in the week, as well as at weekends and in the evenings. (see advert for charges), and it's going to be re-decorated!

What we strive for is to have a lovely 'hall' everyone will want to use for parties and fund-raising events. Somewhere the whole community can be proud of... This can't happen overnight, so please be patient.

Anyone with ideas or comments they would like us to know about, please contact Mr. G. Dalton (Chairman) or myself to Secretary, or your organisations representative.

Sarah E. Woof

SEDBERGH AND DISTRICT ART SOCIETY

At the first session of the winter programme, artist Frank Gordon demonstrated his approach to oil painting. Originally from Bolton and now living in Giggleswick after many years living in various parts of Yorkshire, Frank took early retirement from teaching art 8 years ago.

He explained how his painting of landscapes has developed over the years and the thought processes involved. The subject of his MA was 'The Mythologies of Landscape' and we were reminded that it is cultural pressure which has shaped our view of a beautiful 'Landscape'. As an example he showed photographs of the stages he worked through in his painting 'Ruskins View' in Kirby Lonsdale. The final work framed the view with drapes as if looking through a window, with a spectator to one side.

The actual oil painting begins after making a number of small acrylic studies as the composition is worked out. However the work will have gone through many changes before he feels it is finished. His advice before starting painting is to know exactly what is the

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motivation for painting that particular subject as a successful painting will share with the viewer the artists feelings about the landscape depicted.

Frank uses a very limited palette for his atmospheric paintings. He is currently working on a series of paintings of the Howgill's, inspired by a particularly memorable walk on the high fells during flurries of snow in February.

Over the years Frank has filled many sketch books large and small and members had the opportunity to examine some of these which were a fascinating and impressive exploration of his creative thinking. Altogether an interesting and thought provoking evening.

JMW

YORKSHIRE DALES NATIONAL PARK

The YDNP Authority has agreed how it will manage the new £125,000 Sustainable Development Fund for the National Park, which was officially launched in the area in October.

The National Park's Sustainable Development Fund will be managed by the Yorkshire Dales Millennium Trust, on the Authority's behalf, in a move that will keep administrative costs to a minimum, freeing up more money for projects in the National Park.

The £125,000, which will be available in the National Park, is the area's share of the £1 million 'Sustainable Development Fund' for the English National Parks announced by The Rural Affairs Minister, The Rt Hon Alun Michael MP, in July. The Fund, when established, will grant aid new business initiatives and community development projects in keeping with the special environment of the National Park.

The Fund will be open to individuals or organisations from the public, private or voluntary sectors, from within or outside of the National Park. Grants will be made available to support projects and enterprises that promote the protection of the National Park's environment, make careful use of natural resources, recognise the needs of all people and help to maintain sustainable levels of economic growth.

Projects that have been funded under a similar initiative in Wales have included projects as diverse as a wild mushroom growing enterprise; a community project

to establish road side verges as Nature Reserves; and a project to extend farmer's markets, right through to the development of a prototype tidal-power generator.

Since the national launch of the Fund in July the Authority has been working on the detail of how it will administer the Fund in the National Park.



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LONDON MARCH

A few quotes from the Farmers Guardian of placards seen during the London March:

"Why single my sport out for punishment when there is so much going wrong in towns"

"The BBC is little more than Government PR machine" (Sir Tim Rice)

"Blair kills more farmers than Mugabe"

"To hell with Umbria what about Cumbria?"

"Tell my Jack Russell to stop hunting"

"You ban hunting and we'll ban the right to roam"

"Future criminal!"

"Beware the anger of the patient man"

This cow isn't mad she's ***** livid!"

"Livestock and two smoking barrels"

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best in their future studies at sixth forms and colleges in South Lakes.

S Allinson 9; D Bell 9; S Bell 7 ; N Bentham 9; J Calvert 10; E Capstick; L Cizdyn 9; G Coates 8 + 1CoA ; C Dinsdale 9 ; G Donaghue 7 + 1GNVQ; T Farrell 9; L Gardner 9; C Haigh 10; A Henderson 10; B Ingram 7 ; A Iveson 10; R Johnson 9 ; A Killgallon 9; R Kliszat 8 + 1CoA ; C Livesey 8; T MacConnell 6 + 1GNVQ ; D Mason 9; P Middleton 6 ; A Mitchell 5 + 2CoA ; B Moffat 8; J Parkinson 9 ; G Potter 3 + 2 CoA ; S Pritchard 1 + 1GNVQ ; L Scarr 9; J Sedgwick 10; P Stainton 9; R Steadman 7 + 1CoA ; T Swannick 9; A Symmonds 10; L Telfer 10; J Thompson 10 ; J Thompson 10; B Timson 11; D Wilson 7 ; M Wilson 9 ; M Woof 9.

