

Sedbergh & District

LOOKAROUND

October 2007

Issue 249

Donation 50 pence

Every month, the *Lookaround* is placed into a few locations around the area. From this month, I will try and list all the locations where copies can be obtained. This month, the list is found on page 2.

The month of December is fast approaching. Please let us have your Christmas event details asap as well as those for January. Leaving it until tomorrow will be too late!

Dennis & Jacky Whicker

Stalls Fibre Optic Sparklers Games Tombola

Home Made Soup  **SEDBERGH**  Bran Tub

BONFIRE CELEBRATIONS

SATURDAY 3rd NOVEMBER

People's Hall Playing Field

6.45pm GATES OPEN
7.00pm LIGHTING OF BONFIRE
7.00pm BEST GUY/PUMPKIN/TURNIP
7.30pm LIGHTING OF FIREWORKS

 * MASSIVE FIREWORK DISPLAY *

ADMISSION: ADULTS £2.50 - CHILDREN UNDER 16 FREE
No Sparklers allowed ~ No Rubbish required

Jacket Potatoes Burgers & Hot Dogs Sweets Pop Toffee Apples

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

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788
e-mail: lookaround@whicker73.freeserve.co.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

CHILDREN'S BIRTHDAYS OCTOBER 2007



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

The recipient this month is:-

Adam Cragg who is
11 years old on 8th October.

Please collect your vouchers from the Sedbergh Office Services at 13 Kings Yard, Main Street, Sedbergh which can be used in any shop in

Sedbergh & Dent.

LOOKAROUND OUTLETS

The *Lookaround* is available from the following locations:-

Sedbergh

Post Office; Green Door; Sleepy Elephant; Ellies Bakery; Nisa; TIC; Farfield Mill Tearoom

Dent

Post Office; Dent Stores; Meadowside

Day	Name	Age
2	Christopher STANTON	7
4	Cally LAWSON	3
4	Amy HARPER	7
5	Thomas HALL	8
6	Ben GIBSON	4
7	Abbi WOOF	5
7	Alice HOLTON	6
8	Adam CRAGG	11
9	Robin PRESTON	8
10	Rosie NEWBOLD	3
11	Phoebe HALL	2
11	Ben FIDDLER	7
13	Dillon OVERSBY	7
17	Aaron TROUGHTON	6
19	Edward WILSON	3
20	Hugo HEAGREN	8
20	Harry PACKHAM	9
21	Liam MIDDLETON	8
25	Robbie ALDERSON	7
27	Sam WILSON	1
28	Rhianne WOODFINE	11

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs P Bainbridge	Ullathorn's Farm, Middleton, Kirkby Lonsdale (2007/09) <i>1F; 1D; 2ES; CH; L; TV; NS; P; VB; PetsW; CW</i> Web Site: www.ullathorns.co.uk	015242 76214
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2008/09) <i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*); Di (min 4 by arrangement)</i> e-mail: kathryn.vigar@btopenworld.com	20447
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2008/05) <i>2D (4 Poster); 2D; 1T; 1S; All ES; TVL; P; CH; CW; FC; NS</i>	21012
Miss S Thurlby	15 Back Lane, Sedbergh (2007/12) <i>1D; 1T; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amsolve.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2008/02) <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (2007/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com	21455
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2007/10) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754

CAMPING, CARAVANNING, SELF-CATERING & RENTAL

Borrett Barn Flat, Marthwaite, Sedbergh (2007/10)	21175
<i>2 - 4 people; 2 Bedrooms, NP, NS</i>	
Sycamore Cottage, Lunds, Sedbergh (2008/09)	01969 667356
<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	

KEY

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

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Dawn Redeyoff

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E-mail dawn@redeyoff.com

fit to drop - - - or fit for life?

PERSONAL & SMALL ADS £1

AIREY

Happy **70th Birthday** William, "Our Dad" and Grandad, on September 1st. With lots of love and thanks for all you do for us, from All the Family.

=====

BAINES

Philip would like to thank everyone who sponsored him to do a bike ride to Hawes from Sedbergh and back. He raised £120. Thank you very much.

=====

BULL HOTEL

Alison and Steve would like to say a massive thank you to our staff for their support and kindness when the sale of the Bull fell through due to timewasters. We appreciate your hard work and commitment. Many thanks!

=====

METCALFE

John and Ann would like to thank everyone for their wonderful support and encouragement, medical care, prayers, cards, gifts, phone calls and visits during John's stay in hospital and now at home. It is a great privilege to live in such a generous and caring community and to experience such overwhelming kindness.

=====

PACKHAM

Congratulations Emma on achieving a place at The Hammond Dance School in Chester. Good Luck. Love Mum, Dad and Harry. XXX

MOORE

Samuel Chapman Moore you helped your English team to win at Warden Law on 2nd September. One week later on the 9th September you became British Champion again for the second time. We think you have earned yourself well deserved Congratulations. Well Done Sam. Take Care. Love Grandma & Grandad.

=====

HARDY

Bit late but never mind. Wishing Jenette and Daniel every happiness in Millbeck East, their new home! Love Mum and Dad Woof.

=====

LEDDY

Mick and Tina would like to express our sincere thanks to all our family and friends for cards and gifts etc., on the occasion of our Wedding. A great day was had by all and we couldn't have wished for more!

=====

PARKIN

Happy **21st Birthday** Matthew, October 1st. Wishing you health and happiness. Love from Mum and Dad. XX

=====

PARKIN

Happy **21st** Matt. All the best. Cheers. Love Simon.

=====

PUNCHER

Wishing Gill and Kevin much happiness in their new home. Glad you able to stay in Dentdale. Love Sarah and John.

PERSONAL & SMALL ADS £1

SMITH-JASPER

Angela and Ben would like to thank everyone for the gifts and cards received on the occasion of their **Wedding** on 7th September. Many thanks to all the various people, too numerous to mention, who made their day so special. Also Anne and Joanne for the beautiful cake and Wendy for the flowers and the 'Dent Ladies' who decorated the church. A brilliant day was had by all.

THORNTON

Joshua and Finn would like to thank everyone for the cards and gifts that they received for their birthdays and for making their days very special.

WOOF

Many thanks to everyone who has helped in any way whatsoever during my time with my broken wrist. Very grateful. Sarah.

THANK YOU

Thank you so much to all the firemen and women who attended the fire at Unit 2, Busk Lane. If it hadn't been for your bravery it could have been a lot worse. Many thanks. Graeme, Carole and all at Woof's.

LOST

An engagement ring. Not expensive but great sentimental value. If found, please ring Maxine on 21698.

MISSING SINCE

AUGUST BANK HOLIDAY

Large Long haired Black & White male cat. Responds to the name Casper. He can be very friendly but sometimes shy. He went missing in the Dent/Sedbergh area. If you have seen or know where he might be please call Harold Goad on 015396 25384 or Yvonne on 01229 583511. Reward offered for safe return.



FOUND

Set of keys found on Settlebeck field. Containing Nissan Car keys and other key. Also set of House keys found near weir. Phone 015396-22192.

HORSE MANURE

Free to collect or £5 delivered in trailer. Tel: 015396-21073.

FOR SALE

1 Pine Fire Surround. 1 Oak Fire Surround with cast iron insert and original tiles. 1 Wood Fire Surround with slate inside and hearth. 1 Cast Iron Horseshoe Inner. Tel: 015396-25227.

PERSONAL & SMALL ADS £1

FOR SALE

Are you about to get broadband?
Brand new, still in box! ADSL Modem
Wireless Router with USB Adapter.
Cost £99. Will accept £50. Sedbergh
20993.

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FOR SALE

Exercise Bicycle, Olympus HT Sprint
£100. Walker, Roma Medical 4
Wheeled collapsible. As New £50.
Tel: 21081.

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FOR SALE

Packard Bell Computer, 18" Monitor,
Keyboard and Drive Station £100.
HP Photosmart Printer. Bluetooth,
never used £20. Keep Fit Pro Fitness
Ab Roller £3. Large Red wood
Kitchen table and six chairs £100.
Brown leather bedroom storage/
blanket box £10. Clarks Shoes, size
10, Mens black brogue. Never worn
£10. Car Seat 0 - 4 years £10. Car
Seat up to 7 years £10. Childs
booster seat and tray £5. Childs Car
Seat up to 12 months £8. Tel: 21214.

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FOR SALE

Round dining room table and six
chairs. Swedish Pine with separate
glass top. VGC. £75 ono. Two Red
Draylon button back armchairs £10
each. Pair of occasional chairs £5
each. One set plastic garden
furniture, round table and 4 stack
chairs £10. Computer table, three tier
on castors £5. Fitness Flyer Gym
Machine. VGC, hardly used £40.
Tel: J. Sanders 015396-20315

FOR SALE

High Chair , good condition £15.
Chest Freezer 3 ft deep x 2 ft wide x
4 ft 4 inch length. Good working
order. Open to offers. Phone
015396-22192.

=====

WANTED

Bike Wanted. For boy aged 6 - 7
years. About 18" wheel. Tel: 20195.

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WANTED

Respectable retired lady
schoolteacher (50's) plus one well
behaved large dog require very basic
accommodation. ie. 1 room with bed
for the months of Jan and Feb.
Hopefully for a very basic rate.
Otherwise is residing 10 months in a
lodge at Pinfold Caravan Park,
Sedbergh. Tel: 0151-606-9187 or
mobile 0789-6868-109.

=====

FOR SALE

B&Q built-in barbecue, brand new in
box. Rear child seat for bicycle, fixes
to frame of cycle, including fittings
and instructions. JVC 14" portable TV
beige colour, complete with remote
control and manual. 12" portable TV
black colour. Panasonic radio, digital
tuning, mains or battery, complete
with manual. Any of the above £6
each or all for £25. Ring 21509.

=====

FOR SALE

Fire Surround in Lime Stone effect
with Marble back and hearth, suitable
for electric or gas fire. £100 Tel:
015396 21287 or 07977 514229.

PERSONAL & SMALL ADS £1

FOR SALE

Traditional cast iron multi-fuel stove with double doors; Chimney system (System 250 - 2 x 5 foot lengths with cowl, storm collar, etc); Rayburn canopied cast iron fire; Cast iron Cromwell firebasket; Miscellaneous fireside accessories. Tel: 015396 25727.

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FOR SALE

York Fitness Workout Bench in good condition. £25 ono. Tel: 20980.

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MISSENDEN

Mel would like to thank staff, friends & customers for their good wishes & support during her recent illness & stay in hospital. It has been most appreciated.

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DENT PARISH COUNCIL

The September meeting discussed the Neighbourhood Watch scheme and the proposed affordable housing development in the village. These and other topics are summarised below, and the full minutes are published on the Dentdale website. www.dentdale.com.

Proposed housing development above Ghyllside

Two Castles Housing Association are currently finalising their plans for six three-bedroom and six two bedroom houses in the field above Ghyllside. By the time this article is published, these plans should have been submitted to the National Park for planning permission and be available for inspection by the public on the YPNDA website.

The Parish Council is concerned about the following issues, and has written to the planning authority accordingly:

- both the existing road at Ghyllside and the new section should be brought up to standard so they can be adopted by the highways authority
- the development should include two car parking spaces per household
- any stone used for facing should be local
- the high cost of stone facing does not result in a poorer internal finish
- the development does not worsen the rainwater run-off from the site

South Lakeland District Council has set aside money from council tax on second homes in order to enhance affordable housing projects, and the Parish Council is pressing them to release some of this money for this project

Grant Applications

Applications are currently invited for Parish Council Grants for projects that meet one or more of the following

Howgills

*Come and visit us at 61 Main Street, Sedbergh
facing the Natwest Bank
now stocking a huge selection of weigh out sweets
in addition to a range of unique gift ideas and homewares*

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www.sweetsntreats.co.uk

criteria:

- Address local social needs
- Contribute to the local economy
- Promote the quality of the environment
- Contribute towards maintaining local culture
- Involve or benefit the local community

Written applications should indicate how the project will meet the above criteria and be sent to The Parish Council, c/o West Banks, Dent by 15 October 2007. They will be considered at the Parish Council meeting in November.

Deliveries to Railway Workings

A lorry delivering ballast for repairs to the railway has caused damage to roadside walls on its way through the dale. The Parish Council have written to Network Rail to complain, and to suggest that the railway is used for future deliveries.

Neighbourhood Watch

Andrea Bell, the Neighbourhood Watch Officer for South Lakeland, gave a short presentation on the Neighbourhood Watch scheme at the last meeting. She is intending to meet with all those in the scheme in Dent in the near future to evaluate its current effectiveness.

Street Parking in Dent

Thirty-six households responded to the letter sent to residents about street parking in the village. A large number of people disapproved of parking on the cobbles, and there was support for an approach based on persuasion rather than coercion. Opinion on what to do with the pieces

of land opposite The Sun and Dent Stores was fairly evenly divided, with twelve households wanting this land freely available for any parking, and nine wanting parking on it restricted to adjacent householders. Parking by the playing field was not perceived to be a major problem, but ten households identified a parking problem on the roads around The Green.

The response also produced a large number of useful ideas to improve things, and based on these a number of recommendations will be put to the next Parish Council meeting. It is likely, however, that any proposals will need to be discussed with Cumbria Highways before they can be implemented.

Bonfire Night

Last year a number of people – some from outside Dentdale – took advantage of the Dent bonfire night to tip rubbish on to the bonfire site. This required a lot of work to clear up after the event, as some of it was not suitable for burning. So this year, please do not tip rubbish on the bonfire unless you have been asked to do so by the Football Club.

Next Meeting

The October meeting will be at 7.30pm on October 8th in the Sportsman's Inn. The public is welcome to attend as always, and to raise matters of concern in the Public Forum item which takes place about 8pm.

Jock Cairns
Chair, Dent Parish Council

<p>CHRISTIAN AID</p> <h1>COFFEE MORNING</h1> <p>Wednesday 10th October 10 am to 12 noon U R C Rooms Teas & Coffee Homemade Biscuits, Cakes & Jams Raffle</p>	<p>QUEEN ELIZABETH SCHOOL, KIRKBY LONSDALE <i>presents an evening with</i> Clare Bakewell playing The Bohemian Troubadour Harp Wednesday 10th October 7:30 pm Pre booked Tickets £5. £6 on the door available from QES, KL TIC or 01229 869772</p>
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SEDBERGH PARISH COUNCIL
Summary of the minutes of 29th August.

The Chairman welcomed P.C. John Orr and Police Community Support Officer Karen Dakin who has recently taken up post. Karen will be deployed in Sedbergh and Kirkby Lonsdale, she will patrol the town on foot so as to be a visible presence and described her role as being the local 'eyes and ears' of the police force.

P.C. Orr emphasised that Karen's role is strictly 'non-confrontational' and that it has limited powers.

The Chairman then welcomed Mr Malcolm Petyt, the new Deputy Chairperson of Yorkshire Dales

National Park. Mr Petyt introduced himself as recently appointed to this position for one year.

The mains power supply has been connected to new lamp stand on the footpath between Bainbridge Road and Main Street.

Speeding cars – Cllr Hirst informed the Council that Sedbergh School has tried to get Cumbria Highways to install 'speed bumps' on Loftus Hill, but without success. In response to a suggestion by P.C. Orr, Cllr Hirst will pursue the possibility of installing flashing orange lamps where the pupils cross by Winder Drive.

The new town signs will be put in place this week.



Sedbergh

LOCAL PRODUCE & FARMERS' MARKET



Wednesday 10th October Joss Lane, Sedbergh

*Invite your friends to come along and shop at Sedbergh's New Farmers' Market.
 Lots of new and exciting stalls as well as your favourite weekly Wednesday traders*



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LADIES NFU

FASHION SHOW

Proceeds for Alzheimer's

Thursday 11th October

7:30 pm

People's Hall



Mr. T. Moffat, secretary of Sedbergh Wanderers had written giving an outline of the maintenance to the pitch which the club had undertaken. The club has agreed to maintain the pitch in lieu of rent, and the club was asked to provide a copy of its maintenance plans for this 07/08 season.

Mrs J. Duckworth has drawn the Council's attention to a hazard on Main Street in the form of a loose flagstone outside of Powell's which caused her to trip and hurt herself recently. The Parish Council will refer the matter to Cumbria Highways Cumbria Rural Infrastructure Support Programme. - There are various grants available to maintain, develop and enhance rural communities. These were noted and that they might be relevant to the proposed Young People's shelter.

SLDC have proposed an increase of rent to £175 p.a. from 1 August 2007 in respect of the fishing rights at the Clewes.

The Council's Planning Committee made comments and recommendations in respect of the

following planning applications:
The Hill, Marthwaite.- Erection of a Conservatory It was felt that the proposed Conservatory was `in keeping` with the wonderful old house. The design fits in neatly with an ornate roof light. An extension which was undertaken by the present owners in 1997 blends in beautifully and we would expect that same standard of work and care to be undertaken should this application be granted by the Yorkshire Dales National Park.

