

Sedbergh & District LOOKAROUND

December 2007

Issue 251

Donation £1

A Very Merry Christmas and a Happy and Prosperous New Year to all of our contributors and readers.

As you can see, this issue is in full colour and with 104 pages, it is the biggest issue ever produced. It will also be the most expensive to produce so we

respectfully request £1 for this issue.

There have been many submissions and advertisers this month and we apologise in advance if we have made an error with your contribution. We do not make mistakes intentionally.

Dennis & Jacky Whicker

SEDBERGH & DISTRICT CHAMBER OF TRADE
ANNUAL
**FAMILY FESTIVE EVENING
& Christmas Lights Switch-on**

Come along and sample the hospitality of your local traders
Wednesday 5th December
Starting at 6.30 pm

FATHER CHRISTMAS
will greet children in his Grotto.
Numbered Tickets will be on sale at the TIO
about a week in advance and also at the Grotto on the night,
to avoid the need for children and parents
to queue outside the Grotto for long periods.

Come and join us for a Happy Festive Evening,
with seasonal music, games for children,
mulled wine, mince pies, roast chestnuts
and other Festive Fayre on Main Street

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

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

CHILDREN'S BIRTHDAYS DECEMBER 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:-
Natasha McFADYN who is
10 years old on 26th December.

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

Sedbergh & Dent.

Day	Name	Age
2	Elijah JAMES	4
5	Isabel ABBATT	7
4	Benjamin ROBINSON	4
6	Anna AINSCOUGH	2
6	Freya METCALFE	8
9	Jack ALDERSON	3
10	Tom FEARNHEAD	6
12	Declan BRITTON	10
16	Ella PRATT	2
16	Sophie GAME	3
16	Brenda LUFFMAN	5
17	Reagan BROOKS	9
18	Matthew WOODFINE	8
20	Emma DAWSON	10
20	William DAWSON	10
21	Charlotte CAPSTICK	8
22	Vicky WOOF	1
26	Natasha McFADYN	10
29	Ashleigh HALL	9
31	Gracie ROBINSON	3

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

CHILDREN'S BIRTHDAYS JANUARY 2008



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 Sweeting who is
10 years old on 15th January.

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

Sedbergh & Dent.

Day	Name	Age
3	Rebecca MASON	7
3	Jordan GARNETT	9
6	Arnold HODGSON	3
7	Nathan HANDLEY	10
11	Abraham CARNEY	7
12	Lee CAMPBELL	8
15	Adam SWEETING	10
17	Nicholas PIKE	8
18	Adam ROSS	9
18	Thomas HINSON	10
19	Joshua DODD	7
19	Jazmin DODD	7
25	Zoe CRAGG	7
26	Bryony LEDDY	8
31	Liam MASON	8

CHRISTMAS POST

Sedbergh Town & Millthorpe
For all your local Christmas cards
from 1st to 21st December.
Support 1st Sedbergh Scouts
and save money this Christmas.

Place your cards, together with 15p per card
in one of the Red Scout Collection Boxes
at Scout HQ (Sedbergh Office Services),
The Green Door, Nisa, Morphet's Garage
and Sedbergh Community Office.

Cards posted in any box will be delivered
in all Millthorpe and Sedbergh Town
within Lockbank, Toll Bar, Baliol &
Settlebeck Cottages.

BED & BREAKFAST

Proprietor	Address	Phone (015396)
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@amservice.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2008/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (2008/09) <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
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2008/09) <i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*)</i> ; Di (min 4 by arrangement) e-mail: kathryn.vigar@btopenworld.com	20447

CAMPING, CARAVANNING, SELF-CATERING & RENTAL

Sycamore Cottage, Lunds, Sedbergh (2008/09)	01969 667356
<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	
Borrett Barn Flat, Marthwaite, Sedbergh (2007/12)	21175
<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	
Borrett Barn Caravan, Marthwaite, Sedbergh (2007/12)	21175
<i>4 Berth; H+C Shower; WC; TV; NS</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

CAROLS, WASSAILING AND BURNS NIGHT

FOLK CAROLS FESTIVAL. November 30 - December 2

Concert on Friday with West Gallery choir and "Pella" from Slovenia. Workshops on Saturday and Sunday with carols from England and the Balkans. Ceilidh with the Cautley Carollers on Saturday night with British and Balkan dancing. Walk on Sunday.

All welcome to join in the singing - or just listen. Sedbergh and Dentdale.

CAROLS IN A CANDLELIT CAVE IN AMBLESIDE. December 4

join Lakeland Voices, Pella and Howgills Harmony on a star lit walk to carols in a candlelit cave. Transport available.

CARTMEL CAROL WEEKEND December 8/9

with the Cautley Carollers and Lakeland Voices. Concert 4pm Sunday. Also workshops, walks, festive meals etc.

CAROLLING THE COTTAGES December 15/16

learn folk carols in 2, 3 and 4 part harmony and sing them on the doorsteps of cottages cradled in the dale.

WASSAILING THE APPLE TREES January 12 & 19

Learn traditional Wassailing songs to sing to the apple trees and sing them in the orchard with the wassail cup.

BURNS NIGHT January 25 - 27

Join us for a Burns night supper with piper, haggis and songs on Friday.

On Saturday & Sunday learn 4 part arrangements of the songs of Robbie Burns. Also Ceilidh, walk and meals.

"On behalf of all of our singers we wish you a very merry Christmas and a new year full of health, harmony and happiness." David Burbidge, 21166



PERSONAL & SMALL ADS £1

DEVINE

Thank you to the two kind gentlemen who picked me up when I fell near the toy shop in Main Street. They picked up my shopping and took me home. I really appreciate their kindness. Joyce.

DICKIE

Tom and Isobel wish to thank the ambulance crews, especially Steven Moore, for their kindness and care after Tom's accident.

DIXON

We wish to thank Mr. Brian Goad for all his help, advice and friendship over the years. Also for all his hard work, the time he took to make sure the funeral of my brother John Leslie Dixon, went more smoothly, better than we could have hoped for. Marg and Dave.

DIXON

Reg and family of the late LESLIE would like to thank Rev. Vic Hopkins of St. Andrews Church for a well conducted service, also Mr Alan Pratt for his kind tribute. Last but not least friends and neighbours of the community for helping Les when in need.

DIXON

Marjorie and Dave sincerely thank our friends in Sedbergh and district for their kindness and support given both before and following their bereavement.

DODD

Happy **18th Birthday** Mark on 27th December. Have a Great Day. Love Mum and Dad. XX

DODD

Happy **18th Birthday** little Bro. on 27th December. Love and Best Wishes. John.

DODD

Happy **18th Birthday** Mark on 27th December. Good Luck and Best Wishes in all you do. Love from Grandad Woof.

DODD

Happy **40th Birthday** Stephen. Have a wonderful day. Love. All My Love Rebecca. XXX

DODD

Happy Birthday Dad on 2nd January. Enjoy your day! Lots of Love Alisha, Josh and Jaz. XXX

DODD

Happy Birthday Stephen. All the best. Gary and Audrey. X

DODD

Happy **40th** Daddy! Best Wishes. Lucy and Scott. X

DODD

Happy **40th Birthday** Stephen. Love Chris and Dave. X

PERSONAL & SMALL ADS £1

DODD

Wishing you a very Happy **40th Birthday**, Stephen, on 2nd January. Love from Mum and Edwin. XXX

DODD

Happy **40th** Stephen. Love Dad and Mark.



ELLISON

Happy **18th Birthday** Thomas. Love Nanny and Grandpa.

HALL

Judy would like to thank family and friends for the lovely cards, flowers and magazines during her stay in hospital. They were very much appreciated. Also Alan and Judy would like to thank friends and family for thinking of them on the death of Alan's Mum, Ruth Hall.

MATTINSON

Happy **50th Birthday** Dad (Buddha). With lots of love from Charlotte, Megan, Punka and Spikey.

MATTINSON

Happy **50th Birthday**, Andrew, on January 9th. Now you can play golf with the Segs!! With Love from the Golf Widow.

MITCHELL

Jean would like to thank her family, friends and neighbours for their help and support following her foot operation. It has been much appreciated and I hope to be out and about again fairly soon.

MOORE

Nifty Nifty Steve Moore is Fifty. Happy Birthday Our Lad on December 1st. Have a good one. Love & Best Wishes. Our Lass (H).

PEALL

Congratulations and Best Wishes on your **21st Birthday**, Mark on 6th December. With Love from Janet, Andrew, Nan, Meg and Mark.

PEALL

Happy **21st Birthday**, Mark on 6th December. Love and Best Wishes from Charlotte.

RANDALL

Thank you Farfield Mill for finding and returning my missing prints. Delya.

WILKINSON

Thanks to Marion Smith for the warm welcome you gave me when I came to live in Garsdale. To know I had your support next door through John's illnesses this year was a great comfort. I feel certain you will get your reward in the next life. Delya.

PERSONAL & SMALL ADS £1

SAYNER-HAMILTON

Both families are pleased to announce the safe arrival of **Alex George** on 25th October. Paul and Vic would like to thank friends and family for their gifts and good wishes.

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WOOF/MIDDLETON

Sarah & John sincerely thank all their friends and family, Dr. C. Hunt and the other Doctors and the staff at the Health Centre, Julie and Sue the District Nurses, the Night Nursing Service, Marie Curie Cancer care, Hospice Outreach team and the staff on the Renal Unit at WGH, along with Sheila Capstick and Ann Nabb for the amazing and wonderful support Bruce received throughout his illness and especially during the last week of his life. Very special thanks to all who prayed for him to come to faith in Jesus, which he did, and who prayed for us in our care and support of him. Thanks also to South Lakeland Carers Association, the Social Worker Dorothy Bailey and the delivery men with NHS Loans. If we have forgotten to mention someone we are sorry. To you all we say a huge loving thank you! Thanks also to all those dear people who kept us fed during the last harrowing days and to everyone for the lovely cards and letters received and to all who came to the cremation. God Bless you. Happy Christmas.

WINN

The family of the late William Richard (Dick) who passed away on Remembrance Day, Sunday 11 November 2007, would like to thank the many relatives and friends who have expressed their sympathy for the family's loss. A big thank you and warm appreciation to Brian Goad and his team and especially to Tim Widdess, for their care, attention and assistance with the funeral. A total of £380 was raised for the British Heart Foundation from the collection at the Church. Dick loved Sedbergh and is now at peace. Thank you to you all.

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Christmas Messages

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AIREY

John and Maureen would like to wish all their friends and neighbours a Merry Christmas and a Happy New Year..

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BAINBRIDGE

Joe Bainbridge would like to wish friends and family a Happy Christmas and Best Wishes for the New Year.

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BATEMAN

Dora wishes all friends and relations a Merry Christmas and a Happy New Year.

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BOMBERS BIN WASH

Bomber and Julie would like to wish all of our clients a Merry Christmas and a Happy New Year.

PERSONAL & SMALL ADS £1

BRACKEN

Betsy May would like to wish all her friends a very Happy Christmas and all Good Wishes for the New Year.

CAPSTICK

John and Sheila would like to wish all their friends and neighbours a Merry Christmas and a Happy New Year.

