

SEDBERGH & DISTRICT LOOKAROUND

February 2002

Issue 186

Donation 50p

Here we are after a well earned rest over the Festive Period. Fully revitalised and ready and raring to go with a certain new impetus. More details will be revealed next month!

We have received an enquiry on the Internet for details of someone called Leslie who possibly worked as a Sergeant in the Officers Training School (now Balliol School) in 1942. He was a very jolly sort and the life and soul of a party. He had fair hair and was quite tall. If you know of Leslie's surname or any other information, please contact or leave details at our Office.

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Children's Birthdays February 2002

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

The recipient this month is:-
Izaak TYSON-HIRST who is
7 years old on 12th February.
Please collect your voucher from
the Sedbergh Office Services at 13
Kings Yard, Main Street, Sedbergh
which can be used in any shop in

Sedbergh, Garsdale & Dent.

An amended Happy Birthday to
Liam Mason on 31st January who
was 2 years old and not 1 as reported
in the last issue.

DFW



Day	Name	Age
2	Mariselle HARRISON	11
6	Chloe KENDAL	4
7	James WOOF	10
9	Amber TAYLOR	9
11	Thomas BROWN	4
12	Izaak TYSON-HIRST	7
12	Debbie ARMITSTEAD	11
13	Daisy HAMILTON	1
13	Ellie HAMILTON	1
14	Robbie SPROUL	3
15	Robyn HARDISTY	11
17	Scott LOWTHER	10
18	Leanne POSTLETHWAITE	4
19	Erin PROCTOR	4
22	Jack WHITE	6
22	Angela POSTLETHWAITE	6
22	Rose LONGLANDS	10
24	Clare THOMPSON	9
26	Jennifer WINN	6
27	William WILSON	6
27	Eilidh SPROUL	7
28	Rebecca STAINTON	4





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Sedbergh**



**10 Main Street,
Sedbergh**

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby	Stable Antiques, 15 Back Lane, Sedbergh (12/02) 20251 <i>ID; IT; CH; L; NP*; P; DR; VB</i>	
Mrs Wood	10 Main Street, Sedbergh (04/02) 21808 <i>ID; IT; IS; CH; TVL; NSB; P; VB</i>	

CAMPING, CARAVANNING & SELF-CATERING

KEY

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

Lookaround Advertising Rates

Single Column x 1"	=	£7.50
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B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
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Can all adverts please be accompanied with the correct money *at the time of submission.*

No adverts by e-mail or FAX please
 All adverts and enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ
by 15th of every month.
 Articles etc. by 19th of every month

PERSONAL & SMALL ADS £1

CORNTHWAITE

Congratulations Phif on your **80th Birthday**. Many Happy Returns. Love Tom. X.

CORNTHWAITE

To my dear sister Phyllis. Well Done on reaching **80** years. All our love. Sarah, Jack and family. XX.

CORNTHWAITE

Lots of love on your special day. Our thoughts are with you. Love Mary and family. X.

CORNTHWAITE

Happy **80th Birthday** Phyllis. Lots of love Harold and Betty and family. X.

CORNTHWAITE

Happy **80th Birthday** to a special Mum. There for us always. Lots of love Ann and Bill. XX.

CORNTHWAITE

Happy **80th Birthday** Grandma. Long may your chair rock. Love from Mark and Donna. XX.

CORNTHWAITE

To Mother. Happy **80th Birthday**. With all our love, Phil, Debbie and Leela. XXX. To Grandma Phyllis. Happy Birthday. Lots of love Jamie, Daniel, Levi, Brandon, Kai and Kane. XXXX.

CORNTHWAITE

Happy **80th Birthday** Mum. Wishing you an extra speical day for an extra special Mum. Sorry that we cannot be with you in person, but we will be there in thought. Have a really wonderful day. All our love Grace and Mike. XX.

DAWSON

Jack and Jenny wish to thank everyone for all the help given to them during the time Jack was in hospital and since his return home.

DEEGAN

We would like to thank family and friends for your Christmas cards etc. We hoped to be with you but our visit got cancelled due to all the trouble, thought it better to see how things went. We wish everyone all the best for 2002. Steve and Anne Deegan, New Zealand

GARDNER

Congratulations Graham on your **18th Birthday** on February 13th. Lots of love and best wishes for the future. Dad, Mum, Laura and Shaun.

JAMES

To all the James' family in Dent. Wanting to wish you a Happy Christmas and the best New Year. Sorry I can't be there with you at this time. I miss and love you all loads. Congratulations Jenny on getting your Cadet of the Year for Cumbria. Hayley. XXX.

(This greeting was received too late to make the Christmas edition of the Lookaround.)

HALL

Mabel hopes all her family, grand children and great grand children had a very Happy Christmas and would like to wish them a prosperous New Year. She would also like to send greetings to all her friends and to her excellent neighbours who take good care of her through the year.

PERSONAL & SMALL ADS £1

HARPER

Marjorie would like to thank all friends and relations for cards and gifts received on her special birthday.

KIRBY

I would like to thank all the ladies at School House, the ambulance team of Mark, Andrew and Laura, Doctor Orr, Val and family who all looked after me during my recent illness. Many thanks to you all. Dorothy.

MCNEISH

Margaret would like to say a big Thank You to friends and neighbours for cards, flowers, gifts and good wishes received during and after being in Westmorland General Hospital, and thanks also to the District Nurses. I'm doing fine and raring to go. Thanks again. X.

MOORE

Bill and Margaret would like to thank relatives, friends and neighbours for the lovely cards, gifts and flowers received on the occasion of their

Diamond Wedding Anniversary.

Thanks also to friends who called to wish us well and our family for our lovely evening meal and get-together. Everyone made it a very happy day for us.

PRUCE

May and Jack would like to thank everyone who sent cards and good wishes on the occasion of their

Diamond Wedding Anniversary

just before Christmas. They thoroughly enjoyed their day.

MORPHET

A few words to thank all persons involved in the aftermath of my accident. First of all to my wife Wendy for hearing my cries for help, to Roger for answering her calls and doing all the right things. To his wife Suzan for knowing how many blankets to keep me warm, the ambulance staff Steve and Colin, and the staff at Lancaster and Kendal hospitals. Also to all friends who visited me and sent cards. With grateful thanks, Ted.

ROWLINSON

George, Raymond and their families would like to thank everyone for their kind expressions of sympathy after their recent sad loss. Special thanks to Dr. Syred, nurses and all carers. To Rev. Pitt for the excellent service and also Fran's Bakery for tea, and to B. Goad for his kindness and efficiency.

SEDGWICK

The family of the late Alice Sedgwick wish to thank most sincerely the carers for their special attention and wonderful care of their late Mother.

SPROUL

Gordon, Nicola, Eilidh & Robbie are delighted to announce the safe arrival of Melissa Jayne on 24th November and would like to thank everyone for the cards, presents and kind wishes.



PERSONAL & SMALL ADS £1

FOR SALE

One Liverpool ticket worth £24 for the Arsenal game away or will swap for a lift to London. Contact Towno urgently.

FOR SALE

Two pair of high quality leather walking boots (worn twice). 1. Moac, x-hydro membrane, sage green, size 6. 2. Salomon, dark brown, size 6. £65 each. Call 015396-21322 or 07799-256301.

FOR SALE

Gents leather motor cycle jacket. Very good condition. Size 46" chest, (room for a woolly pulley underneath). £45. Tel. 015396-25592.

FOR SALE

BABY ITEMS. Equipment and clothing up to 22lbs (9-12 months) including Steam Sterilizer, Moses Basket, carrycot. Tel. Sedbergh 20195.

FOR SALE

Girls Universal Mountain Bike to suit 5 to 8 year old. Complete with stabilizers. £30 ono. Also Five C.D. Tower racks. £15. Telephone 015396 20924.

FOR SALE

Childs Cot with mattress £15. Tricity Gourmet Double oven cooker, ceramic hob, brown/almond £20. 3 piece bedroom suite FREE to a good home. Tel: 20616.

PROPERTY WANTED

Local buyer urgently seeks property with garden and view. Any condition. 015396-20034.

SEDBERGH SUMMER SINGERS



Rehearsals for Haydn's Creation Starts 6:30pm Monday 4th February in St Andrew's Church, Sedbergh Copies will be available *ALL SINGERS VERY WELCOME*

SEDBERGH CRICKET CLUB

With hopefully a more productive season to come winter nets start this month.

We start on Monday 4th February at 7.15 pm in the Sedbergh School Sports Hall. £1 per session towards costs is all we ask and everyone is welcome.

So if you wish to take some exercise after the festivities or to get your eye in for the coming season we would be pleased to see you.

SEDBERGH & DISTRICT HISTORY SOCIETY

Wednesday 6th February
Biographies of people in
St Andrew's Churchyard

Joyce Scobie

Sedbergh United Charities

Richard Cann

Wednesday 20th February

Lakeland Churches

Andrew Lowe

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

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

Chairman: Joyce Scobie 21106

Secretary: Diane Elphick 20605

Treasurer & Member Sec: Richard Cann 20771

SEDBERGH DOG TRAINING CLUB SUCCESS

At the Peoples Hall in Sedbergh, on the evenings of 6th and 7th December, owners and dogs were tested for the Kennel Club Good Citizen Scheme, Bronze and Silver Awards.

At the classes, emphasis is placed on ensuring that dogs are trained to be socially acceptable in the home and outdoors when being exercised. Today there is much prejudice against dogs, with probably the main issue of contention being the problem of dog dirt in public places and the aims of the Kennel Club Scheme and the Sedbergh Dog Training Classes are to promote well behaved dogs in addition to responsible owners, who show consideration to others. All dogs attending classes are required to wear identity disks, be fully vaccinated and regularly wormed, in addition to being clean and well groomed, thereby eliminating any health worries and owners must carry means of cleaning up after their dogs.

Between the weekly classes the owner and dog have to do their homework and put into practice what has been covered in the previous session. At the end of the current course the entrants for the Scheme gained 100 % pass rate with thirteen bronze and eleven silver awards gained.

The training classes and Kennel Club Scheme cater for any shape, size or age of dog -or owner! The classes held in Sedbergh are attended by a variety of dogs, ranging from cross breeds to top winning show dogs, Pets as Therapy dogs that visit hospitals, residential homes and



PEOPLE'S HALL

Booking & Information

Sedbergh Office Services, 13 Kings Yard

Tel: 20788

Main Hall, Kitchen & Stage

8 am to 12.30 pm - £8

12.30 pm to 5 pm - £8

5 pm to finish - £20

Committee Room

all sessions as above - £5

Changing Rooms

please enquire about charges

Regular Bookings - Special Rates

please enquire

The AGM will be held at 7pm Mon. 4th February

All are welcome.

schools, plus rescued dogs coming from a bad past. A young border collie that started attending classes only a few weeks after having one of his legs amputated following an accident gained a bronze award. The youngest owner, Nathan Critchlow, aged twelve, with his nine month old Springer Spaniel, Floss showed how accomplished they were by also completing the bronze award successfully.

Examiners over the two nights of testing owners and dogs were Mrs Cynthia Baily from Dent and Police Constable David

Ryan, Instructor at Cumbria Constabulary Dog Training Centre and both complimented owners on their happy, well adjusted, canine companions.

After a break over the festive season, it is hoped that classes will commence again in mid January. A new scheme for puppy socialisation has recently been introduced by the Kennel Club and it is hoped the Club will be able to incorporate this aspect of dog ownership into its classes. Those attending the classes come from Hawes, Kirkby Lonsdale, Cowan Bridge, Dent, and Kendal as well as Sedbergh.

SETTLEBECK HIGH SCHOOL

JUNK

On the afternoon of Wednesday 12th December Years 10 and 11 joined other South Lakeland Schools at the Brewery Arts Centre, Kendal. We were there to see a group from the Castle Street Youth Centre perform their version of Melvyn Burgess's cautionary tale of teenagers leaving home and spiralling down into a life of heroin addiction and prostitution in 1980s Bristol.

One outcome of our successful partnership with Connexions (the new name for the amalgamation of the County Careers and Youth Services) has been a steady number of Settlebeck students developing their Drama skills in various

productions at the Castle Street Centre. It was a bonus, then, to watch Ben Clifton (ex Settlebeck 2000) take on a leading role in Junk and turn in a powerful performance that afternoon.

The play was hard hitting in its handling of many issues, including under age pregnancy, homelessness, drugs, domestic violence and prostitution. Drama sharpens our understanding of a world seemingly remote from our backdrop of the Dales, yet painfully near for some and an ever-present threat for the unaware. We came away stimulated by the superb performance and talk on the bus back covered a fair range of our Personal, Social and Health Education curriculum.

John Fisher

Sedbergh Community Development Centre

015396 21128



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SEDBERGH WANDERERS F.C.
DOUBLE HEADER

DANNY'S DISCO PLUS BIG DON MANN

Yorkshire Comedian - 10:15 pm for 1 hour

In the People's Hall

9 pm till late ~ Saturday 9th February

Admission £2

Strictly no Under 16's

Coming Soon

SHA & WOODY'S SOUNDS

making their Football Disco DJ Debut

In the People's Hall

9pm till late ~ Saturday 2nd March

Admission £2

SPORTS REPORT

District Cross Country Championships

For the second year in a row these championships were held on the Tristram Playing Fields at Heversham. The course is a quite demanding one with a fairly steep hill almost immediately after the start for some of the age groups. After torrential rain in the morning we all expected the course to be a quagmire, however, it held up surprisingly well and only the finishing funnel was really muddy. We took 22 runners which was one of the biggest groups for a few years. Everyone ran very well and whilst some finished in the top twenty, many others achieved personal bests. The results in

each of the age groups were as follows:

Minor Girls:

Emma Mason - 20th,
Louise Metcalfe - 54th
(65 runners).

Minor Boys:

Ben Wilkinson - 27th,
Daniel Sedgwick - 40th,
Nathan Close - 42nd,
Andrew Postlethwaite - 50th,
Willy Metcalfe - 53rd,
Neil Bentham - 63rd,
(78 runners).

Junior Girls:

Amy Benville - 8th,
Rachel Law - 32nd,

(Continued on page 10)

Harriet Smith-Hanratty – 36th,
Jessica Mason – 50th,
Siobhan Knapton – 54th
(68 runners).

Junior Boys:

Robert Close – 7th,
Robert Moffat – 13th,
Tim Baines – 31st,
Luke Packham – 33rd,
Chris Milburn – 46th,
James Mudd – 62nd
(78 runners).

Inter Boys:

Stephen Bell – 32nd
(37 runners).

Inter Girls:

Amy Symonds – 4th
(24 runners).

The top 16 runners in each group are selected to represent the South Lakes District at the County Championships. This year Amy Benville, Amy Symonds, Robert Close and Robert Moffat have been selected from Settlebeck and will run at Carlisle on 19th January 2002.

In the team competition the Junior Boys came fourth out of six teams beating both the Lakes School and Queen Elizabeth School, Kirkby Lonsdale.