JOHN OTWAY - I'LL BE BACK!

Just a note to say that John Otway and friends are planning to be back in Sedbergh on Saturday March 29th 2003 celebrating the Microstar's October Number 9 HIT (159 in Japan) 'Bunsen Burner'.

Despite rocketing to international acclaim and becoming the focus of media glare, Mr. Otway will put aside all else to once again play The People's Hall. Keep a watchful eye in Lookaround for details of accompanying artists and much sought after tickets - bound to be a sell out this time!

You can plot the Progress of John Otway, you can visit his official Web Site at: www.doremi.co.uk/otway/

SEDBERGH TOWN BAND

On Tuesday 8th October the Town Band gave their Annual Charity Concert in The People's Hall, this year in aid of Northwest Cancer Research.

A large, enthusiastic and appreciative audience were entertained by a wide and varied programme that included a number of items new to the band's steadily expanding repertoire.

We are pleased to report that thanks to the excellent organisation of Mary Harkness and her team of helpers, together with the wonderful support the band receives from the town this most worthy and important of charities has benefited most gratifyingly from the concert.

The next public performance by the Band will be on Tuesday 10th December at 7.30pm, again in The Peoples Hall. This will be the Annual Christmas Concert and will have a distinctly seasonal flavour - the Tuesday Band Rehearsal nights are already largely devoted to practising the items that will be featured.

The Band would like to thank our regular supporters for their continuing support and look forward to seeing both

them, and others who are yet to attend a concert, on December 10th. We can guarantee a hugely entertaining community evening.



DIALECT DIGEST

As we head towards winter, those of us who love the outdoors will be remembering our feathered friends, and their difficulty in finding food at this time of year.

Our gardens and yards will have had visits from 'spuggies' (sparrows), 'shepsters' (starlings), 'stoggies' (wood pigeons), 'throstles' (thrushes), and 'blackies' (blackbirds).

As the nights get darker, we may even see the occasional, and very aptly-named, 'flittermoose' (bat) zig-zagging through the gloom.

All too soon, the smell of bonfires will fill the air, as youngsters 'chump fer Plot Neet' (collect wood for November 5th), and the weather will become a bit thin', leaving us all 'nithered' (cold) or even 'fair starved ti deeth' (which has nothing to do with being short of food!).

Of course, we humans can always 'get oor central heatin' agate', something denied our outdoor companions.

However, one visitor we'll not be wanting to see in our gardens is 't'ord mowdywarp (mole), as he digs his way under our neatly-kept lawns and leaves his muckheeaps all ovver t'spot'.

And why, when there's so many other possible sites, do 'attercops' (spiders) always spin their webs right across thi dooar-oil fer thoo ti walk inti'? Happen it's jist anither o' them mysteries o' natcher!

Michael Park

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SEPTEMBER WEATHER

What a month weatherwise!! The driest month of the year so far and it is unlikely that the remaining months will be drier than the 1.85 inches recorded in September. In fact it was an official drought with at least 18 days without measurable rainfall. It tried to spoil itself towards the end of the month with a few attempts to drizzle but not enough to trouble the rain gauge. Although the month started off warm it was windy with a gust of 31 mph from the south east on the 1st but it was a fairly calm period and we were spared the usual equinoctial gales.

The pressure remained fairly steady being between 29.5" and 29.9" for most of the month. Temperatures were on the high side for the time of year reaching the upper 70's F on many days and even the odd 80F but with these beautiful the clear skies night time temperatures more seasonal with lows in the mid 30's F. The mild weather meant that plants flourished and there was good grass growth. This no doubt suited the farmers more than the gardeners.

The migrant birds seem to have left us but on the 30th there were several newly hatch Red Admirals and a Painted Lady in the garden. The latter was much smaller than usual, about the size of a Small Tortoiseshell, but it hung around most of the morning so there was little doubt what it was. Bats were still flying as were bees and the odd wasp. In all a good month.