COWPERTHWAITTE

Doris wishes all friends and neighbours a very Happy Christmas and New Year.

DAWSON

Jack and Jenny wish everyone true peace and joy at Christmas time.

DENT CRAFT CENTRE

All the staff at Dent Crafts Centre would like to convey their very best wishes for a happy and peaceful Christmas, and a healthy and prosperous 2008. Thank you so much for your continued patronage during this past year.

DEVINE

A big Thank You to Sue and Peter McCafferty for hosting our House Group every Tuesday. We wish you a very Happy Christmas and New Year. From Georgina, Glenys, Ray, John, Lisa, Lee, Hazel, Maria, Sally, Brenda, Shirley, Claire, Sarah, Ryan and Paul.

DICKIE

Tom and Isobel wish all their friends a Happy Christmas and a Happy New Year.

FARROW

To all my good friends. Wishing you a Very Merry Christmas and a Happy New Year. Thank you to all Kendal Hospital Staff for seeing me through this bad year. Ronnie.

HARRISON

Janette would like to say a big thank you to everyone for all the lovely cards, flowers and kind thoughts during her stay in hospital and for all the help from friends and neighbours since returning home. Wishing you all a Merry Christmas and Best Wishes for a Happy New Year.

HAYGARTH

Doris would like to wish all her family and friends a very Happy Christmas and prosperous New Year. Love to you all.

HAYGARTH

Gladys wishes all her friends and family a very Happy Christmas and New Year.

KIRBY

Caspa, Lorraine, Jay and Bobbi-Mae would like to wish all their family and friends a wonderful Christmas and New Year. XX

PERSONAL & SMALL ADS £1

MASON

Norman would like to wish neighbours and friends 'Merry Christmas and a Happy, Healthy New Year.'

SPAR

We wish all our customers a Merry Christmas and a Happy New Year. From all the team at Spar, Sedbergh.

STOKER

Evelyn would like to wish friends and neighbours all Good Wishes for Christmas and the New Year.

TOMLINSON

George and Alice wish all their friends a Happy and Peaceful Christmas and every blessings in the New Year.

WATERS

Elsie would like to thank everyone for the visits, cards and presents she received during the many times she was in hospital this year. Many thanks to the staff at the Health Centre, Westmorland General Hospital and the Abbey, Staveley. Thanks also to the ambulance crews and my carers. Best wishes for Christmas and the New Year to all relatives and friends.

WINN

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

WOOF

George wishes all relatives and friends a Merry Christmas and a healthy New Year for 2008.

FOR SALE

Suzuki Vitara Soft Top. L Reg. Excellent runner. Fair condition. £500 ono. 015396-21184

FOR SALE

1996 Audi Avant Diesel Estate. 10 months MOT. 4 months tax. Useful work vehicle. £1200 ono. 015396-25486.

FOR SALE

Trailer. Good Order with electrics. £70. Sailing/power boat with trailer and electrics. Good order. £800. Tel: 015396-20927 or 07971429252.

FOR SALE

Z bed style folding bed. Exceptional condition. £25. 015396-25592.

FOR SALE

Lexmark 730 Colour jet printer with instructions, disc. New, never been used. £15. 3 dozen yellow tennis balls. Slazenger, Wilson, Dunlop. Some new, still tubed. £10 the lot. Sedbergh 20993.

FOR SALE

Beko Ecocare D3421 Dishwasher. 12 place settings, front loading, floor standing. £30. Buyers collects please. Tel: 015396-22006.

PERSONAL & SMALL ADS £1

FOR SALE

Following the installation of a new kitchen the following will be available in January. Stoves dark green 720EF Heritage electric built-in double oven/grill unit. £60. Stoves dark green 600GR Heritage 4 burner gas hob, £30. Bosch Classixx dishwasher (till under warranty) £100. All appliances in perfect order and can be seen working. Telephone 21455.

FOR SALE

Electrolux Frost Free Premier Eco Freezer. Front opening. £30. Buyer to collect please. Tel: 015396-22006.

FOR SALE

M + P Pramette. Suitable from Birth to 3 years. (Newborns can lie flat). Blue and White. Excellent Condition. Raincover and Foot Muff. £90 ono. Tel: 015396-25828.

FOR SALE

Pride Ranger Buggy. All Terrain personal mobility vehicle with powerful dual motors, stable outdoor performance and speed up to 8 mph. 8 months old. Can be tried with no obligation. Cost £2,875, all paperwork available. Offer welcome in the region of £2,000. Further information from 07837-988438. (Not Sundays).

FOR SALE

Haier Fridge. £20. Buyer to collect please. Tel: 015396-22006.

FOR SALE

Ellis Wedding Dress. Size 14. (Small Fit) Never worn. Ivory Satin, Encrusted bodice. Deep plunge back with detachable train. Sleeveless - spring design. Any offer over £100 accepted (enquiries welcome). Tel: 07795-654345.

FOR SALE

Indesit stainless Steel Electric Cooker K3E11XG. 50cm wide slot in. Less than 12 months old. £30. Buyer collects please. Tel: 015396-22006.

FOR SALE

Flat Bed Trailer 10' x 5.5'. Fully refurbished to high standard. Ideal for Farm / Hay / General Use. £450.00. Tel: 015396 20993.

FREE TO A GOOD HOME

Double pine wardrobe (needs some TLC) and/or a Zanussi Condenser tumble dryer (not 100% sure it is working). Tel: 015396-22006.

FOR SALE

OO Gauge Model Loco Fine scale model of Fowler 2-6-4 tank No. 42396, the loco which pulled the last scheduled passenger train from Sedbergh, on 30th January 1954. For the model-minded, it is a Hornby body converted with a Perseverance kit, built on a Comet brass chassis, with Romford wheels and a Portescap motor. Price negotiable. If seriously interested, please call John on 07715 497934.

PERSONAL & SMALL ADS £1

WANTED

Due to unforeseen circumstances reliable regular domestic help is still needed in quiet house near to Sedbergh. 2 to 3 hours per week. Own transport is essential. Tel: 015396 - 20465.

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WANTED

Cleaner/caretaker required for holiday cottages in the Dent area. Please contact 01603-871014.

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WANTED

2nd person to share Sedbergh town house February 2008. Would suit animal loving professional female. Fully furnished, large garden. £80 per week including most bills. Deposit and references required. Contact Cynthia 015396-21605 daytime only.



**Indian Restaurant
& Take Away**

A warm welcome awaits you

Opening Hours

Open 7 days a week

Sunday to Thursday

5:30pm to 10:30pm

Friday & Saturday

5:30pm to 11:30pm

Fully Licensed

Special Christmas Day Menu

Bookings now being taken

The staff wish all their customers

a Merry Christmas and

a Happy New Year

30a Main Street, Sedbergh

Tel: 015396 20000

SEDBERGH TOWN BAND

Annual Christmas Concert

Tuesday 4th December

People's Hall

7.45 pm



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

Tickets £5 (Children £3)
From Nisa, Information Office
Green Door



DENT PARISH COUNCIL

The November meeting was attended by several members of the public who expressed their views on the plans submitted to the National Park for the proposed affordable housing development above Ghyllside. The meeting also took decisions on the allocation of grants, and these and other topics are summarised below. As usual the full minutes are published on the Dentdale website www.dentdale.com.

Parish Council Grants

The Council awarded the following grants at its last meeting:

Citizens Advice South Lakeland

£100

Dent C of E Primary School

£500

Dent Folk Festival

£200

Dent Football Club – for Gym £100

Dent Oral History Project £150

Dent Pre-school £200

Dent Reading Room £200

Dentdale Choir £100

Dentdale Cricket Club £300

Dentdale Over 60s £300

Sedbergh & Dist. Community Office

£250

It also agreed to donate £250 to St John's church, Cowgill and £550 to St Andrew's church, Dent for the upkeep of burial grounds, and £300 to the North West Air Ambulance.

Proposed housing development above Ghyllside

Plans for the proposed 12 affordable houses for local occupancy were displayed in the Memorial Hall and

Sedbergh CDC & Sedbergh Book Town Ltd present

highlights rural touring scheme



An Evening of
Concert & Ceilidh
with the
legendary

Lakeland Ceilidh-Roots Band

Friday 7th December, Sedbergh People's Hall, 8pm. Bar

Tickets: Adults £6, Child/Benefit £3, Family £16

Bookings (Sedbergh Tourist Information)

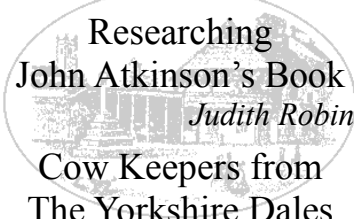
015396 20125

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 5th December

Members Talks



Researching
John Atkinson's Book
Judith Robinson

Cow Keepers from
The Yorkshire Dales
Joyce Scobie

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

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

Chairman: Richard Cann 20771
Secretary: Mike Beecroft 21878
Treasurer : Marlene Mason 20509
Member Sec: John Sibley 25024

SEDBERGH
SOAP COMPANY

Naturally made by hand

Made on local family farm using
100% essential oils & natural herbs

NO

harmful additives
artificial colours
perfume

In addition to our 14 soaps we have a wide
range of gifts to suit every pocket. Also raffia-
tied stacks of 'Cinnamon' and 'Orange &
Clove' soaps plus unique Christmas
decorations for your tree.

Happy Christmas and thank you
for your support. *Dorthe*
Sedbergh-soap.co.uk – 015396 20967

discussed at the Parish Council meeting. 13 members of the public made written comments – of these, 8 were in favour of the scheme, commenting that it was a good scheme on a good site and that it would blend well with the village. The different sizes of houses were liked, as was their flexible design that allowed for expansion if a family grew.

Other people were uncertain whether there was a need for the houses, and concerned about how they would be allocated. Some expressed the view that they should be built on the other side of the village; others raised concerns relating to the increase in traffic, the drainage of the site and parking spaces. The Parish Council undertook to include

all the points raised in its response to the Planning Authority.

Stepping Stones at Hippins

The National Park had asked for the Parish Council's views on the construction of stepping stones at Hippins, in order to re-instate the public footpath that crosses the river at that point. The Council felt that the proposal was potentially dangerous, given the proximity to campsites and the village, and recommended that the Park consider a footbridge crossing instead.

Green Lanes

The National Park had also asked for the Council's views on restricting motor vehicles on the route from Barth Bridge

(Continued on page 14)



Sedbergh
**CHRISTMAS
 PRODUCERS MARKET**

Wednesday 12th December 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*

to Garsdale Foot. The Council decided to ask the Park both to repair and maintain the route, and to place legal restrictions on its use.

Finance

The last meeting received statements of the Council's current financial position. The car park takings for the first six months of the financial year were £16,255, down from £17,250 for the same period last year. The projected expenditure of £17,102 for the whole year without contingencies compared with £17,289 for 2006-07.

The projected cost of running the Parish Council this year, excluding the car park, is £10,461 whereas the projected income, again excluding the car park, is £7,610.

This means that the car park is continuing to subsidise the cost of running the Parish Council to a considerable extent. The next Parish Council meeting will return to this issue when next year's budget and precept are considered.