Soccer

At the start of the year we made the decision to try and play some more matches against other schools and we have been successful in that. The Under 13's have played some good football at times but unfortunately they are still

Courses on the Clough at Farfield Mill

Supported by the Cumbria Community Recovery Fund

"The Interview"

Aimed at people who are looking for and applying for their first job. The course will offer help with: interview nerves, presentation and communication skills, how to judge what the interviewer is looking for etc.

Aimed at school leavers and others.

Fee £5 per person

duration: 1.00 p.m. - 5 p.m.
date: Saturday 16th February

"The Hot Seat"

Aimed at anyone who is going back to work after a break or self-employment. The course will aim to identify the skills gained from life experiences and show how to transfer those skills to the workplace; how to present yourself at the interview and how to deal with interview nerves.

Fee £10

duration 1.00 p.m. - 5 p.m.
date: Saturday 23rd February

Masks and/or Garden Ornaments in Pottery -

aimed at adults and children from 14 years. Model masks, gnomes, pots or any favourite items, fire and decorate your work for the house or garden.

starting date:

Saturday 16th February duration: 10.00 a.m. - 12.00 p.m.
for 6 weeks. Fee: £20 + cost of clay

To reserve your place please ring Mike at Farfield Mill 015396 21958

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waiting for their first win. The game against Ingleton Middle School was played under some pretty desperate conditions with a torrential downpour part way through the game.

Settlebeck led by two goals to nil at the end of the first half, thanks to an own goal and one from Paul Farrell. However, things didn't go our way in the second half and after a lot of pressure we finally went down three goals to two. Joel Davies played a very good game in the centre of defence and foiled many Ingleton attacks. The Under 13's then travelled to Kirkby Stephen to play a match on the astro turf. Whilst we didn't play badly, we never really got to grips with the pitch and were well beaten eight goals to one. The consolation goal was scored by Patrick Timson.

The Under 16's were fairly confident after their cup win against Queen Elizabeth School, Kirkby Lonsdale and travelled to Kirkby Stephen in the next round. The game was a very close one and could have gone either way. Goals from Ashley Iveson and Darren Bell kept the game at two all until near the end when Kirkby Stephen stole a goal in the

last few minutes. A good effort which on another day would have been enough for a victory.

The Under 15's team captained by Matt Parkin however experienced the most success so far this season. After a convincing 3-0 victory in an early friendly match against Queen Elizabeth Grammar School, Penrith, we then went to Appleby to beat them by the same margin in the cup. The quarter final draw saw us away to Lochinvar School at Longtown, which was to be played on Tuesday 11th December. Longtown is probably the furthest north we would ever need to travel to a game and is not far from the Scottish border. We arrived at the school ready for a two o'clock kick off and were greeted with a frozen pitch and blinding sunshine. After a very tricky start trying to get used to the slippery pitch Settlebeck soon got into their stride and came off at half time winning by two goals thanks to Elliott Beagan. In the second half Lochinvar decided that they were no match for the skills of the Settlebeck team and tried to resort to both intimidation and foul play.

(Continued on page 12)

The referee had a good game and penalised many of the challenges made by their players. Fortunately the Settlebeck players did not respond to these tactics but just got on and played a good controlled and skilful game. After three more goals from Elliott and a goal from the captain Matt Parkin we came off as 6-1 winners. Although the players got a few knocks and bruises they came home very satisfied with their victory and the prospect of a semi final in the New Year.

The Under 15 squad is made up of the following students:

Matt Parkin - *Captain*; Scott Littlewood; Tim Baines; Elliott Beagan; Andrew Burrow; Robert Close; Joel Davies; Shaun Gardner; Andrew Johnson; Dan Mason; Robert Moffat; Luke Packham; Chris Wheatley.

Everyone is now waiting for the house soccer competitions at school, which will be keenly fought over this year.

Netball

The Year 8 team played Ingleton Middle School and lost 3 - 10 but did survive a cloudburst during the match!

A Year 7/8 team was invited to play in a mini-tournament with Kirkby Kendal teams in Kendal Leisure Centre. They did very well beating their B and C teams 4 - 0 and 3 - 1 but losing to their A team 6 - 2, coming second in the competition.

The Settlebeck players were Emma Mason, Louise Metcalfe, Abigail Mason (Year 7) and Sarah Wilson, Emma Rowlinson, Cally Steadman, Megan Henderson (Year 8).

Outdoor Pursuits

The activities of the outdoor pursuits club were very limited at the start of the

year due to the foot and mouth restrictions, however we have started going to the climbing wall in Kendal again, sometimes twice a week. Many of the students have been going for a few years and are becoming confident enough to lead some of the climbs. There have been a few new people coming and one of the new rising stars has been Jo Chetwood who has been leading some quite difficult routes on the wall. There are still places available on these trips but students need to take the initiative and see Mr. Trull if they want to sign. Using the indoor climbing wall is about the only thing we can do at the moment with the dark nights, however much more will be on offer in the Spring for those who are interested or motivated.

Swimming

Well done to the 21 Settlebeck swimmers (from Years 7 - 11) who took part in Sedbergh's "Swim for Asthma" - part of a national campaign to raise money for research and promote the awareness of asthma. They will receive certificates and badges at the end of term. A total of £1,477.23 was raised by the Sedbergh community.

Dance

A group of 10 students, 2 parents and 3 staff travelled by minibus to the Brewery Arts Centre, Kendal, to see a performance by the National Youth Dance Company. It was an entertaining programme and we were part of a 'full house' which clearly enjoyed and appreciated the outstanding talents of 16 of the most gifted young dancers in Britain. *Andy Trull & Angela Nicholas*

CITIZENS ADVICE BUREAU

Q. I bought a winter coat in the January sales. I've only had it for two weeks but it has started to come apart at the seams. The store says sale goods cannot be returned but my coat was obviously faulty. What can I do?

A. You have exactly the same rights on purchasing an item in a sale as you would do if you had bought it before it was reduced. The only difference would be if the item was clearly marked as 'shop soiled' or 'imperfect' or if the fault was obvious, for example a pair of shoes where one has faded due to being in the window. In this case you would not be able to ask for a refund as you should have been aware when you bought the item that it was not going to be perfect.

Any goods bought, whether in a sale or otherwise, must be described - this applies to both verbal and written descriptions - as being of satisfactory quality. This means they must meet the standards that any reasonable person would regard as satisfactory and be fit for the purpose for which they are usually used, and also fit for any purpose you mention to the trader. For example, if you buy a frying pan that is described as non-stick you would not expect food to adhere to it. Neither would you expect an item described as 100% cotton to turn out to be nylon.

As you have only had the coat two weeks, and presuming that it has only been subjected to normal wear and tear, it does seem that it is faulty. You should take the coat back to the retailer, along

with proof of purchase, and ask for a refund.

The store may offer you a repair or a replacement, but unless you prefer either of these options, you can insist on a refund. If you do accept a replacement, make sure you reserve the right to get your money back in case the replacement is also faulty.

You do not mention how you paid for the coat. If you paid via your credit card and the purchase cost was over £100, you may be able to claim against the credit provider if the store still proves unhelpful.

The Rural Advice Service can advise you on how to go about this. Contact them on the Rural Advice Telephone Helpline 08451-202999, email via the Rural Advice Website www.cabkendal.ndo.co.uk or drop in to the Rural Advice Office in the Community Office, Sedbergh, on Wednesday mornings between 10am - 1pm.

Seasoned Firewood

Contact
Charlesworth
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& Fencing Specialist
Woodyard Suppliers of
Agricultural Fencing Material

on

015396 - 20006
015242 - 71840



Sedbergh & District Chamber of Trade

"PICTURES OF PEOPLE IN PUBLIC TOILETS"

Somewhere out there in the World Wide Web, a lone pervert's hand trembled in anticipation of what his enquiry would flash onto his computer screen. His fetish for pictures of people in public toilets was about to be fed. Even his expectations must have been surpassed when through the ether his computer showed him the salacious feast that is the Sedbergh town web site!

True our web site has pictures of people and the map of Sedbergh does show the location of the public toilets but the two things are unconnected. Somehow I think this individual got less than he was expecting.

The web site has been improved lately, go on-line and have a look, but try a more orthodox enquiry to bring Sedbergh to your screen, changes have been made to avoid unfortunate links to the seedier side of life. www.sedbergh-yes.net

Sedbergh Chamber of Trade has been actively thinking about how it can raise the profile of our town and bring in more visitors who we hope will spend more money and eventually lead to jobs being created for local people.

Given the limited budget we have to work with our plan's need to be carefully thought through to make sure those funds are being effectively spent.

Following the year of Foot and Mouth Sedbergh Chamber of Trade is seeking funds from the various budgets that exist to help rebuild. Many of the businesses in town came close to collapse and we should be grateful that there aren't more empty shops in the town at the end of a year that saw our small tourist trade all

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but dry up.

Supporting your local traders makes sense for everyone. The money you spend with local businesses re-circulates many times as it gets exchanged for goods, paid out in wages or used to restock from local farmers and manufacturers. Money spent outside the town is gone forever.

And we aren't short on ideas, when it comes to spending the money we hope to secure.

The town web site could be our greatest asset in making Sedbergh better known, not only in Britain but throughout Europe and the world beyond. The web site will be greatly enhanced to sell Sedbergh to a much wider audience.

Our town marketing needs to become

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more attractive to tourists if we are to encourage more people to visit Sedbergh. We will re-design the Sedbergh leaflet and have it distributed at locations visited by tourists in the lakes and dales.

We need to create more attractions that appeal to all age groups throughout the year.

The Medieval Market, that was such a success last year, will be repeated in 2002. A proposal from a separate group to organise a Bay Radio Road-show in the summer is being taken forward, and plans to re-invent the Christmas late night opening into a week long calendar of events around the town are being considered.

Q. What has created this sudden burst of energy in the local Chamber of Trade?

A. Our newly formed Marketing Committee.

This group is trying to make things happen in Sedbergh that will benefit the whole community.

If our town is thriving there will be a

better chance of the empty shops in Main Street being filled giving everyone more choices in local shopping. If local businesses do well more jobs will be created.

We also believe we should provide help to other people in starting their own businesses. To this end we are planning to establish the Sedbergh Business Library.

This resource will hold books and computer software that can help any business in the town to meet the requirements of business legislation, provide information about sources of funding, information on how to create a business plan or carry out market research. In fact the library will grow to cover almost any question anyone might have about setting up or running a small business and as far as possible relate directly to conditions here in Sedbergh.

If we are to carry out these proposals the main resources we are short of are manpower and womanpower.

The Chamber has about 80 members but a much smaller number regularly attend meetings or participate in the organisation of events. We want to extend an invitation to all members to join us in the task of regenerating our town.

Whether you are a member who has lapsed over the years or a complete newcomer to the Chamber of Trade you can be assured of a warm welcome awaiting those of you who are prepared to bring the enthusiasm to make a difference and the energy to carry it through.

Our meetings take place at the Bull Hotel on the third Monday of the month at 8 p.m.

BINGO

8pm Saturday 16th February
George & Dragon, Dent

13 Prizes Raffle 66

THE FIVE ELEMENTS

The first recorded reference to the five elements in China dates back to the Warring States Period (476-221 BC). Since that time they have been used to describe basic qualities of natural phenomena. One ancient text explains that, "The five elements are Water, Fire, Wood, Metal and Earth. Water moistens downwards, Fire flares upwards, Wood can be bent and straightened, Metal can be moulded and can harden, Earth permits sowing, growing and reaping." (For more detail see "The Foundations of Chinese Medicine" by Giovanni Maciocia, Churchill Livingstone, 1989.)

A very simple example of how this manifests in the body is that retained water is often in the legs (water moistens downwards) whereas Fire symptoms, such as redness, certain types of severe headache, flushing and blushing, often occur in the upper part of the body.

In Chinese Medicine the major organs of the body, as well as certain emotions and aspects of character, are associated with the five elements as follows:

- Water - Kidneys - fear - will
- Fire - Heart - joy - mind
 - Wood - Liver - anger - purpose

- Metal - Lungs - sadness - communication
- Earth - digestion - overthinking - intellect.

With acupuncture patients I often use the five element correspondences as a way of interpreting mental-emotional problems. For example, if a person is depressed and there is lack of will-power it can be helpful to treat the Kidneys. If repressed anger is a factor it can help to treat the Liver.

It is possible to work with the five elements using movement. The oldest of the "three sisters" of Chinese internal martial arts is called Xing Yi ("shing yee"), the other two being Ba Gua and T'ai Chi. The foundation of the health aspect of Xing Yi is a practice of five seemingly simple movements, embodying the five elements, which if practised and developed over time can bring benefits in many ways (physical, emotional and spiritual).

This is not simply another theoretical

XING YI FIVE ELEMENTS with RAYMOND TOWERS



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People's Hall £35
Saturday 9th March 10am - 4pm

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(015396) 20972 or 20648

foray into the mysteries of Chinese Medicine, it relates to an event which will be taking place in Sedbergh soon! But first a bit of explanation. In the latter part of 2001, Ian McPherson (who runs the T'ai Chi classes in Sedbergh, and hopefully soon in Dent) and I have had the immense good fortune to learn Ba Gua from Raymond Towers, who has a great practical and theoretical knowledge of the Chinese arts, having studied them since 1971 with some of the finest teachers in China and the United States. He has been teaching for over 20 years both at home and abroad. These lessons are truly one of the highlights of our lives. At the last lesson we happened to see him demonstrating the Xing Yi five elements. Our immediate reaction was, "Oh, I would love to learn that." So we decided to invite him to Sedbergh to teach us and all other interested people.

The Xing Yi five elements are likely to be of benefit to a very wide audience. People already doing T'ai Chi will find it

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gives a fascinating new perspective and will deepen their practice. If you have never done anything of the sort before you are in for a treat. I only started to practise seriously myself when the footpaths closed last year and my enthusiasm for this type of movement is now equal to my enthusiasm for walking. Once you start the benefits are appreciable. The Xing Yi five elements will provide a simple, enjoyable health practice you can continue at home.

The workshop will take place in the People's Hall on Saturday 9th March, from 10am to 4 pm and the cost will be £35 (this is very reasonable - Raymond often teaches in the south of England, but I was able to convince him that the same prices are not applicable here). Details are summarised in the inserted advert and you can phone me (015396 20972) or Ian McPherson (015396 20648) for more information.

June Parker

FEBRUARY REFLECTIONS

Here we are, another new year. What will it bring? What ever, life and living has to be better than 2001.

It was Sir who urged me to write a February Reflections for Lookaround. For that I am eternally grateful because he's made me realise that though the Anglesey Press Corps hasn't been to Lookaround-land for quite some time, it doesn't mean to say I can't write as I always used to. I feel fitter too.

I have once more come to the conclusion that its all a matter of friendship. I have hardly been the greatest for keeping in touch, so I do thank all of you, in Dent and Sedbergh, who have so constantly shown your friendship by caring and being so

wonderfully supportive.

Again, I thank the *Dentdale 2000* book publishing team who have provided me with constant reminders not only of people, but also houses and scenery. I often scan its pages. I wish there was a Sedbergh likewise book! Yet, its surprising what the mind will cling on to.