In Favour

19 Sycamore Avenue, Sedbergh.- Erection of a two storey extension to the side of the property to extend the master bedroom and to provide a shower room at first floor An improvement from the single storey extension on site at present. It was felt that a small window in the rear elevation at first floor would enhance the overall look.

No Objections

21 Fairholme, Sedbergh - Erection of a two storey extension to the side elevation with a single storey extension to the full length of the rear elevation. We would like to see

(Continued on page 12)

sufficient space left at the side of the proposed extension for access to the rear garden. The proposed extension would balance with the adjoining property, but it would take the price of the property out of the purchasing reach of many local people.

No objections except as mentioned.
Sedbergh Service Station - Erection of an illuminated sign on garage forecourt. We have not received any adverse comments regarding this sign being illuminated. Previous retrospective planning application for two signs refused. We had no objections to previous application.

No objections
2 Bushby Yard, Sedbergh - Retrospective application for sub division to form two separate dwellings. A site visit was undertaken as the plans were very unclear. The area shown as the kitchen, which the application states has been re-tiled and fitted with new windows, detracts from what could be charming courtyard cottages.

No objections to the sub-division
Crosedale Beck Farmhouse, Howgill Lane, Sedbergh - Retrospective

application to replace `lean to building` and erect new potting shed?
We object to this application as it is totally out of keeping with the simple barn to which it is attached. Is there anyway in which this application could be `tied` to be a potting shed only.

Planning Decisions received from YDNP:
Siting of satellite dish - Old Vicarage, Long Lane *Granted.*
Internal and external works Rucroft, Marthwaite *Granted.*
Garage extension – 28 Bainbridge Road *Granted.*
Erection of garage – Randall Hill, Station Road *Granted.*
Display 2 illuminated signs Sedbergh Service Station *Refused.*
New window and blocking up existing window 2 Ingmire Court *Granted.*
As above plus internal works *Granted.*
Internal alterations and installation of fully glazed doors The Library, Loftus Hill *Granted.*
Internal alterations and replacement of kitchen window 84 Main Street *Granted.*

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Finance - Councillors were provided with a supporting paper listing income received, and requests for payment received since the last Council meeting. Some of the invoices were deferred to the Audit Committee for consideration in line with the policy decision made at the last Council meeting. The Council agreed to the other requests for payments to be paid to L. Barker Ltd (£91.89) for connecting mains supply to the ticket machine in Loftus Hill car park and to Rycrofts (£61.88) for bird boxes for Queens Gardens, but not for the £25 p.a. rental arrears for the last ten years in respect of the fishing rights on the Clewes claimed by SLDC. Cllr. Lancaster informed the Parish Council that SLDC had no legal authority to reclaim arrears of more than six years outstanding. It was agreed that the Parish Council would only pay £150.

Joss Lane Car Park

The new signs are now in place.

- The Car Parks Committee has distributed a letter to all of the market stall holders informing them of the revised rental rates, based on the number of bays taken up and the time of year, and the prohibition on them using the coach parking bays.
- A joint letter from the Parish Council and the Chamber of Trade, will be sent to stall holders attending the monthly Farmers Markets encouraging them to use the weekly market.
- The re-cycling skips have begun to encroach upon the parking

Dentdale W. I.
APPLE DAY
in aid of the
 GREAT NORTH AIR AMBULANCE
Saturday 13th October
 2 pm to 4 pm
 Dent Memorial Hall
 Various Stalls and generous Raffle
Donations most welcome.



bays again.

- The Car Parks Committee will consider the possibility of allocating dedicated parking space for motor bikes.
- Preliminary investigation of the drainage system would appear to indicate a blockage under Joss Lane. If so this would be a County Council responsibility. It is understood that further investigations will be undertaken.

Loftus Hill Car Park

- The ticket machine will be made operational for 1 September.
- The Car Parks Committee suggested that the parking bay by the toilet block be dedicated to motor bikes providing access from the school library be blocked off at that point. Cllr Hirst offered to explore the feasibility of this option.
- The next job is to install new doors in the public toilet block.

Cllr. Hodge expressed appreciation for the considerable work undertaken by Cllr Blair in respect of both car parks.

(Continued on page 14)

Revised Code of Conduct – The Council adopted the new Model Code of Conduct as it applies to Parish Councils.

Mr. G. Ayling had drawn the Council's attention (from his personal experience) to the danger of injury to the little children using the play area from youths kicking footballs in that direction. It was agreed that a physical barrier which protected the children accordingly should be erected, although it was also agreed that the play area should not be totally fenced off from the rest of the playing field. The Clerk will seek guidance as to the most appropriate and durable form of fencing for this purpose.

Cllr Scarr passed on concerns of some parishioners about road safety of children crossing from Fairholme to the playing field. However, the Parish Council considered that the two warning signs currently in place were sufficient.

DENTDALE METHODIST CHAPEL

Back in the 1970's a Youth Fellowship was formed in the village, meeting first in a Cellar in Main Street and then moving into a barn in Vicarage Lane, it attracted a large number of young people and a spin-off was a series of Specials when Christian youth groups would come and lead an eve in the Memorial Hall or the Chapel, groups like "White Shadows" and "John 3;16". In the 1980's a weeknight group for primary school children was started called Hunters and this met after school, then some years later a group called "Jungle Club" was started and met straight after school at the chapel. So you see, we as a fellowship have contributed over the years to local life, and we still do, we welcome everyone to the services held in the chapel and offer our prayers and when possible our practical support to each other and the wider community.

Our Teas in August moved inside due to the rain, our Songs of Praise in the hall at Bank holiday was an uplifting occasion, and we shared in a most wonderful Harvest Festival Weekend with the services, the fellowship over tea and the sale. Many thanks to all.

Do, if you live/work in the Dale, choose a favourite hymn and let us know what it is for our Booklet and our "Big Sing", perhaps some of those hunters/cellar-ites/etc from years past would like to get in touch with their favourites....?


SE & J Woof

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Classes in Sedbergh & Hawes
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Adult body conditioning
in Sedbergh Monday evenings

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information
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HARP CONCERT

Clare Bakewell invites you to an evening with the Bohemian Troubadour Harp.

Clare will introduce the harp and illustrate it's versatility with songs and tunes from around the world including the Middle East, South America, Central Europe and the Celtic Countries.

Clare has been performing a series of concerts around Cumbria on a replica of a 17th Century Bohemian instrument which was originally used by travelling musicians in Central Europe. Brought up in Cumbria, Clare studied the harp with the principal harp tutor from the Royal Northern College of Music before further study in Wales. She returned to Cumbria and has been performing and teaching here and abroad from her home near Ulverston for the last 15 years. A review of her recent concert at the Arnside Educational Institute commented that 'Her accomplished playing and beautiful voice complimented each other perfectly and between songs she gave a knowledgeable insight into the history and practicalities of the instrument'

The Concert will be held on Wednesday 10th October at 7.30 pm at Queen Elizabeth School, Kirkby Lonsdale. Pre-booked tickets £5 Tickets on the door £6. Refreshments will be available. Tickets are available from Queen Elizabeth School, the Tourist Information Centre in Kirkby Lonsdale or from Frank on 01229 869772.

so much to see at **FARFIELD MILL** **Arts & Heritage Centre**

'A Sense of Grace'

An exhibition of stunningly dramatic landscapes by Lake District Artist

Julie Ann Scott

22nd September – 31st October

Julie Ann will also be demonstrating her work on Saturdays 29th September and 13th October

'Russet & Rime'

The latest exhibition by our own Farfield Artists, changing with the seasons from autumn mellowness to Christmas treats.

October - December

A display of GCSE Art work by students from

Casterton School

19th September – 15th October

**PLUS Artists' Studios,
Heritage Floor, Galleries
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OPEN DAILY 10.30am - 5.00pm
last admission 4.30pm

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COUNCILLORS CORNER

I should complain about the weather more often. No sooner had I submitted my article for last month's Lookaround than the weather took up. This completely altered the situation for us and our farming colleagues. It is extraordinary how the ground has changed. Patches of land which were like jelly a month ago are now baked hard in the ruts which the haytime machinery left. It just shows how complicated our weather and climate are. For us variation is the norm and probably always has been.

I certainly would not class myself as a climate change "denier" but I am sceptical about the claims of some of the wilder prophets of doom. As a local historian I know it is self-evident that the climate around here was warmer in summer in the thirteenth and fourteenth centuries. How otherwise would the hedges have grown at 800 and 900 ft – hedges now replaced by walls. And how could they have planted oats (usually called haver) and barley (bigg) in the open common fields with any realistic hopes of harvesting their crop. Of course by the seventeenth century the situation had changed completely and in 1634 Philip Thistlethwaite was saying of Dent that "*the Corn which they the Inhabitants grow within the said Mannor is Oats and Bigg and that by reason of the high Mountayns, Coldnes of the Ayre, mutch Rayn and Distemperatur of the Wether and Mist the Corn ther Seldom com to any Maturitie or Ripnes*". Just more

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evidence that change and variation are normal.

Regrettably the other headache which I wrote about last month has not gone away, or at least it has come back again – Foot and Mouth Disease. There was no nonsense this time about leaving footpaths open within the restricted zone thank goodness. I would be far from surprised if that was not the cause of this new flare-up. Locally the restrictions are hurting a lot more this time because of the time of year. As I write this the new cases seem to be under control, let us hope that continues to be the case.

Good news on affordable housing in Dent with plans for the twelve new houses likely to be submitted this week. It was interesting to work out that nowadays a development of this size involves at least ten different "partners". I have had long talks with

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David Matthews

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different people and am very hopeful of a successful outcome.

Thank you to Dr Lumb for his letter to the gazette concerning the future of Westmorland General Hospital. The site and location of the hospital make it essential for the health and well-being of our area. Clearly it is always going to cost more to provide this service in areas such as the Morecambe Bay than in inner cities. Curiously I note that other services which cost more to deliver in cities than rural areas are readily given more grants to provide that inner city service. This is why SLDC has lost so much of its support grant since 2001 and still remains below the

technical grant floor. The simple truth is that some services do cost more to deliver in rural areas and other do cost more in urban ones.

Lincoln's Inn Bridge remains closed to traffic at the moment, lets hope they make a good job of the repairs and that no-one knocks either of the parapets out of line for a while. Experience shows that these major, planned operations are more effective than the minor "make do and mend" repairs. This has been well demonstrated in Garsdale where the work done last March has now bedded in and looks really good. Meanwhile many other sections are breaking out. There does seem to be a recurring problem with the road surface breaking away from the layers underneath as can be seen by the horrendous holes at Potgill and Badgerdub.

Since my last article, Peter Ridgway has been appointed as Chief Executive of South Lakeland and Lawrence Conway has been promoted to Peter's former position – congratulations to both. I would hope for a period of stability in the senior management team now. At least the ins and outs of SLDC's senior officers are no longer filling the front page of the Westmorland Gazette, that must be good.

To contact me please ring 015396 20800 or 07980 844 695 (preferred) or email kjlanc@kjlanc.demon.co.uk or else write to me at Fellgate, Dowbiggin, SEDBERGH, Cumbria. LA10 5LS

TIM FARRON MP

The nights appear to be drawing in with remarkable speed and Parliament will be back at work within a week or so.

For me this means back to my regular train journeys to and from London. However, now I am on the Defra Select Committee I hope to use my time in London even more productively. As I said last month, the current Foot and Mouth outbreak in Surrey is going to be top of our list of issues we want to question the Ministry about.

I had a really interesting time discussing these matters with farmers at the County Show the other day. Naturally, it was desperately sad that

there were no animals around but it did seem to result in farmers having significantly more time to come and talk to me than they have in previous years.

The major question I have, arising from these chats, is why do Defra have to treat the whole of England, outside the Surveillance Zone, in the same way when it comes movement restrictions? The fact that Scotland and Wales have different regulations makes this approach seem an unnecessarily draconian. Most of Wales is closer to the site of the outbreaks than we are up here. Surely there is a strong argument for treating England in a regional fashion and relaxing restrictions in those

CLASSICAL YOGA

New classes with Laura in Dent and in Kendal

Classical yoga combines a series of simple movements allowing tension in the mind and body to be released spontaneously. The benefits of the practice, over time include strength, poise, vitality and peace of mind.

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Students will need to bring a mat and a blanket to these classes

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Tuesday evening 6 - 7.30 (therapeutic class)

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Thursday evening 6.45 - 8.30 (for students with some experience)

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parts of the country furthest away from an outbreak. It seems to me that this could be done intelligently without creating any greater risk to the spread of a disease and in the process minimise the impact that any outbreak has on the agricultural industry. I am really interested to hear the Government's response.

On a more positive note I received a brilliant email the other day letting me know that, at last, broadband is coming to Garsdale and Grisedale. The feasibility studies are done, the purchase order is in the system, by the time you read this installation should be well underway, if not complete.

A lot of people have put in a great deal of effort to ensure that this happens and it is great that they have been successful. I have done what I can to support them, writing to all those I could think of who had

influence on the decision. A key part of my job is to ensure that rural communities remain sustainable for anyone who wants to live in them. Having access to all the tools of modern communication is becoming more and more vital for both business and personal life these days and I believe that it is important that we do all we can to ensure that they are universally available. A very similar argument applies to the provision of Post Offices, of which I have written in the past.

If I can help you with these or any other issues then please write to me, Tim Farron MP at Yard 2, Stricklandgate, Kendal LA9 4ND or email me at tim@timfarron.co.uk. (I look forward to receiving my first broadband email from Garsdale.)

Thanks for your support

Tim Farron MP

NEW TECHNOLOGY

Satellite tracking for Dales cows

Cows in the Yorkshire Dales are being fitted with electronic collars so they can be tracked by satellite – to help conserve the National Park.

A herd of 50 Blue Grey and beef Shorthorns on Natural England's Ingleborough National Nature Reserve is being used in a unique experiment that will help landowners and farmers to improve management of the wildlife on their land.

The collars contain a Global Positioning System (GPS) receiver to give an instant 'fix' on the animals' position at any time and a data logger which will record information so it can be downloaded onto a computer.

And the equipment will even be able to tell if, at any given time, the cow wearing the collar has its head down grazing or whether it is standing still or moving.

The pilot scheme is the latest phase of the Limestone Country Project (LCP) – a joint venture launched in the Yorkshire Dales National Park in



2002 involving the Yorkshire Dales National Park Authority (YDNPA), Natural England, the EU LIFE-nature fund, the National Trust and other partners.

It aims to preserve rare plants and flowers by encouraging farmers to return to mixed livestock grazing using hardy, native cattle breeds. The five-year project has exceeded all its targets and has also managed to save money – earning it a 12-month extension earlier this year.

Paul Evans, who manages the Nature Reserve, said three collars are being used in the experiment on cattle grazing on almost 200 hectares of hill land.

"The cattle are free to roam over pretty large areas so, at any one particular time, we don't always know exactly where they are or what they are doing," he said.

"I think this is one of the first projects of its kind to use GPS collars on livestock – normally they are put on wild animals like polar bears and tigers to track their movements.

"The idea is to find out where they

Ian Higginbotham
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go and at what times of the day and the year. We can then analyse the vegetation and terrain in those areas – for example grassland, peat bog or scrub.

“That will tell us what they prefer to eat during the different seasons of the year and this will help us to assess their impact on the local ecology.

“This detailed information on animal behaviour will help us develop management techniques to direct the cattle away from certain areas and into others.

“We are hoping to expand the project to other upland areas of the Yorkshire Dales over the next couple of years to give hill farmers the information they need to manage

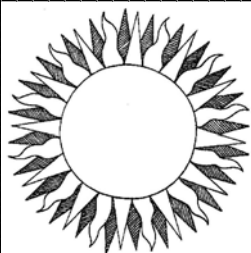
those areas successfully in the future.”

Louise Williams, the YDNPA's Limestone Country Project Officer, said: “Having the one-year extension has enabled us to carry out this essential work.

“The results will be vital in helping us to provide detailed information about animal behaviour and grazing patterns – both of which are important for the future of livestock farming in these upland areas.”

Louise Williams can be contact on 01756751699. Paul Evans is on 015242 42021 or on 01969 623447.

This is not an article relevant to our area but I thought the contents would be interesting.
Ed



OPTIONS for health and well-being

Yvonne Cervetti	Aromatherapy	015396 21303
Ruth Francis	Remedial massage	015396 20275
Elizabeth Hilton	Light therapy	015396 21800
Deyna Hirst	Yoga consultant	015396 21556
Ian McPherson	Homeopathy and T'ai Chi	015396 20648
Melanie Missenden	Counselling and aromatherapy	015396 21058
June Parker	Acupuncture	015396 20972
Rebecca Wheten	Homeopathy	07792 285357
Denise Williamson	Homeopathy and Bowen technique	015396 20846
Victoria Reed	Hypnotherapy	07803 047643
Peter Burridge	Counselling	07817 718793

Health practitioners in the local area

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CELEBRATION OF MARRIAGE
at St John the Baptist Church, Garsdale, 25, 26 and 27 August.