Voluntary Car Scheme

The recently introduced Rural Wheels scheme has added to the limited choice of public transport in the Dale. The Voluntary Car Scheme is another option that has been running for some time, which enables a car to be booked through Dent Post Office for journeys within the County. The scheme needs more drivers to call on – so if you are able to offer to help, even occasionally, please call in at the Post Office for more information.

Get your home ready for Christmas!



**PAINTING &
 DECORATING**

Interior & Exterior work
 Wood Staining

Tel: 0787 553 7290
for free estimate
 or 015396 20524 ~ *Stefan Kliszat*



McMillan Cancer
 Support Group

**CHRISTMAS
 COFFEE
 MORNING**



Friday 14th December
 10 am to 12 noon
 Raffle, Cakes & Christmas Produce

Sedbergh Town Band
urgently requires



**Drummer
Percussionist**

come and join one of the most progressive
Brass Bands in the country. The band is
also looking to promote a beginner.
Lessons given by a
professional drum teacher
INTERESTED?
Contact Hilary Hodge on
07840 119051
or Alan Lewis on (015396) 22230
Sedbergh Town Band is a registered charity. Number 1086817

Stonehouse Bridge

Following our lengthy correspondence with them, the County Council have now asked us if we want them to place width restrictions on Stonehouse Bridge and erect bollards either side of it. The Parish Clerk is currently discussing with local residents the best way of doing this without unnecessarily narrowing the roadway even further.

Next Meeting

The December meeting will be at 7.30pm on December 3rd in the Sedgwick Room. 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*



Thinking of a fresh bird
this Christmas?
Phone Dent 25255
for Oven Ready Turkeys

Flicks in The Fells

The launch of your local mobile cinema serving the Western Dales and beyond!

Saturday 15th December at the Peoples Hall
4pm – ‘Happy Feet’ (U)

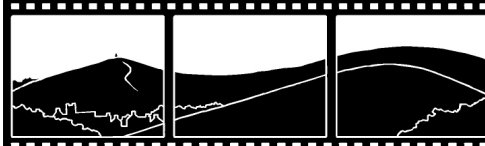
Musical animated adventure for all the family telling the story of a baby Emperor Penguin who, unlike the other penguins, can't sing. However, he can tap-dance! Starring Elijah Wood, Robin Williams, Brittany Murphy, Hugh Jackman, Nicole Kidman, Hugo Weaving.

6pm – Official launch of ‘Flicks in the Fells’ with buffet
7pm – ‘Atonement’ (15)

In the summer of 1935, a 13-year-old girl observes an incident between a servant's son and her older sister which she naively misconstrues. The consequences of her misunderstanding follow them through World War II. Starring James McAvoy, Keira Knightley, Romola Garai.

**Admission (price includes 1 film & finger buffet): Adults £5, Children (up to 14) £3
Family (2 adult & up to 3 children) £15**

Please obtain your tickets from the Community Office in advance so we know how many people we're catering for, thanks



Flicks in The Fells
72a Main Street, Sedbergh LA10 5AD
Telephone: 015396 20504
email: flicks@sedbergh.org.uk

SEDBERGH PARISH COUNCIL

Summary of the Minutes of 31st October

Children's Playground - In the light of concerns regarding the appropriateness of a steel fence, it was agreed to consider other alternatives.

Main Street - Cumbria Highways have agreed to tarmac the areas of the carriageway where there are flags and to repair or replace broken pavement flags.

Cllr Gorst reported that the pictures and plaques of HMS Sedbergh will be displayed in Capstick's Insurance Agency.

Cumbria Highways have been asked to install double yellow lines along Long Lane by Castle Haw. PC Orr has looked at the cars parking there on market days but found no hazard. Several Councillors considered the situation to be just as bad as ever.

In view of the Council's concern about speeding cars in Sedbergh, it was agreed to take part in the county council's Vehicle Activated Traffic Sign

Programme. Sites for the signs to be recommended to CCC are:

- Cautley Road (westbound) at the town border,
- Station Road (eastbound) by the Auction Mart,
- Loftus Hill (northbound) by the Vicarage,
- Loftus Hill (southbound) by the Health Centre.

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

- 2 Bushby Yard - *No further observations.*
- 7 Sycamore Avenue - *No comments.*
- Dalesway Cottage, Millthrop - *No objections.*
- Bramhaw, Station Road, Sedbergh - *No objections to south and east elevations but the north elevation at the first floor level (large window master bedroom) causes us some concern. Although large barn door openings are normally kept when planning permission is given for barn conversions, we feel this first floor level is out of character and we object to this.*
- Riddings, Howgill, Sedbergh. - We would like to see either batten or stable doors at the entrance porch. We feel that in the present plans there is too much glass, otherwise no objections apart from those mentioned
- N.G.W. site at Joss Lane, Sedbergh - *No objections.*
- 6 Main Street, Sedbergh - Has it been marketed for sale or to let as commercial premises, as we would like to retain the commercial

AFTERNOON GAROLS

2pm Sunday 16th December

Dentdale Methodist Chapel

Mrs D Sorrenson (Kendal)

Tea to follow

All Welcome



New Years Eve Service

1145 pm to 12.15 am

Everyone Welcome

Need a lift? Ring 25212

So much to see at Farfield Mill

Arts & Heritage Centre

Late night shopping on
Friday 7th, 14th & 21st December,
Christmas meals in the Tearoom as well
as mulled wine, mince pies and harp
music throughout December.

'Close Connections'

by

Loyne Textiles

A seasonal exhibition of innovative
and creative embroidery and stitched
textiles produced by local Artists.
1st December – 6th January 08

'Contemporaries'

An exhibition combining woven
tapestries by the British Tapestry
Group along with contemporary and
traditional works by
British basket makers.

8th December – 6th January

PLUS

**Artists' Studios, Heritage Floor,
Galleries and Riverside Tea Room.**

OPEN DAILY 10.30am - 5.00pm
last admission 4.30pm

One mile from Sedbergh Town Centre on A684

Tel: 015396 21958 www.farfieldmill.org

premises. *We object to this application.*

- Sedbergh Golf Club. - The proposed new building would be an improvement on the present building. We would like a clause added to the planning permission (if granted) whereby if the building ceases to be required for the purposes for which planning permission was given, it should be removed (as with some agricultural buildings). *No objections to minor changes to layout of the golf course or to the erection of a bridge.*

Decisions received from YDNP:

- Display single sided free standing display unit – Sedbergh Service Station – *Refused.*
- Erection of conservatory – The Hill, Marthwaite - *Granted.*
- Land and buildings adjacent to Haycross Buildings, Ingmire has been used continuously since 1985 as a haulage yard and associated maintenance of commercial vehicles, and therefore lawful within the Town and Country Planning Act.- 7 Thornsbank – *Granted.*
- Reinstatement of former cottage and extension into former stable to form dwelling - Ghyll Cottage, Cautley – *Refused.*
- Conversion of mill to form 4 dwellings – with workshop attached to each – Farfield Mill – *Granted.*
- Subdivision of 8 Main Street to form a separate dwelling (retrospective) known as 2 Bushby Yard – *Granted.*

Cllr Hopkins spoke to a draft budget prepared as the basis of the Precept for 2008/9. It is anticipated that income during 2008/9 will be greater than in

recent years, thereby presenting the Council with an opportunity to invest into the town's social infrastructure. It was resolved that the Council apply for the same Precept as in 2007/8, i.e. £19,000.

A letter from SLDC stating that the drainage system under Joss Lane car park is blocked and that the matter will be dealt with when the car park is resurfaced next year was discussed. Concern was expressed about the potential hazards of surface water, ice and damaged tarmac which could occur during the intervening winter months.

The Car Parks Committee has agreed to reduce the fees charged to the market traders to £3.50 per bay, and to a request from the Chamber of Trade to hold a Christmas Producers Market on 12

December.

A 'Have-You-Paid-and Displayed' sign will be placed at the entrance/exit of Loftus Hill car park. A site reserved for motor bikes will be allocated. It was agreed to write to SLDC requesting they find an alternative collection point for the refuse that is left in the corner by the entrance to the car park.

The Chamber of Trade has written to thank the Council for arranging for the new town signs. The Council felt that they could be improved by a coloured border which would enhance their visual impact.

The Council held a workshop on 18 October, lead by Cllrs Hopkins and Hodge, to begin the process of identifying projects which will enhance

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and improve the town over the next few years. It was agreed to hold a second workshop on 26 November to continue this process. The ideas arising out of these meetings will form the basis for a public consultation on this issue, to be undertaken by questionnaire and a public meeting during the first half of 2008.

War Memorial – Cllr Gorst and Elspeth Griffiths are to look for grants to support the cleaning and refurbishment of the War Memorial.

Proposed re-location of the Health Centre – In the light of public concern, the Council agreed to invite Dr Lumb to discuss this issue at a Council meeting.

The Chamber of Trade has made detailed plans for the Christmas lights in the town this year. The Council resolved to contribute £500 to support this initiative.

Cllr Hopkins raised concerns about the poor state of the footpath on Fairholme, and it was agreed to bring this to the attention of Cumbria Highways.

MATHS TUITION

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

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

Contact: Marjory Glover
015396 25438

Cllr Longlands reported concerns about the hedges on the lane leading down to the primary school. Cllr Allan agreed to investigate.

Cllr Blair raised the issue of the Travellers with District Councillor Stephenson. Cllr Stephenson reported on a recent meeting on this issue with the Police which did not achieve any progress. Another meeting is to be arranged in the new year to which Cllr Blair will be invited.



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also Cards • Toys • Tobacco*

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SPRING SHOW 2008

Saturday 12th April 2008

SECTION 1

HANDICRAFTS

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

13. A metal item
14. A hand made rug
15. A hand made card
16. A decoupage article
17. A decorated Easter bonnet - any style/material

SECTION 2

HAND MADE TOYS

18. A soft toy, knitted, sewn, or crocheted
19. A glove puppet
20. A toy made from scrap material
21. A dressed doll (doll may be bought)
22. A wooden toy

SECTION 3

FLOWERS AND PLANTS

(Maximum size, W, D & H = width, depth & height)

23. A house plant



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Treat them to something special this Christmas from our selection of delicious goodies.
Traditional Home Cured, Dry Cured Garsdale Gold Hams & Bacon. Locally produced Pork. Speciality Sausage. Farm Fed Poultry, Game. Delicious Cheeses. Locally produced Quality assured Beef & Lamb. Home Made Pies, Pastries, Sausage Rolls & Home Cooked Meats.
This Years new line Free Range Organic Chickens and Turkeys from the Lowther Estate at Penrith.

Our Staff will be glad to discuss your Christmas Requirements with you

Free Deliveries
Caterers
Welcome

FREE DRAW

All purchases of Game until 31st December will get a free entry in our draw. The winner will receive a copy of Clarissa Dixon Wright & Johnny Scott's Game Cookbook

Food Fayre
Vouchers, the
Ideal Present



Steadman's



Speciality Dales Products

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Winner's of Best Butchers Shop in the North of England 2006

LATE NIGHT OPENING SPECIAL CHARITY HOG ROAST

Come along on December 5th when we will be open until 9 pm and enjoy our hospitality and sample our delicious Hog Roast. This is an opportunity to sample a selection of our products along with a glass of wine and a chance to discuss your Christmas requirements.