I don't think there was a day in 2001 when I didn't think about you and your part of the world. How I would have loved to have landed on your doorsteps and helped to cheer you with a few good laughs. Helped to imbibe of your hospitality. Aided a little bit with tourism problems, though I don't think our piggy-back would have helped much!

However, had we come at some stage of the year when we could have been



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carriers of Foot and Mouth disease, we'd not have forgiven ourselves had that been a possibility, however innocent and accidental.

On the plus side, what a lot of warmth there is, to hearing how everyone stuck together to help those stricken in which ever way they were, during a year when everything and everyone seemed to have to suffer.

It is these crises times that we need hand-on help. Be it by family or friends or those in authority to help us. We, they, and us, need reassurance, kindness, understanding and prayer. Charity is love.

Gaerwen, here in Anglesey, with its large abattoir, and surrounding farms, have had a tough twelve months. Though a few miles from us, we could smell the burning of the pyres. Such hideous reminder of the death of animals and income.

A few weeks ago, a young man from Gaerwen was found dead, and badly burnt, in the Menai Strait, beneath the Britannia road bridge.

For a short time he was a suspect for the murder of 90 year old Mrs. Mabel Leychon, who was murdered in her bungalow in Llanfairpwll.

You may have seen some of the horror shown on the Crimewatch UK television programme. It was always considered that the murderer would be local. Lethal and deranged. Her heart had been cut out and two pokers laid in the shape of a cross were found near her body. I must say my first instincts were that it had something to do with the nearby abattoir.

Very recently, (as I write) a 17 year old youth has been charged. He lived very near to Mrs. Leychon.

Sir and I were pretty afraid! A bit quiet round here! We wished too, that we had not watched Crimewatch!

On another subject! I managed to send out one or two of the little books of poetry, as presents. Certainly, it was to have been published by Sedbergh Office Services, but, I felt utterly unable to think of anything practical. Sir was worried too because if I go into print I'm like a pregnant typewriter giving birth to an oversized blockbuster! I'm unable to communicate! Very painful!

I had hoped to print and despatch one or two more copies. But, there's no deadline. Any funds I can raise are for the Macmillan Cancer Relief Fund. Even nearer to my heart than ever, now that *CancerLink* have merged with Macmillan. For a short period, and a long time ago, I was patron of a Barnet (London) Cancer Appeal. And subsequently, became a part of *The Barnet and District CancerLink* writing for their magazines.

A few years ago, a dear friend, Pat Singer, Chairman of Barnet CancerLink died. She'd been my friend since 1986 and she was over eighty and still in harness when she died.

Pat always knew there was trouble when I went quiet, and she rescued me many a time! My last conversation with Pat, who didn't know she'd soon die following a massive stroke, finished by her saying: "Stay healthy, dear!" Those words, 'stay healthy', have become our pass word, and I am using them a lot, as I sign off from any type of communication.

So, dear friends, 'see' you in March! All my love and from my Sir and Brandy: 'Stay Healthy'. *Joan Stockdale*

SEDBERGH PARISH COUNCIL

From the minutes held on 28th

November 2001

Matters Arising

Ambulance Service Night Cover – This is still causing concern and it was agreed that a representative from the NHS should be asked to come to the next meeting to explain the new system in detail.

The Yorkshire Dales National Park Authority is to take a report to the Planning Committee requesting authority to take enforcement to remove the caravan parked at New Bridge. It was agreed that this site was a mess and we fully supported this action.

PRECEPT FOR 2002-2003 and HALF-YEAR ACCOUNTS

The precept proposals and the half-year accounts were tabled and it was agreed that the Precept for next year should be set at £13,975. The increase was kept to a minimum but was raised as provision has to be made for extra expenditure next year on the Queen's Jubilee and on work to the playing fields.

AUDITORS REPORT

The Auditors report on the Accounts for 2000-2001 was received and an

Knights, Dragons, Witches!

Dent Drama Group

present

THE THWARTING OF BARON BOLLIGREW

Dent Memorial Hall

7.00 pm February 20th, 21st & 23rd

Entertainment for all the family

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unqualified report has been given. Various small matters raised are being attended to and the Chairman signed the certificate for return to the Auditors. It was agreed that the Clerk should be designated as the responsible financial officer.

HIGHWAYS

Concern was expressed at the lack of progress in completion of outstanding highways matters. The kerbstone on Main Street has been repaired and we have been promised emergency repairs on the York Stone crossings on Main Street. New grids have been installed on Howgill Lane but the workmanship was poor. There is still a pothole on Highfield Road and on Buck Bank Lane. Also the

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trees growing on the verge near Borrett have not been attended to.

Concerns were expressed about parking opposite Settlebeck School when children were entering and leaving school.

The situation of people parking on the pavement on Main Street and Finkle Street is getting worse. The Highways department is not in favour of bollards but it was agreed that we should continue to press for these but in the meantime we should ask the police for more rigorous enforcement. The situation will hopefully be helped by the introduction of new traffic wardens by SLDC with the introduction of the decriminalization of parking.

PLAYING FIELDS

The four tenders that had been received

for the work on the playing fields were opened. It was unanimously decided to award the contract to Bentham Plant Hire from Dent.

The future of the maintenance of the Playing Fields was also mentioned and it was agreed that once the work had been completed a proper maintenance contract with Mr. Brooks should be agreed.

The group interested in improvements to the children's play area has been set up and are receiving help from Voluntary Action Cumbria and Barnardo's. One of their ideas is to incorporate into their improvements a path on the inside of the Field from Haveras to the Play area. It was agreed that once the groups plans were more advanced they should be

(Continued on page 22)

invited to come and discuss the plans with the Parish Council.

CUMBRIA IN BLOOM

At the last meeting of Cumbria in Bloom it was agreed that they would help to clean up the Church yard of St. Andrew's.

QUEEN'S JUBILEE

The committee organising celebrations for the Queen's Jubilee is making progress and it has been decided that the main event for the town will be on 4th June, which is the extra bank Holiday, and will take place on Back Lane Fields. There will also be a concert/dance in the evening and Street parties on the Saturday. It is also planned to give a commemorative mug to every child in the town. The amount of funding for this event needs to be agreed. This will all have to come from Parish funds as there does not appear to be any other source of funding for such events and any payments would have to come from the Ch.137 budget. A maximum amount of £4,000 was proposed for the celebrations mugs etc. and this was unanimously agreed.

CORRESPONDENCE

South Lakeland District Council – Review of Services Public Conveniences SLDC are having to make budget cuts to balance their budget for next year and part of the review has looked at the provision of public conveniences. They are proposing to close the conveniences on Loftus Hill. The conveniences on Main Street and at the Cemetery are not planned for closure. SLDC proposed that if we want to keep them open we could take them over ourselves. Last year the

Cumbria Wildlife Trust
Sedbergh Support Group

ENGLISH OSPREYS

An illustrated talk by

Bill Kenmir

RSPB

Friday 22nd February

7:30 pm

Queen's Hall Sedbergh School

cost of the Loftus Hill Conveniences was £3,600 and it was agreed that whilst we did not want to lose this facility if we were to take them over this cost would have to be added to the Precept. It was suggested that as the Yorkshire Dales National Park has no conveniences in the town they should be approached.

Halloween Night Disturbances

There was considerable damage done in the town on Halloween Night and this matter was taken up with both Settlebeck School and the Police. The headmaster has taken action, which included a letter to all parents, and Cumbria Constabulary has noted our comments.

Bus Passenger Facilities

Capita dbs have invited bids from Parish Councils for improvements to bus shelters and it was agreed that both the bus shelters in town needed repairs and that if possible a new shelter is provided for the bus stop by the library.

PROPERTY MATTERS

With the Bank rate at its lowest level for many a year, the interest receivable on money held in Banks or Building Society accounts will certainly not make you a fortune and probably not even cover the rate of inflation.

Once upon a time when interest rates were high the return on rented property was too low for private investors, but now, as it is likely to be better than the Bank is paying, plus the prospect of increases in capital value, rented property is definitely a proposition worth considering.

Of course, it depends on what you buy and where it is, how you intend to fit it out and, of course, how much money you have available. You will need information and help.

There is no doubt that many would-be Landlords are put off by the risks attached to letting. Yes, you can get a bad tenant that fails to pay the rent and yes, they could make a mess of the

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Saturday 23rd February

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property, but, if you use a good Managing Agent these events should be avoided. If you are really worried then it is possible to take out insurance cover for the rent along with contents and buildings insurance.

Rental property is long term investment and should be looked at over years rather than months. Once you have bought and let one property you could then consider additional purchases, if you have sufficient funds available, or even borrowing on a Buy to Let mortgage. The more properties you have the less vacancies are likely to effect you.

Above all, ask questions, find out what you can expect in rent, ask about insurance and finance and even appoint someone to help you find suitable property, let and manage it for you.

Look at property and its location. If it is in an improving area and the rent gives some profit after costs of management and finance, if any, then the real return will be in the increase in capital value which you can realise by sale.

Check your tax situation, but, remember that costs including finance, that is interest not capital, you Agents charges, advertising etc., can be offset against taxable income.

Cobble Country

Dentdale Annual Festival Committee

RACE NIGHT

at the
George & Dragon,
Dent
Saturday 23rd February

First Race: 8pm

KILLINGTON W. I.

In December 2001 it was the 60th anniversary of the founding of Killington W. I. So it was decided to hold our annual party in Killington Village Hall to celebrate the occasion. We were joined by Mrs. Elizabeth Woof, who along with Miss Nora Capstick were founder members, two guests from the Federation, Mrs. Sheila Parkinson and Mrs. Anne Hoyle and a number of friends. The hall and tables were decorated by the committee and the flower arrangements kindly done by Mrs Joyce Bird. We sat down to an excellent lunch provided by Jackie Stringer and our grateful thanks to her and her hard working assistants. Whilst we were having our coffee, a few words to mark

the occasion were said by Mrs. Shirley Richardson our President and Mrs. Parkinson from the Federation. Mrs. Parkinson also presented certificates to three of our members who have belonged to the W. I. for at least forty years - Mrs. Josie Waller, Mrs. Elsie Waters and Mrs. Jennie Wearing. Mrs. Mary Tallon, who was absent, will receive her certificate at a later date.

The archives had been ransacked for interesting memorabilia and this was displayed on the walls. Past memories were stirred and long forgotten events and names were recalled.

Our entertainment was provided by Mr. Peter Barcock, an accomplished accordion player, who distributed castanets, maracas and tambourines and

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soon everyone was shaking tapping and signing along to his music.

The afternoon ended with tea and birthday cake, which was cut by Mrs. Josie Waller, and Mrs. Susan Sharrocks was announced as competition winner for the year.

Tuesday 8th January in the People's Hall, Sedbergh was the first meeting of 2002 for Killington W. I. Several members were unable to join us this today, but we welcomed Mrs. Antonia Hunt as a new member. Shirley Richardson thanked those involved in making the party so successful and she has received many letter of appreciation.

Anne Macer informed members that subscription time is here again. This year it is £17.25 plus £1 for the W. I. News. At this time of year our funds are rather low and Anne and Shirley reminded members of our Coffee Morning on Wednesday 22nd May in the U.R.C. Rooms. Please put this date in your diary.

The W. I. News was read through and various items were highlighted. Several members expressed a wish to attend the lecture in Kendal in March on the "Amish People and their Quilts". More information is being sought on the Fair

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Trade Fortnight and it is hoped to organise a get together to sample some products. Hopefully the weather will be better in April when the Federation plan to organise the walk around Sedbergh and Brigflatts which had to be cancelled last year.

We then settled down to what was to be a most informative and interesting talk entitled "A Rose by Any Other Name" by Mr. George Handley. The history of roses, and plants in general, is a long one and if there were no plants there would be no life on our planet. References to roses have been found in literature of early Chinese, Roman and Greek civilisations. Finally Mr. Handley surprised some of us by listing plants in our gardens which are in the rose family. The vote of thanks was proposed by Susan Sharrocks.

The result of our "Picture of a Rose" competition was a draw between Mary Turton and Pam Symonds and the raffle was won by Anne Macer.

CUMBRIA WILDLIFE TRUST

Oh Deer!

Are your roses eaten by roe deer? Reading the letters to the Westmorland Gazette a couple of years ago, it sounded as though there was nearly civil war in Grange-over-Sands between the residents who wanted to "cull" the rose-eaters and those who liked to have deer in their gardens.

Roe are one of only two species of deer native to this country and they have become quite common around Sedbergh, Garsdale and Dentdale. They are about the same size as a German Shepherd dog and they live alone or in small family parties. They spend the day lying hidden in woodland or any small copse, coming out to feed at dusk and over night. You

are most likely to see them in car headlights along little-used lanes, or in summer-time out in the fields before they go to bed, perhaps at about 5.30am. By nature they are woodland animals and largely browsers (eating the leaves and young shoots of trees and shrubs). Cumbria Wildlife Trust and other conservation bodies have found that coppicing woodland in South Cumbria has helped nationally rare butterflies, the Pearl-Bordered and High-Brown Fritillaries, as well as ground flora like violets and lent lilies, but the regrowth of coppiced oaks and hazels has been hampered by the Roe Deer eating back the new growth.

The Red Deer, our other and much larger native species, is still familiar to



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many as the "Monarch of the Glen" in Landseer's Victorian painting. These too are really woodland animals, but perhaps because they are so much more obvious as herds on open Scottish moorland and hillsides, it comes as a surprise to many people that they are also common in many parts of England. I first came face to face, almost literally, with our local herd on the col between Holme Knott and Middleton Fell. It was in an Easter blizzard and visibility was only a few yards; I was walking against the north wind and came upon them before they heard or smelt me. I believe their headquarters is in the woodland near Middleton Hall, and although I have seen them in the fields thereabouts I have not heard that they came over and down into Dentdale; have you?

Now that we have killed all the wolves in Britain, deer have no natural predators, and unchecked can ruin their own habitats. Recently Laurie Walton, wildlife warden at Thirlmere for United Utilities, (ex-NWWater), gave a very interesting and beautifully illustrated talk to Wildlife Trust members and others at Settlebeck School. He spoke about the rich variety of birds and beasts on his patch, and he said that they have to cull about 25% of the red deer each year in order to keep the numbers within bounds. They would otherwise seriously damage their environment, as has already happened in parts of the Scottish Highlands. The venison is excellent for modern times, being very low in fat and BSE (mad cow disease) free.

There are four introduced species of deer in Britain which have now become



established in the wild.: Fallow, Sika, Muntjac and Chinese Water Deer. None of these are known to be around Sedbergh, except that someone recently told me that he thought he had seen a Muntjac. My mind was elsewhere at the time and I can't remember who it was! Was it you? They are stocky little animals about 20 inches high at the shoulder and they are spreading rapidly in parts of SE England, often in city gardens. I should be interested to hear of any Muntjac sightings (on 20612) although I'm not looking forward to that because like so many introduced species they can easily become pests.

Enjoy your deer watching.

John Mounsey

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SEDBERGH GALLERY

QUIET FLOWS THE CLOUGH

Dear Lookaround,

Thank-you so much for publishing the article "Trouble at' Mill" in your December edition about the plight of the Farfield residents. Such is the power of your journal, that two days after publication the offending lights which had plagued our lives for over a year, were switched off.