NOVEMBER GARDENING

One of the real pleasures of gardening is to grow something new from seed. This

year one of my gardening friends and I decided to try out pumpkins and, although the final crop has not been overwhelming in terms of enormous fruits, the quantity of small ones has been most gratifying and the incredible size and speed of growth of the plants has been rather exciting to watch. Unfortunately, I fear that our growing season is slightly too short for many of the baby pumpkins to mature but we have produced seven or eight decently sized fruits (about melon sized) from five plants.

We planted our pumpkin seeds in late April and grew them in pots indoors until early June when they were planted out into the veg plot. There, due to the excessively cold Spring they sat and sulked, turned pale, and almost seemed to shrink in size rather than grow, until the second week of July when all of a sudden they leaped into action and began to grow at the amazing rate of 18 inches each week. Ultimately each plant was at least 15 feet long with large leaves and beautiful pale orange/yellow flowers all along its length. Obviously this is not a plant for the small veg garden and the fruits may well turn out to be more decorative than edible - they looked particularly wonderful growing through a block of golden yellow mahogany coloured Rudbeckia flowers which are grown in the same plot as cut flowers, and are now arranged in a cheerful looking row on the conservatory shelf. As Autumn draws on it will be nice to look at them, to remember that we did have a summer after all, and to ponder on possible new things to grow next year.

Elaine Home

DENT SCHOOL

Children from Dent School worked very hard throughout Dent Harvest Thanksgiving celebrations. Some of the children assisted the expert flower arranging team in decorating the church. The children then made beautifully presented Harvest boxes. These were offered at the beginning of the Harvest Thanksgiving Service at St. Andrew's Church. Children then led the congregation in prayers of thanksgiving, as well as assisting the churchwardens in handing out hymnbooks and taking the collection.

Following this busy Sunday, Dent School then hosted a party for the Over 80's in the community in the Memorial Hall. The children sang harvest hymns and shared their harvest prayers of thanksgiving with the grannies and grandpas. After refreshments were served, the children presented each invited guest with a box of harvest produce. This informal occasion was enjoyed by all and appreciation must go to the Headteacher, Mr. Mark French for organising this most enjoyable event.

SEDBERGH MARKET FAYRE

An apology is due to Frank and Barbara Jalland of The Green Door sweet shop. They were inadvertently missed from the list of sponsors in the article following the Market Fayre, published in the October Lookaround

Thank you both for your sponsorship, and our sincere apologies for the omission.

Market Fayre Committee

PNI CUMBRIA

Post Natal Illness Cumbria would like to thank those who gave so generously at Dent Harvest Supper. The sum of £53 was raised.

MONKEY DEATH STICK

Congratulations to our local band 'Monkey Death Stick' who won a double first prize at the Battle of the Bands competition recently.

The competition was held on Thursday 27th September at Kirkby Stephen Grammar School. The boys, Tom and Jack Swannick and Richard Wilson signed up for the competition, just for experience! There was some really good competition, not least 'Self Titled'.

However, Monkey Death Stick played a tremendous session and not only won the judges first prize (jointly with Self Titled), but also won the audience prize for best performance. This was probably helped by their mascot William Wilson (6) who showed the audience how to breakdance on stage with the band! They were a huge success and particular comments were made about their energy and enthusiasm.

Their prize is to have a CD recorded at the recording studio in Kendal College and then have their music played on CFM and Fresh FM radio stations.

Well done and good luck for a successful future!

C Wilson

SEDBERGH BARNARDOS

The members of Sedbergh Barnardos Helpers Group wish to thank all who supported their recent Coffee Morning. The sum of £291 was raised towards the Barnardos Projects in Cumbria.

BALIOL SCHOOL

The Baliol School Action Group for the Community will be holding a Coffee Morning in the URC Rooms on Wednesday 27th November.

All the proceeds will go to the 'Sheltered Housing Residents' Christmas Party which will be held at the School.

Daphne Jackson D.O.

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LOOKAROUND

Every month, we have problems with many *Lookarounds* being left over and going into the bin which is a waste of finance and resources. We used to print 1200 but found we were throwing away about 200 so we now print 1,000.

As from this month, *Lookarounds* are available from the following locations:- MacConnell's Newsagents; Aston's Bakery; The Green Door; Sedbergh Post Office; Dent Post Office; Dent Stores and Meadowside Café. After normal delivery, any surplus *Lookarounds* will be kept in the Office at 13 Kinds Yard (behind the Bull Hotel) where you can get your copy or telephone 20788.

Dennis & Jacky Whicker

DENTDALE METHODIST CHAPEL

Thank you to all who supported our Coffee Morning on October 16th at the U.R.C. room in Sedbergh. We raised the sum of £124.64.