Over the Bank Holiday weekend there was an exhibition in the church of some 50 bridal dresses belonging to past and present residents and those connected with the Dale, dating back more than 60 years to the present day. This comprised not only wedding dresses but christening gowns, wedding memorabilia, photographs, and a presentation of formal hats. The display was complemented by a series of superb flower arrangements, co-ordinated by Wendy Fraser Urquhart and gifted by those who gave of their artistry, depicting the years of marriage following on from the wedding. The decorative state of the church interior is such that staging all the exhibits presented problems but innovative thinking and sheer determination overcame the obstacles, much to the credit of all those who refused to allow setbacks to deter them from



combining to produce a spectacular event. Outside the church door the invitation to sponsor a symbolic slate for the roof was given generous support, which, with an on-going raffle added hugely to the financial success.

On the Sunday Canon Alan Fell conducted a service of Renewal of Marriage Vows, heralded by hand bells and during which Rachel Little sang "Panis Angelicus" and "The Lord Bless and Keep You". The church was filled by an ecumenical congregation of about 120, composed of many visitors as well as those living locally, the simple service offering an opportunity to those who wished to quietly affirm the promises made on their own wedding day.

After the service an auction was held in the Village Hall of a landscape by Henry (Harry) W Bracken, which had been donated by a kindly church member.

In the Village Hall on-going over the three days a Wedding Breakfast was laid out, including a traditional

wedding cake. Refreshments could be selected and enjoyed at the tables provided. There were supporting stalls offering home made cakes and preserves, commemorative pens, a tombola plus a "Name the Sheep" competition. A CD has been produced by David Bracken and Canon Fell from photographs of the church display and views of the surrounding countryside.

An immense source of interest was A History of the Dale exhibition, comprising an incredible collection of old photographs of local houses with their history. This record of past life in the Dale is constantly growing as David Bracken and Andrew Souter painstakingly and patiently uncover details of where the ancestors of Garsdale lived years before and their influence on the Dale as we know it today. This collection of local history is well known in its own right and for its inclusion in the Celebration appreciative thanks are extended to David and Andrew.

The acorn from which this particular oak grew was sown by Pauline Hasted, and encouraged particularly by the generous sponsorship of Barclay's Bank and others. From then on the idea was nurtured by a committee from St John's and many areas around. The preparations and planning seemed endless, but when the final event was staged over the Bank Holiday weekend, no one could have asked for more, even the weather was kind. The desperate need to raise £230,000 to restore the church seemed an insurmountable

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challenge to a congregation averaging about ten people at Sunday service, but with the help, goodwill and co-operation of so many people from within and without the parish the sum raised is now over £5,000, and has given inspiration for other fund raising ideas to follow. Canon Alan Fell and the parishioners of St John the Baptist cannot hope to express their thanks adequately to all the many people who by effort, contribution and support have made this such a worthwhile project, but all concerned in any way with the organisation really do appreciate the generosity of spirit and help that resulted in an overwhelming success.

AUTUMN

The changing seasons play a big role in the traditional Chinese medicine view of human health. This time of year the change is from Yang (warmth, activity, expansiveness) to Yin (cold, hibernation, contraction), which can be particularly challenging.

The two main points to bear in mind are gearing down our level of physical activity and to strengthen ourselves to withstand the colds, flus and other infections which do the rounds over the winter. The respiratory system (nose, throat, lungs) is our first line of defence against airborne infections. This is the time of year when traditionally the lungs would be strengthened, to better resist infection. This can take the form of using particular acupuncture points, taking herbal medicine or doing exercises for the lungs. A simple

exercise is to breathe in while raising your hands above your head, stretching the ribcage, and to breathe out while gently lowering the arms. Both yoga and Tai Chi have many such exercises.

The lungs are supported by the good function of the digestion, absorption and metabolism. Conversely, if our food is not processed cleanly, bi-products can form, in particular mucous in the respiratory system. If you are prone to mucous, it is a good idea at this time of year and over the winter to limit your consumption of mucous producing foods such as milk, cheese and bread. Also be aware that the digestive system itself needs nutrients to function properly and a proper meal at breakfast time is the best way of providing this. I am often concerned that my acupuncture clients do not eat enough early in the day. A typical eating pattern would be toast or cereal (or nothing) at breakfast time, a sandwich or soup at lunchtime and snacks to fill the gap before the evening meal. This pattern deprives the body of the nutrients it needs to function during the day and predisposes to mucous production and weight gain because too much is eaten in the evening. (I know I am repeating myself here, but evidence suggests that the message has not yet got through.) If you can, eat a substantial breakfast, a good lunch and a smaller meal in the evening.

As we come in to winter, the focus

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should be on rest, recuperation and storage of energy for the coming year. It is important to eat warm, cooked food with little or no raw or cold food. Avoid overwork and excessive physical activity.

Currently I am running a Qigong class (exercise for health), in which we are developing a sequence of exercises appropriate to autumn and winter, to benefit the digestion, to strengthen the lungs and the immune system, clear out mucous and to gather energy. In addition we are studying Wild Goose Qigong, which is a sequence of movements for health and is alleged to come from Daoist monks in the mountains of China. I

have been practising it regularly myself for the last 5 years and I know it is very effective for health maintenance. It can have a marked effect on minor ailments such as stiffness and headaches and generally produces a sense of well being. The class takes place every other Friday morning, from 9.30 to 11, in the garden of the Bull Hotel, weather permitting, otherwise in the URC hall. Please get in touch if you would be interested in joining.

May all readers enjoy good health over the autumn. Should you wish to contact me with comments, questions or suggestions, please telephone. My number is 015396 20972. *J Parker*



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### **FAMILY MUSINGS**

Down to earth with a bang! Yes, that was what happened after my amazing 50th birthday party two months ago, hubby & I went away to stay with family near Braunston, enjoyed a lovely relaxing time and the girls came down on the Friday to go to London to see "Sound of Music". Four of us ladies set off and in the station car park I fell. Simple. Bang! And in that instance my life changed dramatically.

We still went to London, we shopped at Primark, ate out at a restaurant near the theatre, I took what pain-killers we had with us, put my obviously hurt left wrist under the cold tap until I felt it no more, drank copious amounts of "liquid anesthetic" until I was in grave danger of being disowned ("if you start singing Mum in the theatre we will say you just tagged on to us and we have no idea who you are") and enjoyed the wonderful performance esp' Connie Fisher. On our journey back the train got delayed and the Manager saw my discomfort so

bandaged my wrist and gave me a sling, when hubby opened one sleepy eye about 2am and saw the arm reposing in the sling he thought he was dreaming. We will not go into what he thought when, at A & E at Rugby he learned it was broken! It seems I am still a tough old bird.

Of course it's not just that I couldn't drive so I couldn't work so I was signed off, peeling veg, fastening my Bra, opening tins, washing up, and all manner of other things suddenly became at least difficult at worst not possible, then there was the pain and a few weeks down the way my other shoulder joined in with pain up into my neck .. But .. all things come for a reason and if I had £1 for everyone who has told me "You needed to slow down, or, you needed a rest" I would have a full purse! The fact is I was tired and although a broken bone or two in my wrist is no picnic it was much better than a Stroke.

The enforced rest, once the pain was under better control, has meant time in my garden and Sheep Pen, time with my brother who has just had a Blood Transfusion which we hope will give him a boost, it of course also meant limitations especially not being able to drive and most of all not being able to work which in turn had repercussions for many other people, who have all shown care and understanding despite having their plans upset. Never have I managed to get all my spring bulbs planted at the proper

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time although gardening with one hand has its problems it is not impossible, painting the chapel railings was fine until the time came to get up off my knees, the obvious way was to grasp the railings with my good hand and heave myself up, except of course they were wet, I hoped no-one saw me shuffle myself into the chapel to get up in private. Those who know my identity will understand when I say I really did hit the ground hard when I fell, elder daughter saw me flying towards her but wisely decided not to try to brake my fall, she was able to catch my glasses which flew off in the flight. Perhaps an earth tremor was

reported that day at Rugby, I was certainly all of a tremble but quite determined nothing was going to stop us going to the theatre. As one daughter commented to me after the confirmation of the Brake " And you say I am tough!" Guess it runs in the family.

Hubby and countless other farmers need to not only be tough but resilient as Foot & Mouth rears up once again, the timing could not be worse with the important Sheep sales all due. Then Feed prices are rising making keeping the stock more difficult, once again our farmers very livelihoods are under threat. Please do keep on your feet, more next month.

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### MISSING LINK

#### *His Majesty's Motor Torpedo Boat 93*

World War Two was going badly for the Allies in early 1942. Hitler had conquered the western part of Europe and had invaded deep into Russia. Japan had destroyed a large part of the American fleet in the Pacific at Pearl Harbour in December 1941 and Britain was to lose Singapore in February 1942. It was against that background that the government decided to hold Warship Week to raise money for building ships for the navy. During the week ending 14<sup>th</sup> March all the country tried to raise money from individuals, firms, schools, etc, and by organising special events.

The Sedbergh rural district formed a committee with Mr J. F. Trotter as chairman, Mr W. Downhill as secretary and Mr M. D. Goodwin as treasurer with the aim of raising £25000. A public meeting was organised for 2<sup>nd</sup> February in the British School at 8pm. Prior to that the secretary had written to various people asking them to attend the meeting and to support the cause. For example the minutes of the Sedbergh Rural District Council for 28<sup>th</sup> January record the secretary's appeal for help from its members. In addition to requesting donations the Warship's Week Committee organised a series of events in the town to take place during the week.

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These events were recorded in the Westmorland Gazette. On the Tuesday evening a variety entertainment was given by members of the Forces in Powell Hall. At the same venue on the Thursday evening a concert was given by members of the staff of Sedbergh School. Two dances were held in the Masonic Hall, one by the Warship Week's Entertainment Committee and the other by the Milnthorpe (sic) and Farfield Social and Athletic Club. A whist drive was held at Cowgill. People also made things to be sold to raise money. The schoolchildren made models of warships, Miss Joyce Sowerby made a table cloth and Masters Len Nelson, Harold Bell and Billie Conchie collected, chopped and sold firewood. The result of all the efforts and donations was that the Sedbergh rural district raised £60,381 which was over twice its aim.

The end product of the money raised was H.M.M.T.B. 93. The boat was given the motto "INTO BATTLE FOR SEDBERGH & DISTRICT" plus a metal plate with the following words inscribed on it. "Presented by the people of the Sedbergh Rural District

to H.M.M.T.B. 93. to commemorate its adoption during Warships Week March 14<sup>th</sup> 1942". In return the district received a shield and a message inscribed on a brass plate. "Presented by the Lords Commissioners of the Admiralty to Sedbergh District to commemorate the adoption of H.M.M.T.B. 93. during Warship Week March 14<sup>th</sup> 1942".

The boat was a member of the 22<sup>nd</sup> M.T.B. Flotilla and was originally based at Felixstowe. From 15<sup>th</sup> November 1942 it was based at Lowestoft from where it was engaged in operations against shipping off the Dutch and Belgian coasts and in anti-E-boat patrols in the southern North Sea. For a period prior to D-Day, the Flotilla, with torpedo tubes removed, joined the 21<sup>st</sup> Flotilla on a series of mine-laying sorties off the main Dutch and Belgian ports. Unfortunately on 18<sup>th</sup> August 1944, when returning from a patrol, No 93 was involved in a collision with another vessel and was sunk.

*By Richard Cann*

The original story regarding the MTB 93 appears on Page 9 in the December 2004 Lookaround. *Ed*

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### **COUNCILLOR'S CORNER**

I hope you will indulge me for a moment... for I wonder if many of you recall the Harrison Ford film, which first came out in 1985 called *Witness*? It was about a young Amish boy, visiting Philadelphia who witnesses a murder and who is then returned to and protected in, his own rural community. A lot of the movie focuses upon that rural community, and I always remember being struck when I watched that, not by Harrison Ford (although he is a strong actor) or indeed the action scenes, but by the scene where the community gather together to build a barn... and I can't help but draw similarities to Garsdale and the rebuilding of the Garsdale

village hall roof. This has been a real community effort from start to finish.

A great deal has been done by the Garsdale community to secure the funding, materials and volunteer labour to rebuild the hall roof, and albeit for a brief time, I was proud to be doing my bit and helping with this project. This for me sums up our community... and we see the same community spirit appearing again and again throughout our ward, in many different guises, be it the Dent Show, devised and delivered by the community in Dentedale, or the Sedbergh Gala, the Festival of Books and Drama, or the Sedbergh Spring street clean up... the list is endless and the strength of community

## ***J N & E Capstick***

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involvement very humbling. It makes my job all the more rewarding for it brings home to me how so many of you are so invested in giving back to the area in so many different ways and how each of us have our small part to play...

So you can imagine how incensed I was to hear that bureaucracy has won the day and in the interest of statistical equivalency and electoral parity, Kirby Lonsdale and its neighbouring parishes will now be part of the same SLDC ward as Dent, Garsdale, Sedbergh, Middleton and the Howgills. The two District Council wards will be joined into one and you will from May 2008, have access to

three councillors and there could well be voting every year, for one of these council positions, and in the fourth year, voting for the County Councillor. Not only will that mean more elections and all that entails, but the election of Councillors who couldn't possibly know the lay of the land for the whole ward and its people within.

What you will get, if any one party has all three councillors in post (as was the case when the idea was first hatched) is the carving up of the ward between the councillors, which is convenient to them, but makes a mockery of democracy, for the ward is just too big for an independent

*(Continued on page 32)*

candidate to step forward and take on the cost and time of travelling between homes and meetings in an area that is now bigger than many parliamentary constituencies. Indeed, it takes a Kendal Councillor ten to twenty minutes to cross their ward by foot... I could not drive to Kirby Lonsdale in that time and people get involved because of their affinity to the area, to Kirby Lonsdale, or to Sedbergh and Dent and so on... but this is just too big and diverse an area to have an affinity and a strong sense of involvement with all the constituent parts and to conscientiously attend all parish council meetings, town functions and case work throughout the area and to do the job justice. For some Councillors currently in power this may have appeal, but unlike the re-building of Garsdale roof, and the running of Dent Show and Parish council work in general, it will not draw many people to come forward and stand for the District Council in our area, unless they have private and substantial funds and plenty of time on their hands... which cuts a large part of the population out.

On one issue, however, with which I have worked closely with colleagues in the Kirby Lonsdale area, is with the Appleby Fair migration. You recall in a previous article that I said I would be attending a meeting at Milnthorpe Police station about the travellers. I have attended that meeting and made strong representations about the management of traveller flow, particularly on the east side of

Sedbergh, near Pinfold and along the route through Cautley. The working group, which include County and District Council representatives, a representative of the gypsy and traveller community and senior Police Officers have pledged to address the issues that I have raised and to ensure that Cautley residents are not neglected as in the past and that this area is very much part of the operational brief, which will include heightened police activity, closer monitoring during the event and greater levels of enforcement when called for. This will not be a one off meeting and this group will very much help shape police and council preparations for next spring and be active during the annual migration to Appleby Fair.

do genuinely feel progress will be made next year and its something I will remain closely involved with, but in the meantime keep raising your concerns, asking your questions and charging me to address your council related issues – together we do make a difference. Thank-you,

*Cllr Craig Stephenson*



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### **SEDBERGH SCOUTS**

The 1<sup>st</sup> Sedbergh Scouts started the autumn term with a weekend camp from Friday night to Sunday afternoon in Garsdale. 11 Scouts from the Troop spent the weekend practicing Scouting skills and doing fun activities. The first order of the camp was to pitch the tents and dining shelter ready for the first night. Saturday started with the Scouts cooking breakfast on gas stoves. With the washing up done, the rest of the morning was spent finishing the camp site – setting up the kitchen, wood chopping areas and cooking fires. The afternoon activities were making and flying kites (it's always windy in Garsdale) followed by pioneering. After cooking dinner on open fires the evening was spent playing games. On Sunday morning the Scouts finished the pioneering project (a balister for firing water bombs). In the afternoon it was time to pack up and travel home.

The Group would like to acknowledge the generosity of the Cumbria Neighbourhood Forum in providing grant assistance for the purchase of the tents shown in the photograph.



The Scout Troop have changed their meeting day and now meet on a Friday evening from 7-30 to 9-00. Scouts are open to boys and girls aged 10½ to 14 years old and at present have 2 places available.

## **Young Cumbria**

### **Sedbergh Junior Club**

Year 6 & above

5:30 to 7pm

### **Sedbergh Seniors Drop In**

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Call in and see us if you would like to become a volunteer.

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### **EATING OUT**

My visit to the new Sedbergh Cafe proved very memorable, not only is it lovely and bright and airy with a cheerful waitress and good selection of "Specials" but one can look out and watch the world go by while one waits .. and waits .. and waits!

Perhaps we were just unlucky but despite the cafe not being full, the wait for our Toasties did seem rather a long one. We still made time for puddings, a Chocolate one and a lovely fruit crumble both with ice cream. We shall return and hopefully not wait long.