And the problem of lost visitors to the mill wandering into Smithy Cottage has been remedied by their kind repair of my garden gate. ("How cheap is this man?" I hear you say. "Give him a garden gate post and suddenly the revolution is off." Even the Clough flows quiet at times like this.)

Other complaints have also been heard and appropriate action either taken or put in hand. For this, most of our thanks go to the hard work and consideration of Mike Clark, the new mill manager, who not only seems to know that good public relations make sound business sense, but as a former Farfield resident himself has some empathy with our cause.

I was also deeply touched by all the messages and tokens of support I received for voicing what others were feeling. And not just from fellow Farfielders, but also from those who were

SEDBERGH BOWLING CLUB

A. G. M.

Thursday 28th February

7:30pm

Committee Room

White Hart

Sports & Social Club

All Welcome

shocked by the misery we had endured. I hope you will all find your way to Smithy Cottage to help me drink the many liquid gifts which appeared on my doorstep.

I have often felt that care and creativity have a mutual source in the human psyche, but have never fully understood why. I see now that the essence of compassion is empathy: the ability to put oneself in the shoes of others and see the world through their eyes.

Like creativity, it is as much an act of the imagination as it is an act of the heart.

In this spirit of reconciliation and healing, the Cautley Carollers went out one night before Christmas singing our harmonies round the Farfield and Frostrow cottages. When people asked who we were collecting for, we replied that we weren't, but had come to wish them joy and good cheer.

So next year, if anyone hears carol singing in harmony outside your door, you'll know that you don't need to hide behind your sofa. (But those who gave donations anyway, you might also like to know that they found their way to Oxfam.)

Many thanks to all of you who invited us in from what must have been the coldest night of the year to drink by your

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fires. Your generosity may have had something to do with there being two moons that night.

Walking with our lanterns down the back lane from Farfield Row to the Garsdale road, the stars shining so bright over Frostrow they cast shadows, the old oak magnificent against the night sky, Judith Bush, who sings alto in our little band, said, "It's just like being in a Thomas Hardy novel."

And so it was. Not only would our West Gallery carols have seemed familiar to the likes of Dick Dewey and Michael Mail in Under The Greenwood Tree, but we even sang an arrangement of Hardy's poem The Oxen about the country legend that on Christmas eve all the cattle go down on their knees at midnight.

Harmony singing for me has always

been a symbol of how a healthy community can deal with difference - where the various voices are heard and empowered to make a richer whole, rather than some being silenced in the search for sameness. So, quite rarely it often seems, the voices of both men and women are heard and empowered without one gender needing to feel silenced by the other.

But then singers have the unique advantage over talkers in being able to articulate and listen at the same time - the latter quality being something which many talkers dispense with entirely. In the dispute between the residents and the mill at Farfield, listening has been the active ingredient in the move towards reconciliation and harmony.

David Burbidge

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- REASONABLY PRICED HATS AND GLOVES SUITABLE FOR OUTDOOR WORK

FOR YOUR SKIING NEEDS:

- FUN FLEECE HATS e.g. Jester, Piranha, Stegosaurus
- THERMAL UNDERWEAR - SKI GLOVES - SKI HATS

This letter was sent to Gordon Braithwaite who in turn has sent it to Lookaround. Do you have any favourite stories that you wish to relate?

Dear Gordon,

I read with interest the letters and articles in 'The Lookaround' about Braithwaite's Garage and coaches during and after the war. Perhaps I could put a little more light into that history.

My father had a Morris 8 car which was about 1930 vintage and as we were farmers we had a petrol allowance (coupons). We purchased our petrol from the Main Street Garage run by your father, George Braithwaite, and had the car serviced and repaired by Les Burton, and received a monthly bill from Braithwaite's.

We used to have a family and friends outing once a year, when George and Sid Braithwaite would drive us in 2 Austin 18 cars, and we visited a number of areas in the North of England and Scotland.

Also, during and after the war, Sid would drive us to Morecambe in the buses, to dances at the Floral Hall, Winter Gardens and Central Pier, where the 'Big Bands' of the time (Joe Loss, Sidney Davidson, The Squadrenaires (RAF Dance Band), Les Douglas and many other popular big bands) played. Braithwaite's also ran a trip once a week to the Winter Gardens Theatre to see great shows like Ivor Novello's Dancing Years and the popular comedians of the time, such as Frank Randle, Norman Evans and Albert Modley as well as

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many of the famous Singing Stars.

I remember in those days, Braithwaite's had 2 coaches, an old Reo and a Bedford Duple. I remember them purchasing their first 'Kestrel Hawk' coach, which then became the Braithwaite trade name.

After the war, Sedbergh formed a very good Football Team, the 'Sedbergh Wanderers', for which I was fortunate to be a player. Sid Braithwaite used to drive us to the away matches, all over the old Westmorland.

I remember once traveling back with Sid from a dance in Morecambe. He had, as he normally did, switched off the coach interior lights, which was really illegal, but allowed the passengers to sleep more readily. On this occasion, however, he was stopped by the Police in Hest Bank and asked why his lights were not on. He told them 'Courting Couples don't want lights'.

I was born in Hebden Bridge and came to Sedbergh in 1932, although most of my families roots were in and around Sedbergh, my grandfather being Richard Harper the Auctioneer. We farmed at The Oaks, Marthwaite and I was at QES from 1940-46. My Sister and I were both married in Sedbergh in the early 50's and Braithwaite supplied the taxis for the guests. I was a great friend of Les Braithwaite, Sid's Son, in my youth and on a number of occasions we stayed at each others houses.

The articles in The Lookaround have brought back great memories of Braithwaite's Buses. I thought you would be interested in my memories - I have many.

Yours Sincerely, Les Robinson
Gordon has submitted a few more

stories about days of old. Due to space, these have been carried over to future issues of Lookaround.

When I first came to Sedbergh in 1982, I saw a car drive onto Main Street from Joss Lane the wrong way. On speaking to the driver, he said "Nay Lad, I've always driven this way and I can't change now". That was a very elderly Sid to a young speechless Police Officer. Ed

THE SOUTH LAKELAND VOLUNTARY SOCIETY FOR THE BLIND (SEDBERGH BRANCH)

The group held a very enjoyable post Christmas lunch party in January. It was held at the home of Cyril Noble and an excellent buffet lunch was provided by Jackie Stringer. The Volunteers Co-ordinator and the Outreach Worker from the Kendal office were welcome guests to the party.

New members are always welcome to the group, which normally meets on the third Tuesday of the month at the Sedbergh Community Centre at 2.15pm

A change of title for the group is under discussion. The present title can give the impression that the membership is only for people who are totally blind, whereas members do have some visual loss but may also have some useful vision and would best be described as partially sighted.

The members of the group enjoy social gatherings, but future meetings will also include hands on demonstrations of equipment which assist people to make the most of their available vision and to assist with daily living.

DENT PARISH COUNCIL

Barbara Allwright has retired after some years running the Friday night youth club in the Memorial Hall. Barbara deserves our thanks for having taken charge of this valued facility for our young people for so long. Now someone is needed to replace her! There is not much of the young people of Dent and their Friday evening sessions are always enjoyed by them. Is there any resident who would consider taking over? Currently there are about 15 youngsters in the 10-15 age group. The role involves organising activities in the hall, and may be outside in the summer and outings by mini-bus to bowling, cinemas, etc. It will be a great pity if there is no organised activity for Dent's youngsters where they can meet

and have some fun together. The parish will provide some funding and give support.

Also, is any resident interested in being appointed a governor of Dent Primary School? The Parish council nominates one governor and the position is vacant at present. If any reader is interested in either of the above opportunities to give something to your community, could you please make contact with the clerk (Tel: 25436) in the first instance?

Fortunately, a couple of volunteers came forward to help with monitoring the bus service. The County Council needs to demonstrate local input to continue to get the funding and this is the contribution. The Wednesday and Saturday buses are well supported.

THE HEAD AT MIDDLETON

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We are just about ready to go ahead with building the bespoke shelter for use by anyone waiting for transport in the area of the car park, but are being held up by the Yorkshire Dales National Park at present.

Council tax payers will be pleased to know, that, with very careful management of your money, the parish has been able to make a slight reduction to the precept for the year 2002/2003. The parish rate is the one item in the council tax bill where you will not see a big jump when the next one arrives. The amount required from the tax is £5,500.

A small group is working on a programme for some events in Dent over the Royal Jubilee weekend. The parish council has provided £500 towards costs, but additional funds will be needed to

provide something worthwhile. The plans go something like this at present - Sunday 2nd June, Jubilee Service in St. Andrews, Monday 3rd June, beacon bonfire lighting, Tuesday 4th June, village afternoon party in the school playground with entertainment, and inside if wet. The spread will be Jacobs Join. The Methodist Chapel will have a royal memorabilia exhibition over 3 days and the parish council would like to give each resident under 16 a momento of the occasion in keeping with tradition. Feedback so far seems to be positive about these proposals. It is hoped the school children will be able to contribute to the entertainment at the party. The Football Club is also planning an event for the Monday afternoon and one or two other things as well. G. Dalton, Clerk

Starters

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

Extra Special Main Courses all £9.65

Loin of Pork in Cider & Apple Sauce
Lamb & Apricot Casserole
Chicken with Basil, Port & Dill Sauce
Venison Steak with Red Wine Sauce
Venison Casserole
Soufflé of Pheasant Chantay
Pork in Pepper Sauce
Cod & Prawn Crumble

Main Courses

Roast Dinner of the Day	£5.70
Mixed Grill	£11.10
Fillet Steak (Aberdeen Angus)	£11.10
Sirloin Steak approx. 8oz uncooked	£9.80
Half Roast Chicken	£6.80
Chicken Kiev	£5.90
Lasagne	£3.70
Steak & Kidney Pie	£3.70
Cumberland Sausage	£5.70
Hammon & Pineapple	£3.70
Hamsley Lamb Chops	£8.90
Marinated Lamb Steak (8oz)	£8.90
Pork Chop in BBQ Sauce	£3.70
Cheese & Ham Pasta	£5.70
Tuna Pasta Bake	£5.70

THE HEAD AT MIDDLETON



Tel: 015396 20258

Menu

Fish Dishes

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

Vegetarian Dishes

Tropical Vegetable Curry	£5.90
Stilton & Vegetable Crumble	£5.90
Vegetable Lasagne	£5.90
Mushrooms & Nut Fettuccini	£5.90
Broccoli & Cream Cheese Bake	£5.90
Vegetable & Pasta Bake	£5.90
Vegetable Tikka Masala	£5.90
Maccaroni Cheese	£5.90

Rice Dishes

Chilli	£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, Chorizo & Tomato, Cheese & Pickle or Salad	£3.90
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
THE BEST COMPREHENSIVE
SCHOOL RESULTS IN CUMBRIA!

Forgive the banner headlines, I just couldn't resist the opportunity to shout our achievement publicly. You probably know that Settlebeck's results were high in the government performance league tables recently published on the Internet. The Westmorland Gazette issued a summary of these official government-adjusted figures but it is difficult to make a comparison between our results and those of other comprehensive schools since they are intermixed with those of the fee-paying public schools and selective schools. If you exclude these you will see that on the measure of 5A*-C we came joint top with Queen

Elizabeth School, Kirkby Lonsdale. However, the vital 'average point score' indicator was absent from the Westmorland Gazette report and on this Settlebeck had the highest comprehensive school score in the county, in excess also of several public/selective schools.

Settlebeck's government-adjusted score for 5A*-G results was 100% again in excess of every other comprehensive (and most public) schools and taking into account the normal distribution of our intake at Settlebeck, with 18.6% special needs in last year's Year 11, our results are all the more remarkable. Our average point score was 53 and over the last three years, for 5A*-C, our results were 54%, 65% and 74%. This means that for a second year running we will gain a

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We will be pleased to order in for your special requirements if we possibly can.

A wide selection of cross-stitch, tapestry and embroidery kits available from stock alongside gift items such as sewing boxes, jewellery, children's craft kits, greetings cards and postcards.

Always happy to help.

WOMEN'S WORLD DAY OF PRAYER



Friday 1st March

There will be a Service at 2:30 pm in

St Andrew's Church, Sedbergh

Speaker: The Rev. Anne Pitt

Vicar of Firbank, Howgill and Killington

government Achievement Award. We're particularly pleased that the results reflect the high achievement of all of children, those with special needs, those of average ability and those with high academic ability. All the students contributed to the 100% 5A* - G and average point score which raised our performance to the top of the table. This in turn reflects the tremendous effort and hard work put in by Settlebeck staff to adapt their programmes of study to the individual needs of each student and of course the smaller class sizes at Settlebeck also contribute greatly to this level of performance.

Having said all this, such results vary dramatically from year to year depending on the particular cohort of children sitting their exams and in a small school the final percentages can fluctuate widely since every student represents 2-3% and several less or more able students leaving or arriving in Year 10/11 can have a big effect. Other schools likewise suffer from such vagaries and this highlights how misleading government statistics can be, if taken out of context. However since we are to be judged by these figures, this year we can revel in them

being in our favour and the achievement of the class of 2001 can be justly celebrated.

We have just been through our target setting exercise for the next 2 years and we are once more very optimistic about the projected grades of our current KS3 and KS4 cohorts, not least because we are aware of the tremendous progress being made by students with special educational needs and those with exceptional academic abilities.

Dave Smith, Headteacher

BUILDINGS UPDATES – Hall and Credits

Although our hall is still on course to be completed by mid February the cottage CREDITS extension has become more complex due to structural work which needs to be done on the gable end by our Science lab. As yet we're unsure as to how long this may delay the development or indeed whether or not the development will need to be redesigned. Hopefully we'll know more next month.

LATE NIGHT SHOPPING IN SEDBERGH

The choir has been practising their Christmas pieces for some time and at

(Continued on page 36)

first were a little taken aback at the prospect of performing them in a trailer in the middle of Main Street! We were all enthusiastic to do our best in the novelty lorry despite the freezing cold and we sang songs like "Santa Claus Is Coming To Town" and "Welcome Carol" accompanied by Mr. Graham. The audience was encouraging and we all thoroughly enjoyed beginning the Christmas celebrations.

Lindsey Telfer, Year 11

CHRISTMAS FAIR

On 23rd November Settlebeck High School had a Christmas Fair to raise money. It was great, there were stalls, games and lots more activities such as - Subutteo; Pin the hat on Santa; Pin the nose of Rudolph; Ferret Bingo; Meet

Santa; Raffles; How many pegs can you get off the line with one hand?; Quizzes; Game Consoles etc.

I did a stall called "Pin the Hat on Santa" along with Ian Hutt and Sam Clegg. We raised just over £6.00 but the school raised about £1,100. It was great and the money will go into extra resources for the school!