May we take this opportunity to wish our friends and customers

A Merry Christmas and A Happy New Year

Food Fayre
Vouchers, the
Ideal Present

- | | | |
|---|---------|--|
| 24. An arrangement of preserved flowers
WD=20" | garment | 33. A hand knitted scarf |
| 25. A 'garden on a plate' WD&H=10" | | 34. A crocheted article or garment |
| 26. A petite arrangement with a Beatrix
Potter theme WD&H=9" | | 35. A sewn garment |
| 27. A green & white arrangement
WD=20" | | 36. A knitted baby garment |
| 28. 'Springtime' - an arrangement of any
style WD=24" | | SECTION 5 |
| 29. A table arrangement incorporating
fruit | | HOME PRODUCE |
| 30. 'Sunset' - a modern arrangement
WD=24" | | 37. Sugar craft |
| SECTION 4 | | 38. Fruit pie |
| GARMENTS | | 39. Savoury flan |
| 31. A hand knitted garment in a single
colour | | 40. Six biscuits of any variety |
| 32. A hand knitted multi-coloured | | 41. Six butterfly buns |
| | | 42. A novelty cake (judged for
decoration only) |
| | | 43. Fruit cake |
| | | 44. Four Fruit scones |
| | | 45. Gingerbread 8" square |

(Continued on page 22)

Christmas Cheer
Coffee Morning 
Saturday 22nd December
 10am - 12 noon
 URC Rooms
 Festive activities and refreshments for all ages
 'Saxes on the Street'
 Entertainment and Carols round the tree

 Entry - 60p adults, children free.

46. Round shortbread
47. Six Flapjack pieces
48. Unfilled & fatless sponge cake
49. Victoria sandwich (filled with raspberry jam)
50. Swiss roll
51. Pot of jam
52. Pot of marmalade
53. Pot of fruit jelly
54. Pot of lemon curd
55. Pot of chutney
56. Bottle of wine (includes mead)
57. Pot of clear honey
58. Pot of set honey
59. Pot of heather honey
60. Piece of honeycomb
61. Wax products

SECTION 6

ART

62. Artwork: still life (any medium, any form)
63. Artwork: portrait (including animals)
64. Artwork: landscape
65. A pottery article
66. Three dimensional object (other than pottery)

SECTION 7

PHOTOGRAPHY

67. Colour photograph of animal or bird

68. Colour photograph of child
69. Colour photograph of local landscape
70. Colour photograph other than any of above
71. Colour panoramic photograph
72. Any sporting photograph
73. Black and white photograph – not tinted
74. Black and white portrait (including animals)

SECTION 8

CHILDREN'S SECTION

Entries (in their present school year only) must be the unaided handwork of the child. Verbal guidance only may be given by the child's parent or teacher.

Pre-school

75. A decorated paper plate
76. A crown
77. A picture of flowers - any medium
78. An Easter card
79. A picture by a group of children - any medium

Reception year

80. An animal made out of vegetables, fruit, or foliage
81. A decorated paper plate
82. A picture of an animal
83. A pasta necklace

Years 1 & 2

84. Handwriting of nursery rhyme 'Mary had a little lamb'
85. A model made of any material
86. An observational drawing from a tree
87. A bookmark

Years 3 & 4

88. Handwriting of 'Wee Willie Winkie' (for the W Milburn & Sons cup)
89. A mosaic animal, bird, or insect
90. A vehicle made from junk

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

Years 5 & 6

92. A collage of sequins and buttons of a bird

93. A flower arrangement in a half grapefruit

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

95. A birthday card

Years 7 and above

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

97. A congratulations card

98. A computer generated poster for a local event

99. A wrapped present (judged for decoration only)

SECTION 9

LOCAL ORGANISATIONS

PROMOTIONAL STANDS

100. A stand, maximum area of 6' x 3', to be judged by visitors voting at the St John Ambulance rooms. Every vote will be entered free in a special prize draw.

A MESSAGE FROM FATHER

CHRISTMAS

As soon as I have gone back to Toyland, I want you all to busy yourselves preparing your entries for the Spring Show. It will be here before you can say, 'Rudolph'!! The list of classes is right here in Lookaround and I will enjoy hearing all about the Show when I come to Sedbergh next year. The elves who prepare the Show are always looking for improvements, so after you have sent me your present lists why don't you write to them with any suggestions? The fairy who judged the Home Produce section sent this helpful note after last year's

show.

Helpful Hints for showing Preserves

First, well done for entering.

1. Use jars and tops without commercial labelling.
2. Always fill jars, put on wax disc whilst hot, then cellophane cover.
3. When using screw tops fill one jar at a time and immediately put on screw lid which will create a sterile seal. There is no need to use a wax disc.
4. Label and date all preserves.
5. Chutney must be at least 2 months old.

Don't let all this put you off, just be prepared next time and keep this nice show going.

Any queries – telephone Margaret - 20160 or Wendy - 21902

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please phone now
for large trees over 7 feet.

ITALIA ANCORA

For the third time this year, Sedbergh feet have trod the streets of Fiuggi, the delightful spa-town just south of Rome, looking radiant in the sunshine with the autumn colours of the chestnut trees. We arrived on October 23rd, quite late, and, after enjoying a Welcome Drink from our hosts, the Barberio family, we retired for the night.

Italian classes have always been optional but this time most of the group tried at least one class, most being surprised at how much they could understand and enjoying the sheer musicality of the Italian language. This preceded the first of many excellent meals at the hotel, after which we had a guided tour on foot around the medieval

hill-top town of Fiuggi, listening to the old legends and admiring beautiful views of the surrounding area.

In the evening of our first day, we had the luxury of a wine-tasting followed by a fantastic meal in front of roaring log fires at Casale Verde Luna, a tastefully renovated farmstead in the middle of a vineyard. We were taken by Lino, the friendly owner, into the cellars to see the enormous English oak vats in which the red wine matured.

Up early the next morning, we made the long drive in our own coach driven by Gianluca, friend of several generations of Sedbergh visitors, to the Naples area, first to the site of the ancient Roman town of Pompei, buried nearly two thousand years ago under ash from the

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Dec 1st – 22nd



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£18.50 per head
Xmas Day Lunch

5 courses plus Coffee & Treats
£29.50 per head £12.95 under 14 years

Hot and Cold Buffets available on request



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neighbouring volcano, Vesuvius. Our guide showed us streets, shops, villas and the public baths of this once-vibrant city. Silence fell on the group as we looked at the body-casts of those who had suffocated under the ash and pumice that fell in vast quantities from the skies. From the ancient Forum we stared at the ominous nearby mountain, trusting it would not start spewing fire into the air once more - at least till we had departed!

After Pompei came the pizza - the worldwide favourite that originated here, Pizza Margherita, made with tomato, mozzarella and basil - red, white and green, the colours of the Italian flag. We ate in an ancient restaurant in the heart of Naples, afterwards taking a short coach

tour around the city and on to higher ground from which we had stunning views across the Bay of Naples to the Isle of Capri and the Sorrento peninsula.

After another optional Italian lesson on Friday morning, we visited the Villa d'Este at Tivoli, not far from Rome. These wonderful water gardens, created by Ippolite d'Este in 1570, were the prototype of all the water gardens of Europe. They are a marvellous feat of engineering, operated purely by gravity, source from a river high up in the Apennines whose tumbling waters cause fountains to spout high in the air, an organ to play and birds to sing.

In the evening of that day we made the

(Continued on page 26)

short coach journey to Fumone, a village high in the hills, from whose castle, as the name suggests, smoke signals were sent to surrounding villages warning in ancient times of the approach of Barbarians. Here the Baron holds court and in his medieval banqueting hall we sat down to a 14th century meal at wooden tables - with entertainment, while we ate, from multilingual troubadours.

Saturday was the day to visit Rome itself, "la città eterna". A prompt start saw us in St Peter's Square early on a sunny morning, the lovely Simona as our guide once more. We made a lengthy tour of the largest Christian church in the world. We saw the roof of the Sistine Chapel and the window at which the

Pope appears to give his blessing to the crowds each Sunday at noon. Then we moved on - to look at some of the best-known sights of Rome: the marvellous fountains including the Trevi fountains, the Pantheon and finally the ancient Forum where Roman Emperors held sway, and where so much of our western civilisation was born.

On Sunday some went to the local church, others learned some more Italian - listening to the first canto of Dante's Inferno read by Pierluigi. In the afternoon we had the chance to visit the Popes' town, Anagni, with its spectacularly frescoed crypt and the Palace where four medieval popes once lived. We were surrounded by history and fine architecture.

Christmas Shopping at Sedbergh Tourist Office



Why now send a copy of the **Sedbergh Calendar 2008** to friends and family this Christmas?
12 beautiful views of Sedbergh through the seasons

Charity Christmas Cards - Beautiful cards from dozens of Charities with 80% of the purchase price going to the Charity!

Christmas Gifts - we have a selection of Diaries, Sedbergh Souvenir China, Sweets and of course - Books

SEDBERGH TOURIST OFFICE
THE PLACE FOR YOUR CHRISTMAS SHOPPING

Monday was our last full day and a very memorable one too. The Abbey of Montecassino, founded by St Benedict, was reduced to a heap of rubble towards the end of World War II, bombed by the Allies. It is a spectacular place, set high on the top of a mountain where once a pagan temple stood. The destroyed Abbey was totally restored by the Italian State. We had a conducted tour, visiting the cell once occupied by the venerable saint five centuries after Christ, the magnificent Baroque church and the fine museum.

Down the hill next, to perhaps the most moving part of our entire visit: the British War Cemetery of Cassino. Here we walked in silence among the long rows of white headstones, reading the names of the 19 to 22 year olds who had died there fighting for Britain. Two old boys of Sedbergh School lie buried there - a poignant link with our home town.

Back in the coach and on to our final destination - the house on the edge of the beautiful Abruzzo National Park where

GRAHAM J MOFFAT



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D.H. Lawrence stayed with an Italian friend in 1919 and wrote part of his book, "The Lost Girl". We enjoyed the small country museum there, wonderful views of the Apennines, and the copious lunch prepared by our friendly farmer, Loreto, and his family. After a bit of time in the autumn sunshine, we were back on the coach, bound for the hotel and the last night before packing our bags and returning to England.

Visits to Italy like this one are very special, both for those who are learning the language and also for those who simply love the country. After its July visit, Sedbergh Town Band has formed a link with Fiuggi Town Band, and Bandmaster Alan Lewis has composed an *Aria for Fiuggi* for them to play.

Pierluigi and Marianna, our hosts, came over to Sedbergh in mid-November and over thirty people attended an Italian Dinner at The Gallery in Main Street in their honour.

We hope to make similar visits in May and June of 2008. If you are interested in joining us, please get in touch with me at The Hylands, Sedbergh (21411 or thehylands@hotmail.com)

George Dawson Handley

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- Produced
- Pasteurised
- Packaged on the Farm
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CLIMATE CHANGE

What is it? Does it Matter?

Sir Martin Holgate spoke to a large audience at the Cumbria Wildlife Trust Sedbergh Support Group in the Sedbergh School Chaplaincy on October 24th. With his background encompassing various international agencies including the IUCN and UNEP, to say nothing of his participation in the Royal Commission on Environmental Pollution and the recent Royal Society meeting at Rheged on climate change, he is an unparalleled person to speak with authority on the topic of climate change and its relevance to us in Cumbria.