All are always welcome to join us for worship and our services are advertised on the Chapel notice board. One special event is an afternoon of carols on December 15th.

We hope to help our local young people to join with Phat Café in Sedbergh and other ideas are in the pipeline. The annual Network evening this year is on November 19th.

J. & S.E. Woof

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CARLISLE - SETTLE RAILWAY

A new Web Site has recently been launched for the Line and is based at Settle Tourist Information Centre.

By accessing www.settle-carlisle.org, you can explore the many features including the History, Friends of, News of Developments, etc.

LOOKAROUND - AGAIN

Please remember that we have no January Issue. All Adverts and articles for December & January must be submitted by 15th & 19th November.

POSTING DATES FOR CHRISTMAS

INLAND

1st Class	21st December
2nd Class	18th December

AIR MAIL SERVICES

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Eastern Europe	10th December
Western Europe	14th December

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Western Europe except Cyprus, Malta, Turkey, Greece and Iceland

3rd December

Malta, Turkey, Greece and Iceland

26th November

Eastern Europe/Cyprus

19th October

Australia/New Zealand

2nd October

Far East/Middle East

6th October

Canada/Hong Kong/Singapore/South

Africa and USA

30th October

Keep foreign parcels under 2Kg. Any further enquiries or advice contact Christie at Sedbergh Post Office on 20406.

KIDS KLUB

For the past 3 summers there has been a Holiday Club run in the Peoples Hall for a week. This has proved to be popular with the local primary school children. So, on the back of this we have now started a monthly Kids Klub in the Peoples Hall. These are held on Saturday mornings from 10-12, and are in the Peoples Hall. The next one is on November 16th, and the Kids Klub Christmas Party is on December 14th. The day after Kids Klub there will be a Family Service in the Peoples Hall at 10.30am to which all are invited. For more information ring Dick Gorst on 20939.



Order your
Oven Ready Turkey
for Christmas now
Tel: Sedbergh 20610

SEDBERGH PLAYING FIELDS

The Playing Fields Playground Project has managed to raise just over £6000 so far. With donations from Balliol school, Woofs, NFU Ladies, Gala Committee, Sedbergh Wanderers and others. The Hadfield Trust have pledged a further £1000, when we're ready to begin the refurbishment, meanwhile Dalton and Hague are still offering £15 to the project for various new accounts opened as well as publicising the project. So we are a tenth of the way to our target of £60,000. We are now tackling the bigger applications, that anyone who has tried to raise funds will know is very time consuming, especially when we all have children and jobs as well. This may seem an ambitious project, but in fact that sum will just provide a good and safe playground, with equipment suitable for toddlers and older children, some seating, fencing in the area and safety flooring, which is in itself £50 a square metre (sponsors welcome).

We'd like to thank all those who have already offered their support. I'd like to personally thank the committee for all their work and humour so far. If anyone would like further information or to offer their support time or money, please get in touch. Sedbergh 20118. Email: sedberghplay@aol.co.uk

SEDBERGH NFU LADIES GROUP

Our October meeting took place in the Committee Room at the Peoples Hall, on Tuesday 15th. It took the form of Any Questions. President Susan Woof introduced panel members Mrs Maureen Lamb, Mrs Dorothy Blair, and Mr Kevin Lancaster, and chairman Mr Neil Haworth. A wide variety of questions were brought by members, promoting lively discussion. Mrs Angela Davenport thanked the team. The raffle was won by

Mrs Maureen Lamb.

The business meeting followed when we made final arrangements for the Charity Event 'A Fashion Show by Whites of Wensleydale', which was held in The Peoples Hall on Thursday October 17th, when £550 was raised for The Salvation Army. Many thanks to all who supported us in any way.

The next meeting will be Tuesday November 19th at 7.30pm. The speaker will be Elaine Home on Gardening.