Lawrie Timson, Year 7

SENIOR CITIZENS' CONCERT

The Senior Citizens' Concert on 11th December was a great success. There was a wide variety of musical and dramatic performances and I was involved in both the choir and the pantomime. Nerves were running high for many and I was frantically trying to remind myself that I did know my lines and they would find it

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funny! The Year 11 singers performed four songs well and the night was finished off with Cinderella Part 2, our very own panto. Our costumes and make-up really helped us to get into role and we enjoyed performing in front of an appreciate audience. *Lindsey Telfer Year 11*

On Tuesday 11th December Settlebeck High School entertained the senior citizens of Sedbergh and district. Before they had the entertainment an enormous spread of food was put on. While the senior citizens were finishing their food the entertainment started. There was a big variety of different performers and everyone as good as the other. There was a drama performance, singers, orchestra and individual performing artists. There was also a raffle with many different prizes. Many Settlebeck students helped to make the night as good as it was.

We would like to thank the senior citizens of Sedbergh who came on the night and also the staff and students who helped. Overall it was a good night and we hope you all enjoyed it.

*Dominique Jameson
& Laura Cowperthwaite, Year 8*

WEATHER

November 2001. Generally a varied month weather-wise with a 53F range in temperatures. With a maximum of 75.6F it was still un-seasonally mild but with the first dusting of snow on the higher fells it appeared to be more normal. This first snow falling on 8th was a week earlier than recent years. However it was still fairly mild, at least cowslips and primroses continued to flower though several nights of frost during a short high

pressure system pointed to what might still come. In fact we had a low of 22.5F during the 3rd week. Rainfall was more scattered during the month giving us a total of 3.94 inches. Over an inch fell on the last two days. Winds were also varied in strength and direction with a maximum gust of 24.4mph from a southerly direction.

December 2001. This month was far more seasonal with 18 days of frost. In fact on no fewer than 6 days it did not get above freezing all day. The last day of the year was the coldest when at 8.15 am it was just 14.2F and sometime later in the day the temperature fell further to 13.6F!! By teatime it had warmed up slightly to 19.3F! The 13.6F being our minimum temperature for the month and the maximum being 53.4F recorded twice in the first 8 days. In fact on the 8th the bees were so active I decided to check on the stores in my hives and got stung for my troubles. Its not every December you get stung in the UK!

Rainfall was down on recent months with a total of .56". If any of you were out in the squall around lunchtime on the 21st you really got soaked and battered by the snow and hail. Winds were variable with a gust of 30.4mph recorded from the east. A light fall of snow after Christmas hung around due to the low temperatures. Several large salmon were reported dead in the river between Millthrop and Sedbergh due possibly to icing of the river in parts. Certainly my garden pond has been up to 4" thick in ice. We shall have to see what 2002 has in store for us weather-wise.

V.D.N.P.

The Yorkshire Dales National Park Authority has welcomed the Government's decision to increase its grant by 15% as good news for the area.

The increase, which will come into effect from 1 April, will fund the Authority's current conservation, recreation, interpretation and community work. The funding will contribute to post foot and mouth rebuilding as well as pay for a range of new initiatives to address social exclusion and prepare for access to open countryside.

The news, which will see the Authority's grant grow from £3.4 million in the current financial year to £3.9 million, makes good on a Government promise in the Rural White Paper to increase direct grants to National Parks over the coming ten years to ensuring their continued protection and management.

Steve Macaré, chairman of the Yorkshire Dales National Park Authority, said: "For a second year the Government has significantly increased our grant, giving us the funds to spend in the National Park on programmes that will benefit the landscape, our local communities and the many millions of

visitors that come to the National Park each year.

"The additional funding will mean that we will be better placed to help rebuild post foot and mouth and strengthen our ability to deal with our additional responsibilities under the Countryside and Rights of Way Act, leading to access to open countryside in 2004 or 2005."

The Countryside and Rights of Way Act will greatly extend the public's ability to enjoy the countryside. It will provide a new statutory right of access on foot to mountain, moor, heath, down and registered common land and modernise the rights of way system, as well as giving better protection for Sites of Special Scientific Interest.

David Butterworth, chief executive of the Yorkshire Dales National Park Authority, said: "In announcing the grant increase the Government has recognised the role we play in protecting one of the country's finest landscapes and ensures our conservation, recreation and community programmes can continue; as well as providing additional money for new work.

"The new money will help us to gear up for access to open countryside, pay for more rangers on the ground - where they



OTWAY'S COMING HOME

John Otway & the Big Band

Sedbergh People's Hall - Sat 16th March

are needed and fund better public transport provision that will bring benefits to residents and visitors alike. For the farming community we will be able to recruit a new member of staff to help provide advice on new environmental business ideas. And for the socially excluded develop links with communities who in the past have not enjoyed the wonderful benefit of visiting the National Park and gaining a greater understanding of it.

"Our sister Authority, the North York Moors, also received a 15% grant increase. This represents a vindication of the partnership approach, developed in recent times, to tackle the major issues we both face."



FARFIELD MILL

We all hope that the New Year will bring us better news than the year just past. This year that thought and that hope will be with most of us living in this area.

For those of us the work involved in getting the Centre at Farfield up and running, the year past has perhaps above all made us realise one thing. How lucky we are in Sedbergh to have so many people able to think about the needs of the community as well as their own family needs!

It is people that have brought about the exciting prospect of having in Sedbergh a project that we believe will really change the fortunes of the area. It is willing people who have given so much of their time and their talents to the project and who by continuing to do so will ensure its future success.

First of all there are the volunteers, too many to mention by name, who have born so much responsibility for running

the Centre and the shop. They have often found talents they did not know they had and they have often found new friendships. Next year, with the expectation of larger visitor number we are going to take the chance of employing some part-time help. *See advertisement on page 45 of this issue.* With more visitors, volunteers are just as necessary, although they are welcome to apply for the part-time post if they wish to have a more regular paid commitment.

To operate a building of this size means expensive overheads. Although we want it to be a truly commercial operation it is never going to be possible to run it for community benefit as well without volunteers. It was on the market for many, many years, but no-one wanted to buy it because it was not a commercial proposition.

The Christmas and New year period was a time of great excitement at the Centre as those who visited will know. This is largely thanks to an excellent programme of activities organised by Mike, the Centre Manager. We have to thank Judith Bush and the Ocarina Band who produced an amazing sound; Jane Lomax, the Mowbray Ensemble and Katie Stables who produced a quality of music that was truly delightful; Helen Beare and the Howgill and Beyond Trio as well as David Beare and Wild Thyme who again displayed how much local talent there is. We have to thank Dilys Mcaffrey, Marjorie Spargo and Annie Hudson for their excellent demonstrations, Randall Hill for supplying the Christmas Trees and last but not least Father Christmas himself, Sedbergh's one and only Father Christmas.



ROYAL BRITISH LEGION
'A TOUR OF SCOTLAND'
SLIDE SHOW
by Norris Chamley
7:30 pm Friday 1st March
In the People's Hall
Admission £2.50

TRANSPORT JOTTER

Bus times

No changes for February that I am aware of. Braithwaites, Grand Prix, Stagecoach, and Woof's (in strictly alphabetic order) continue to ply their noble trade as per the timetable that now appears regularly in *Lookaround* (see page 60 of this month). Thanks to the Rural Transport Partnership for grant aid for this.

Pity the timetablers, though! Predicting Kendal's traffic must be a nightmare. I don't know who does the job, but mostly, I think, they get it right.

But why allow Dent buses an extra 5 minutes for the Kendal to Sedbergh leg? They rarely need it. And it takes an iron will to sit tight outside the Post Office awaiting those (probably non-existent) last-minute passengers for Millthrop and Cowgill! It's vital, I suppose, to allow drivers that breather to steel their nerves for the Dent road!

Weekend trains

From now to 24 March Saturday and Sunday trains are being diverted between Carlisle and Preston (including maybe the newly launched Virgin Voyager -

photographers, please note!). Buses and different timings operate from Oxenholme. It's good to know that major maintenance still gets done.

How bad are the railways?

In parts, I suppose: remember the curate's egg? What one can say is that they are far too important to be palmed off with journalists' hype - or readers' political prejudices, for that matter!

Passengers some 50% up. Stations smartened up remarkably. And some incredible swish new rolling stock: try Windermere to Manchester Airport, for instance. And rubbish collected 2 or 3 times between Oxenholme and Euston.

The punctuality problem, though? A trade-off, of course. Timetablers again! Do you pare the margins to offer



customers a better service, and so leave hostages to an incredibly intricately interlocking network? And we'd all rather safety

restrictions (quite a few back in force this winter, by the way) were observed than ignored.

So how bad are things? Your reporter did a mid-morning survey of departures from Birmingham New Street over all of 45 minutes the other Friday. Scheduled: 42. Cancelled: 2. Over 15 minutes late: 2. 10-15 minutes late: 4 (including mine). 5-10 minutes: 3.

Mind you, by Oxenholme, I was 31 minutes behind schedule. I'd missed Woof's version of the 564, I fear, by a fair chunk. But Grand Prix follow a quarter of an hour later at that time of day, and I got - gasp! - their bus - gasp! - with 2 minutes and 0 breath to spare!

Gordon Neal

THE CHOIR IS COMING

The United Church of Chapel Hill

Yes, indeed, the Chancel Choir of the United Church of Chapel Hill is scheduled to visit Sedbergh during our celebration of the Queen's Golden Jubilee. The 45-member choral and hand-bell ringing party from North Carolina, USA, are planning to present an hour-long recital beginning at 1:00pm in St. Andrew's Church on Wednesday, 19 June 2002.

So, what do we know about this merry band of Yanks? Well, they may be Yanks, they may be Confederates, and they may be Brits. Truth is, they are a bit of all three. For starters, the UCCH Choir Director, Jenny Anderson, and her husband, Alex, are long-time friends of our very own Shirley and Donald Smith, of Queens Drive. That explains the British connection, but what about the Civil War connection?

These things are difficult to judge. However, we do know that Chapel Hill, NC, is approximately 250 miles South-West of Washington, DC, and approximately 380 miles North-East of Atlanta, Georgia. Surely this suggests that there must be nearly as many Yanks in Chapel Hill as there are Confederates. Well, why not?

More to the point, we do know that Chapel Hill has over 43,000 persons living within a metropolitan area (including Durham and Raleigh) which houses approximately 600,000 people. We also know that while the United Church of Chapel Hill supports 520 members, it is but one of 60 churches which service the Chapel Hill



community. And you thought Sedbergh had a lot of houses of worship!

But are these facts important? Not in the least. What we really want to know is will the choir sing with a "Southern" drawl? Now that is certainly of interest to each and every one of us. And the only way we can be sure of the answer to this very important question is to attend the recital on Wednesday, 19 June 2002. So, will we see you there? That depends.

I have agreed to coordinate the hospitality needs of our visitors from Chapel Hill. The Sedbergh community has always been most gracious in welcoming such visitors in the past and this event is proving to be no different. Nearly 70 percent of the hospitality requirements, which include bed and breakfast commitments, have already been met. However, I am seeking further commitments to help cover the remaining 30 percent. Please consider lending a helping hand by contacting me at: BYNAC, Howgill

Lane, or phoning Sedbergh 20305, or emailing sskomp@onetel.net.uk. We have had (and have readily accepted) offers to accommodate from 1 to 8 persons, so please do not be shy about offering to help.

A final word. There will be future additions of "The Choir is coming" in which questions will be raised concerning the UCCH, Chapel Hill, and the Choir. These questions will provide the basis for a "Raffle Quiz". The forthcoming addition will spell out the details. Stay tuned!

Steve Skomp

FAMILY MUSINGS

I hope you all spent as lovely a Christmas as we did, a very happy relaxy family time. Elder daughter came home hubby and I went in two vehicles to collect all her belongings and I found travelling to Durham in the evening much happier, mainly no hassles on the roundabouts!

We left her the car and came back in the packed Landrover and she drove back after work the next day. Sorted. Then we'd the problem of where to put all the boxes! Into sons bedroom of course as it's the largest one! In the January sales she's purchased a microwave, video recorder and fridge and I sure do know son doesn't want all those in his room next holiday!

That wonderful frosty weather meant hubby, and lots of other farmers around here had the ideal weather and ground conditions to 'lead muck' and 'spread slurry' and for a few days we lived in Pongvalley! Please don't ask me why they don't 'lead slurry' and 'spread muck' because they probably might, except of course, in proper English one cannot 'probably might' can one! Anyway this meant hubby smelt far from pleasant on many occasions, its good we can love someone without liking them isn't it! But I have really great news about his hat - no he didn't eat it but Granny gave him a new one for Christmas! I suggested a ceremonial burning of the old one but he has hoarded it away 'just in case', like you do, don't you, with old, holey caps!

Do you realize that if you have BT1571

Answer Service you can actually dial your own number and leave yourself a message? Try it next time you're bored but leave a lovely message to cheer yourself up. Our answerphone message has been much shorter recently as the teens object to my wacky messages - costs too much when they phone on their mobiles! But all is about to change....

In early December, Granny, Auntie R, and myself spent a wonderful weekend with family near Rugby (and I got inspiration for another novel!) and one of the highlights was the Christmas Candlelight service in the old church near their home. It is now 'closed' and cared for by the Redundant Churches and the local people and has this one event a year. It was full and the only lights were candles, lamps and torches. Magic! A local school orchestra had come with teacher playing a battery operated keyboard and lots of people taking part. My cousin played four tunes on his tin whistle, all self-taught and I spoke about Christmas when I was young-er, especially memories of carol singing! Afterwards we stumbled through the old grave-yard and along the muddy lane to the next house and enjoyed mulled wine and mince pies. For me Christmas had begun in the best possible way and my cousin could well find us visiting again next December!

Closer to home, Charlie and Alex have been to see their great great auntie, my mother. I'll leave you to work out their relationship to me. Answers on a postcard please! All for now, see you next month!

HISTORY SOCIETY

The talk for Sedbergh & District History Society members on 21 November was given by Dr Alan Smith, the President of Cumberland Geological Society. It was about a man who had a considerable influence on the understanding and development of the geology of the Lake District - Jonathan Otley. He appears to have discussed his ideas and shared his discoveries generously with other 19th century geologists in the region, in particular Adam Sedgwick who is usually held to be the local pioneering expert in this subject. It was good to hear from Dr Smith, however, that Adam Sedgwick did pay tribute to Otley's influence on several occasions.

Jonathan Otley was born in 1766 near Grasmere and although coming from a very ordinary family background, was encouraged to study and advance his education. He developed a skill as a clock and watch repairer and established himself as such in Keswick where there is a plaque on the wall of the house where he lived in King's Head Yard. His numerous other interests covered map-making, meteorology, natural history and observation of the structure and formation of the surrounding fells. During his long life [he died at the age of 90], he produced several important publications resulting from his detailed knowledge of the area. These included a map showing the topography of the Lake District, with the heights of the fells indicating his abilities as a land surveyor [1818] and an accompanying guide book - "A Concise Description of the English Lakes and Adjacent

Mountains." [1823]. Both of these are now collectors' items. He wrote, and presented to learned societies, other papers on matters of interest such as 'The Black Lead Mine in Borrowdale' and 'The Floating Island in Derwentwater'. The latter involved correspondence with John Dalton, another famous scientific pioneer who lived locally.