*E.N.JOY.*

**SETTLEBECK HIGH SCHOOL**

*Alternative Curriculum Week  
Year 8*

My favourite activity was sport. This included a relay with hurdles, sprinting, dribbling a basketball and shoot a hoop. There was volleyball, quick cricket and lastly we did rounders.

*Dan Cressey 8B*

We had a man from Astral Circus teaching us juggling, tight rope walking and globe walking. We also had an opportunity to stilt walk, balance objects and juggle with scarves. After the first session we went to the Art Room to make shadow puppets themed with a circus

event. The morning was enjoyed by everyone. In the afternoon we went down to the field and played team games with Mr Smith. They included getting across an "acid" river (grass) with two planks of wood and four milk crates with your team. Then we had to get a ping pong ball out of a tube by filling it up with water but it had holes in it. It was really fun and everyone got wet!

*Lizzie Farrell 8B*

Out of all the activities we did, I particularly enjoyed the trip to Manchester. When we arrived we walked to the Lowry Shopping Centre. After an hour of walking round and buying things we went into

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the Lowry Gallery, where we looked at paintings and decided what we liked about them. When we were ready to leave for lunch, the weather became worse which meant we had to change the location of our lunch place and we had to walk to the Museum of Science and Engineering in a storm!

*Toby Atkinson 8B*

#### **Year 9**

On Monday, we did sex education with Ms Ingham. It was a good day where the activities included looking at contraception, diseases and talking about it.

*Rachel Bainbridge 9B*

On the Monday night we went on a night hike up Cautley Spout and back to school. It was fun because I took my lamping light and it was ace.

*Harry Ellison 9B*

On Tuesday, we went out in the rain and made some shelters. We re-made our shelter about three times because it kept falling down. Then we had a mud fight because it was so wet. We built coracles and went down the river on them then we all just jumped in.

*Adam Robinson 9H*

On Wednesday, we learnt about higher education and I have learnt a lot.

*Bartosz Pawlak 9H*

#### **Year 10**

On Monday we went ghyll scrambling with Mr Trull. We travelled to Hebblethwaite Hall beck and began our trek. I really enjoyed myself, apart from getting a lot of bruises.



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*Elizabeth Thexton 10J*

We went on a welding course for three days to Land End Farm, Crooklands. There were eight of us and we learnt how to do all different welding joints. I really enjoyed it.

*Patrick Booth 10J*

I really enjoyed doing the First Aid course on Tuesday. It was an educational day and I learnt a lot. I had to do CPR on a doll called Little Annie. It was great.

*Simone Raw 10J*

On Wednesday we went to Carlisle shopping. It was so good with all my friends having a good day out and buying a lot of clothes. I loved it.

*Annwen Wilkinson 10J*

**SEDBERGH & DISTRICT  
BEEKEEPERS' ASSOCIATION**

As this beekeeping year draws to a close we look back on a most unusual but interesting and exciting season. For the luckier members like me, the weird weather changes, now cold and wet, now hot and dry, through both spring and summer, seem to have stimulated our bees to still greater effort to take advantage of the sudden abundance of tree and flower blossoms that occurred. Such members, like me, have bottled almost all-time record honey crops of spectacular quality. For the less lucky, it has been a case of lots of unexpected swarms and poor honey

crops.

The club has continued to grow both in size and activities; the weather again prevented us from giving our live bee demonstration at Sedbergh Gala, but we were much luckier at Dent Gala. There, more than twenty young children plus adults queued to put on bee suits and gloves and in groups of three or four came in turn into our bee-proof tent to open up the demonstration hive kindly loaned to us by Graham Dalton, and see inside the hive and watch the bees at work. Our youngest ever guest was two-year old Sebastian Sharrocks who will certainly one day make a good beekeeper. All children, and adults for

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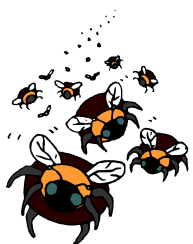
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that matter, hope to see the queen bee laying her eggs surrounded by her attendant workers. This is very difficult as she always quickly seeks the darkest spots in the opened hive to hide! Only one of the six demonstration groups was lucky; well done a young girl named Nyree who spotted her on one of the brood frames lifted out of the brood chamber, and cried, "There she is!" All the group in the tent and the audience standing outside the tent enjoyed this rare privilege. Seeing a lovely healthy queen bee is always a delight.



Now we prepare our bees for the

winter, checking they are healthy, have at least some 35lbs of honey stored in the brood chamber to last them through until the snowdrops and crocuses of early next spring, and are safe from both severe weather and predators. Then we can take a break and catch up on everything else! Except for preparing our exhibits for our 7<sup>th</sup> Sedbergh Honey Show that this year will be held in the Sedbergh People's Hall at 7.30pm on Monday 22<sup>nd</sup> October. You will be made most welcome if you would like to attend and see the exhibits for yourself.

*Malcolm Fraser-Urquhart*

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |                                                                                                                                                                                                                                                                                  |  |                                                                                                                                                                                                                                                                                                                                                                                               |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <p><u>Starters</u></p> <p>Prawn Cocktail &amp; Marie Rose Sauce £4.10<br/>         Garlic Mushrooms on Toast £3.65<br/>         Pate with Garnish, Toast &amp; Butter £3.50<br/>         Soup of the Day £3.30<br/>         Egg Mayonnaise £3.40<br/>         Grapefruit Cocktail £3.40<br/>         Garlic Bread £2.50</p>                                                                                                                                                                                                                                                                                                    |  | <h1>THE HEAD<br/>AT<br/>MIDDLETON</h1>                                                                                                                                                                                                                                           |  | <p><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £9.70<br/>         Grilled Rainbow Trout £9.70<br/>         Breaded Scampi £6.99<br/>         Breaded Haddock £6.99</p>                                                                                                                                                                                                          |  |
| <p><u>Extra Special Main Courses all £11.45</u></p> <p>Loin of Pork in Cider &amp; Apple Sauce<br/>         Lamb &amp; Apricot Casserole<br/>         Chicken with Basil, Port &amp; Dill Sauce<br/>         Venison Steak with Red Wine Sauce<br/>         Venison Casserole<br/>         Supreme of Pheasant Chasseur<br/>         Pork in Pepper Sauce<br/>         Cod &amp; Prawn Crumble</p>                                                                                                                                                                                                                             |  |  <p>Tel: 015396 20258<br/> <a href="http://www.middleton-head.co.uk">www.middleton-head.co.uk</a><br/> <a href="mailto:enquiries@middleton-head.co.uk">enquiries@middleton-head.co.uk</a></p> |  | <p><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £6.99<br/>         Stilton &amp; Vegetable Crumble £6.99<br/>         Vegetable Lasagne £6.99<br/>         Mushroom &amp; Nut Fettuccini £6.99<br/>         Broccoli &amp; Cream Cheese Bake £6.99<br/>         Vegetable &amp; Pasta Bake £6.99<br/>         Vegetable Tikka Masala £6.99<br/>         Macaroni Cheese £6.99</p> |  |
| <p><u>Main Courses</u></p> <p>Roast Dinner of the Day £6.99<br/>         Mixed Grill £12.40<br/>         Fillet Steak £12.40<br/>         Sirloin Steak approx. 8oz uncooked £10.30<br/>         Half Roast Chicken £7.99<br/>         Chicken Kiev £6.99<br/>         Lasagne £6.99<br/>         Steak &amp; Kidney Pie £6.99<br/>         Cumberland Sausage £6.99<br/>         Gammon &amp; Pineapple £6.99<br/>         Barnsley Lamb Chops £9.99<br/>         Marinated Lamb Steak (6oz) £9.99<br/>         Pork Chop in BBQ Sauce £7.60<br/>         Cheese &amp; Ham Pasta £6.99<br/>         Tuna Pasta Bake £6.99</p> |  | <h1>Menu</h1>                                                                                                                                                                                                                                                                    |  | <p><u>Rice Dishes</u></p> <p>Chilli £6.99<br/>         Chicken Tikka Masala £7.99</p>                                                                                                                                                                                                                                                                                                         |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |                                                                                                                                                                                                                                                                                  |  | <p><u>Salads</u></p> <p>Ploughman's Lunch £5.99<br/>         Cold Meat Salad &amp; Roll &amp; Butter £6.99<br/>         Prawn &amp; Rice Salad £6.99</p>                                                                                                                                                                                                                                      |  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |                                                                                                                                                                                                                                                                                  |  | <p><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.80<br/>         Ham, Beef, Cheese &amp; Tomato;<br/>         Cheese &amp; Pickle or Salad from £2.90<br/>         Toasted Sandwiches from £3.10<br/>         Portion of Chips £1.70<br/>         Mixed Side Salad £1.70<br/>         Portion of Mushrooms £1.70<br/>         Roll &amp; Butter £0.65</p>                           |  |

## COMMUNITY OFFICE NEWS

### *Community Cinema*

We had our inaugural meeting about the Community Cinema on 4<sup>th</sup> September and the progress is as follows:

**Competition:** we are offering opening night tickets for the best design / logo and name for the cinema – we will be inviting local schools to participate but anyone is welcome to drop ideas in at the Community Office!

**Equipment:** we have ordered the equipment from a local supplier

**Calendar:** we are aiming to show 1 film a month in Sedbergh and 1 film in Dent to start with – taking these as the largest concentrated communities. But this is not to exclude any other community in the district - all we need is a minimum of 2 trained volunteers to allow the

equipment out plus someone with a van or large estate car to transport it.

**Volunteer training day:** this will be in early/mid November so if your community wants to have a cinema night, please get 2 people to come along – we need to know numbers and availability so please ring in and register at the Community Office (20504). We will provide

refreshments (nice ones!) and expect a session to last 3/4 hours, probably on a Saturday or Sunday afternoons.

**Launch night:** we are aiming for 24<sup>th</sup> November so please put it in your diaries!

**Films:** what we show is dependent on what we can get hold of (there is

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licensing issues to grapple with) and what YOU want. We are aiming for a family matinee and a wide appeal film in the evening but please come in with your requests / suggestions.

**Pricing:** To begin with we decided on £3.50 for over 14's and under 60 and £2.50 for under 14 and over 60. We'll see how this goes.

**Refreshments:** This is a good opportunity for voluntary groups to make money and enjoy the film for free (max 3 volunteers). Initially we will invite groups to do refreshments but please put your group on our calendar (coming soon) and experiment with what to provide and how to promote your group. We are

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buying a POPCORN machine to use!  
**Equipment Hire:** This will be available to groups who have 2 volunteers trained to use the equipment. You will have to have your own liability insurance.

**Advertising:** We are inviting local businesses to sponsor a film and have your business promoted in a new and creative way while supporting a community venture – how could you resist! Cost is likely to be £25 – businesses who would like to support this or anyone who would like to help set this up and create the adverts, please get in touch – maybe it could be a school project!

**Film Club:** This is on hold for now but

likely to happen as we evolve and grow.

**Booking Offices:** You will be able to buy tickets from the Community Office (Sedbergh) and Post Office (Dent) or on the door if there are spare tickets.

### Environmentally Friendly Products

Please note that we are now able to refill washing-up liquid, toilet cleaner and laundry liquid. Although recycling is good it is more energy efficient and less wasteful to reuse. It is also cheaper and probably puts our cost of Ecover products at the same as Asda – but refills come with the bonus of a great community and planetary conscience!

### **A SEDBERGH VIEWPOINT**

My calendar for October is headed "Autumn" – so autumn it is. Daylight is getting less each day and at the end of the month we get our lost hour back and we are once again plunged into darkness at tea time. Ah well, it happens every year but it always comes hard and is SAD for some people.

I doubt whether we will get many holidaymakers from now on into winter, so we won't be observed as we really are! I recently heard the tale of some visitors walking down Main Street blocked by delivery vehicles asking if this happened in the winter too! Sadly, probably every shop in Main Street has to receive supplies from the street which then becomes blocked by delivery vehicles which seem to be getting bigger year by year. One recently was not only a large lorry but it was hauling an equally large trailer unit too. These large lorries often seek to turn right out of Main Street into Back Lane and find it impossible without shunting and slewing over the footpath which is threatening to pedestrians, especially young children on their way to school as happens occasionally.

Now that there is no free car parking in either car park there is a noticeable increase in on-street parking; and on the footpath too. I've heard many people from the locality complaining that it is now impossible to park for a few minutes to pop into a shop for a newspaper, cigarettes etc. or post a letter when passing through town. If

local businesses are suffering as a result there is an opportunity for the Parish Council to offer parking free for the first half hour, or money back vouchers redeemable at local shops. It works elsewhere, so why not in Sedbergh? The more patronage local shops lose the quicker they will be driven out of business and forced to close.

Another oft heard problem is that of bus fares. We have Cumbria County Council Public Transport Information leaflets for the 564 bus service to Kendal – one route operated by two different companies. Unfortunately they each charge different fares and so their return tickets are not valid on the other operator's bus! The other



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problem with the 564 is that the two companies run buses minutes apart leaving hours without any service at all. Opportunity here for improvement in both the timings and reciprocal ticketing. Is this something for our local MP and councillors to sort out for us, presumably with the County Council?

Well as the year begins to wane it is time to thank all who work so hard in the community to put on all the events we have enjoyed throughout the spring and summer. Most recently there was the Book Festival and the Charter Fair. The Book Festival seemed well supported and folk have waxed lyrical over William Hague's contribution. Seems he was

a bit of a hit with the ladies. The fair was well attended too and the Christian Aid people did a good trade in refreshments. But where was Sylvester the Jester from Leicester who usually keeps the grandchildren and their parents amused for hours. It is the street entertainers who hold the crowds on such occasions and who were sadly missing this year. We look forward to them being with us next year.

Last month it was best wishes to the back to school children. This month we hope they have an enjoyable half term holiday before we put the clocks back. My word time flies.

Best wishes

*N. Hastle.*

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### KILLINGTON W I

Well! Here we are again – the lasses of Killington WI, bronzed and rested after a season lazing in the Sedbergh summer sunshine! Believe it, if you like. At least we are back for our regular meetings in the People's Hall after our summer outings, and bursting the committee room at the seams. We have had to give up our library for the time being as there is simply no room to spread out the books.

We opened the meeting with our Killington song which starts, "A pleasant thing it is to meet  
*In friendship's circle bright.*"

Sadly we then had to mourn the loss of one of our dear members from our circle of friendship. Pamela Moran died at the end of last month. Her enthusiasm, humour, wisdom, and kindness will be greatly missed by us all.

Our speaker this month was also a person of great enthusiasm. Susan Winter came to tell us about her cycle ride across Cuba, undertaken earlier this year to raise money for the WI residential college, Denman College in Hertfordshire. Here, courses in many subjects are organised for, and offered to members from all over the country. Susan certainly enjoyed her experiences in Cuba and gave us some insight into what it is like to live in a socialist state. One of her observations was that **we** live in a shamefully wasteful society. Susan illustrated her talk with an excellent selection of slides and lots of interesting items. Unfortunately the

bottle of rum that she brought along was empty!

Tea followed – scrumptious as usual. A birthday cake was forthcoming for an important birthday (half a century, Sarah!), but alas the birthday girl could not be with us. We did enjoy your cake and send our good wishes. Our competition for a *postcard from abroad* was won by Margaret Denton with a post card of Urquhart Castle on Loch Ness. (Up with the Scottish Nationalists!) The raffle for some "quality smellies" was won by Mary Fisher. Glad you are better, Mary.

We ended the meeting with business matters. Sheelagh Denniss of Howgill and Firbank WI sent us a report of the AGM, which she attended, on our behalf at the Albert Hall in June. This was read to the members and gave us a good impression of the happenings of the day, right down to "**the one brave lady in a bright pink hat**". (the only hat in a hall of 7000 members – my! How times have changed!) Thank you Sheelagh.

Other activities are afoot but I will tell you about them after they have happened. Our next meeting, to which you are cordially invited, will be in the committee room of The People's Hall on Tuesday October 9<sup>th</sup> at 2pm. Susan Oliver will demonstrate "Christmas Ideas", and then we shall have two and a half months to put them into practice! We shall compete to produce a *favourite Father Christmas*, and all in all, have a jolly good time. W.F.U.

### FROSTROW WI

It was a lovely, warm evening for our September meeting – unlike the weather on our August walk.

However, we were ‘determined not to let the rain dampen our spirits as we met in the car park. Eileen led us on a lovely walk around Dent, finishing with a very welcome cup of tea (and cake for some of us!) at the Dent Craft Centre.

Some of our members attended the Sweet and Savoury Pancakes demonstration at Dentdale and the Flower Arranging demonstration at Howgill, both of which were very enjoyable. We were delighted with our success in winning the story-writing competition at Howgill.

Jean Mitchell thanked everyone for their kindness and support after her recent operation. We wish Jean a very speedy recovery.

Continuing the hospital theme, three of our members took part in a very peaceful and orderly protest against closures at Westmorland General Hospital. We met at Kirkbie Kendal School and walked up to the hospital where we made a circle around the perimeter.