NO SMOKING ZONES

ACCOMMODATION

	Phone (015396)
Stone Close, Main Street, Dent, Sedbergh (B&B)	25231
St Marks, Cawley, Sedbergh (B&B, All Bedrooms)	20287
Bridge End Cottage, Cowgill, Dent, Sedbergh (B&B, All Bedrooms)	25043
Slack Cottage, Dent, Sedbergh (B&B)	25439
8 Bainbridge Court, Bainbridge Road, Sedbergh (Self C.)	21000
Moss Barn Holiday Caravan, Garsdale Road, Sedbergh (Self C.)	21038
Oukdene Country House, Garsdale Rd, Sedbergh (All Bedrooms)	20280
Scow Cottage, Cowgill, Dent, Sedbergh (B&B)	25445
River View, Lea Yeat, Cowgill, Dent, Sedbergh (B&B)	25592
The Lodge, Lotus Manor, Sedbergh (B&B)	21855
Garsdale Foot Farm, Garsdale, Sedbergh (B&B)	21329
Swan Inn, Middleton, Nr Kirkby Lonsdale	015242 - 76223
Wilkinstile, Dowbiggin, Sedbergh (Self C.)	20436
Bridge House, Brigflatts, Sedbergh (B&B, All Bedrooms)	21820
Sun Lea, Joss Lane, Sedbergh (B&B)	20828
The White House, Flintergill, Dent, Sedbergh (B&B)	25041
Cross Keys Hotel, Cawley, Sedbergh	20284
High Brigflatts, Sedbergh (Self C.)	20570
Syke Fold, Dent, Sedbergh (B&B)	25486
Lea Yeat Cottage, Wray Rigg, Cowgill, Dent, Sedbergh (Self C.)	25091
Holmecroft, Station Road, Sedbergh (B&B)	20754
The Bungalow, Cawley, Sedbergh (B&B)	21649
Middleton Head, Middleton (B&B)	20258
Randall Hill Cottage, Station Road, Sedbergh (Self C.)	21346
10 Main Street, Sedbergh (B&B, All Bedrooms)	21808

EATING PLACES

Cross Keys Hotel, Cawley, Sedbergh	20284
Stone Close Tea Rooms, Main Street, Dent	25231
The Head Restaurant, Middleton	20258
Bull Hotel Restaurant, Main Street, Sedbergh	20264
White Rose Fish & Chip Cafe, Main Street, Sedbergh	20468
Le Rouge Restaurant, Finkle Street, Sedbergh	20433
Fran's Bakery Tea Room, Main Street, Sedbergh	21058
Dent Crafts, Helmside, Dent	25400
Swan Inn, Middleton, Nr Kirkby Lonsdale	015242 - 76223
Meadowsides Tearoom, The Laning, Dent	25329

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

BUS SERVICES

<u>Sedbergh to Kendal via Oxenholme</u>				<u>Kendal to Sedbergh via Oxenholme</u>					
Monday - Friday				Monday - Friday					
07.45		564	GP	♦	08.35	S&H	564	GP	♦
09.40		564	W		08.35	Sch	564	W	•
09.55		564	GP	♦	09.30	Tue	804	W	•
10.05	Wed	564B	W	♦	10.30		564	W	•
10.10	W&F	112	B		10.45		564	GP	♦
12.40		564	W		11.30	Wed	564B	W	•
12.45		564	GP	♦	13.30		564	W	•
13.00	Wed	564B	W	♦	13.30	W&F	112	B	
14.00	Tue	804	W	♦	13.40	Wed	564B	W	•
14.40		564	W	♦	13.45		564	GP	♦
15.25		564	GP	♦	16.20		564	GP	♦
17.11		564	W		16.30		564	W	•
	<u>Saturday Only</u>				17.45		564	W	•
09.55		564	GP	♦		<u>Saturday Only</u>			
10.45		564A	S	♦	09.40		564A	S	♦
12.45		564	GP	♦	10.45		564	GP	♦
15.25		564A	S	♦	13.45		564	GP	♦
15.25		564	GP	♦	14.20		564A	S	♦
	<u>To Kirkby Stephen Via Cautley and Kirkby Stephen Rail Station</u>				16.20		564	GP	♦
	<u>Kirkby Stephen Rail Station</u>					<u>From Kirkby Stephen, Market Square</u>			
	<u>Monday - Saturday</u>					<u>Monday - Saturday</u>			
09.05	M-F	564	GP	♦	07.11	M-F	564	GP	♦
11.15		564	GP	♦	09.21	Sat	564	GP	♦
14.15		564	GP	♦	09.30	M-F	564	GP	♦
16.50		564	GP	♦	12.11		564	GP	♦
	<u>To Kirkby Lonsdale</u>				14.51		564	GP	♦
09.45	Thu	567A	W	♦	12.15	<u>From Kirkby Lonsdale Square</u>			
	<u>To Hawes</u>					<u>From Hawes</u>			
08.45	TWF	112	B		08.00	Thu	567A	W	♦
10.00	Tue	804	W	♦	09.35	Sch	112	B	
14.15	W&F	112	B		13.25	WF	112	B	
15.45	Sch	112	B		15.00	Tue	804	W	♦
	<u>To Dent</u>					<u>From Dent School</u>			
	<u>Wednesday</u>					<u>Wednesday</u>			
12.05		564B	W	♦	09.50		564B	W	♦
14.15		564B	W	♦	12.45		564B	W	♦
	<u>Saturday</u>					<u>Saturday</u>			
10.15		564A	S	♦	10.30		564A	S	♦
14.55		564A	S	♦	15.10		564A	S	♦
M-F	Monday to Friday Only				GP	Grand Prix of Brough			
Tue	Tuesday Only				W	Woof's of Sedbergh			
Wed	Wednesday Only				B	Braithwaite's Coaches			
Thu	Thursday Only				S	Stagecoach in Cumbria			
Sat	Saturday Only				•	Blackhall Road opposite the Bus Station			
Sch	Schooldays Only (M-F)				♦	Provided with Support from CCC			
W&F	Wednesday & Friday Only					Please note whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.			
TWF	Tuesday; Wednesday & Friday Only					For Comprehensive up-to-date information ring :- Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)			
S&H	All Sat's & Mon to Fri in School Hol's All times are from and to The Dalesman Inn								