Altogether, he appears to have been not only a true original researcher and interpreter of what he saw around him, but also a kind and humble man. Dr Smith's portrait of Jonathan Otley provided both interesting facts and comments plus many clear and attractive landscape and geological illustrations.

Ann Sibley.



Paul
Winn

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FROSTROW W. I.

In December members enjoyed a festive dinner at The Cross Keys. Afterwards three members were presented with certificates in recognition of 40 years' membership - Elsie Waters, Nora Walker and Marjorie Fishwick. The latter also received a prize for gaining most competition points during the year. The evening was rounded off with singing carols.

At the January meeting our President welcomed two new members - Eileen Staveley and Rose Sanderson. She also read a thank you letter from Rosemary Mason who has not been well and congratulated May Pruce and her husband on their recent Diamond Wedding Anniversary.

For the Queen's Jubilee Celebrations in June, Frostrow W. I. will have a craft display with members demonstrating various crafts. In connection with the local Primary School, some of us will be working on Story Sack - a scheme to provide sacks of good quality books for 5-6 year olds with supportive material to encourage reading.

Unfortunately our speaker was unable to come due to a fall. We were most grateful to Malcolm Petyt who stepped in at short notice and spoke about his research into "Regional and Social Features in English". He explained, with humorous examples, how some words have been taken into Standard English and the alternatives have only remained in dialect. José Templeman proposed a vote of thanks. The competition for "An Unusual Spoon" was won by Eileen Staveley and Jean Conchie was the raffle winner.

At the next meeting on February 13th, Mrs. Rita Corpe will demonstrate

"Starters and Deserts". Do come along if you are interested in becoming a W. I. Member.

M.F.

HOWGILL W. I.

President Dilys McCaffery welcomed members and their friends to the Christmas Party held at the Bull Hotel. A festive meal was followed by several hands of dominoes where everyone went home with a prize. The competition for a home made Christmas tree decoration was won by Audrey Hoggarth with Judith Stainton second. There was a good raffle with several lucky winners. An evening enjoyed by all.

Despite a broken wrist and elbow, following a fall, we were pleased to have Dilys presiding at the January meeting. We all wish her a full and speedy recovery. The County news contained a busy calendar of events which members were interested in attending.

Our speaker for the evening was Andrew Lowe, Building Conservation Officer for the National Park. With the help of slides he took us on a journey through twelve lakeland villages, opening our eyes to the beauty of the area, traditional buildings and centuries of history. Thanks were expressed by Dilys McCaffery.

The competition for a photograph of a lakeland village was won by Judith Stainton with Audrey Hoggarth second. A Jacobs Join supper and get-together rounded off the evening.

'Fire Safety in the Home' will be the subject of the February meeting, with speaker Dennis Cooke at Firbank Church Hall on 7th February.

Looking ahead to March we will be celebrating our Golden Anniversary in Howgill School Rooms on March 7th. ☺

HEALTH & FITNESS CENTRE

Hi All Bodies,

Well here we are again. Happy 2002 to all. Another Christmas to be paid for one way or another. Either we put weight on ourselves or put it on our credit cards! I do hope everyone had a much fun as I did.

Just before Christmas a top of the range, 10 day African Safari Holiday for two, was donated to the Project. To raffle such a prize would not do it justice so we plan to have a Spring/Summer Ball on a date yet to be fixed. Tickets will include a four course meal, entertainment and a prize draw for the Holiday. It was felt this would be fairer than to auction the holiday. More details next month. There is a new Quiz sheet available around town, and a Table top/jumble sale on 16th February.

Many people have worked hard to get the project this far. I give my heartfelt thanks to all members past and present. However as happens people have personal and other changes in their lives and so we find ourselves in need of members for our management committee, especially a Treasurer. If you can help we would be pleased to hear from you. We generally meet once a month at a time convenient for the majority of the members.

As the take up of members has not been as good as we had wished we are looking into setting up a pilot project i.e. a small Gym. A meeting has been arranged with a gym company for 1.30pm on February 12th. If you would like to come along please do. The Project has everything in place to move forward, and it will, as long as we continue to have your support.

So please tick your membership pledges. No money is necessary at this stage. And remember, if the project fails then you will get your membership money back, every penny. If you have lost your membership form or you are not quite sure what to do, please give me a call and I will be happy to talk over any points with you. Wishing you all the very best of health.

Sandra Gold-Wood

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TO ASSIST WITH WORK OF VOLUNTEERS*

SCOUTS CHRISTMAS POST

Before Christmas, members of the Sedbergh Scout Group together with parents and friends, were busy delivering local cards. About 2,250 cards were put in the boxes raising, with other work and donations, over £275 for Group Funds.

We had to let the professionals take over sometimes when addresses were unclear or they were outside our delivery area. but we hope most of the mail got through.

We apologise if we got it wrong but can assure you we did our best. We would like to thank all of you who used the service and would add that, in the fourteen years the service has been running, you have helped to raise over £3,000 for the Group.

AD

SEDBERGH COMMUNITY DEVELOPMENT CENTRE

Over 20 people are currently attending our computer courses funded by the Rural Business Recovery Partnership. Voluntary Action Cumbria, who is a member of the partnership, approached CREDITS to ask if centres could provide IT training. I am pleased to say we have managed to organise two CLAIT courses. All students have gained a 75% reduction off our normal price for the course and many are eligible to claim a training allowance of up to £200 because their business has been affected during the foot & mouth crisis. The funding is provided by the European Social Fund.

Team Working In Cyberspace (TWIC) is a new course which teaches advanced use of Internet Searching, Email, Electronic Conferencing and Video Conferencing. Students will learn the principles of team working. They will then complete a project working with other CREDITS centres using electronic communication. The course leads to a level 2/3 qualification from the Open College and a Certificate in IT from the Open University (who helped develop the course). TWIC will appeal to anyone who wants to get more from their PC, who wants to improve their employability, or who is interested in studying with the Open University in the future. The course starts on 28th February.

We are currently running a series of **business and careers development courses** in partnership with the Employment Alternatives organisation. The last in the series is **Rural Business Ideas**. This is a 6 week free course for anyone running a small business (farming, tourism, retail etc), or thinking of starting one. You will have the

opportunity to develop your ideas for the future with the help of an expert tutor and visiting speakers. The course starts on 5th February.

Last but not least CREDITS recently won one of the coveted **National Training Awards** for its excellence in training community members across the county. This is in addition to the BURA award for regeneration, which CREDITS received in 2000.

Chris Wood

SEDBERGH SCHOOL

KITCHEN STAFF Required

Between 5pm and 7pm

Please contact Bill Page on 20303

Y.D.N.P.

The Yorkshire Dales National Park Authority is on target to grant aid 19 barn conservation projects across the National Park and rebuild stone walls by the end of March this year.

If achieved, the Authority will have reached its barns and walls target for the year, despite much of the work having to be rescheduled because of foot and mouth disease access restrictions.

Work on the second phase of the Settle-Carlisle Railway lineside walling project is also due to be completed by the end of March, with walling restored at a cost of £73,000. This is in addition to a further length of wall rebuilding made possible by a foot and mouth disease recovery grant from Yorkshire Forward.

OTWAY

Otway's Coming Home - To Sedbergh Ingmore Hall, the ancestral home of Sir John Otway, has been chosen to be the setting for another momentous event in history.

Over sixty fans and a TV Film crew plan to welcome a special guest, another John Otway.

This one is dubbed "Rock and Roll's Greatest failure" but to those who know and admire him he is a hero. This micro-star managed to fill the Albert Hall in 1998 and is heading for the London Palladium later this year.

Apart from the name, no family connection has yet been proven between the historical resident of Ingmore and his

contemporary namesake. Nonetheless, a group of fans & friends thought such a weak link still made the ideal focus for spending a weekend in Sedbergh with John Otway and his band. Part of the celebrations include a 'Coming Home' concert on Saturday 16th March in Sedbergh's People's Hall. This will be an opportunity to showcase Otway's talent as a songwriter and certainly delight the audience with entertaining cover versions and lively antics. Tickets can now be obtained in advance at £6.50 each, or bought at the door £7, Concessions £6. Please send cheques payable to 'SOAP' 42 Main Street, Addingham, LS29 0LP including S.A.E.

John Otway has not had a record in the UK charts since his hit in 1975, "Cor Baby That's Really Free", but his talents were marked by being voted 7th greatest lyricist of the 20th Century in a BBC poll, ahead of Bob Dylan & Paul Simon! Constantly playing village halls and local events has honed Otway's skills and amassed a substantial & devoted following.

Organiser of the homecoming event, Andrew Scull from Addingham says, *2002 is set to be a great 50th year for John Otway with plans for another long awaited hit.*

A weekend at Ingmore seemed the best way to prepare for the world and when we suggested it on the internet the places were snapped up by people from all over the country.

We know from experience Sedbergh will be added to the long list of places that welcome John back year after year.

Nic Sheppard

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TELLING YOUR STORY

Within us all there is a story to tell - it doesn't have to be true, you don't have to be an expert at literature, or a writer, and it doesn't have to make sense to any one else.

Yet creative writing can be the most liberating form of expression. Characters can be drawn from all walks of your life and through your writing you can express any amount of emotions relating to husbands, children, parents, employers: it is incredibly satisfying, cleansing, it doesn't hurt any body and it can feel wonderful!

Our daily routine can be restricting and mundane. Getting up, kids to school, washing, ironing and feeding - think about being able to transport yourself to Africa, the moon, the ocean - fly from a drizzly afternoon in Sedbergh to the heat of the desert, meet a swashbuckling horseman and ride off into the sunset. Through your writing you can live out your dreams and fantasies. All you need is a little imagination and the world lies at your feet!

Last year I ran a very successful creative writing course in Sedbergh and I am now hoping to repeat this in Barbon after February half-term. It is for women of all ages and provided free by the Workers Educational Association.

If you are interested please ring Deyna Hirst on 21556. Please don't lack of transport put you off - lifts are always possible! ☺

Y.D.N.P.

ANY OLD BOOTS? The Yorkshire Dales National Park Authority is asking people to look in their attics, sheds or garages for any walking paraphernalia from the early 20th Century.

The call has gone out for old walking boots, outdoor clothing, maps or guides for inclusion in an exhibition that will celebrate the rights of way in the National Park over the years. The exhibition will be housed at Dales Countryside Museum in Hawes and is planned to run from February through to March.

The exhibition is one of a number of events the Authority is planning for next year to encourage the public back to the National Park after the foot and mouth crisis this year.

Fiona Rosher, manager of the Dales Countryside Museum, said: "The exhibition will celebrate the travelling past of the Dales, exploring how today's footpaths, bridleways and byways came into being and how they developed into today's public rights of way network."

"To bring the exhibition alive we are on the lookout for all kinds of walking memorabilia, from old boots, maps or guides of the area or even old backpacks."

Anyone wanting to contribute something to the exhibition should contact the Dales Countryside Museum on 01969 667450, all items will be treated with care and returned in April 2002.

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IMPORTANT NOTICE

*South Lakeland District Council
Concessionary Fares Scheme 2002/2003*
From April 2002 the Council

- will **ONLY** provide the statutory half-fare bus pass.
- will **NO LONGER** issue books of travel vouchers.
- will **NO LONGER** issue concessionary car parking permits.

The half-fare bus pass, which allows eligible people to travel anywhere in Cumbria on registered bus routes, will be, therefore, the **ONLY** travel concession offered by the Council.

This method of assisting Senior Citizens and Disabled People is the only one which receives specific Central Government grant aid. This factor, together with the Council's need to save £1,200,000 on its spending plans for next year and to protect its priority services, has a significant effect on next year's Concessionary Fares Scheme. The Council is sorry for this change but cannot see any alternative in the current circumstances.

We are giving you early notice of this important change to the 2002/2003 Scheme and should you require any further clarification or information,

Please contact:-

Barry Atkins,
Business Support
Manager, Amenities
and Development
Department, SLDC,
South Lakeland
House, Lowther
Street, Kendal LA9
4DL Tel. 01539
733333 - ext. 7351
or 7356. ☎

THE QUEEN'S GOLDEN JUBILEE

The opening concert of the St. Andrew's Festival 2002 will be by the Steeton Male Voice Choir. Along the valley of the Aire, and running roughly parallel to it, is the road that links the market town of Skipton with Keighley. Planted firmly on either side of the road and about midway along it is the village of Steeton. Over a thousand years old, but still a very lively, thriving and growing community.

This is the home of the Steeton Male Voice Choir, known familiarly in the village since 1907 as 't'male voice.' A few of the present membership of over 70 singers still live in the village but the choir's increase in size and reputation has attracted men from a much wider area.

It is now a highly regarded choir in the best Yorkshire choral tradition, having received plaudits for its richness of sound, the sensitivity of its singing and the clarity of its diction.

Five tours to the continent in recent years have given the choir the opportunity to sing in Germany, Holland and Belgium as well as performing widely in this country in such venues as Ripon Cathedral, York Minster, Royal

Albert Hall and the International Eisteddfod at Llangollen.

Our Festival will take place over eight days, from June 15th - 23rd. Many exciting events to look forward to! ☺

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SEDBERGH WANDERERS BINGO NIGHT

On Saturday 19th January the Football Club held a Bingo Night in the White Hart Club with all proceeds going to Sedbergh Primary Schools planned play area.

The support the Club got for this venture from within the town was unbelievable, with just about every shop, bank, pub and business supporting us with this event.

The club would like to say a big thanks to everyone including Maureen Airey, Joan Campbell and Joanne Haygarth who were brilliant running the show and for the £50 that they donated from the Bingo team. Allison Cragg, the football club's treasurer, who put in a lot of hard work on the Club's behalf, and the £150 the football club donated, plus all the gifts many of the football players and wives donated. Thanks to The Bull Hotel for the excellent prize, Rycrofts, Halifax, HSBC, Barclays and Nat. West., Les Maddocks, the Paper Shop, Sarahs, Frans, Sedbergh Post Office, The Dalesman, Steadmans Butchers, Powells Fruit, Veg and Flower shop, Morphets and Closes garages. Also Farfield Clothing, Dawsons Coal Merchants, Ian Dawsons Dentists, Spar Shop, Sedbergh Pharmacy, K. Shoes and the Art Shop. The Wednesday Fruit Market and Veg lads, Martins, and Classic Drinks, and those of you I may have left out.

Finally a huge thank you to all those who supported us on the night and played Bingo. All this support enabled us to raise £670 for the Primary School.

The Football Club has more fundraisers planned to help local groups and charities coming up in the near future. Watch This Space. *Sedbergh Wanderers F.C.*

SETTLEBECK HIGH SCHOOL FREE BOOKS FOR SCHOOLS TOKENS

Once again we will be collecting Free Books for Schools tokens this year. They can be found in The Sun and News of the World and on special packs of Walkers, Walkers Quavers, Monster Munch and French-Fries.

Collecting boxes and special bags will be in place in school (no need to cut the tokens out). So if anyone is able to drop any of these items into school we'd be very grateful.