Pauline Mather has all the arrangements in hand for the golf competition on the 8<sup>th</sup> October and she brought the trophy for us to see.

A team was organised for the Quiz Night on 29<sup>th</sup> October and information was given about forthcoming events.

After the business meeting, Anne Petyt introduced Ian McPherson, our speaker for the evening, who gave us an informative insight into the practice

of homeopathy. Homeopathy is the treatment of disease by minute doses of drugs, which in a healthy person would produce symptoms like those of the disease. It is based on the theory that ‘like cures like’. It deals with the whole person to find the root of the problem rather than just treating the symptoms. Rosemary thanked Ian for giving us a fascinating insight into homeopathy. Pauline won the competition for ‘A tip for good health’ and Eileen won the raffle.

Our October meeting in People’s Hall will be open to non-members. Paul Burton will present a slide show of underwater photography entitled ‘In the Red’. Visitors will be very welcome.

*Denise Thomson*

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### DENTDALE WI APPLE DAY

The WI are holding an event to fundraise for the Great North Air Ambulance. This will take place on 13<sup>th</sup> October in the Memorial Hall between 2pm and 4 o'clock. There will be various stalls and a Raffle. All are welcome and donations would be appreciated.

### **SLDC RECYCLING NEWS**

Last month, we announced that more plastic and cardboard banks were being installed, and we have now added banks at Arnside and Cartmel. The plastic banks at our busiest sites are already emptied daily and the new banks introduced this year have also proved popular; we are now collecting over 100,000 bottles each month from the banks at both Sedbergh and Kirkby Lonsdale.

We have had many requests during the last month to repeat the information about the materials that can be recycled.

The cardboard banks can be used for all types of clean household cardboard from cereal boxes to corrugated card. The banks cannot be used to recycle drink cartons or cardboard from trade premises. Please remember to flatten cardboard to ensure the best use is made of the banks.

The plastic banks have two sections, one for bottles and one for bags. The bottle section can be used for household plastics such as milk and drink bottles, yoghurt pots, food trays, shampoo and washing-up liquid bottles. The bag compartment can be used for plastic carrier bags, polythene food bags and plastic covers. Please wash and squash bottles and containers wherever possible, squashing a bottle reduces the amount of space it takes in the bank by up to half. The banks should not be used for hard plastics such as toys or plant pots.

If you have any questions about recycling or waste minimisation please contact us either through the Customer Contact Centre on 0845 050 4434 or by emailing us at [customer.services@southlakeland.gov.uk](mailto:customer.services@southlakeland.gov.uk)

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Dear Editor,

Whilst Sedbergh Parish Council is undoubtedly celebrating its success at having taken over the running of both of Sedbergh's car parks, many of the town's residents are suffering as a result from no longer being able to park outside their own homes.

Imposing the current pay and display charges on both Joss Lane and Loftus Hill car parks, closely following the removal of YDNP resident permits, has only resulted in both car parks being seriously under used, to the disadvantage of the town's residents. I realise that I could choose to pay an annual fee of £35 for the privilege of using either car park during the day, rising to £52 per annum for overnight parking. However, surely (according to the notices displayed) one does not need to pay between the hours of 6pm and 8am ? I strongly object to paying an extra £17 to enable me to park my car during the hours when no charge is necessary.

For the first time in 35 years of commuting daily to my place of work, I frequently find myself dreading the thought of returning home some 10 hours later, having to fight for a parking space anywhere near my home. I refer specifically to Back Lane, but I am sure there are many residents living elsewhere in the town, for example Bainbridge Road, Highfield Road, Long Lane etc, who are experiencing similar problems.

Living on Back Lane, we frequently encounter visitors parking up for free in the morning, donning their walking,

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cycling gear, rucksacks etc, only to return later in the day having contributed little or nothing to the town's economy. Whilst one cannot necessarily blame them, nor Sedbergh's tradesman, second home owners and residents who have forsaken the pay and display car parks in favour of free on-street parking, this disadvantages others who have lost the right to park their car outside their own homes. Moreover, the predicament does not appear to be abating now that we have almost reached the end of the tourist season.

Surely I am not alone in my opinion that the Parish Council should have paid more consideration to its council tax paying residents before imposing a charge on both of the town's car parks ?

Yours etc

*Colin Cowperthwaite*

## LIGHT

Light is becoming scarcer as winter approaches. Scientists have discovered that low exposure to natural light leads to stress-related illnesses of various kinds. People increasingly are buying light boxes which measure whether we are getting enough natural light to prevent the Seasonal Affective Disorder (S.A. D.) which afflict people as the days get shorter. Light is very important.

I recently attended Brigflatts Meeting House and was impressed by the Sunday Quaker act of worship. Here were forty people seeking light - a sample of all humankind with this universal need. Many will describe the light as God. All of us are seeking some way of making life meaningful. No specific doctrinal stance was being advocated, no orthodoxy, no hierarchy of authority - just a quest for a better and more meaningful life. And I thought, isn't this what all

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human beings are seeking? This is something for everybody.

We sat in silence for long periods. Then individuals "ministered" by recounting their experiences - a holiday journey on a boat in the Hebrides on a very misty day. The shores of an island loom into sight. No way can we see the top through the mist, but we know it is there. No way can we see God, but, in the mists of life, we feel He is there. A troubled teenager spoke of the mists in her life - sometimes she didn't know where she was going, but the recounted experience of the older Friend helped her believe she would eventually find her way.

We are all seeking light. We must each find our own way. Some would try to force us along one particular path but each of us is different. What I specially liked about the Friends or Quakers is that they do not force any particular doctrinal stand. They respect the right of each one of us to seek our individual way and be guided by inner light. I had a tremendous feeling of freedom.

*G.D.H.*

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#### JULY WEATHER

Well the wet continues with another 6.46 inches added to the year's total. In fact there were only 4 days on which rain wasn't recorded! All that can be said is that it was warm rain! On the 27<sup>th</sup> the temperature dropped below 60F for the maximum of the day. On a handful of days the maximum temperatures struggled into the 70sF with a maximum of 74.3F. Minimum temperatures were generally in the 50sF with a low falling to 46.2F. Quite often the late night temperature was in the high 50sF and actually was 61.2F on the 13<sup>th</sup> of the month at nearly midnight. With the inclement weather the pressure was, as expected, on the low side. Similarly it was a fairly breezy month with the maximum wind speed recorded being in the teens mph though the highest was only

15.4 mph. Yet again the wind direction was generally from the North West with only 8 days from another quarter.

On the natural front everything continues to be lush and green. The swallows decided to build another nest in the kennels just above the inside door. Whether they ran out of materials or time but it was only about an inch deep, rather than the usual two inches, before they started to lay on it. Time will tell if the young, should they hatch, are able to perch in the nest. The house martins have finished building for the first time for at least four years. Interestingly there were three birds involved in the construction. Eggs seem to have been laid as one bird seems to be sitting. Butterflies appear to be few and far between probably due to the rain. The ducklings we rescued from the magpies are outside and progressing, eating as ducks do like vacuum cleaners! Small rodents appear to have had a good season breeding in spite of the weather if the numbers of young ones the cats are bringing in are anything to go by. We are still knee deep in rabbits in the garden giving the dogs extra exercise as they chase them out. Our security light keeps coming on throughout the night switched on by the pesky rabbits as they come and go in the yard after the dogs have been shut up for the night!! There are regularly 40 house sparrows about on the drive or on the feeders so they have had a good breeding season.

### GARDENING

Some years ago I was showing a friend around the garden in late summer. He happened to be a Head of Department at one of the country's top colleges for Landscape Architects so I was interested to hear his comments on the planting in the garden. Having wandered around for a good while looking at all the interesting shrubs and perennials we eventually got down to the end of the plot – a shaded area under large sycamore trees, where all the stones and rocks unearthed from the borders and vegetable plot had been dumped years before, and where I had planted some seed raised birch and hazel trees as a screen against a large farm building. Although several shade loving plants had been planted underneath the trees, they were even then being stealthily overtaken by a groundcover plant known as "Yellow Archangel" (*Lamium galeobdolon*) which was introduced into the border as a single rooted cutting about 7 years previously. Battling it out with the *Lamium* were two other shade loving plants, *Trachystemon orientale* with big, bold, heart shaped leaves,

and *Pachyphragma macrophyllum* which has glossy apple green foliage. (Neither of these is common in cultivation and this is presumably why they do not have "common" names)

"Now this is really very lovely. I like this bit best" said my expert friend. "It is simple and restful and and I like that big drift of the plant with the silver variegation. May I have some cuttings from those two things with big leaves?"

It is rather demoralising to find that the bit of garden which you haven't really bothered about is the area worthy of praise, whereas the borders which you planned, and maintained with such care, don't get a mention. Large areas of "groundcover" plants are certainly restful but I find them static and dull. I like plants and colour and vibrancy and variety. I like trying new things.

The *Lamium* has now spread to cover an area of about 100 square metres and having eaten up most of the competition it is rapidly approaching a border awash with equally rampant, *Geranium procurrens*. I wait with interest to see which one wins. *Elaine Horne*

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## SETTLEBECK HIGH SCHOOL

I write this after two weeks in post as Settlebeck's new Headteacher and would like to take the opportunity to introduce myself.

I have moved here from the North East, where I was previously the Headteacher of a large urban school in Hartlepool and before that was a Deputy Head in Middlesbrough.

As many of you will know, I have family in Sedbergh and from visiting and looking after their smallholding in the summer sometimes had got to know and very much like the area – so the chance to live and work here was one not to be missed!

I have had a wonderful first two weeks, with a very friendly welcome from both staff and students and look forward to getting to know them better over the coming months. There are lots of exciting opportunities for the school in the immediate future and we will keep working together to ensure that Settlebeck continues to provide an excellent education for local children.

Exam results this year were the second highest ever (68% 5 A\* - C) which represents a great deal of hard work by the students – my congratulations to them. These high results also wouldn't be possible without the dedicated work of the school staff and the support of parents – so a big thank you to both groups of people.

High exam results are important, but the real measure of our success is how much we help each child



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improve. This is known as the CVA (Contextual Value Added). At Settlebeck this has been high over the past few years, reflecting how well the school supports and challenges each student. We confidently expect that when it comes through it will be high again this year.

Shortly, I head off to Derwentwater, to take our year 7's walking, as part of their week-long residential – I haven't seen the weather forecast yet! I know they were really looking forward to the week and I'm expecting to hear lots of interesting stories from their experiences so far.

I hope you enjoy reading the children's account of our summer Alternative Curriculum week, which give a good flavour of the wide range of activities on offer at Settlebeck High School.

*Judith Greene*

## **SEDBERGH SCHOOL**

*U15 Cricketers are  
National Champions.*

Sedbergh's U15 cricket team capped a tremendous season by winning the Daily Telegraph National Schools' 20/20 competition at Headingley on Sunday 9<sup>th</sup> September.

In a repeat of last season's semi-final against Loughborough Grammar School, Sedbergh lost the toss and were put into bat. Sam Stuart gave the innings a fine start scoring a quick fire 30 off just 20 balls while Dean Bell rotated the strike brilliantly at the other end.

Once Stuart departed, Bell took over the senior role and shared a useful 50 partnership with Captain Tom Benn. Bell finished with 76 not out as Sedbergh set Loughborough a tough target of 150. Tight opening spells from Jack Oughtred and Stuart meant that Loughborough were always behind the rate and the School ran out winners by 34 runs and went through to the final to face Felsted from Essex.

Once again Sedbergh lost the toss, this time were asked to bowl first. Oughtred and Stuart again bowled well at the start claiming an early wicket each to leave Felsted struggling at 6 for 2. A useful partnership for the 3<sup>rd</sup> wicket gave the opposition hope but once David McClements broke through wickets fell regularly to leave Sedbergh chasing 87 to win.

The innings got off to the worst possible start with Sam Stuart being

dismissed in the first over, but Dean Bell (38 not out) and Jack Oughtred (42 not out) steadied the ship and then batted brilliantly to steer Sedbergh to victory by 9 wickets in just the 10<sup>th</sup> over.

Director of cricket at Sedbergh School, Chris Mahon said, "The day was a fantastic experience for the boys and they thoroughly deserved their status as National Champions".

### *First Head Girl*

Sedbergh School has appointed its first head girl for the first time in its near 500 year history.

Freya Findlay 17 from Penrith says she feels honoured to have been selected as head of Sedbergh School

The role gives her traditional, yet rarely used, privileges including being allowed to grow a beard, keep a goat on the grounds and marry.

Miss Findlay said: "They always pick the best person for the job and it just happens that in the other years it has been a guy.

"I think I was chosen because I am trustworthy and I try to get stuck in with everything I do.

"I feel very privileged and excited to have been selected."

Freya is studying A-Level Maths, English Literature, Latin and Ancient Greek, hopes to study Classics at Cambridge University next year.



## ROAD & STREET NAMES

Many of our road and street names in Sedbergh are missing. This is discourteous to visitors and new residents; it could be very important to emergency services; and a loss to history.

Here are just some examples - there are probably more in areas I am less familiar with.

### 1 *Station Road*

Where does it begin and end? Only one road sign I know of, and that is in the middle.

### 2 *Main Street*

No sign at the West end - east end (?).

### 3 *Long Lane*

### 4 *Back Lane*

Signs missing or badly placed.

### 5 *Cockle Street*

Sign has disappeared recently.

### 6 *Bushby Yard*

A very short road, roughly opposite to Cockle Street. Sign disappeared recently.

### 7 ?

Another short road off the south side of Main Street between 7 Main Street and Evans House.



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### 8 *Guldrey*

(Not Guldrey Lane/Terrace/Fold/House or Lodge). Six houses facing Guldrey Terrace, no signs. The electoral register lists them as being on Station Road, misleading even if correct.

### 9 *Sycamore Close and The Leyes*

Both accepted names for small groups of houses but not identified, possibly also Palmers Hill.

### 10 *Guldrey Lane*

Sign high up not obvious especially when travelling from Kendal direction.

Is any reader aware of any other such deficiencies in road signage? If so please pass details to *Lookaround*.

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## SETTLEBECK HIGH SCHOOL

### Year 7 Alternative Curriculum Week

On Monday Year 7 had an enjoyable visit to Tullie House and Carlisle Castle. One group went to the castle in the morning and the other group to Tullie House. We thought Carlisle Castle was good. We looked in the keep (the place where the king and queen stayed). Then we went to the Army Museum. After lunch we looked around Tullie House. We went into a museum-type place with loads of animal models and pictures. We then had to write a riddle about a specific animal in the museum and we had to guess what animal our classmates had chosen. It was a fun day.

*Rachel Hendrickse  
and Rebekah Mells 7R*

On Monday we went to Tullie House to work with a creative writer about a creature from a river. We also went to the Castle to have a look around. We went to look at medals and other army stuff.

*Adam Roberts 7O*

On Tuesday 17<sup>th</sup> July Settlebeck School hosted the Sedbergh Olympics. Firstly we were split into four teams; England, France, Slovenia and Norway. We then had to design a banner and an anthem for our country and had to perform them in front of the other countries. In the afternoon we played sports to determine the winner, which was England.

*Tom Knevitt 7R*

We went to Bradford Film Museum on Wednesday. When we got to the Imax cinema we went to a room on the second floor. It had mirrors that could make you fat or thin and there

were loads of cameras. In the afternoon we went to the big screen cinema and watched a film about dinosaurs in 3D. It was really good. Then we went to the gallery. My favourite bit was when you could film yourself doing the News.

*Jordan Iveson 7O*

On 18<sup>th</sup> of July we went to the National Museum of Media and Television in Bradford. It was really good. We watched a 3D film called "Dinosaurs Alive". It was scary because they seemed to come right up to your face. In the museum there was a screen where your silhouette was imprinted. It was a really good fun day.

*Amelia Hunter and  
Samantha Haigh 7R*



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### **MULTIPLE SCLEROSIS FUNDRAISER**

For some years I have been having Table Top sales in the People's Hall raising money for different things.

On 10th November at 9.30am in the People's Hall, I will be running a Table Top Sale for M. S.

I am asking for any bric-a-brac, books, games, raffle prizes and also any help please. People can give on the day. The money on the day will be given to M. S. Research.

So please have a look for anything you no longer need, bring it along and help us make some money for this charity.

For any information please contact Sandra W. Longlands on 015396-20885 or mobile 07815069394.

### **SEDBERGH SCHOOL**

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### **CHRISTIAN AID**

*in action again.*

Following the very successful Market Fayre in Sedbergh when £332.86 was raised for Christian Aid from the all day refreshments, the Sedbergh and District Christian Aid committee and supporters will be holding their Autumn Coffee Morning on Wednesday 10th October. As usual it will be held in the URC Rooms in Sedbergh from 10am to noon and a warm welcome is extended to all to come along for a fairly traded cuppa and to explore the arrays on the stalls.

If you'd like to get involved in the Christian Aid activities in the area then the Coffee Mornings are a good time to meet committee members and have a chat about what we do.