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
Sunday 08.00; 10.30 & 18.30
Rev. A W Fell Tel: 20283

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00
Holy Days 19.30
Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30 & 18.30
Rev. G. Hall Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30
Rev. J Armitstead Tel: 01539 720524

SOCIETY OF FRIENDS

QUAKERS
Brigflatts
Sunday 10.30
Mr. M Roberts Tel: 20005

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Wednesday 19.30

Rev G Jones Tel: 01539 - 722079
or Mr G Watson Tel: 20561

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

CHURCH OF ENGLAND

Firbank; Howgill & Killington
Rev. A Pitt Tel: 20670
Cautley & Garsdale
Rev. A W Fell Tel: 20283
Dent & Cowgill
Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Fell End;
Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrow
Rev. G. Hall Tel: 20329

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



OPTIONS for health and well-being



Ian McPherson

T'ai Chi, Flower Essences, Reiki, 015396 20648

June Parker

Hypnotherapy, Meditation

015396 20972

Caroline Cattermole

Acupuncture
Psychosynthesis Therapeutic
Counselling

015396 21570

Complementary Therapists practising locally

DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 9th December 2003

NOVEMBER

2	1415	SS Rugby
2	1800	Bonfire Night
2	1900	Killington Musical Evening
4	1900	CDC Spreadsheets (6)
5	1430	Friends of Beamsmoor
5	1830	FC Bonfire Night & Skittles Party
6	1000	MH Coffee Morning
6	1330	Butterflies
6	1415	SS Rugby
6	1900	CDC Floral Art (6) (7)
6	1930	HS John Haygarth (1)
7	1930	WIH Lesotho
9	1100	StAS Christmas Fair (9)
9	1415	SS Rugby
9	1900	DPS Domino Drive (1)
9	2000	Howgill Church Dance
10		Remembrance Sunday
10	2000	Quartet for the End of Time (1)
11	1930	Beekeepers
12	1400	WIK AGM & Entertainment
12	1930	FC Domino Drive
12	1930	Rag Rugging
13	1000	CWT Coffee Morning
13	1330	Butterflies
13	1415	SS Rugby
13	1915	WID AGM & Rags to Rugs
13	1930	WIF AGM & Social
13	1930	Needle & Pins
13	1930	Domino Drive
14	1400	EG Batik
15	1900	CDC Print Labels (6)
16	1400	Spaghetti's Bumper Sale
16	1415	SS Rugby
16	1930	Christmas Truce Concert
16	2130	Danny's Disco & Sound (16)
18	1930	Bingo & Tattie Pie Supper
19	1400	SLVSB Meeting
19	Eve	Annual Network Evening
20	1000	Spaghetti Coffee Morning
20	1330	Butterflies
20	1330	Health & Social Services in Sedbergh
20	1415	SS Rugby
20	1930	HS Edwin Butterworth (1)
21	1330	Health & Social Services in Sedbergh
23	1415	SS Rugby
27	1000	Baliol School Coffee Morning (27)
27	1330	Butterflies
27	1415	SS Rugby