Alison Gardner

INTERVIEW DAY YEAR 11 – 5th

February

Settlebeck Year 11 students will be attending an Interview Day at The Bull Hotel on Tuesday, 5th February. Formal interviews will give the students experience and feedback as part of their careers preparation for post 16 courses and employment. This is an opportunity for them to show off their dress sense as well as their communication skills. If you see them walking along the street and think to yourself, they're not in school and they are all dressed up as if going somewhere, you'll be correct and it will be all above board!

Judith Walsh

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IN PRAISE OF PEPPERPOT

To be able to have a go at playing an orchestral instrument at my fairly advanced age is quite a challenge, especially when it's a 'cello! But thanks to the Pepperpot Club/Music Makers who have lent me one, that's what I'm doing. Of course the primary aim of Pepperpot is to encourage young people who wish to take up orchestral instruments by, for example, lending them instruments, and/or funding some lessons. But, I am pleased to say, there is no age-limit so long as instruments are available. So here I am, sawing away on my 'cello, and rejoicing in the occasional note that sounds right!

And there's more! Pepperpot pays good tutors to work with an 'orchestra' of Primary School age children once a week. This is open to any child already learning an instrument, so there is a very wide range, from brass to strings to wind to keyboard to percussion - and each year of course will be different. This year adults have been allowed to join in - so there I go, with my descant recorder (and my ear plugs!), and learn many of the basics I missed out on as a child.

And still there's more! In the Millennium year there was an ocarina workshop included in the music making. Pepperpot picked up on this, and pays for tutors to run ocarina groups, at present one in Ravenstonedale and one in Sedbergh, once a month. No knowledge of music is required to begin playing an ocarina. And again, no age limit, so there is a good mix of adults in with the children. Even my husband joins in! The groups joined to play at the Market Fair in 2001. Before Christmas we played

carols at a residential home near Ravenstonedale, and again at Farfield Mill when Father Christmas came. There, the Town Band played before us - that was a hard act to follow! Two of the Ravenstonedale children played at several church services. Our fame is spreading!

So I'm up to my ears in music - and why do I do it - because it's fun! Thank you Pepperpot.

V. Finch

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DENTDALE METHODIST SCHOOLROOM

The Coffee Morning for the Dentdale Methodist Schoolroom Refurbishment Fund held in Dent on 22nd December raised, with donations £91. Many thanks to everyone who made this total possible.

The room in question is used for community events and for the Dr's waiting room for the surgery held in the kitchen next door. A new carpet has been laid, a lot of the furniture not replaced, a display rack provided (thankyou S.O.S.) for leaflets and toys for small children to play with.

The car-park area is next for improvement. To hire the room ring Dent 252275.

FEBRUARY GARDENING

February days may seem cold, short and grey but I am sure that you, like me will have noticed signs of early spring growth in some plants as buds begin to burst and shoots to sprout up. Many plants rely on changing day length rather than a rise in temperature to start them into action. They contain plant 'hormones' which change from one form to another when they are exposed to sunlight, but which revert back to their original form in darkness. Plants measure the amounts of the two forms of chemical within their cells and as the days lengthen and the quantity of light-produced chemical increases, growth is triggered.

Plant breeders sometimes manage to breed out of a plant its ability to grow or flower at certain times of the year and to give us things such as winter flowering pansies or all year round strawberries. Nurserymen also use 'daylight' lighting systems and/or blackouts to con plants into flowering or fruiting out of season.

However most of our plants will be responding perfectly normally to the lengthening days and will be preparing for warmer weather by growing new root systems. This makes it a good time of year to think about re-potting indoor and outdoor potted plants.

I use a multipurpose seed and potting compost for most indoor plants because it seems to provide the right ratio of stability, air and water holding capacity. For outdoor plants - shrubs and roses in tubs and anything which will live semi-permanently in a pot I use John Innes (No.2) compost which is soil based and has much more staying power than other composts.

Elaine Horne

SEDBERGH FOOTBALL CLUB

DESIGN A CREST COMPETITION

The towns Football Club Has never really had it's own club crest or badge. As we are getting more and more involved with groups and clubs within the town, it would be nice to have our own badge that folk can associate with.

We have decided to run a competition within the area for you, the townsfolk, to think up and design as a new and future crest.

It will have to be done to 3 inch square, as that will be the approximately size of the chest badge. It can be based on anything to do with football or maybe the surrounding hills, countryside, rivers or sights within the town.

Anybody can enter from Settlebeck students up to O.A.P.'s. All entries to be sent to Caspa by Saturday 16th February 2002. Club officials will then judge them and the winning entry will receive £25.

O.K. folks. The rest is up to you.

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SEDBERGH AND DISTRICT SPRING SHOW

The Show this year is on Saturday March 23rd at the Peoples Hall and the Masonic Hall. The Schedules are now available at:-

Cottam's newsagents, The Community Office, The Yorkshire Dales National Park Information Office, The Library, The Chemist's shop, The Post Office, Farfield Arts and Heritage Centre.

We look forward to a bumper year this year, with all those entries you were going to send in last year as well as this year's works of art. The organisation stands will be in the Masonic Hall and this will be a good chance to advertise all your activities.

The personality opening the show will be **Katie Cropper**, the only woman winner of the BBC 'One Man and His Dog' competition. The Show Secretary (Carol Dawbarn, 20641) will be pleased to receive your entries as soon as you are ready. The sooner the better!



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QUEEN'S JUBILEE June 2002

Plans are progressing for events to celebrate the Queen's Jubilee. On the 4th June, which is a special bank holiday, there will be an event on Back Lane Fields with stalls, exhibits, refreshments and fun things to do. This is being organised by the Parish Council and if you or your organization wants to participate in any way please contact the Clerk to the Parish Council, John Stanton, either at the Community Office or telephone either 20504 (day) or 20901 (evenings).

We also plan to issue a commemorative mug to every child living in Sedbergh who is under the age of 18. We are at present trying to find out how many mugs we need and we think we have accounted for most of the children who go to school in the town but if you think that you or your child may have not been included as they go to school outside Sedbergh please let Ann Allan (at Cottam's newsagents) know.

Street parties are planned for Saturday June 1st but we still need people to organise these in their own streets. If you feel that you could help please contact me as soon as possible. At the last Jubilee street parties were a great success but if they are to happen this year we need your participation.

There will also be a music festival at St. Andrew's Church and they are looking for families who are willing to give two nights accommodation to members of a visiting choir, see article elsewhere in this magazine for more details of how you can help.

John Stanton
015396 20504

THE SOUTH LAKELAND VOLUNTARY SOCIETY FOR THE BLIND (SEDBERGH BRANCH)

Visually impaired members of the society were invited to visit the Sedbergh Health Centre as part of an audit aimed at evaluating the user friendliness of the centre for people with visual problems. Some members also had hearing problems and others had difficulties with walking. They were asked to comment also on the problems that arose because of these additional disabilities.

Starting from the car park and moving gradually from there into, and through the building, the group gave feedback on any difficulties that they came across. Over thirty observations were made and concerned such things as the danger of main pathway obstructions, contrast, lighting and size of print on notice boards, ease of seeing door handles and light switches and the location and ease of use of the disabled toilet. Suggestions were made as to how the facilities might be improved for the benefit of patients with disabilities.

All the comments were carefully listened to and noted down, after which the group were treated to cups of tea and some delicious cake.

The Sedbergh group later received a letter from the Morecambe Bay N.H.S. Primary Care Trust expressing gratitude for the help given and a commitment to follow up on the suggestions made.

Jennifer Levitt, Volunteer

THE VOLUNTEER CENTRE WHAT IS THAT?

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Help local groups and charities find volunteers.

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Could we do something for you?

Maybe we could help find you a volunteer for your group?

Maybe we could help support your existing volunteers?

Maybe we could find you a group to join as a volunteer?

If you think we can do something for you, contact Helen or Liz at the Volunteer Centre South Lakeland on 01539-725005, we will also be available at Sedbergh Community Office on Wednesday February 6th from 1pm to 3pm, if you would prefer a chat.

PETER & DENISE COTTAM

NEWSAGENTS

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Y.D.N.P.

The Yorkshire Dales National Park Authority has welcomed Helen Noble, its new corporate management officer who took up her post at the beginning of the year.

Helen joins the Authority from the Broads Authority, also a National Park Authority, where she was responsible for policy development, long-term strategy and external funding, together with heading the administrative team. She fills the post vacated by Gary Smith who was recently promoted to become the Authority's head of conservation and policy.

Helen will lead on the Authority's drive to improve the quality of its services and manage its response to the Government's Best Value agenda, which is transforming local government services across England.

Helen Noble said: "Having worked for the Broads Authority for eight years I have learnt first hand about many of the issues that affect National Parks. I look forward to using this experience for the benefit of the Dales and to help the Authority to continue to deliver even better services for the public, whilst contributing to a better environment."

Outside of her new National Park role, Helen is also the co-ordinator of the EUROPARC Atlantic Isles group, an umbrella organisation of the EUROPARC Federation. The EUROPARC Federation brings together a wide range of organisations and individuals involved in the policy and practice of managing national parks and protected areas. Its members represent well over 300 nationally protected areas in over 30 European countries.



WHAT'S NEW AT DENT GRAMMAR SCHOOL?

Apart from the sad demise of teaching in 1897, D.G.S. is in good heart. The Governors were glad, amid the prevailing gloom of 2001, to be able to give a total of £1,940 in educational grants and bursaries. This was 14% up on 2000, 35% on 1999 (disregarding Millennium specials).

One new development takes us on to the internet. By courtesy of Dentdale Business Forum, information about the Grammar School, including the Governors' Annual Report, can now be reached via www.dentdale.com.

A successor is needed as Clerk. I retire later this year after over 6 years in post. If any reader would be interested in taking on this varied and fascinating role, please contact the Chairman, Bob Dobson, on 25350 or at Old Post Office, Dent, LA10 5QJ as soon as possible. Further information from me (phone 25366 or e-mail DGSEF@btinternet.com) - or from the internet.

Two new Governors were welcomed to the Quarterly Meeting last month. Peter Stephenson and David Wright succeed those long-standing veterans of the Board John Fawcett and Ingram Cleasby. The retirees will be sorely missed for a very long time.

Gordon Neal

Clerk to the Governors

EXPERIENCED DRESSMAKER

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Bridal, Ball Gowns, etc.

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SHEILA SHUTTLEWORTH

Tel: 015242 - 74322

RABBIT-PROOF GARDENING

Do you love gardening? Do you despair when having spent rather a lot of money and effort planting luscious summer bedding and perennials only to see them disappear overnight because they have been eaten by rabbits? Well, now is the time to fight back and to plan ahead for the spring and summer.

Do not despair, there is light at the end of the tunnel, (or should I say rabbit warren!). Those lovely doe-eyed, cuddly, lovable Peter Rabbit-like creatures are in for a nasty shock. Lets face it, rabbits are here to stay but by choosing plants which rabbits dislike is one way to deal with the problem.

Janet Thompson has written a little booklet called 'Gardening With The Enemy' - a guide to rabbit-proof gardening. She lists about 80 plants that give a kick-start to a rabbit-free gardening career.

When my daughter was very small and attending kindergarten one of her favourite songs was 'Little Bunny Fu Fu'. It goes something like this.

Little Bunny Fu Fu

*Hopping through the forest,
Scooping up the field mice
And bopping them on the head.*

She loved it and used to sing it for hours but I was rather concerned about rabbits committing such atrocities against poor little field mice. However, since coming to live in Garsdale nothing would give me greater pleasure than to bop a few rabbits on the head after all the devastation they have caused in my garden!

Brenda Koo



SEDBERGH & DISTRICT ART SOCIETY

On 7th December 2001, Art Society members were joined by members of the Pepperpot Club to hear a talk by Bill Williams, artist and art-historian. His subject was John Constable, and he illustrated his talk with well-chosen slides demonstrating the various influences on Constable, and the way his painting developed.

Constable was not as highly thought of in his own time as now, and oddly enough was considered rather revolutionary in his painting, while Turner, who to us seems more 'modern', was rated one of the best painters of the day. Some of the slides were of sketches which, as well as being very lively, showed how Constable felt free to change his mind about the arrangement of a painting.

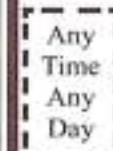
This was an informative and enjoyable evening, and it is hoped that Pepperpot members will join us again. V. Finch

MARK A. GRANT

Patient & Friendly Tuition
Refresher & Motorway
Pass Plus Driving Courses
Theory Test Preparation
© Sedbergh 20573

D.O.T.

APPROVED
DRIVING
INSTRUCTOR



ATTENTION 'STARS IN YOUR EYES'

The Dent F. C. event "Stars in your Eyes" scheduled for 2nd February 2002 has been **cancelled** due to the D.J. having had his equipment stolen.



SEDBERGH & KIRKBY LONSDALE NEIGHBOURHOOD FORUM

The next meeting of the Sedbergh & Kirkby Lonsdale Neighbourhood Forum will be on February 7th at 7.00 pm in the People's Hall, Sedbergh. The Forum is run by Cumbria County Council to consult with local people and listen to ideas and concerns about life in the area. As yet we have no set item on the agenda, but suggestions from residents are always welcome. There is also an "open forum" where you can raise any locally topical issue.

The Neighbourhood Forum also has grant money available for voluntary community projects. There is still money in the budget for this year and groups are urged to contact Dianne Whitehead as soon as possible for an application form.

If you would like to know more about the forum, or to apply for a Neighbourhood Forum grants, contact Dianne Whitehead, Neighbourhood Development Officer on 01229 894103, e-mail:

dianne.whitehead@cumbriacc.gov.uk

SETTLEBECK SCHOOL

The photograph shows Miss Towler who was the Music Teacher at Settlebeck School. She passed away in 1993 and was over 80 years of age.

Does anyone recognise the pupils in the picture and where and when it was taken? It was probably in the 1950's. Please let The Lookaround know of any details.



SEDBERGH SQUASH CLUB

Sedbergh Squash Club played a friendly away match against Kendal in December. A mixed team of eight put in maximum effort and the games were closely contested, but Kendal's win was decisive.

The Sedbergh team of John Bannister, Peter Hartley, Gerrard Winnard, Ormonde Joel, Bert Metcalfe, Trish Cooling, Sally Nelhams and Jackie Robinson are now looking forward to a friendly away match against Appleby in January.

Anyone wishing to join Sedbergh Squash Club should contact Ormonde Joel on 015396-21105.

STABLE ANTIQUES

15 Back Lane, Sedbergh ☎ 20251

Anything old & interesting bought

BROWSERS WELCOME

*OPEN 6 DAYS A WEEK
SUNDAY BY APPOINTMENT*

Bed & Breakfast available

THOUGHT FOR THE MONTH

Valentines Day, Pancake Tuesday, Ash Wednesday. What fun we have in store. How well do we keep up the traditions of our country, our locality? How eager are we to join in community schemes and events? How happy are we to buckle down and get working, for no pay? Too many of us who could do something, just sit back and exercise our mouths by criticism of the efforts of those who get on and do! So come on folks, think what you can do in your community and get out there and do it! Any if you really can't 'do' then be an encourager!. L.D.