Thank you once more to all of you who support the work so generously.



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### **A SMALLER HARVEST**

For centuries human beings have been attempting to draw from the earth the maximum possible yield of crops, fruits and natural resources. We now realise that what appeared in the past to be a perfectly reasonable policy, cannot continue any longer with a huge world population demanding so much from the world and its atmosphere.

The unfettered use of all these resources has led to selective poverty in the world, has depleted non-renewable supplies, and damaged the environment in disastrous and perhaps irreversible ways. Every television programme about the earth tells another part of this tragic story.

Traditionally, the Christian Church has celebrated the earth's harvest at this time of the year simply by an act of thanksgiving offered to God, a form of worship originating in Old Testament times. Yet, truthfully, much

of our modern harvesting of resources is closer to plundering than to the restrained and respectful use we should be aiming for.

We cannot really go on thanking God for the results of our destructive robbing of the earth. We must stop and reconsider our responsibilities and our choices.

To help us all do this we are holding a very different kind of event for harvest at St. Andrew's this year. It is called A Smaller Harvest. Our own musicians will be joined by the Sedbergh School Band, and Canon Sam Randall, Bishop's Officer for the Church in the World will be preaching.

The event will be at 7.00 pm on Friday 5 October in St. Andrew's Church. We invite you to come along and join us in solidarity with all who look towards a time when this planet will be understood and honoured rather than exploited to exhaustion.



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### **GARSDALE & GRISEDALE BROADBAND UPDATE**

It seems ages since the idea of having a reliable broadband service in the dale was first suggested.

Over the past few months the committee have been working closely with Kencomp and the North West Development Agency to achieve this.

Finally, the technical problems appear to have been solved, funding has been secured and any necessary planning permissions granted.

It is therefore expected that the installation of broadband will begin and it is hoped that everyone will be connected by the end of September, or very soon after.

There has been huge community support for this project, which has only been made possible with the help and co-operation of residents who have agreed to have equipment sited on their land or property.

Thanks to everyone who has helped to get this project up and running. Hopefully we will all soon be able to enjoy the benefits of having reliable Internet access.

The Committee consists of Andrew

Lathwell, Julie Calvert, Jane Taylor, Neville Woodfine & Graham Lant. If you have any further enquires, please contact any of them.

*The Committee*

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### **URC ROOMS**

Bookings are now being taken for Coffee Mornings in 2008. Please ring Doris on 20428 to arrange a date AND then fill in a form that can be found in the Joss Lane entrance.

These forms need to be returned before you can hold a Coffee Morning from January 2008 as they cover issues of insurance, fair trade and health & safety.

Please note that there is an increase the charge for a Wednesday morning Coffee Morning from January 2008. Many thanks.'

### **THE DENTDALE SHOW**

The Dentdale Show Tug of War Challenge was won by Sedbergh Young Farmers in a hard fought contest against Dentdale Football. Thank to John Capstick for his help and as referee.

*John Hyde*

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## TODAY'S WORLD

### *Questions Relevant to Today's World*

In a changing world, religious beliefs, and attitudes towards them, are seen to be important factors in society.

We are inviting you to come to the fortnightly discussion meetings which will take place during the autumn and winter months at the home of Alf and Joan Hooper, 4 Highfield Villas, Sedbergh.

These are meetings in which people ask any questions they like about faith, doubt, disbelief, the Christian Church, world faiths and society.

There is a complete freedom of expression - and consequently a great variety of views and beliefs. A Christian understanding of the questions is always presented, but no attempt is made to persuade people to adopt any particular view. We listen to one another with mutual respect and learn to disagree among friends. It is all very informal. Those who have come to previous meetings have found them stimulating and enjoyable.

The meetings take place fortnightly on Wednesdays. They last from 7.45 to 9.00 pm. The first is on 10th October. You could come to just one or two meetings or to the whole series. New members are very welcome.

For further enquiries, don't hesitate to phone the convenor, Colin Wilson, on Sedbergh 20952.



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### AUGUST WEATHER

Well at last a somewhat drier month with only (!) 3.19 inches of rain. This all fell in the first half of the month the latter half being rain free. In fact we were one day short of an official drought with 13 dry days!!

Temperatures also reflected this divide with second half being generally warmer though the maximum of 79.3 was recorded on the 5<sup>th</sup> of the month. Fifteen nights had lows in the 40sF with a minimum actually going below at 39.4F. During the dry spell the late night temperatures were frequently in the 50sF dropping in the early hours of the day. Again a fairly breezy month with only 3 days not making double

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Contact: 015396 20649

figures in wind speed. The maximum speed recorded was 21mph.

The swallows hatched 3 young in their half depth nest and they continue to grow. The house martins got a brood away towards the end of the month. Butterflies still seem to be in short supply especially Painted Ladies. Perhaps the weather hasn't been suitable for a trip across the channel. During the drier evenings Pipistrelle bats were out and about. For the first time in many years I found a hedgehog in the yard. I went to investigate what one of the dogs was making a fuss about and found a large hedgehog curled up stuck under the shippon door. A shovel soon extracted him and set him free. I haven't seen it again but dropping have appeared round the garden and fortunately non of the dogs have decided to roll in the evil smelling mess! The mallards, now living free, arrive each morning when I am feeding our poultry. If I am a bit late they are waiting for me. They are so cheeky that they go into the sheds to help themselves if our ducks chase them away! It looks as though at least 3 of the 4 survivors are turning out to be drakes. There has been a hatching of Peacock butterflies towards the end of the month with many visiting the last of the buddleia.

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### **DENTDALE CRICKET CLUB**

Match Report

*29th July v Archbishop Hutton PTA*

Despite a very soft pitch we played a 30 over game. This wicket was very slow and it was very hard for the batsmen to score. Dent struggled to 85 for 3 off 30 overs. Steve Wilson 22, Kevin Puncher 13, Pete Moorby 13 and Rob Mitchell 17 not out.

The Archbishop also struggled with the wicket and only got home with 4 overs to spare. They also lost 3 wickets.

*5th August v Lancaster* and our last match. 2nd September again cancelled due to weather. Most disappointing was that we were unable to fulfil the fixture at Holker due to our inability to raise a team.

A very frustrating summer, due to poor weather. We only played 5 out of 13 fixtures.

Nevertheless our Presentation and Fun Night goes ahead on 6th October in the George & Dragon. All members and supporters are invited with partners.

### **POST SCHOOL GRANTS**

Sedbergh United Charities & Widows Hospital make grants available for apprenticeships and for tertiary education. They are designed to help pay for the purchase of tools or books. Applicants must be under 25 and live in the Civil Parish of Sedbergh. Anyone interested in obtaining a grant should apply to the address below supplying name,

address, date of birth and details of the course or apprenticeship involved.

Clerk to SUC&WH, 31 Loftus Hill, Sedbergh, Cumbria, LA10 5RX.



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### **TRIP OF A LIFETIME**

In November I will be joining three other women ministers from the URC on a trip to Myanmar, Burma that was. The trip is the first part of an exchange programme to encourage links and support of the church in Myanmar. During our time we will be meeting female leaders of local churches who aren't yet able to be ordained as minister but who work tirelessly for the church in their local communities. Together we are hoping to take gifts to the women we will meet and donations for the churches, who support educational and health projects through their work.

If anyone would like make a donation or has any spare pens, pencils or football magazines, I would be most grateful. (especially football mags!)

*Carole Gotham 22030*



### CUMBRIA IN BLOOM

The hamlet of Millthrop has won three trophies in the Cumbria in Bloom competition - Best Hamlet, Best in the Borough (SLDC) and Best Overall - Villages and Hamlets.

Judging took place at the end of July and the results were given at a seminar in Penrith on the 3rd September.

Thank you to all the residents of Millthrop for making this possible, you all did a good job and to Ryan and Kieran for sweeping and weeding and for their 'Secret Garden' of flowers and vegetables that very much impressed the judges. So, thank you all again.

*Margaret Milburn*

### DENT FOLK FESTIVAL

Thanks to all those who came to, performed at and worked on the 2007 festival. It was another huge success with the festival going from strength to strength!

This year, Martin Woodhead from [imageacoustic.com](http://imageacoustic.com) was our official photographer. Pictures can be viewed via the Festival Web Site at [www.dentfolkfestival.co.uk](http://www.dentfolkfestival.co.uk).

You can find out more about Martin's

photography at [www.imageacoustic.com](http://www.imageacoustic.com).

Dates for next year are the 27th to the 29th of June 2008.

Best Regards from The Dent Folk Festival Team.

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### LADIES N. F. U.

Our September meeting was held on Tuesday 18th September with twenty members present.

As our October charity event is for Alzheimers, we were given a talk by South Lakeland Alzheimers Society on the effects this had on the person and also their carers.

We were told how it affected the persons memory, and that they were working to get more help for carers offering support groups.

This was followed by our A. G. M., then a Jacob's Join. Mrs. Swift won the raffle.

Our October meeting will be on Tuesday 16th October in the Peoples Hall Committee Room at 7.30 pm and the guest speaker is Mr. Marshall from Bath House. New members always welcome

### **PULSE COMMUNITY GYM**

Hi everyone, hope you are all feeling fit and refreshed after the glorious summer!

Please accept our apologies if you tried to contact us over the summer and couldn't. Baliol School is the point of contact and is closed for the 6 weeks school holidays, hope it didn't inconvenience anyone too much.

We now have a new item of equipment at the gym called a 'cross trainer' which has proved very popular and, if used regularly, will tone the whole body. Another new item coming to the gym is a lady called Dawn who is a personal trainer. Dawn has offered a free consultation, which would comprise; advice, guidance and encouragement, for any new members and also anyone renewing their membership in the new year. If you are interested just ring Baliol School on 015396 20232 and ask for Dot for details on how to become a member. Current fees are: £175 per year if paid up front or £20 per month by standing order. There are

discounts for couples membership/ family membership and students. Please ring for further details.

On January 11-13 2008 the Pulse Community Gym and Baliol School presents: **SKATING FOR ALL**

We are hiring a skating rink which will be situated in Baliol School playbarn, next to the Pulse Community Gym. Please see the advert in this Lookaround on page 40. We hope to dispel those post-Christmas blues and bring some fun to a dreary January weekend.

DD

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

### **ROAD CLOSURE**

Please remember that Lincoln's Inn Bridge is due to remain closed until 14th October but may be open before then. Watch for the removal of the signs.

The road at Dent Head/Newby Head will be closed from 1st October for four weeks for essential repairs to Dent Head Viaduct. There will be a very long diversion via the Coal Road or Deepdale Lane, not suitable for large vehicles

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### DENTDALE FELL RACE (A Hell of a Rise Hill)

John Heneghan knocked over a minute off his time last year to win in 27 minutes 31 seconds. Second was Nick Sharp in 28.31, Third Gary Devine in 29.14 (Sedbergh). Other local finishers were:- Haydn Davies in 34.07 (Sedbergh), Paul Tuson in 34.50 (Sedbergh), Jon Richardson in 38.30 (Sedbergh), Peter Hartley in 38.40 (Sedbergh), Simon Hosking in 41.29 (Dent), Fraser Gumery in 42.26 (Dent) and Peter Knapton in 42.38 (Dent).

The oldest finisher who won the Hartley Prize was Peter Covey aged 67 in 37.22 (There is hope for us all!).

On behalf of Dentdale Show Committee I would like to thank the following for the continued success of the fell race. Marshall, Jim Brooksbank, Tony Rawnsley, Steve & Jan Dalton, Hilary Firth, Jeffrey Allen, Karen and Geoff Maddison and Bob & Rita Dobson. Recorders and Timers Bob and Wendy Pontefract and Jane Dunn.

Thanks also to David Hartley, Tommy Capstick and John Dixon for

the use of their land.

Thank you all.

John Hyde

### CHRISTMAS LAST POSTAL DATES

#### International Surface Mail

##### October

1st to all non-European destinations.

15th Middle & Far East

29th USA, Canada, Hong Kong & Singapore

##### November

16th Eastern Europe, Greece, Cyprus, Turkey, Malta & Iceland

30th Western Europe

#### International Mail

##### December

7th South & Central America, Caribbean, Africa, Middle East, Far East, Asia, Australia & New Zealand.

10th USA, Canada, Japan & Eastern Europe.

13th Western Europe.

#### United Kingdom

##### December

14th Standard Parcels.

17th Second Class.

20th First Class.

21st Special Delivery Saturday Guarantee.

22nd Special Delivery.

Please ensure that you use the correct Post Code. Add a Return Address on the back of an envelope. Make sure that you pay the correct postage for International items.

Further information is available on line at [www.royalmail.com/christmaspostingdates](http://www.royalmail.com/christmaspostingdates)

### **BOOKS & DRAMA FESTIVAL**

*A big thank you.*

The Book Town would like to thank everyone in Sedbergh who took part in the Books and Drama Festival this year – we are particularly grateful to everyone who acted as event stewards, as technical support, in ticket sales, in distributing advertising and allowing us to place advertising in their premises, safety cover, fetching and carrying large objects!, procuring and selling books, performing and writing and most of all our audiences! The Books and Drama event is designed to be interesting for everyone in Sedbergh from the smallest children, please contact us through the Tourist Office if you have any comments or ideas for next year and once again. Thank you!

Charter Market and Fair – This year's Charter Market was bigger than ever and there were a huge number of visitors in town. The Chamber of Trade would like to thank everyone, members of the Chamber, local stall holders, entertainers, raffle tickets sellers, advertisers, those who allowed us to close the road in front of their premises, those who put up with more competition for their goods on this day and everyone who made a special effort. Every visitor who enjoys their time in Sedbergh may come back and spend time and money again and again. The Chamber of Trade would like to say a very BIG THANK YOU to everyone who was involved. Next year we intend to move to the weekend earlier to stop the clash with Dent Show and

Gala and to develop a more Foodie theme. Any ideas or input welcome, please contact Jacky Baines.



### **MK CONVERSIONS**

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### **SEDBERGH GALA GROUP**

The Gala Group will be holding their Annual General Meeting on Monday 8<sup>th</sup> October at 7.30pm in the People's Hall Committee Room. Members of the public are invited to attend and we would particularly welcome any new committee members.

The Group has successfully run for many years but needs support for it to continue. Meetings are only once a month and last for about an hour. If you do not feel able to join the Committee but could help out at events such as Gala (May), Bonfire Night (November) and the Children's Party (January), this would also be very much appreciated – it is at these times that help is needed most.

A vacancy exists for Gala Group Treasurer and we would be grateful for anyone who may be able to help. Support will be available from the retiring Treasurer.

Please come along to the meeting or contact Jane Fisher (Chair) on 015396 20764 for more information.

### CHARITY BIKE RIDE

In August, I reported in *Lookaround* my intention to try and raise some money.

On Monday 20th August, I did the bike ride to raise money for the Heart Foundation. First of all I asked lots of people for sponsorship and most of them said yes. The first date had to be cancelled because it was a really terrible weather forecast, so I did the ride on Mon 20th Aug with my friend George Cox to keep me company. We set off at 10am from Sedbergh. The things we needed to take were: phone, puncture repair kit, pump, and apple juice. We went to my Auntie's at Hardraw for dinner and then down into Hawes and bought ice-cream. The hardest bit was from Sedbergh to the Moorcock. There was a lot of traffic, but luckily we had no accidents and no punctures! We saw a dead rat, pheasant, and grouse. We got back to Luneside at about 3.45pm exhausted but happy that it all went well and glad that it was over, and I have raised £160.00 so far - a big thank you to everyone who supported me.

Very soon, I will be having another operation on my leg and hopefully, the screws will be taken out.

*William Thexton*



### JOB VACANCY

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### COMMUNITY OFFICE NEWS

#### *Music Mayhem*

Join our 3 day music workshop to experiment with guitar, keyboard and drums, digital art and music composition! This has been set up with Music Links and is aimed at secondary school students who are interested in music and may want to continue the project into a regular guitar / music group. It will take place on 22 / 23 / 24 October (half-term) between 10.30a.m. and 3.30p.m. It will cost £5 per day or £10 for all 3 days. It promises to be fun, ending in an informal performance, and hopefully Music Links new Digital Arts Bus will be here to support. Please sign up and pay at the Community Office – if we aren't open please leave your name and telephone number on 20504. The workshop will take place in the Community Office or larger hall depending on numbers.

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### PHOTO CALL

There was no feedback at all to last month's photo. all I know is that it included Jack Dawson, Jack Campbell and Dick Harper.