CANCELLED

20	1415	SS Rugby
20	1930	HS Edwin Butterworth (1)
21	1330	Health & Social Services in Sedbergh
23	1415	SS Rugby
27	1000	Baliol School Coffee Morning (27)
27	1330	Butterflies
27	1415	SS Rugby

27	1930	CWT Between a Rock & a Hard Place
29	1730	Christmas Fair (29)
29	1900	HS Members Get Together (29)
29	1930	Christmas Domino Drive
29	1930	WIH Domino Drive
30	1000	Christmas Table Top Sale (30)
30	1415	SS Rugby
30	2100	Disco (16)

DECEMBER

4	1330	Butterflies
4	1415	SS Rugby
4	1800	Late Night Shopping
4	1930	HS Building of Devils Bridge, KL
6	1930	LFH Domino Drive (37)
7	1000	Killington Church Table Top Sale (38)
7	1330	Carol Workshop
7	1415	SS Rugby
7	1900	MH Christmas Dance
8	1100	Singing Walk
9	1930	Beekeepers
10		Senior Citizens Concert
10	1930	FCH Domino Drive & Mince Pies
10	1930	Rag Rugging
10	1930	Town Band Annual Christmas Concert
11	1330	Butterflies
11	1930	Needle & Pins
11	1930	CWT Dippers in Sedbergh
13		SS Term Ends
13	1930	Domino Drive
14	2000	PH Christmas Dance
15		Afternoon Carols
16		Kids Klub Christmas Party
20		SHS End of Term
20	1415	SS Rugby
20	1930	Christmas Domino Drive
25		Christmas Day
26		Boxing Day
30	1400	Blood Donor Session
		WIH Christmas Party
		WIF Christmas Party

JANUARY 2003

1		New Years Day
1	1930	Tales from the Arabian Nights
2	1930	Tales from the Arabian Nights
3	1930	Tales from the Arabian Nights
4	1930	Tales from the Arabian Nights
8	1930	HS National Trust in Yorkshire Dales
9		SHS Start of Term

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

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

9	1930	WIH Lakeland Farms	FCH	6	1930	WIH Westmoorland Gazette Photographer	FCH
14	1400	WIK Family History	PH	7	1930	LFH Ball	PH
14	1930	Rag Rugging	HVH	10	1900	CDC Internet Surfing (6)	SHS
20	1900	CDC Intro to IT (6)	SHS	11	1400	WIK A Musicians Life	PH
21	1400	SLVSB Meeting	CO	17		St Patrick's Day	
22	1930	HS Lime Industry in Lancashire	SHS	19	1930	HS Railway Structures in Cumbria	DMH
29	1930	CWT Boddyrats & Bird Poo	SHS	26	1930	CWT AGM & California	SHS
		FEBRUARY		29	1930	HS AGM + Jacob's Join	SHS
5	1930	HS Members Evening	SHS	29	2000	John Otway in Concert	PH
6	1930	WIH Canada & USA	HVH	30		Mothering Sunday	
11	1400	WIK Brigflatts	PH			APRIL	
14		SHS Half Term Start		3	1930	WIH Table Talk	HVH
14		St Valentine's Day		11		SHS End of Term	
18	1400	SLVSB Meeting	CO	15	1400	WIK A Box of Miscellanies	PH
19	1930	HS Howgill Wills & Inventories	SHS	18		Good Friday	
23	1930	SS Choral Society	SSPH	20		Easter Sunday	
24		SHS Half Term Ends		21		Easter Monday	
26	1930	CWT Bitterns & Bearded Tits	SHS	23		St George's Day	
28	1930	LFH Domino Drive	SHS	23	1930	CWT Bites to Stings to Medicines	SHS
		MARCH		28		SHS Start of Term	
1		St David's Day				MAY	
5	1930	HS Village Character in Eden	SHS	1	1930	WIH Decoupage	FCH
		KEY		5		May Bank Holiday	
BF	=	Brigflatts		13	1400	WIK Resolutions & Social Time	PH
BS	=	Baliol School		23		SHS Start of Half Term	
CO	=	Community Office, Main Street		26		Spring Bank Holiday	
CWT	=	Cumbria Wildlife Trust				JUNE	
DCP	=	Dent Car Park		2		SHS End of Half Term	
DMH	=	Dent Memorial Hall		5	1930	WIH Lo Salt	HVH
DMC	=	Dent Methodist Church		10	1400	WIK L'Esprit de Provence	PH
EG	=	Embroiderers' Guild		15		Father's Day	
FCH	=	Firbank Church Hall				JULY	
FM	=	Farfield Mill		3	1930	WIH Rugmaking	FCH
GVH	=	Garsdale Village Hall		8		WIK Outing	TBA
HS	=	History Society		8		SHS Summer Fete	SHS
HVH	=	Howgill Village Hall		18		SHS End of Term	
JLCP	=	Joss Lane Car Park				AUGUST	
KVH	=	Killington Village Hall		4		August Bank Holiday	
LHCP	=	Loftus Hill Car Park		7	1930	WIH Open Meeting & Bring & Buy	HVH
MH	=	Masonic Hall		25		Bank Holiday Monday	
PH	=	People's Hall				SEPTEMBER	
SHS	=	Settlebeck High School		2		SHS Start of Term	
SMC	=	Sedbergh Methodist Church		4	1930	WIH Fawley Towers 2	HVH
StAS	=	St Andrew's Church, Sedbergh		9	1400	WIK Christmas Customs	PH
SJAR	=	St John Ambulance Rooms				OCTOBER	
SMC	=	Sedbergh Methodist Church		2	1900	WIH AGM	FCH
SR	=	Spooner Room		14	1400	WIK Taste 'n' Try	PH
SS	=	Sedbergh School				NOVEMBER	
URCR	=	United Reformed Church Rooms		6	1930	WIH Old Hutton Owl Project	HVH
WHC	=	White Hart Club		11	1400	WIK AGM & Social Time	PH
WID	=	Women's Institute, Dentdale		30		St Andrew's Day	
WIF	=	Women's Institute, Frostrow				DECEMBER	
WIH	=	Women's Institute, Howgill		9	1400	WIK Christmas Party	PH
WIK	=	Women's Institute, Killington				WIH Christmas Party	TBA
WVH	=	Westhouse Village Hall		25		Christmas Day	
YDNP	=	YDNP Centre, Main Street		26		Boxing Day	