He introduced us to the current position on climate change reminding us that our continental plate was once in tropical

latitudes and more recently even when England was as currently located that hippopotami roamed Southern England. Glacial periods have also shaped our current landscape and wildlife, to say nothing of forcing not only the migration but the evolution of the human species. So climate change is nothing new but the huge changes that have occurred recently must be laid at our own door.

About a thousand of the world's best climatologists have had an input to the 2007 IPCC (intergovernmental panel on climate change) and the vast majority are agreed that the trends that we are detecting are due to human influence and will lead to climatic change that will inevitably affect us. Depending on the models used and the response of humans

THE DALESMAN COUNTRY INN

December Specials & Christmas Party Menus start 3rd December
also running Normal Evening Menu

	Homemade Soup
Starters	Duck Liver Pate served with Plum & Onion Chutney
	Tower of Melon, Pink Grapefruit & Passion Fruit Syrup
	Smoked Haddock & Spinach Cream Pot
	Roast Citrus Butter Basted Turkey, Apricot Stuffing, Bread Sauce & Bacon Roll
Mains	Slow Roasted Sirloin of Beef, Home Made Yorkshire Pudding, Onion Marmalade & Red Wine Gravy
	Darne of Salmon, Dill & Lemon Cream Sauce, Served with Roasted Garlic Rissoles
	Roasted Vegetable, Brie & Coriander Filo Parcels, Sweet Chilli Dip
	Plum Pudding & Rum Sauce
Desserts	Stem Ginger & Ginger Bread
	Crème Brulee
	Cheese & Biscuits. Wensleydale, Goats Cheese & Chive, Smoked Applewood
Food Opening Times over Christmas	
Christmas Day	Closed
Boxing Day	Food All Day - Special Hunt Roast
New Years Eve	Lunchtime Menu - Day
	Set Menu - Evening
New Years Day	Food All Day - Special Roast

Main Course - £8
Two Courses - £11.50
Three Courses - £14.50



THE DALESMAN COUNTRY INN

New Years Eve Night

3 Courses - £22 2 Courses - £20

	Cream of White Onion and Chestnut Soup
Starters	Tiger Prawns Marinated in Garlic and Lemon wrapped in Filo Pastry, Rocket & Herb Salad, Dill Mayonnaise
	Confit of Duck Leg, Caramelised Orange Marmalade Parsnip Crisps
	Rossini of Fillet Steak. Fillet of Beef, Mushroom Deluxe Parma Ham, Crisp en Croute Roja Jus
Mains	Lobster Thermidor, Home Baked Walnut Bread Batted New Potatoes (£4 Supplement)
	Roasted Caramelised Red Onions and Goat Cheese Tart, Spring Onion Creamed Potatoes, Basil & Balsamic Dressing
	Winter Trifle, Brandy Custard, Crystallised Ginger Pistachio & Caramelised Pineapple
Desserts	Champagne & Red Berry Jelly Lemon Sorbet
	Brioche & Walnut Bread & Butter Pudding with Vanilla Cream

to our current concerns there are a range of outcomes but the massive inertia of the planet and its atmosphere makes the initial changes inevitable.

By 2100 we can expect globally

- a temperature rise between 2.3 and 4.5 °C (3-7.7 by 2200)
- major changes in rain and snow fall patterns
- more vigorous meteorological events
- a sea level rise between 30 and 70 cm – possibly rising to 1.2-2.3 m by 2200

He took us through various statistics on the levels and predicted rises in the major greenhouse gases; Carbon and methane levels (also nitrous oxide and halocarbons though they are more easily controllable).

The key gas that we are increasing via our activities is Carbon Dioxide via burning fossil fuels which is further exacerbated by the very climate change that we are concerned about. The warming of climate dries out peat bogs thereby releasing more Carbon; melts permafrost which allows more decomposition in the soil releasing more Carbon and reduces the sea's ability to absorb Carbon.

He refuted the alternative explanations proposed by global warming sceptics to explain our current warming such as solar radiation variations and the orbital variation that leads to a 25,000 year cycle of climate change. The human

(Continued on page 30)

influenced warming theory cannot be proved but not only do the vast majority of the world's leading climatologists agree with it, but it would be prudent to take action to reduce it!

The outcome of global warming and it will undoubtedly depend on the scale of our own reaction to the crisis. We have to guess what people will do; sadly political policies have a huge inertia of their own so some of these reactions will take a long time to implement. Even with an optimistic view it will take till 2030/40 before our efforts may have an effect.

After a brief global survey, he described the likely outcome for the UK and specifically the North West. Since continental areas will see a more marked change than areas close to the sea, he

pointed out the resulting steepening gradient of effects from south east UK to north west. One might expect a 2° rise in the SE but perhaps only 1 to 1.5° in the NW. The SE might expect droughts with less than 50% of normal rainfall once a decade instead of the previous 2 or 3 times a century, storms with very heavy rainfall once a decade; by 2080 every summer will be hotter than 1997 (the third hottest since records began).

Comparatively the NW will get warmer summers with winters also being warmer and wetter (but with the rain arriving in more frequent heavy downpours resulting in river course changes); times of frost and snow to reduce to less than 50% of normal. Interestingly the theory that the Gulf Stream may reverse and cool Britain

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seems to have been discounted. Sea level rises of 20-30 cm by 2100 would see land currently used in Morecambe Bay and the Solway having to undergo a “managed retreat”.

Worldwide there would be a reduction in biodiversity chiefly because species cannot shift their distribution as quickly as the climate changes require. While animals can obviously move, their food plants cannot. He quoted examples where the maximum range of tree species movement was 2km per year, but the climate change models would require at least a 2.6 km shift per year. He estimated that in Cumbria the climatic region would move approximately 180 miles North and about 200m upwards in

altitude. Some species in the region that are essentially high altitude would no longer be able to survive e.g. Dotterel, Golden Plover. On the other hand other more southerly distributed species would be able to move here e.g. Little Egrets breeding regularly in Cumbria. Oak might be displaced by Beech – in extreme cases, all European broadleaved tree species might be found only in Scandinavia and our trees would become temperate evergreen or sclerophyllous (e.g. cork oak and olives).

What can or should we do? One issue is peat bogs where their drying out and erosion is already causing significant carbon release. Actions to preserve and

(Continued on page 32)

perhaps reverse their loss would be valuable. Blocking their drainage would be a good start. Planting more woodland is another action that would absorb more carbon. Farming practices will have to alter. The rise in temperature would increase the number of grass crops possible, and make grazing available higher up the fells, although the wetter winters may affect lowland winter grazing and make poaching more likely. Practices such as reducing stocking of the land allowing natural forests to regenerate, protection of peat bogs and creation of wildlife corridors will be under consideration. Blue tongue has made us more aware of the possibility of different diseases arising – malaria used to be endemic in England. West Nile

virus and Rift valley virus are possible. Of course, there is no natural resistance in UK populations at present.

With the global climate changing leading to more desertification there are likely to be many more environmental refugees leading to an increase in immigration. Politicians may want to restrict the immigration but it would not be unfair to remember that developed nations have been responsible for the largest changes on the other hand the biggest effects are being seen in undeveloped nations. Would it be “common justice” for us to open our doors to more environmental refugees?

Less developed countries have a right to economic growth and it will generate a need for a higher number of jobs for

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skilled people including women, and a lower birth rate. But for this growth to occur, it requires investment and a rise in the carbon released. In turn this requires us to reduce our carbon release even more. A framework exists for this differential in carbon reduction targets as codified in the 1992 Rio convention on Climate change followed by Kyoto. The UK has a target to reduce our carbon release by 60% by 2050. Various possibilities exist to allow this to occur:

- To increase the efficiency of our energy use
- To develop renewable energy sources
- To perhaps use more bio fuels
- To increase our nuclear energy programme possibly (with safeguards).

In Cumbria we get off relatively lightly in terms of climate change but we do not exist in isolation. We would need to absorb our share of environmental refugees, provide more food and possibly energy crops. Arguably sheep farming is not economical anywhere in the world but it forms part of our landscape. The wildlife trusts have a clear policy of promoting the protection of living landscape. Conservation is more than just nature reserves of which the Cumbrian ones are relatively small. Can they conserve species if this scale of climate change occurs? The single biggest factor that would allow the Trusts to help would be to create corridors that would allow easy species migration. We are very lucky to have large areas of uncultivated land although there are too few areas of woodland (although plenty of hedges). We must view conservation within a much larger pattern of land use

and change. The whole context within which conservation occurs needs to adapt as rapidly as possible. We are likely to see a mosaic of land use incorporating tourism, bio fuels, peat bogs, forests, sheep and human habitation.

We must therefore influence broader policies like the North West Plan and Development Strategy. We must argue for better support for traditional farming, especially in areas of high biodiversity. We must be a voice for conservation, pressing (as the Wildlife Trusts Strategy says) “to promote policy changes to enable the delivery of landscape-scale conservation for the benefit of wildlife and people in all Trust regions and countries”.

Climate Change poses new challenges. It makes it impossible for us to conserve today’s wildlife patterns, never mind trying to restore yesterday’s. It will alter the whole context in which we operate – including farming and land use. We cannot predict what will happen. So we will have to monitor the change as they occur, and be flexible in our policies. We shall have to adapt rapidly to the changes we cannot prevent. Younger generations look certain to live in ‘interesting times’.

M. Ripley 21101

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COUNCILLOR'S CORNER

The long expected review into the boundaries of the Yorkshire Dales has at last been announced, apparently the consultation period will begin early next year. I do not expect the review to proceed with any speed as Natural England has its work cut out with the boundaries of the proposed South Downs National Park. There can be no doubt that the changes will affect us all. The earlier suggestions which they appear to be working from proposed to include part of Middleton, the remainder of what they call "the Howgill Fells" and parts of Ravenstonedale Parish.

Right or wrong I think it is inevitable that the whole of the Howgills and the

whole of Middleton Fell will be included. The earlier "suggestion" was to use the line of the old railway down the Lune Valley as the new boundary. I cannot go along with that, much of it no longer exists and where it does it is an artificial man-made feature. Worse, it would mean that most farms in Middleton would be both in and out of the national park at the same time, the worst of both worlds. No, I believe that first of all they have to decide what sort of land they want to have in a national park and depending upon the answer to that question then use either the fell wall or the river Lune. However, as far as I am concerned the decision as to whether an area is included or not

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should ultimately lie with those who live there. Regrettably, I fear that that will not happen.

For Fell End and Ravenstonedale the choice seems to be more straight forward, the land is higher and the disadvantages of being in a national park much less obvious. However, I do think that the people who have given themselves the task of looking at the boundaries have a very limited "feel" for the area. Because the present boundary was derived by following the West Riding boundary all of the places they are looking at were in Westmorland. It might be a small point but to retain the present name for our national park would be

more than insensitive.