However I had a letter with the names of the August photo of Settlebeck 1978 from David and Marlene Todd so a big thank you to them. They are as follows  
Back row l-r:  
Andrew Rowlinson; Ian Parish; David Stanton; Mark Harper; Paul Postlethwaite; David Mason; James Cramer; Michael Baines: Andrew Major; David Todd; Thomas Wilson; Kevin Kirby & David Lord Centre  
John Barnes; Alan Luffman; David Gardner; Graham Dalzell; Gary Farrow; Helen Middleton; Katie Marthat; Jill Oversby; Pauling Woof; Georgina Swainbank; Steven Anderson; Alan Harper & Enid Fraser  
front row:  
Carol Parkinson; Anita Begg; Marlene

Cowperthwaite; Cath Haygarth; Karen Sowerby; Valerie Mitchell; Christine Gibson; Julie Brooks; Hazel Dinsdale & Janet Proctor

This month's photo is of Settlebeck year 11 1989. I know the teacher and Stewart Procter so more names please to Shirley Tebay, Walnut Bungalow, Dent LA10 5QT. tel: 015396 25001 or email shirley.tebay@btinternet.com

### THANK YOU

Thank you to everyone who sponsored the "Moonwalk" girls.

We raised in the region of £1500 for Breast Cancer. We all managed the 26.2 miles.

## TIMBER FOR SALE

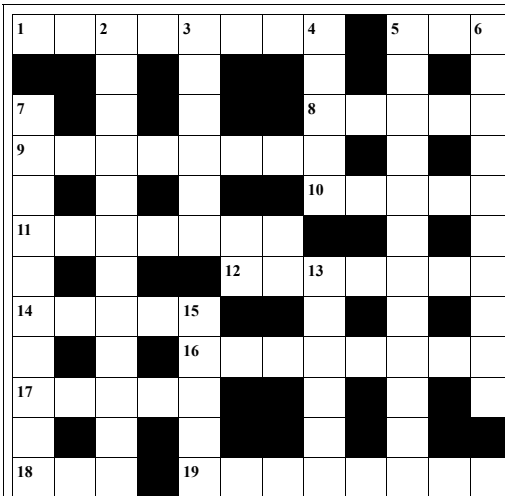
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- 7 Must man see oddly to find enjoyments? (10)  
 13 Marries in a French set up (6)  
 15 Indian boss goes into USA 'hibernation' (5)

*Answers to September*

ACROSS: 1 Bright Spark; 6 Mantraps; 7 Use; 8 Berry; 9 Once; 14 Glad; 15 Annul; 16 Boo; 17 Regality; 18 Tom and Jerry.  
 DOWN: 1 Boater; 2 Internal; 3 Typhoon; 4 Acute; 5 Keeper; 10 Chandler; 11 Godsend; 12 Rabbit; 13 Sultry; 14 Groom.

**Across**

- 1 Toying with a fish, with jewellery (8)  
 5 Animal hiding in large museum (3)  
 8 United fed us exotically (5)  
 9 The least clean must swallow designer perfume from Europe (8)  
 10 Guide bullock (5)  
 11 Aesop ran off, holding a singer (7)  
 12 Connoisseur of our meat loses article after grand opening (7)  
 14 Sad? I'm upset with old King (5)  
 16 Appointed as initial head of newspaper (8)  
 17 Gin he made to make horse talk (5)  
 18 Fall and rise of fuel (3)  
 19 Exclamation of confused, busy sole (5,3)

**Down**

- 2 Have no dessert after bishop brings a traditional meat product (5,7)  
 3 Superior ad laid out (2-2-2)  
 4 Dump character up around fine presents (4)  
 5 Bank holiday at end o'a term, say, is different (6,6)  
 6 University teddy runs around with substitute (10)

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**PARKING**

I have been asked by the Tickets Wardens to point out the limit of 30 minutes in the Main Street Parking areas. Tickers will be issued! DJW

**BBC**

Barbon Bridge Club's third season will commence on Tuesday 4<sup>th</sup> September. Come along any week and play Bridge with a sociable group of people – no partner is necessary. The emphasis is on playing for enjoyment but there is also the opportunity to learn to improve your bidding (ACOL) and play. There is a separate class for “Absolute

Beginners” or for those who once played but have become rusty and you will be very welcome if you would like to learn to play this wonderful game.

The Club meets every Tuesday in Barbon Village Hall from 2pm until 4.30pm. Cost is £2 per week including tea and biscuits.

For more information contact Iain Bride on (015242) 71125.

| <b>ORGANISATION</b>                   | <b>CONTACT</b>     | <b>Tel:</b> | <b>015396</b> |
|---------------------------------------|--------------------|-------------|---------------|
| After School Club                     | Mrs Packham        | Sed:        | 21484         |
| Age Concern South Lakeland PH (M & F) | Mrs Alderson       | Sed:        | 20814         |
| Angling Association                   | Mr Wright          | Dent:       | 25533         |
| Art Society (S & D)                   | Miss Nelson        | Sed:        | 20034         |
| Badminton (Dent)                      | Mrs Rushton        | Dent:       | 25306         |
| Badminton (Sedbergh)                  | Mr Mason           | Sed:        | 20565         |
| Beekeepers Association (S & D)        | Mr Fraser-Urquhart | Sed:        | 21902         |
| Book Group                            | Mrs Dodds          | Sed:        | 20308         |
| Bowling Club (Queen's Gardens)        | Mr Killops         | Sed:        | 20279         |
| Bridge Club                           | Mr Estensen        | Sed:        | 21060         |
| Butterflies Tots & Carers             | Mrs Gerrard        | Sed:        | 21217         |
| Canoe Club (S&D)                      | Mr Hinson          | Sed:        | 20118         |
| Caving Club (Kendal)                  | Mr Teal            | Sed:        | 20721         |
| Chamber of Trade                      | Mrs Baines         | Sed:        | 21287         |
| Chameleons Drama Club                 | Mrs Bush           | Sed:        | 20058         |
| Christian Aid                         | Mrs Hannam         | Sed:        | 20897         |
| Conservative Association (Sedbergh)   | Mr Beck            | Sed:        | 20336         |
| Cricketer Club (Dent)                 | Mr Hyde            | Dent:       | 25503         |
| Cricketer Club (Sedbergh)             | Mr Hoggarth        | 01539       | 731140        |
| Cumbria Wildlife Trust                | Mrs Garnett        | Sed:        | 21138         |
| Dentdale Choir                        | Mrs Bush           | Sed:        | 20058         |
| Dent Memorial Hall                    | Mrs McClurg        | Dent        | 25446         |
| Dentdale Players                      | Mr Duxbury         | Dent        | 25535         |
| Dent School (Friends of)              | Mr Hartley         | Dent:       | 25317         |
| Dog Training (Sedbergh)               | Mrs Robertshaw     | Sed:        | 20316         |
| Farfield Mill Arts & Heritage Centre  | Mrs Hamilton       | Sed:        | 21958         |
| Fire Service (Tuesday Evenings)       | Mr Packham         | Sed:        | 20302         |
| First Responders (Dent)               | Mrs Pilgrim        | Dent:       | 25589         |
| Football Club (Dent)                  | Mrs Mitchell       | Dent:       | 25432         |
| Football Club (Sedbergh)              | Mr Moffat          | Sed:        | 21797         |
| Gala Group                            | Mrs Fisher         | Sed:        | 20764         |
| Garsdale Village Hall                 | Mr Adams           | Sed:        | 21085         |
| Golf Club                             | Mr Lord            | Sed:        | 20993         |
| Good Companions (Dent)                | Mrs Woof           | Dent:       | 25275         |
| Gladstone House                       |                    | Sed:        |               |
| Help Tibet Northern Branch            | Mrs Howarth        | Sed:        | 20090         |
| History Society                       | Mr Cann            | Sed:        | 20771         |
| Howgill's Harmony                     | Mr Burbidge        | Sed:        | 21166         |
| Howgill Harriers                      | Mr Brassington     | Sed:        | 21212         |
| Howgill Schoolroom                    | Mrs Stainton       | Sed:        | 20665         |

### THOUGHT FOR THE MONTH

If you follow the Cumberland & Westmorland Wrestling news you will find one surname cropping up quite often, and further reading will show you how many different Christian names precede that surname in the different age groups. Names are very

important, they help us to identify who we are reading about or talking about. The name of Jesus is very important. This identifies the very Son of God, Saviour, Friend, someone always there, always with us whatever problem we might wrestle with.

LD

|                                                |                 |        |        |
|------------------------------------------------|-----------------|--------|--------|
| Howgill Toddlers                               | Mrs Alderson    | Sed:   | 22050  |
| Kent Lune Trefoil Guild                        | Mrs Mitchell    | Sed:   | 21144  |
| Ladies National Farmers Union                  | Mrs Escholme    | Sed:   | 20376  |
| LETS around Sedbergh                           | Miss Wheaten    | Sed:   | 20959  |
| Liberal Democrats                              | Mrs Cleasby     | Dent:  | 25476  |
| Playgroup (Sedbergh)                           | Mrs Gunning     | Sed:   | 20226  |
| Over 60's (Dent)                               | Mrs Murdoch     | Dent:  | 25335  |
| Parent Support Group                           | Mrs Goad        | Sed:   | 20402  |
| Parish Council (Dent)                          | Dr Ioannou      | Dent:  | 25023  |
| Parish Council (Garsdale)                      | Mrs Donaldson   | 07967  | 972160 |
| Parish Council (Sedbergh)                      | Mr Chivers      | Sed:   | 21456  |
| People's Hall                                  | SOS             | Sed:   | 20788  |
| Peoples Hall Day Centre (Mon & Fri)            | Day Centre      | Sed:   | 21126  |
| Pepperpot Club (Sedbergh)                      | Mrs Smith       | Sed:   | 21196  |
| Pistol and Rifle Club                          | Mr Middlemiss   | Sed:   | 20662  |
| Playing Fields (Sedbergh)                      | Mr Hinson       | Sed:   | 20118  |
| Rag Ruggers                                    | Mrs Hennedy     | Sed:   | 20899  |
| Residents Association (S & D)                  | Mrs Capstick    | Sed:   | 20816  |
| Royal British Legion                           | Mrs Brassington | Sed:   | 21212  |
| Scouts                                         |                 | Sed:   |        |
|                                                | Cubs            |        |        |
|                                                | Scouts          |        |        |
| Settlebeck High School P.T.F.A.                | Mr Mawdsley     | Sed:   | 20723  |
| South Lakeland Carers Association              | Mrs Wood        | Sed:   | 21385  |
| South Lakeland Voluntary Society for the Blind | Mrs Woof        | Dent:  | 25212  |
| Squash Club                                    | Mr Axford       | Sed:   | 21019  |
| St Andrew's Church (Sed) Sunday School         | Mrs Cooling     | Sed:   | 20622  |
| Slimming Club                                  | Mrs Denton      | Sed:   | 20521  |
| Swimming Club                                  | Mrs Uttley      | 01539  | 722568 |
| Tennis Club                                    | Ms Pakeman      | Sed:   | 21279  |
| Town Band                                      | Mr Robinson     | Sed:   | 21014  |
| White Hart Sports and Social Club              | Mrs Waters      | Sed:   | 20457  |
| United Reformed Church Rooms                   | The Committee   | Sed:   | 20773  |
| Westmorland Gazette Correspondent              | Mrs Mason       | Sed:   | 20048  |
| Women's Institute (Dentdale)                   | Mrs Gold-Wood   | Sed:   | 21808  |
| Women's Institute (Frostrow)                   | Mrs Sugden      | Dent:  | 25303  |
| Women's Institute (Howgill)                    | Mrs Mather      | 015242 | 76333  |
| Women's Institute (Killington)                 | Mrs Hoggarth    | 01539  | 824683 |
| Young Cumbria                                  | Mrs Sharrocks   | Sed:   | 20754  |
| Young Farmers Club                             | Mrs Hartley     | 01524  | 781177 |
| Young Kidz                                     | Miss Capstick   | Sed:   | 21032  |
| Zebra's Baby & Toddler Group                   | Mrs Baines      | Sed:   | 21287  |
|                                                | Mrs Metcalfe    | Sed:   | 20654  |

## BUS SERVICES

| Sedbergh to Kendal via Oxenholme                  |                       |      |    |   | Blackhall Road, Kendal to Sedbergh<br>via Oxenholme              |                                                    |      |    |   |
|---------------------------------------------------|-----------------------|------|----|---|------------------------------------------------------------------|----------------------------------------------------|------|----|---|
| Monday to Friday                                  |                       |      |    |   | Monday - Friday                                                  |                                                    |      |    |   |
| 0745                                              |                       | 564  | S  | ❖ | 0830                                                             |                                                    | 564  | S  | ❖ |
| 0940                                              |                       | 564  | W  |   | 0835                                                             | Sch                                                | 564  | W  |   |
| 1005                                              |                       | 564  | S  | ❖ | 1030                                                             |                                                    | 564  | W  |   |
| 1015                                              | Wed                   | 564B | W  | ❖ | 1050                                                             |                                                    | 564  | S  | ❖ |
| 1240                                              |                       | 564  | W  |   | 1300                                                             | Wed                                                | 564B | W  | ❖ |
| 1300                                              |                       | 564  | S  | ❖ | 1330                                                             |                                                    | 564  | W  |   |
| 1440                                              |                       | 564  | W  | ❖ | 1410                                                             |                                                    | 564  | S  | ❖ |
| 1550                                              |                       | 564  | S  | ❖ | 1610                                                             |                                                    | 564  | W  |   |
| 1711                                              |                       | 564  | W  |   | 1625                                                             |                                                    | 564  | S  | ❖ |
| Saturday Only                                     |                       |      |    |   | Saturday Only                                                    |                                                    |      |    |   |
| 1005                                              |                       | 564  | S  | ❖ | 1050                                                             |                                                    | 564  | S  | ❖ |
| 1050                                              |                       | 564A | A8 | ❖ | 1410                                                             |                                                    | 564  | S  | ❖ |
| 1300                                              |                       | 564  | S  | ❖ | 1425                                                             |                                                    | 564A | A8 | ❖ |
| 1550                                              |                       | 564  | S  | ❖ | 1625                                                             |                                                    | 564  | S  | ❖ |
| Sedbergh to Kirkby Stephen                        |                       |      |    |   | Kirkby Stephen to Sedbergh                                       |                                                    |      |    |   |
| Monday to Saturday                                |                       |      |    |   | Monday to Saturday                                               |                                                    |      |    |   |
| 0900                                              | M-F                   | 564  | S  | ❖ | 0710                                                             | M-F                                                | 564  | S  | ❖ |
| 1120                                              |                       | 564  | S  | ❖ | 0940                                                             |                                                    | 564  | S  | ❖ |
| 1440                                              |                       | 564  | S  | ❖ | 1225                                                             |                                                    | 564  | S  | ❖ |
| 1655                                              |                       | 564  | S  | ❖ | 1515                                                             |                                                    | 564  | S  | ❖ |
| Sedbergh to Kirkby Lonsdale                       |                       |      |    |   | Kirkby Lonsdale to Sedbergh                                      |                                                    |      |    |   |
| 0945                                              | Thu                   | 567A | W  | ❖ | 1215                                                             | Thu                                                | 567A | W  | ❖ |
| Sedbergh to Cowgill                               |                       |      |    |   | Dent to Sedbergh                                                 |                                                    |      |    |   |
| 1330                                              | Wed                   | 564B | W  | ❖ | 1000                                                             | Wed                                                | 564B | W  | ❖ |
| 0940                                              | Sat                   | 564A | A8 | ❖ | 1035                                                             | Sat                                                | 564A | A8 | ❖ |
| 1500                                              | Sat                   | 564A | A8 | ❖ | 1600                                                             | Sat                                                | 564A | A8 | ❖ |
| Last Update: September 2007                       |                       |      |    |   |                                                                  |                                                    |      |    |   |
| M-F                                               | Monday to Friday Only |      |    |   | W                                                                | = Woof's of Sedbergh                               |      |    |   |
| Tue                                               | Tuesday Only          |      |    |   | S                                                                | = Stagecoach in Cumbria                            |      |    |   |
| Wed                                               | Wednesday Only        |      |    |   | A8                                                               | = Apollo 8      ❖ = Provided with Support from CCC |      |    |   |
| Thu                                               | Thursday Only         |      |    |   | Please note whilst every effort has been made to ensure that     |                                                    |      |    |   |
| Sat                                               | Saturday Only         |      |    |   | the times shown are up to date, they can change at short notice. |                                                    |      |    |   |
| Sch                                               | Schooldays Only (M-F) |      |    |   | For Comprehensive up-to-date information ring :-                 |                                                    |      |    |   |
| <i>All times are from and to The Dalesman Inn</i> |                       |      |    |   | Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)                |                                                    |      |    |   |

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

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

**Canon A W Fell Tel: 20283**

*Church Wardens:*

John Beck 22109 & Lavinia Mahon 21740

### ROMAN CATHOLIC

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

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

### METHODIST CHURCH

New Street  
 Sunday 10.30 & 18.30

**Rev. T Widdess Tel: 20329**

### UNITED REFORMED CHURCH

Main Street  
 Sunday 10.30

**Rev. C Gotham Tel: 22030**

### SOCIETY OF FRIENDS QUAKERS

Brigflatts  
 Sunday 10.30

**Mrs T Satchell Tel: 20005**

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal  
 Sunday 11.00  
 Wednesday 19.30