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 21079

Dr P.A. & W.G. Orr ☎ 20218

Dr Ann Orr

Monday	0830 - 1100	1600 - 1900 *
Tuesday	0830 - 1100	1600 - 1900 *
Wednesday	0830 - 1100	1300 - 1800 *
Thursday	0830 - 1100	1600 - 1900 *
Saturday	0830 - 1130	

Dr Graham Orr

Friday	0830 - 1100	1600 - 1900 *
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DENT SURGERY

(Methodist Chapel)

Monday	1230 - 1300 Dr Ann Orr
--------	------------------------

Dr J. Syred ☎ 20239

Monday to Thursday	0900 - 1000
Friday	0900 - 1000 *
Monday & Wednesday	1400 - 1500
Monday	1800 - 1900
Saturday (Urgent Cases)	0900
Friday Female Clinic	1015 *

DENT SURGERY

Tuesday	1530
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WELL WOMAN &

FAMILY PLANNING CLINIC

1st Wednesday every month	1630 - 1830
© 01539 - 727564	

District Nurse

© 21690

Health Visitor

© 20979

DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Mr C. Ross & Mr M Brickles	
Monday to Friday	0900 - 1715
Wednesday Evening *	
Saturday Morning *	

VETERINARY SURGERY

22 Long Lane ☎ 20335

Mr N. Preston & Mr J. Bramley

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

* By Appointment Only

SEDBERGH CHEMIST

41 Main Street

© 20270

LATE NIGHT CLOSING

Monday	1730
Tuesday	1730
Wednesday	1730
Thursday	1730
Friday	1730
Saturday	1300

LIBRARY

Main Street © 20186

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

Y. D.N.P. CENTRE

Main Street © 20125

Open Friday, Saturday & Sunday (Winter)
11.00 am - 4.00 pm
closed 1.00 - 1.30 pm

COMMUNITY OFFICE

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

Monday to Friday 10am to 4pm
© 20504

e-mail office@sedbergh.org.uk
web pages www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Community Office

Every Wednesday 10 am to 1 pm

Every Friday 9.30 am to 12.30 pm *

© 21185 or

08451 202 999 (local rate) 24 hours

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

RSPCA

Kendal Office

Monday to Friday 10am to 2pm

© 01539 736036 (local)

© 0870 55 55 999 (national)

POLICE

Long Lane, Sedbergh

© Kendal 01539 722611

PUBLIC TOILETS

Main Street, Sedbergh

Dent Village

MARKET DAY

HALF-DAY CLOSING

WEDNESDAY

THURSDAY