The plans for twelve new houses at Ghyllside in Dent are now being looked at by the national park's planning team. They were generally well received at the last meeting of Dent Parish Council and I look forward to progress being made. At that meeting, there was some concern expressed as to whether there would be sufficient local people in housing need to fill the houses once they were built. My answer is an unequivocal YES unless all the respondents to the Housing Needs Survey were lying. It would have been better to phase the

(Continued on page 36)

development, building half now and half in a few years' time but that is not possible because of the conditions attached to the Housing Corporation Grant which will fund the scheme.

I don't know, but it looks as if the Northern Rock fiasco is having more serious consequences than originally envisaged. I haven't heard of the tightening of credit causing problems to individuals as yet but I think it is worth repeating the advice which we councillors used to give out regularly ten years and more ago. If you are experiencing financial difficulties pay your rent or mortgage FIRST. Do nothing to endanger the roof over your head. Your bank or the CAB can advise you with your other financial

concerns but there is nothing which is not ten times worse if you cannot continue to live in your own home.

I have been surprised by how many complaints I have had concerning trees and hedges growing out into the footpaths on the sides of the roads in Sedbergh this year. Some have been cut back since, others have not. As a general plea I would urge anyone whose garden adjoins onto a public footway to check and make sure that their shrubs are not causing a nuisance and trim them accordingly. In my experience most people do not like making a fuss so I guess they must be pretty exasperated before they bring it up with me or Craig. So, please do not rely on the fact that no-

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one has mentioned your shrubs to you as an indication that they do not need cutting back a little.

As always I am being asked if there are any developments concerning the Auction Mart site in Sedbergh. The answer is once again "no", there has been no change beyond the works which took place on site earlier in the year.

Your parish council continues to monitor the situation concerning the gypsies travelling to and from Appleby Fair. The New Fair has a long tradition and I am sure that no-one would wish to see its demise but there is no doubt that tight regulation in Eden District above and at Devil's Bridge below meant that this year all

the difficulties were concentrated in this parish, particularly in Cautley. Living where I do I have never had any problems. However, I am well aware that others have not been so fortunate.

Merry Christmas and a happy and prosperous new year.
 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.
Councillor Kevin Lancaster

LOOKAROUND

Please remember that there will be no January issue. Please submit items for February by 19th January.

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HOWGILL BUZZARDS

I was interested to read the item by Tony Peacock of Clayton Harriers [Lookaround November 2007] about the dive-bombing buzzard in the Castley Knott area of the Howgills.

I've been walking these hills now for over thirty years, and my first experience of something like this was about twenty years ago, on a spring evening as I was passing through a small area of woodland before reaching the open ground at the north end of Langdale on the other side of the hills. I was unfamiliar with buzzards then, and suddenly a bird swooped from behind close above my head. On looking back, after

retreating a hundred yards or so, I realised I had just walked under a nest in a tree.

The bird did not renew the warning however, and for many years thereafter when I saw buzzards in the hills they usually flew away from me, and I counted myself lucky to see them. They seem to keep to the outer edge of the fells, rarely being seen in the inner valleys or central hills.

Then in the spring of 2003, again in the nesting season, I was coming down off Castley Knott when I heard the mewing cry of a buzzard, repeated every few seconds as I began to descend by the fell wall, and

soon the bird was circling above my head, and moved into the same kind of attack as described last month. I always walk with a stick, so I just held it vertically above my head, until the bird gave up as I changed direction and clearly it felt it had seen me off when I moved round behind the shoulder of Castley.

I took advantage of the respite to eat my lunch. After lunch however, I began to climb south east over the next spur, and came back into the buzzard's notice. This time I was ready as soon as I heard the cry, and was able to admire the attacking dive of the bird [from below my upraised stick] as it repeatedly came at my head.

On this occasion I saw no nest, but assumed there must be one close by in the trees by the beck a few hundred yards away outside the fell wall.

In the autumn of the same year, I was walking near Seat Knott in the same area, and there was a group of three buzzards sitting on some of the rocks. Being autumn, I expected no trouble this time, but after a little while one bird, and it was only one, decided I needed to be chased off, and again gave me the personal attention of a dive-bombing display. With hindsight, I wonder whether this behaviour was because the parent birds were trying to drive out the young one which I understand is usual in autumn, and so I got some of the displaced aggression associated with this.

Since then I have kept a wary eye

on buzzards, especially in that part of Howgill, and indeed have been glad of my stick once or twice again since, including in the spring of this year.

I'm not an ornithologist, but buzzard numbers have of course increased since my first encounter, so I assume territories must have shrunk and need more defending against other buzzards. There is also an increased chance of buzzards and walkers meeting, because there has also been a significant increase in the number of people on the fells.

However, one or more of the Howgill birds between Crosdale and Castley, seem to have developed this behaviour to a greater degree than elsewhere locally, in my experience. I do not know what the life-span of a buzzard is, but wonder if it has been the same bird every time, including the attack reported last month.

Martin Dodds



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**PELLA FROM SLOVENIA JOINS
THE CAROL FESTIVAL**

The singing group Pella from Slovenia (see photo attached) who are visiting us for the folk carols festival over the first weekend of December are magical. I heard them in Slovenia a couple of years ago when I was teaching English folk songs at an event there and always hoped I'd get the opportunity to invite them to visit us - and now, by the time the Lookaround comes out, they will be with us.

Ljuden Dimkaroski is their leader and I once listened to a lecture he gave about Balkan music in which I was spellbound for an hour - despite not understanding a word of the language. As with the group, he exudes a kind of charisma which makes any performance a delight and has a background as a professional musician which makes his performances exceptional. The group sing arrangements of folk songs from Slovenia and Macedonia, many of which were dances. They have toured in other European countries though this is their first visit to England - as well as stunning harmonies, their passion for their homeland and its wild landscape is totally evident in their singing.

If you would like to hear a preview of them singing you can view a selection of their songs on their website - <http://www.cox.si/pella.html> - click on the Union Jack and you get an English version of their song titles. If you click on each one you will hear them sing

THE HEAD

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it. I recommend the traditional folk song Sto mi e milo which many of our local singing groups sing.

If you missed their concert on Friday November 30, you can always hear the group when they teach their songs at one of the workshops over the weekend, or the Saturday evening Ceilidh and walk on Sunday - or even join us on a star lit walk through the winter landscape in the Lake District when Pella join Lakeland Voices on their annual evening singing carols in a candle-lit cave. Shared transport from Sedbergh can be arranged. We'll be starting at 6pm on Tuesday December 4.

RARE MANUSCRIPT BROUGHT TO LIFE

Also not to be missed is a return of the celebrated Paul Guppy who will be teaching West Gallery carols at our annual workshop in the People's Hall on Saturday afternoon (2-5pm) December 1. We have a good band of instrumentalists this year - as well as a large body of singers, so even if you just wanted to come along and listen and then join us for afternoon tea you will have a good time.

Having sung in Paul's choir for over a decade I've always appreciated his dedication to West Gallery music, which like Pella excludes a kind of energy. We've been learning a carol from Coniston which turned up in a book or handwritten manuscripts on Ebay. The book was originally owned by Robert Wharton, a miner from

(Continued on page 42)

Coniston, who took the book with him to America in the 1840's where the music was kept alive in local choirs while it became forgotten here. I love these cultural fossils, the way traditions can be kept alive in other cultures. I once taught at a Voice festival in Shetland where members of the Cree tribe from North America came back to teach the islanders old Shetland songs which had been kept alive by Scottish settlers who had married into their tribe.

WASSAIL

Another tradition which we are helping to bring back to life is the one of Wassailing the apple trees. The word 'wassail' came from the old Saxon words "Wes Hail" meaning 'Be healthy.' The old idea was that the apple trees needed to be toasted and sung to encourage them to grow. The Queen of the Wasail would be carried to the orchard on old Twelfth Night (January 17 due to a change in the calendar in the 18th century) where she would pour drink from the Wassail cup onto apple tree roots while everyone sung Wassail songs. Toast dipped in the wassail cup would also be placed in the braches to encourage the spirits of the orchard (which manifested in the form of the Robin - it's where we get our expression 'to toast someone's health') and then men would fire shotguns into the branches to scare away the bad spirits - including maggots and general tree diseases. Though for health and safety reasons people tend to bang saucepans and use their voices today: "Old Apple

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Tree, we wassail thee and hope that thou will bear, For the Lord doth know where we shall be come apples another year. For to bloom well, and to bear well, so merry let us be; let every man take off his hat and shout out to the old apple tree!"

Anyway, there's chances to learn these songs and sing them in the orchard in January - and also to taste the authentic wassail cup - a kind of mulled cider. As there is to join a Burns night supper with haggis and Burns' songs and general merriment over the weekend of January 25-27.

And then later into 2008 we have an international choirs meet here in Sedbergh with singers coming from all over Europe to share their songs with singers and listeners alike. And a combined English and Slovene choir which will touring in Slovenia and England. You'll meet some of the singers at the festival in December.

But whether or not you'll be joining us for the singing I wish you all a very hearty Wassail, a merry Christmas and a happy new year.

*David Burbidge, Smithy Cottage,
Farfield, 015396.21166*



Dear Editor,

Many years ago, my sister and family used to holiday in Sedbergh long before we lived here. They bought a print which was labelled "Fox's Farm, Sedbergh". I have asked

many people if they know this farm and as yet nobody has come up with an answer.

Can any of your readers identify where Fox's Farm is located?

Brian Wright



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EXTENDED SERVICES

YOUNG VOICES...students vote for extended schools

New research published by the TDA reveals that the majority of school children are enthusiastic about extended services, and many would like to put forward ideas to help plan services at their school. 90 per cent of pupils aged eleven to sixteen think extended services are a good idea and 61 per cent would like to be involved in planning extended services with their student council.

See www.tda.gov.uk

NEW DEVELOPMENTS IN THE CLUSTER

Sedbergh Primary School: Organised a joint workshop with Dent CE Primary School facilitated by Ann Fine, the well known children's author.

Sedbergh Youth Group: There are plans to re-launch the youth group as soon as possible. Please contact Emma Brown 077537 82967 for more information.

Did you know?... Out-of-school hours or extended school activities that are Ofsted registered are eligible for the childcare element of the Working Tax Credit. Up to 80% of the cost (up to a maximum of £175 per week for one child and £300 per week for two or more) can be claimed back, depending on individual circumstances.

Family Learning programme: A series of "Art & Craft Together" Family Learning workshops are being held at Dent CE Primary School starting on Saturday 24th November. This course

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Sedbergh Primary School: The School Nurse for Cluster schools (Paula Bagshaw) held a "drop in" session at a recent Parents' Evening. This was very well received with lots of interest from parents and several important new referrals were made as

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a result.

Sedbergh Toy Library: Exploring new links between Sedbergh Toy Library and early years' groups in Kirkby Lonsdale, in collaboration with Kirkby Lonsdale Library.

Workshop – Extended Services “Toolkit for Governors”

Governors from Dent, Kirkby Lonsdale & Sedbergh Schools participated in a cluster-wide workshop on extended services at Dent CE Primary School. This workshop aimed to give governors an opportunity to familiarise themselves with the ‘Extended Services Toolkit for Governors’, to explore ideas and opportunities, and identify gaps in provision. School governors who were unable to attend this workshop and would like further information, please get in touch.