**Rev. G Jones Tel: 01539 - 722079**

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

### CHURCH OF ENGLAND

Firbank; Howgill & Killington  
 Cautley & Garsdale

**Canon A W Fell Tel: 20283**

*Church Wardens:*

Cautley: Judith Bush 20058 & Linda Hopkins 21455  
 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723  
 Dent & Cowgill

**Rev. P Boyles Tel: 25226**

### METHODIST CHURCH

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

**Rev. T Widdess Tel: 20329**

### SEDBERGH CHRISTIAN CENTRE

6.30 pm People's Hall every Sunday  
**Tel: 21436**

*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.*



## Lookaround Advertising Rates

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

All enquiries to  
 13 Kings Yard, Sedbergh LA10 5BJ  
 Adverts by 15th of every month.  
*Can all adverts please be  
 accompanied with the correct money  
 at the time of submission.*  
 Articles etc. by 19th of every month

## DIARY OF EVENTS

*Dates are held up to 2nd September 2008*

|                                                                |  |     |                                             |                |
|----------------------------------------------------------------|--|-----|---------------------------------------------|----------------|
| <i>"Lookaround Diary" What's missing?</i>                      |  | U R | 23 1030 Patchwork & Quilting                | DCMH           |
| For all entries marked with (*), see Advert in September Issue |  |     | 24 1000 Barnardo's Coffee Morning           | <b>Now 6th</b> |
|                                                                |  |     | 24 1000 African Bead Making                 | DCMH           |
|                                                                |  |     | 24 1030 Music Mayhem (22)                   | CO             |
|                                                                |  |     | 24 1400 Art in the Park                     | DCMH           |
|                                                                |  |     | 25 1000 African Dance & Drums               | DCMH           |
|                                                                |  |     | 25 2000 Cheese & Wine Evening (25)          | Bull           |
|                                                                |  |     | 26 1400 Georgian Tea Afternoon              | DCMH           |
|                                                                |  |     | 26 1400 Storytelling                        | DCMH           |
|                                                                |  |     | 26 1930 Domino Drive                        | HVH            |
|                                                                |  |     | 27 1000 Carnival Costume Making             | DCMH           |
|                                                                |  |     | 27 1330 Bingo                               | GH             |
|                                                                |  |     | 28 Clocks Go Back                           |                |
|                                                                |  |     | 28 1300 Hidden History of the Dales         | DCMH           |
|                                                                |  |     | 30 1000 Wensleydale Camera Club Starts      | DCMH           |
|                                                                |  |     | 30 1330 Bingo                               | GH             |
|                                                                |  |     | 30 SS Half Term Ends                        |                |
|                                                                |  |     | 30 SHS Half Term Ends                       |                |
|                                                                |  |     | 31 1930 Sedbergh Parish Council             | PH             |
|                                                                |  |     | <b>NOVEMBER</b>                             |                |
|                                                                |  |     | 1 1000 Hidden Histories of the Dales Starts | DCMH           |
|                                                                |  |     | 1 1000 Wensleydale Camera Club Starts       | DCMH           |
|                                                                |  |     | 1 1430 Toy Library                          | PH             |
|                                                                |  |     | 1 1930 WIH Hand Painted China               | FCH            |
|                                                                |  |     | 2 1830 FCH Bonfire & Skittles Night         | FCH            |
|                                                                |  |     | 2 1830 Domino Drive                         | DMH            |
|                                                                |  |     | 2 1930 KVH Domino Drive                     | KVH            |
|                                                                |  |     | 3 1000 The Poet's Map                       | FM             |
|                                                                |  |     | 3 1330 Bingo                                | GH             |
|                                                                |  |     | 3 1845 Sedbergh Gala Bonfire (1)            | PH             |
|                                                                |  |     | 7 1000 Lookaround Coffee Morning            | URCR           |
|                                                                |  |     | 7 1930 WIF AGM & Jacob's Join               | PH             |
|                                                                |  |     | 7 1930 GVH Domino Drive                     | GVH            |
|                                                                |  |     | 7 1930 HS Garsdale Mills                    | SHS            |
|                                                                |  |     | 9 1930 KVH Domino Drive                     | KVH            |
|                                                                |  |     | 10 0930 MS Table Top Sale                   | PH             |
|                                                                |  |     | 10 1330 Bingo                               | GH             |
|                                                                |  |     | 10 2000 Howgill Church Dance                | PH             |
|                                                                |  |     | 11 Remembrance Sunday                       |                |
|                                                                |  |     | 12 1500 Reading Group                       | L              |
|                                                                |  |     | 13 1330 Bingo                               | GH             |
|                                                                |  |     | 13 1400 WIK AGM                             | PH             |
|                                                                |  |     | 13 1930 FC Domino Drive                     | FCH            |
|                                                                |  |     | 13 2000 Les Bull Jazz Band                  | Bull           |
|                                                                |  |     | 14 1000 Bowling Club Coffee Morning         | URCR           |
|                                                                |  |     | 14 1315 Muncheon Music                      | SSQH           |
|                                                                |  |     | 14 1915 WID AGM + Social                    | DMH            |
|                                                                |  |     | 15 1000 Hidden Histories of the Dales Ends  | DCMH           |
|                                                                |  |     | 15 1430 Toy Library                         | PH             |

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

*It is printed by Stramongate Press.*

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

|                 |      |                                 |              |  |
|-----------------|------|---------------------------------|--------------|--|
| 16              | 1930 | WIH Domino Drive                | HVH          |  |
| 17              | 1330 | Bingo                           | GH           |  |
| 19              | 1930 | Deck the Boughs                 | PH           |  |
| 20              | 1930 | Beekeepers' Meeting             | PH           |  |
| 21              | 1930 | HS Dialect in Wuthering Heights | SHS          |  |
| 24              | 1330 | Bingo                           | GH           |  |
| 24              |      | Community Cinema                |              |  |
| 27              | 1330 | Bingo                           | GH           |  |
| 28              | 1000 | Wensleydale Camera Club Ends    | DCMH         |  |
| 28              | 1930 | Sedbergh Parish Council         | PH           |  |
| 30              | 1730 | SHS Christmas Fair              | SHS          |  |
| 30              | 1900 | HS Annual Dinner                | Thorn's Hall |  |
| 30              | 1930 | Folk Carols Concert             | DMH          |  |
| <b>DECEMBER</b> |      |                                 |              |  |
| 1               | 1000 | Folk Carols Festival Workshop   | PH           |  |
| 1               | 1330 | Bingo                           | GH           |  |
| 1               | 2000 | PH Dance                        | PH           |  |
| 2               | 1000 | Folk Carols Festival Workshop   | PH           |  |
| 2               | 1600 | Christmas Fayre                 | DMH          |  |
| 4               | 1930 | Town Band Christmas Concert     | PH           |  |
| 5               |      | WIF Christmas Dinner            | TBA          |  |
| 5               | 1930 | HS Members' Talks               | SHS          |  |
| 6               | 1430 | Toy Library                     | PH           |  |
| 6               | 1930 | WIH Party                       | TBA          |  |
| 7               | 1930 | KVH Domino Drive                | KVH          |  |
| 8               | 1330 | Bingo                           | GH           |  |
| 10              | 1500 | Reading Group                   | L            |  |
| 11              | 1330 | Bingo                           | GH           |  |
| 11              | 1400 | WIK Christmas Lunch             | TBA          |  |
| 11              | 1930 | FCH Domino Drive & Mince Pies   | FCH          |  |
| 11              |      | SHS Senior Citizens Concert     | SHS          |  |
| 12              | 1915 | WID Christmas Celebration       | DMH          |  |
| 12              |      | SS End of Term                  |              |  |
| 15              | 1330 | Bingo                           | GH           |  |
| 15              | 1930 | Carols by Candlelight           | HJC          |  |
| 16              |      | Carols & Tea                    | DMC          |  |
| 19              |      | SHS End of Term                 |              |  |
| 21              | 1930 | Christmas Domino Drive          | HVH          |  |
| 25              |      | Christmas Day                   |              |  |
| 26              |      | Boxing Day                      |              |  |
| <b>JANUARY</b>  |      |                                 |              |  |
| 4               | 1930 | KVH Domino Drive                | KVH          |  |
| 6               |      | SS Term Begins                  |              |  |
| 8               |      | SHS Term Begins                 |              |  |
| 11              | 1600 | Skating For All (A)             | BS           |  |
| 12              | 1000 | Skating For All (A)             | BS           |  |
| 12              | 1930 | B&DAS Domino Drive              | BVH          |  |
| 13              | 1000 | Skating For All (A)             | BS           |  |
| 15              | 1930 | FCH Domino Drive                | FCH          |  |
| 16              | 1930 | HS Harriet Martineau            | SHS          |  |
| 30              | 1930 | HS Howgill to Himalayas         | SSHC         |  |
| <b>FEBRUARY</b> |      |                                 |              |  |
| 1               | 1930 | KVH Domino Drive                | KVH          |  |
| 1               |      | SS Concert Oboeworks            | SSPH         |  |
| 2               | 1000 | Wilderness                      | FM           |  |
| 6               | 1930 | HS Old Kendal                   | SHS          |  |
| 8               |      | SS Half Term Starts             |              |  |
| 8               |      | SHS Half Term Starts            |              |  |

| <b>DIARY KEY</b> |   |                                      |  |
|------------------|---|--------------------------------------|--|
| BF               | = | Brigflatts                           |  |
| BS               | = | Baliol School                        |  |
| BVH              | = | Barbon Village Hall                  |  |
| CDC              | = | Community Development Centre         |  |
| CO               | = | Community Office, Main Street        |  |
| CWT              | = | Cumbria Wildlife Trust               |  |
| DCMH             | = | Dales Countryside Museum, Hawes      |  |
| DCP              | = | Dent Car Park                        |  |
| DMH              | = | Dent Memorial Hall                   |  |
| DMC/S            | = | Dent Methodist Chapel/Schoolroom     |  |
| FCH              | = | Firbank Church Hall                  |  |
| FM               | = | Farfield Mill                        |  |
| G&D              | = | George & Dragon, Dent                |  |
| GH               | = | Gladstone House                      |  |
| GVH              | = | Garsdale Village Hall                |  |
| HJC              | = | Hawes Junction Chapel, Garsdale      |  |
| HS               | = | History Society                      |  |
| HVH              | = | Howgill Village Hall                 |  |
| JLCP             | = | Joss Lane Car Park                   |  |
| KL               | = | Kirkby Lonsdale                      |  |
| KVH              | = | Killington Village Hall              |  |
| L                | = | Library                              |  |
| LHCP             | = | Loftus Hill Car Park                 |  |
| MCCCKL           | = | Methodist Church Centre KL           |  |
| PH               | = | People's Hall                        |  |
| QES              | = | Queen Elizabeth School               |  |
| SHS              | = | Settlebeck High School               |  |
| SLSB             | = | South Lakeland Society for the Blind |  |
| SMCR/H           | = | Sed. Methodist Church Room           |  |
| StAS/D           | = | St Andrew's Church, Sedbergh/Dent    |  |
| SS               | = | Sedbergh School                      |  |
| STO              | = | Sedbergh Tourist Office              |  |
| URCR             | = | United Reformed Church Rooms         |  |
| WID              | = | Women's Institute, Dentdale          |  |
| WIF              | = | Women's Institute, Frostrow          |  |
| WIH              | = | Women's Institute, Howgill           |  |
| WIK              | = | Women's Institute, Killington        |  |

| <b>Regular Meetings</b> |      |                     |      |
|-------------------------|------|---------------------|------|
| Howgill Toddlers        | 1315 | Every Monday        | HVH  |
| Dent Parish Council     | 1900 | 1st Tuesday         | DMH  |
| Killington WI           | 1400 | 2nd Tuesday         | PH   |
| Ladies NFU              | 1930 | 3rd Tuesday         | PH   |
| Coffee Morning          | 1000 | Every Wednesday     | URCR |
| Sedbergh Junior         | 1730 | Every Wednesday     | PH   |
| Sedbergh Seniors        | 1930 | Every Wednesday     | PH   |
| Firbank WI              | 1930 | 1st Wednesday       | PH   |
| History Society         | 1930 | 1st & 3rd Wednesday | SHS  |
| Dentdale WI             | 1915 | 2nd Wednesday       | DMH  |
| Sed. Parish Council     | 1930 | Last Wednesday      | PH   |
| Zebbras                 | 1315 | Every Wednesday     | SMCR |
| Toy Library             | 1430 | 1st Thursday        | PH   |
| Howgill WI              | 1930 | 1st Thursday        | FCH  |

*All entries are free*

## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218  
Repeat Prescription ☎ 015396 20239  
Out of Hours ☎ 01539 781999  
Bay Call ☎ 0845 0524 999

#### Dr W Lumb

|           |               |               |
|-----------|---------------|---------------|
| Monday    | 0830 - 1100 * | 1500 - 1800 * |
|           | 1230 - 1300 * | Dent          |
| Tuesday   | 0830 - 1030   |               |
| Wednesday | 0830 - 1030 * | 1430 - 1700 * |
| Thursday  | 0830 - 1100 * |               |
| Friday    | 0830 - 1100 * | 1430 - 1730 * |

#### Dr C Hunt

|          |               |               |
|----------|---------------|---------------|
| Monday   | 0830 - 1030   | 1500 - 1800 * |
| Tuesday  | 0830 - 1100 * | 1500 - 1800 * |
| Thursday | 0830 - 1030   | 1500 - 1800 * |

#### H Pilling Nurse Practitioner

|           |               |               |
|-----------|---------------|---------------|
| Tuesday   | 0830 - 1100 * |               |
| Wednesday | 0830 - 1030   | 1500 - 1800 * |
| Thursday  |               | 1500 - 1800 * |
| Friday    | 0830 - 1030   | 1430 - 1730 * |

*The Health Centre reserve the right to offer any  
Doctor/Nurse practitioner at any time  
in the Open Surgeries*

#### Practice Nurses

|           |               |               |
|-----------|---------------|---------------|
| Monday    | 0845 - 1300 b | 1400 - 1730 b |
|           | 0840 - 1030 c |               |
| Tuesday   | 0845 - 1300 b | 1400 - 1730 b |
| Wednesday | 0830 - 1300 a | 1400 - 1730 a |
| Thursday  | 0830 - 1300 a | 1400 - 1730 a |
|           | 1200 - 1330 c | 1400 - 1730 b |
| Friday    | 0845 - 1300 b | 1400 - 1730 b |
|           | 1200 - 1330 c |               |

a = Joanne Batty

b = Anne Crome

c = Kay Lumb (Blood)

#### District Nurse

☎ 015396 21690

#### Health Visitor

☎ 015396 20979

#### A Collinge Optometrist

|              |             |               |
|--------------|-------------|---------------|
| Every Friday | 0900 - 1300 | 1400 - 1730 * |
|--------------|-------------|---------------|

\* = *By Appointment Only*

### DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Ms G Turner, Mrs D Ross  
& Mr B Taylor

|                    |             |
|--------------------|-------------|
| Monday to Thursday | 0900 - 1700 |
|--------------------|-------------|

|        |             |
|--------|-------------|
| Friday | 0830 - 1500 |
|--------|-------------|

### LIBRARY Main Street ☎ 20186

|           |             |             |
|-----------|-------------|-------------|
| Monday    |             | 1700 - 1900 |
| Wednesday | 1000 - 1230 | 1400 - 1700 |
| Friday    |             | 1400 - 1700 |
| Saturday  | 1000 - 1230 |             |

### SEDBERGH TOURIST OFFICE

Main Street ☎ 20125

Open every day

0900 - 1700

[www.sedbergh.org.uk/booktown/dlbc.html](http://www.sedbergh.org.uk/booktown/dlbc.html)

### COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

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

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

### RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 0870 1264061

[www.cabkendal.ndo.co.uk](http://www.cabkendal.ndo.co.uk)

### PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600

☎ 01539 795000 or 0845 6060265

### SLCVS @ Community Office

1st Wednesday every month

10 am to 12 noon

☎ 01539 742627

### COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

[www.sedberghcdc.org.uk](http://www.sedberghcdc.org.uk)

### POLICE

☎ 0845 33 00 247

### PUBLIC TOILETS

Main Street, Sedbergh & Main Street, Dent

### VETERINARY SURGERY

22 Long Lane ☎ 20335

Mr N. Preston & Mr J. Bramley

|                  |               |
|------------------|---------------|
| Monday to Friday | 1400 - 1430 * |
|------------------|---------------|

|                |               |
|----------------|---------------|
| Mon, Wed & Fri | 1900 - 1930 * |
|----------------|---------------|

|          |               |
|----------|---------------|
| Saturday | 1330 - 1400 * |
|----------|---------------|

Sunday \*

\* = *By Appointment Only*

|            |           |
|------------|-----------|
| MARKET DAY | WEDNESDAY |
|------------|-----------|

|                  |          |
|------------------|----------|
| HALF-DAY CLOSING | THURSDAY |
|------------------|----------|