PLAYING FIELD

Plans to refurbish the People's Hall playing fields playground are progressing. We have met with four contractors, who have offered designs and quotes, all of which are being collated into a display and there will be an Open Day at the Peoples Hall on Saturday 23rd February to offer the community the opportunity to choose the design, which can be a 'pick and mix' or one specific design.

We anticipate taking the prospective designs into the primary and Settlebeck schools following the open meeting. Once the design has been decided we will start the task of fund raising, Barnardo's and Voluntary Action Cumbria are supporting us in what can be a lengthy process, possibly two years, but I am sure all would agree will be well worth the time and effort.

Mike Hinson

DENTDALE W.I.

Twenty seven members of Dentdale W.I. met together for their Christmas lunch party at Meadowside Cafe on Wednesday 12th December. We all thoroughly enjoyed the meal cooked by our fellow member Pat Tetlow.

The meal ended with a present lucky dip and then on a more serious note five members Isobel Burrow, Betty Hartley, Joan Haygarth, Elizabeth Middleton and Nancy Murdoch were presented with certificates for being members of the W.I. for 40 years.

Nancy Murdoch received her prize as runner up in the Competition cup.

The 2002 programme starts with a talk on the 9th January by the Very Revd. Ingram Cleasby entitled *A right Royal Tale* and on 13th Feb we shall watching a cake icing decoration demonstration by Mrs Eileen Labbate. Any visitors or new members will be extremely welcome.

HISTORY SOCIETY

To celebrate the Queen's Golden Jubilee in June the History Society are hoping to put on a display of photographs taken in the 1950's. These will include local events, local worthies and local buildings etc.

The Society would be very grateful if it could borrow any photographs of this period so that it could make copies. All borrowed photographs would be returned within a few days. If you have any that you think would be suitable please contact the Chairman (Joyce Scobie) at the History Room in the Community Office or by phone - 21106. Many thanks

CAROL SINGING IN GARDENDALE

The final total raised from Carol Singing in Garsdale amounted to £170.

Grateful thank go to all who helped us reach this record total!

M.A.

Daphne JACKSON D. O.

*Registered Osteopath
BUPA Provider*

Is pleased to announce that her Sedbergh Practice has now re-opened

**Mill Barn, Broad Raine,
Killington LA10 5EP**

Please ring Kendal Practice
for appointments
01539 740452

EMBROIDERY GUILD

Are you interested in embroidery etc? Would you like to have a local group of the Embroidery Guild?

If so please ring Anne Hunter on 015242-41120 for further details.



YORKSHIRE DALES NATIONAL PARK CENTRE

The opening times for the Centre on Main Street for February and March are as follows:-

Winter Opening

Friday, Saturday & Sunday

11 am - 4 pm

Mid Term holiday week

Saturday 16th to

Sunday 24th February

daily 10am - 4 pm

New season From March 25th

open daily 10am- 4 pm.

Closed for lunch 1 pm - 1.30 pm. ☺

NEED TO LOSE WEIGHT? HARMONY SLIMMING CLUB

6.30 pm Each Thursday

Bull Hotel, Sedbergh

£3.25 Weekly - £4.25 First Week

Friendly Meeting

Professional Expert Help

Healthy Slimming Plans

Good Weight Loss

Come on the night or call

Barbara for a chat on 01539 722568

BODGER

What is a Bodger? Do you know? We have a Bodger at Farfield Mill every weekend until mid-March.

This endangered species builds useful items with woodland trees; ash, sycamore, elm, oak.

See the Bodger construct and use basic tools, learn about techniques and have all your questions answered.

The Bodger is part of our natural and social history; so do please come along and enjoy the Full Farfield Experience with Bodger!

HISTORY SOCIETY

In these days of Health and Safety Acts and the constant awareness of the responsibilities of ensuring safety in the workplace we need a timely reminder of how different it was two to three hundred years ago.

Dr Margaret Robinson of Lancaster University gave a vivid account of the dangers of industrial working in 18th and 19th century Cumbria. Most industrial concerns were small family affairs where the employers and employees were one and the same. Nobody could interfere with the Rights of the Head of the household: in general, safety at work was one's own responsibility.

Dr Robinson used the Coroners' Inquests held in the Quarter Session records to give individual stories - some pretty horrific !!- of accidents in the lead and coal mines, slate quarries, textiles and shipbuilding.

Improvements in safety were very gradual - many being pioneered in Whitehaven. In particular, better ventilation and filtering off of the methane gas (though this did lead to the temptation to dig deeper). There were dangers for the public - falling down shafts or getting in the way of heavy coal waggon descending at speed as one crossed the wagon-way. In fact most accidents were by drowning! With the coming of steam power, unfenced machines and moving belting, another major cause of accidents was the cleaning of machines whilst in motion. More accidents were caused by long hair and voluminous skirts.

To conclude, Dr Robinson answered several questions relating to the various accidents.

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
				16.20		564	GP
<u>To Kirkby Stephen Via Cautley and 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
				14.51		564	GP
<u>To Kirkby Lonsdale</u>				<u>From Kirkby Lonsdale Square</u>			
09.45	Thu	567A	W	12.15	Thu	567A	W
<u>To Hawes</u>				<u>From Hawes</u>			
08.45	TWF	112	B	08.00	Sch	112	B
10.00	Tue	804	W	09.35	WF	112	B
14.15	W&F	112	B	13.25	Tue	804	W
15.45	Sch	112	B	15.00	TWF	112	B
<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

Tue Tuesday Only

Wed Wednesday Only

Thu Thursday Only

Sat Saturday Only

Sch Schooldays Only (M-F)

W&F Wednesday & Friday Only

TWF Tuesday; Wednesday & Friday Only

S&H All Sat's & Mon to Fri in School Hol's

All times are from and to The Daleman Inn

GP Grand Prix of Brough

W Woolf's of Sedbergh

B Braithwaite's Couches

S Stagecoach in Cumbria

• Blackhall Road opposite the Bus Station

❖ Provided with Support from CCC

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

For Comprehensive up-to-date information ring :-
Traveline 0870 608 2608 (Open : 7am - 8pm Daily)

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

ROMAN CATHOLIC

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

METHODIST CHURCH

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

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

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

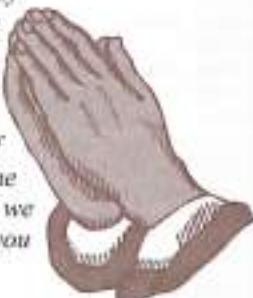
CHURCH OF ENGLAND

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

Caroline Cattermole

Psychosynthesis Therapeutic

015396 21570

Ian McPherson

Counselling

015396 20648

Hazel Morris

T'ai Chi, Flower Essences, Reiki

015396 25374

Robin Oxley

Hypnotherapy, Meditation

015395 67657

June Parker

Therapeutic Healing

015396 20972

Complementary Therapists practising locally

DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 14th December 2002

FEBRUARY

- 2 2130 Dent Stars in Your Eyes (56)
- 4 1900 PH AGM (7)
- 6 1330 Butterflies
- 6 1930 HS Members Evening (6)
- 7 1900 Neighbourhood Forum
- 7 1930 WIH Fire Safety in the Home
- 8 SS Term Ends
- 9 2100 SFC Danny's Disco & Big Don Mann (9)
- 12 1400 WIK White Scar Caves
- 13 1330 Butterflies
- 13 1930 WIF Cookery
- 14 Brendan Bracken
- 14 1900 Squash Competitions
- 15 1930 Howgill Church Domino Drive
- 16 1000 Pottery (10)
- 16 1300 The Interview (10)
- 16 Table Top & Jumble Sale
- 16 2000 Bingo Night (16)
- 17 SS Term Begins
- 17 1000 Table Top Sale (17)
- 18 1930 Beetle Drive
- 19 1415 SLVSB Meeting
- 19 1930 FCH Domino Drive
- 20 1900 Thwarting of Baron Bolligrew (20)
- 20 1930 HS Lakeland Churches (6)
- 21 1900 Thwarting of Baron Bolligrew (20)
- 22 1930 CWT English Ospreys (22)
- 23 1000 Coffee Morning & Jumble Sale (23)
- 23 1000 Playing Fields Open Day
- 23 1300 The Hot Seat (10)
- 23 1900 Thwarting of Baron Bolligrew (20)
- 23 2000 Race Night (23)
- 24 1930 SS Subscription Concert
- 25 SHS Term Begins
- 27 1330 Butterflies
- 28 1930 Bowling Club AGM (28)

MARCH

- 1 1430 Women's World Day of Prayer (35)
- 1 1930 RBL Slide Show (40)
- 2 2100 SFC Sha & Woody's Sounds (9)
- 5 1930 FCH AGM
- 6 1000 WIH Coffee Morning
- 6 1330 Butterflies
- 6 1930 HS The Victorian Families
- 7 1930 WIH Golden Jubilee Celebration
- 9 1000 Xing Yi (16)
- 12 1400 WIK 'Surprise'
- 12 1930 FCH Domino Drive

Cancelled

- 13 1000 Christian Aid Coffee Morning
- 13 1330 Butterflies
- 13 1930 WIF Aloe Vera Demonstration
- 16 1900 Otway's Coming Home (38)
- 16 1930 StAS Concert
- 19 1415 SLVSB Meeting
- 19 1500 SS Wilson Run
- 20 1000 URC Church Coffee Morning
- 20 1330 Butterflies
- 22 SHS Term Ends
- 22 SS Term Ends
- 23 1300 Spring Show
- 27 1000 CAB Coffee Morning

URCR
StAS
PH
StAS
CO
SS
URCR
StAS
SHS
SS
PH/MH
URCR
SHS
PH

Squash Count

- 27 1930 CWT Orchids of Cumbria & AGM
- 30 1400 PH Jumble Sale

SHS
PH

APRIL

- 3 1000 WIF Coffee Morning
- 4 1930 WIH Sedbergh Community Office
- 4 1930 SHS Term Begins
- 9 1400 WIK Visionaid
- 10 1000 Barnardo's Coffee Morning
- 10 1330 Butterflies
- 10 1930 WIF Gardening
- 16 1415 SLVSB Meeting
- 17 1000 Asthma Society Coffee Morning
- 17 1330 Butterflies
- 23 1330 SS Term Begins
- 24 1000 Dent Meth. Ch Coffee Morning
- 24 1330 Butterflies
- 24 1930 CWT An Evening of Birdsong
- FM

URCR
FCH
PH
URCR
StAS
URCR
SHS
SS
URCR
StAS
URCR
SHS
URCR
StAS
URCR
SHS

MAY

- 1 1000 GVH Coffee Morning
- 1 1330 Butterflies
- 2 1930 WIH Hanging Baskets
- 8 1000 StAS Coffee Morning
- 8 1330 Butterflies
- 8 1930 WIF Resolutions Evening
- 13 Christian Aid Week
- 14 Christian Aid Week
- 14 1400 WIK Resolutions and Social
- 15 Christian Aid Week
- 15 1330 Butterflies
- 16 Christian Aid Week
- 17 Christian Aid Week
- 18 1230 Sedbergh Gala
- 21 1415 SLVSB Meeting
- 22 1000 WIK Coffee Morning
- 22 1330 Butterflies
- 22 1000 WIK Coffee Morning

URCR
StAS
HSR
URCR
StAS
URCR
StAS
PH
URCR
StAS
URCR
StAS
URCR
CO
URCR
StAS
URCR

*The S & D Lookaround is edited and published monthly by Dennis & Jacky Whicker,
is printed by Stramontgate Press, Kendal and distributed by Suzy Thurlby.*

*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.*

28 1900 FCH BBQ & Slide Show
29 1000 Firbank Ch Coffee Morning
29 1330 Butterflies

FCH
URCR
StAS

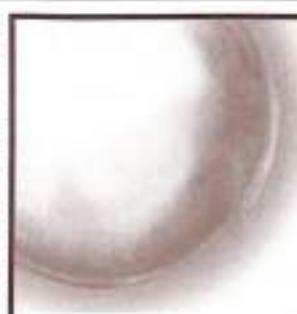
JUNE

1	SHS Term Ends	SHS
1	SS Term Ends	SS
1	2000 PH Dance	PH
3	HM Queen Golden Jubilee	
5	1000 WIH Coffee Morning	URCR
6	1800 Killington Sports	BFK
6	1930 WIH Clarins Skin Care	FCH
9	SS Term Begins	SS
10	SHS Term Begins	
11	1400 WIK Taste 'n' Try	PH
12	1000 Dent Foot Chapel Coffee Morning	URCR
12	1330 Butterflies	StAS
15	Festival 2002	StAS

KEY

BFK	- Beckfoot Farm, Killington
BMH	- Brigflatts Meeting House
CC	- Carlisle Cathedral
CO	- Community Office, Main Street
CSG	- Casterton School Gymnasium
CWT	- Cumbria Wildlife Trust
DCP	- Dent Car Park
DMH	- Dent Memorial Hall
DMC	- Dent Methodist Church
FCH	- Firbank Church Hall
FM	- Farfield Mill
G&D	- George & Dragon, Dent
GH	- Gladstone House
GVH	- Garsdale Village Hall
HS	- History Society
HSR	- Howgill Schoolroom
JLCP	- Joss Lane Car Park
KVH	- Killington Village Hall
LHCP	- Loftus Hill Car Park
LHHC	- Loftus Hill Health Centre
MH	- Masonic Hall
PH	- People's Hall
SHS	- Settlebeck High School
SMC	- Sedbergh Methodist Church
StAS	- St Andrew's Church, Sedbergh
SJAR	- St John Ambulance Rooms
SMC	- Sedbergh Methodist Church
SSPH	- Sedbergh School Powell Hall
SSQH	- Sedbergh School Queen's Hall
URCR	- United Reformed Church Rooms
WHC	- White Hart Club
WID	- Women's Institute, Dentdale
WIF	- Women's Institute, Frostrow
WIH	- Women's Institute, Howgill
WIK	- Women's Institute, Killington
YDNP	- YDNP Centre, Main Street

When submitting events, please include TDD&P -
Time, Day, Date & Place.



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of

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phone 01539 720448
fax 01539 730253
e-mail info@strampress.co.uk
website www.strampress.co.uk

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 21079

Dr J. Syred ☎ 20239

Monday to Thursday	0900 - 1600
Friday	0900 - 1600 *
Monday & Wednesday	1400 - 1500
Monday	1800 - 1900
Saturday (Urgent Cases)	0900
Friday Female Clinic	1015 *

DENT SURGERY

Tuesday	1530
---------	------

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
--------	------------------------

WELL WOMAN & FAMILY PLANNING CLINIC

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

District Nurse

☎ 21690

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 1400 - 1700
Friday	1400 - 1700
Saturday	0930 - 1230

Y. D.N.P. CENTRE

Main Street ☎ 20125

Opening times - see page 59
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 Monday 1 pm to 4 pm *

Every Wednesday 10 am to 1 pm

Every Friday 10 am to 1 pm (Phone Enq's)
© 21185

cabsedbergh@uk4free.net

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 & Loftus Hill, Sedbergh
Dent Village

MARKET DAY

WEDNESDAY

HALF-DAY CLOSING

THURSDAY