New Bid in development: Dent CE Primary School and Friends of Dent School are developing a funding bid to The Foyle Foundation for a project to promote literacy and family learning opportunities. The main elements of this project are:

- a part-time “Story

Champion” (0.25 TA post x 2 years) to organise storytelling sessions, book clubs, and family learning programmes that promote literacy.

- to transform the school library into a more effective resource for children and families by creating a sustainable lending library system.
- to upgrade library resources to promote effective learning in the curriculum day and through study support, family learning, and other learning initiatives.

www.help4me.info is an online directory that allows anyone to search for services available to children, young people, families and professionals, quickly and simply.

Extended Services – web resources

www.tda.gov.uk/rural has new case studies focusing on the challenges of delivering extended services in rural settings.

www.teachernet.gov.uk/wholeschool/extendedschools

www.continyou.org.uk

www.remodelling.org/remodelling/extendedschools

To Sedbergh Parish Council.

I am writing in response to the letter in the November edition of 'Lookaround' by Councillor Blair who answered my article in the previous edition regarding the car parking problems in Sedbergh. I feel I must reply, firstly because I have received so much local support for my comments from many other residents who share my concern, and secondly because I do not feel that the main point of my letter has been satisfactorily addressed.

Firstly, I acknowledge that I ought to have used the word 'privilege' rather than 'right' in connection with parking outside one's own home. Having said that, I have a few further points to make regarding Councillor Blair's reply :

1. Councillor Blair states that even she has no right to park her car outside her own home. She may not share this problem at this point in time, but believe me, the time may shortly come when even Cautley Road is crammed with parked cars belonging to visitors and residents from other parts of the town!
2. I was puzzled by Councillor Blair's statement that I allegedly commented about people 'popping in to buy a paper' without paying parking fees. I did not recall making this comment, and on further investigation find that this statement is attributable to Lookaround correspondent 'N.Hastle'. I do not necessarily agree with those who elect to park on the pavement to pay a quick visit to a shop, thereby inconveniencing pedestrians, but it is

an issue with which I can partially sympathise when one cannot even spend 5 minutes in either of Sedbergh's car parks without paying, and thereby risking a hefty fine. Why, even Kendal (with which Councillor Blair compares Sedbergh) allows the motorist to use its centrally located multi-storey car park for up to 30 minutes before making any charge!

3. Councillor Blair's justification for the additional £17 annual overnight parking fee is that it gives one the option to go away on holiday whilst leaving one's car in the car park. This may be true, but in the case of Joss Lane car park, one would need to return home to move one's car each Wednesday to accommodate the

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market traders!

4. 'It would appear that they (locals) begrudge paying to park'. How true! With fuel prices having exceeded £1 per litre, motorists everywhere are looking at any means they can to minimise the ever-increasing costs of running a vehicle. Could I at this point quote the aforementioned N.Hastle, rapidly becoming Sedbergh's voice of the people, who commented in the May edition : 'No car driver wants to pay to park when there is unrestricted parking available free of charge on residential streets close to the shops. It is the local residents who can't park in their own street who will suffer in the end'. To bring me back to the principal point of my initial letter, this

has certainly become the case in Sedbergh over the past three months. I am occasionally surprised by the number of local cars displaying parking permits whilst parked in residential streets, not necessarily the ones in which they live. I can only assume that these are the £35 permit holders who have forsaken overnight parking in the car parks.

5. Whilst I do not wish this correspondence to become a 'war of words' between myself and Councillor Blair, nor an outright condemnation of the Parish Council for imposing car parking charges, the fact remains that we do have a major parking problem in Sedbergh. On Back Lane alone, I know of at least two hip replacement cases, many older residents with reduced mobility, even a 101-year-old, all of whom are car owners and drivers. It is surely too much to expect such individuals to park their cars in Joss Lane, descend a flight of slippery steps, and walk down The Folly (as yet unlit) to return to their homes on a regular basis.

Finally, it has been suggested locally that a campaign is launched to turn currently 'free' on-street parking in the worst affected parts of Sedbergh into time restricted areas for visitors and non-residents of the streets in question. Perhaps a 1 or 2 hour time limit ought to be imposed, along with free and unrestricted residents' permits being issued to those living on (or adjacent to) those streets. This is the case in most towns one visits, and maybe could provide at least one solution to Sedbergh's problem.

Colin Cowperthwaite



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A SMALLER HARVEST

What Foot & Mouth really means to our farmers.

At the recent 'Smaller Harvest' service held at St Andrew's Sedburgh on 5 October, a reading on the theme of the present crisis was included. It was originally written by Revd Mark l'Anson, well known in our local farming community and now Parish Priest in Kirkby Malham and Rural Officer for the North Yorkshire part of Bradford Diocese. Changing circumstances required some editing, and the modified piece below is correct to the best of our knowledge at the time of writing.

'Some quotes from the 'Farmer's weekly'

"Foot and mouth 2007 – the biggest crisis to hit farming in living memory?"

"The National Press has failed to comprehend the dire consequences of the national ban on livestock movements at this time of the year".

"Unimaginable chaos. A scenario that every hill farmer would describe as his worst nightmare, has descended upon the uplands of the UK".

'What many people fail to understand is the structure of farming in this country. Upland (hill) farms – our dales farms – are largely where livestock are reared for breeding, to be sold on to farms in more favourable parts, for the production of fat-stock which in turn enters the food chain. The growing season here is short. Nothing much grows until May, and it stops about mid-September. Surplus livestock has to be sold.

'It's not the disease that we're so much worried about; it is the livestock movement restrictions that are of great concern. While the livestock marts are now open again in most parts of the country away from the South East of England [where the 'Blue Tongue' and 'Foot and Mouth' controls are still in place] the movement restrictions have already led to the disruption of the season's livestock sales, and many farms were, and some are still overstocked with animals that should by now have been sold. The unexpected cost of feeding those animals has hit farmers at a time when they have been deprived of any income from sales

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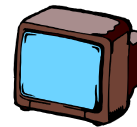


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through the marts and when feed prices have soared. In some cases the cash flow situation has become desperate and the worry acute.

'There is still a second level of restrictions in place in all areas, preventing the movement of any stock off a farm for 20 days after they buy in any new or replacement stock. This means that every farmer needs to sell before he or she risks buying. But everyone else is trying to do the same, so prices tend to fall. Not all sales are for the same reason, and they usually tend to take place in a logical sequence, which has already been seriously disrupted by both sets of restrictions. This affects not only sheep and lambs for fattening, but the sale of tups and other breeding stock for next year's lambing. Many of next year's lambs will be late, and so will not have so long to get up to proper weight - with consequences for next

year's sales also.

'The export trade has also been closed down, contributing further to the glut, and the depression of prices. It re-opens on 12 October, but there will still be problems because access to many of the usual ports in the South East is complicated by the continuing general ban on movements in that area.

'Then there's the suckler herd and their calves. Thousands of store cattle need to be moved off the hills this month. Most will be too young to send straight for slaughter; but there isn't the cash to feed them on many hill farms, nor the buildings to house them.

'This crisis is not like 2001. Time is something the hill farmer's have not got. The crisis may have left the headlines, but it is not over yet.' We offer our prayers for all farmers.

SETTLEBECK HIGH SCHOOL

Year 8 Trip to France

I loved the French trip. We went to lots of lovely places such as Paris and the Eiffel Tower. I didn't like seeing all the beggars at the Eiffel Tower because I started feeling upset for them. The trip was also very educational and I think we all learnt a lot during the week. I wish I could go next year.

Rosie Mason

On our trip I enjoyed everything and I really liked going up the Eiffel Tower. I am a bit scared of heights but I enjoyed it. I loved going bowling and to the Aquarium. I didn't really like the smell of the snails but I guess they were good. I bought lots of things at the market, and my favourite

was the ferry, I loved it. There was a shop on it too.

Natalie Milburn

I really liked the Eiffel Tower and the shop was really expensive, but I enjoyed it and the art museum.

Marybeth Kirk

The French trip was FAB! I would definitely recommend it to the next Year 8s. I especially enjoyed climbing the Eiffel Tower, it was so high my legs shook like jelly. The café was good and a challenge asking for a drink in French. I had a Diablo Menthe – it was really tasty. On the whole this French trip has been ace! I advise all the next Year 8s to go!

Rebekah Mellis

My favourite bit of the French trip was the Eiffel Tower because the

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Sun 2 Dec 11am – 4pm & Sat 15 Dec 11am – 4pm. £2

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Hand knitting workshop with Angela Bradley

Please bring your own knitting needles

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view was amazing. The bit I found challenging was when we had to speak in French. I really enjoyed tasting French food. *Simon Hunter*

The French trip has been great. My favourite part was going up the Eiffel Tower and looking over the whole of Paris. The most challenging part was communicating with the French people who tried their best to understand us. *Adam Scarr*

The bit I liked best was the Eiffel Tower because we could see for miles, we could even see where the Rugby World Cup final 2007 was. Then we went down in the lift and we went over to the river where we went on a boat trip. *Sam Iveson*

I enjoyed the French trip. I thought

the Eiffel Tower was the best because there was a really good view over Paris. I enjoyed snail tasting because I'd never had them before.

Thomas Fothergill

I have enjoyed every single part of the French trip. I really enjoyed the journey down on the coach, it was exciting because I had never been on a ferry or to France. I liked speaking French – it was testing.

Izaak Tyson-Hirst

I have had an absolutely wicked, awesome time because I liked it when we went to a café and ordered some drinks, all for just 6.70€. I also enjoyed it when we went to the Eiffel Tower.

Matthew Hewkin

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TIM FARRON MP

Thanks to everyone who came along to hear Lord Wallace and myself speak on "Fair Trade at Home or Abroad" at the Hotpot Supper in the People's Hall the other evening. I hope you found it interesting and useful. I often worry at these events that we are preaching to the converted. But it does no harm at all to yet again rehearse the argument about the unfair treatment that farmers receive at the hands of the big supermarkets, and it is really good to have a senior member of the House of Lords supporting our corner. You only need to look at what happened to livestock prices during the most recent foot and mouth outbreak to realise that supermarkets are quite merciless in their willingness to exploit their power to drive

prices down to the lowest level possible. I will continue to fight the corner of fairtrade for our own farmers, not just farmers abroad, until we see some curb to the supermarkets' power.

The campaign to protect our local post offices continues. To be honest I have been a bit disappointed by the level of support that we have seen for the Sedbergh and in particular the Dent Post Office. Please write in to show how much you value the service that they provide. Every letter that goes to Post Office Counters Ltd further strengthens the claim to keep that Post Office open. Please do write in either to Post Office Counters directly or to my office, for us to forward your letters. We really do need to get our support in before the New Year,

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after January it may be too late! If you need any help with addresses or what to write then please contact my office.

The new broadband service in Garsdale is live. This is wonderful news. It is becoming increasingly difficult to access many services without an internet connection these days. I know that I could not have done my job very successfully if I had lived up in Garsdale before it was connected. The success of small rural communities increasingly depends upon easy access to all the communications services that people expect as a right in towns. Be it broadband communications or postal services, their absence (along with lack of affordable housing) is what drives people away from the place they grew up or

want to choose to live. I do all I can to ensure that communities like Garsdale get the support that they need in their campaigns to gain these services.

Finally I hope that you have a wonderful Christmas and a Happy New Year. I shall take a few days off with my family (nothing like as much time as Dennis) but don't let that stop you in trying to contact me.

If there are any issues you would like me to take up then please write to me Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or email me at tim@timfarron.co.uk.

Very best wishes for the New Year and thanks for your support

Tim

<p><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £4.10 Garlic Mushrooms on Toast £3.65 Pate with Garnish, Toast & Butter £3.50 Soup of the Day £3.30 Egg Mayonnaise £3.40 Grapefruit Cocktail £3.40 Garlic Bread £2.50</p> <p><u>Extra Special Main Courses all £11.45</u></p> <p>Loin of Pork in Cider & Apple Sauce Lamb & Apricot Casserole Chicken with Basil, Port & Dill Sauce Venison Steak with Red Wine Sauce Venison Casserole Supreme of Pheasant Chasseur Pork in Pepper Sauce Cod & Prawn Crumble</p> <p><u>Main Courses</u></p> <p>Roast Dinner of the Day £6.99 Mixed Grill £12.40 Fillet Steak £12.40 Sirloin Steak approx. 8oz uncooked £10.30 Half Roast Chicken £7.99 Chicken Kiev £6.99 Lasagne £6.99 Steak & Kidney Pie £6.99 Cumberland Sausage £6.99 Gammon & Pineapple £6.99 Barnsley Lamb Chops £9.99 Marinated Lamb Steak (6oz) £9.99 Pork Chop in BBQ Sauce £7.60 Cheese & Ham Pasta £6.99 Tuna Pasta Bake £6.99</p>	<h1 style="color: green;">THE HEAD AT MIDDLETON</h1> <p style="color: blue;">Christmas Menu £14.95 Available from 1st December Spaces available for Christmas Day £32.50</p> <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h2 style="font-style: italic;">Menu</h2>	<p><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £9.70 Grilled Rainbow Trout £9.70 Breaded Scampi £6.99 Breaded Haddock £6.99</p> <p><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £6.99 Stilton & Vegetable Crumble £6.99 Vegetable Lasagne £6.99 Mushroom & Nut Fettuccini £6.99 Broccoli & Cream Cheese Bake £6.99 Vegetable & Pasta Bake £6.99 Vegetable Tikka Masala £6.99 Macaroni Cheese £6.99</p> <p><u>Rice Dishes</u></p> <p>Chilli £6.99 Chicken Tikka Masala £7.99</p> <p><u>Salads</u></p> <p>Ploughman's Lunch £5.99 Cold Meat Salad & Roll & Butter £6.99 Prawn & Rice Salad £6.99</p> <p><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.80 Ham, Beef, Cheese & Tomato; Cheese & Pickle or Salad from £2.90 Toasted Sandwiches from £3.10 Portion of Chips £1.70 Mixed Side Salad £1.70 Portion of Mushrooms £1.70 Roll & Butter £0.65</p>
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A NEW LEASE OF LIFE FOR GAYLE MILL

In a few short months Gayle Mill will be open for business once again. At Easter next year - after almost 20 years of lying abandoned and increasingly derelict - Gayle Mill, one of the jewels in Wensleydale's heritage crown, is set to welcome visitors through its doors and show them an extraordinary piece of industrial history dating back 230 years.

In 2004 Gayle Mill was entered in the second BBC "Restoration" series, presented by Griff Rhys-Jones. Such was its evident, if perhaps surprising, appeal to so many people, that it came top in the regional heat and third in the national final.

On the strength of that, its owners, the North of England Civic Trust (NECT), successfully applied for funding from a variety of sources to stabilize the structure of the building,

reinstate the historic waterpower systems and restore the original Victorian woodworking machinery to working order again. NECT's Director Graham Bell remarked: "Preserving the imprint of history has been no easy task. Coaxing it back into a working life has added to the challenge but is entirely appropriate, giving the mill its third lease of life in its third century of public service."

What makes Gayle Mill so important is that, not only is it one of the few buildings substantially unchanged from when it was built in 1784-5, but there is still evidence of all its various incarnations – from cotton- and wool-spinning mill to sawmill, wood product manufactory and early 20th-century electricity generator, as well as being used for accommodation twice in its history.

"At last everyone's determination and hard work over the past few years are going to be rewarded," said



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Mill Manager Paul Bisson. "Progress over the last few months is re-mobilising the great tide of support locally and regionally that brought the Mill to a national audience in 2004."

One of the Mill's glories is the original 1878 Victorian turbine, which is still able to run quietly, smoothly and efficiently 130 years later, and is arguably the oldest in-situ turbine in the UK. William Lambert, Vice-Chairman of Gayle Mill Trust, which is the organization set up to run the Mill, commented:

"It is fantastic to see the old turbine and Victorian machinery coming back to life, with the swoosh of the water and the clickety-clack of the belts. I am also delighted with the new heating equipment and the electricity generating turbine, which once again puts Gayle Mill at the cutting edge of technology."

A substantial amount of the funding – for both the capital restoration works and what was needed to create and interpret such a unique heritage attraction for visitors – has come from the Heritage Lottery Fund. Fiona Spiers, Heritage Lottery Fund Regional Manager said: "Our industrial heritage is something we can all take pride in, and I am delighted that this award has helped preserve Gayle Mill for future generations. The restored Mill will have a significant impact on the local community not only by attracting visitors and bring the Mill's history to life, but by acting as a catalyst for further regeneration though its

(Continued on page 56)

proposed environmental business ventures.”

Expert help and advice has also come from the Yorkshire Dales National Park Authority and English Heritage. However, Gayle Mill will not only be a heritage attraction but also a self-sustaining business, earning income from its wood product and timber services, as well as selling back into the national grid any surplus electricity.

The Mill's upper floor will function as a training room for all kinds of vocational and leisure courses, ranging from woodworking skills and timber industry management to good practice in sustainable energy and

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green tourism. David Butterworth, the Authority's Chief Executive, commented: “We're particularly delighted to see Gayle Mill showcasing its 'green' credentials. From the woodfuel boiler to the use of its waste materials, the Trust sets an example for us all to follow.”

Paul Bisson continued: “The Mill is going to become a hive of activity over the next few months as we get closer to our public opening. But to give visitors a fascinating experience, we will be relying heavily on a substantial volunteer force, some of which will doubtless come from our local support base, Friends of Gayle Mill. If anyone would like to find out how they can become a volunteer at Gayle Mill, we are having two open days on 17 and 24 November. Contact me for further details on 01969 667320 or email admin@gaylemill.org.uk. We are really looking forward to seeing our visitors next Easter!”

Adverts and further information will appear in 2008 nearer the Opening time.

Ed



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Q AWARDS

Presentation by TV Chef Paul Rankin



Steadman's of Sedbergh, Cumbria have won 11 of top product awards in the Guild of Q Butchers 2007 Smithfield Awards.

The Smithfield Awards are among the most prestigious in the meat industry and a true indication of excellence. Products were subjected to detailed assessment and sampling by a panel of independent judges.

Almost 600 products from Q members throughout the U K were assessed by a panel of experts at MLC Headquarters at Milton Keynes.

Steadman's won seven gold, three silver and one bronze with perfect marks going to their Black Pudding, and Cooked Belly Pork.

Gold award winning products were Haggis, Spicy Lamb Grillsticks, Cooked Belly Pork, Pressed Ox Tongue, Crispy Duck in Plum Sauce, Black Pudding Loaf, and Cottage Pie with a Leek and Potato Topping.

Silver Awards went to Brandy and Herb Pate, Huntsman's Pie and 1lb Pork Pie.

The awards were presented to Garth Steadman at a special lunch in Butchers Hall, London, on November 13 by TV chef and restaurateur Paul Rankin.

Garth said: We try to enter different product's every year and to get 11 awards from 12 new entries is a credit to our staff. "As a member of the Guild of Q Butchers we aspire to the highest standards in the trade and to win a Smithfield Award is a tremendous honour. We were thrilled to do so well in the 2007 product evaluation and our customers can look forward in 2008 to enjoying some more award-winning products!"

Over 600 entries from Q butchers all over Britain were judged for the Smithfield Awards which were sponsored by EBLEX, the English Beef and Lamb Executive, BPEX British Pork Executive, and food chain suppliers Dalziel.

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at

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7.30 pm Saturday 1st March

Sedbergh School

Powell Hall

7 pm Sunday 2nd March

Tickets £8 (Concessions £4)



PHOTO CALL

Thank you to the anonymous person who put a note for last month's photo through my letter box, I now have all the names, for which I am very grateful.

Top row left to right

Jonathan Price, Jonathan Hunter, Merlin Garnett, Jason Charnley, Paul Mellard, Paul Waters, Philip Thompson, Colin Thomas, Michael Winn.

Next row:

Martin Cragg, Stephen? Hodgson, Stephen Bonnet, Matthew Barker, Jason Thornton, Stephen Leonard, Nicky Ross, George Baines, Paul Towers, Shaun Procter,.

next row

Anne Raw, Faye Waters, Jennifer Dunn, Lorraine Crawford, Jayne Fletcher, Lynn Oversby, Janet Todd, Leanne Shaw, Helen Grant, Diane Mitchell, Julie Campbell.

2nd row:

Hayley Bainbridge, Angela Brooks, Pat Benson, Karen Townley, Amanda Bateman, Kirsteen Speak, Imogen Tyler, Faye Potter, Ruth Metcalfe, Susan Parker.

Front row:

Stephen Alderson, John Harper, Casper Capall, Jason Winn, David Haygarth.

I think there may be a correction to the Bible Group featured in an earlier Lookaround. For Peter Harrison read Roger Whittaker.

For December and January I have chosen two photos, one is a Settlebeck football team of 1991 and the other a class from maybe a couple of years earlier. If anyone can identify them I would as always be delighted. Names to Shirley Tebay, Walnut Bungalow, Dent, Sedbergh, Cumbria LA10 5QT. Tel: 015396 25001 or email shirley.tebay@btinternet.com.

Thanks to you all for this year's efforts and best wishes for Christmas and the coming year.



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LOCAL ISSUES

Having read the Sedbergh Parish Council section of November's *Lookaround*, I feel compelled to comment on 2 issues.

1) Parking is a major issue in and around Sedbergh. The problem arises not so much from loading/unloading in Main Street but from those selfish and mindless individuals who blatantly ignore double yellow lines outside the post office, the butchers and the library. There have been many occasions when, both on foot and in the car, I have struggled to negotiate these areas of the town. Sadly it appears that only after an accident or fatality will anything be

done to ameliorate the situation.

2) On the issue of the traveller at Cautley it is sad that neither the Parish Council nor SLDC were aware of similar person (formerly of New Bridge, Sedbergh) residing in his campervan on Woof's premises in Busk Lane. It would appear totally irresponsible to allow someone of no fixed abode to carry out the duties of a bus driver particularly when it involved the transport of young and vulnerable children to and from school. Whilst, thankfully, this individual has now left the area, it is my opinion that the people of Sedbergh deserved much better!

Mr. D. Parr

FAMILY MUSINGS

On my bed are two very precious Teddy Bears, one which belonged to my late Mum and the other to Bruce, regular readers will know Bruce is my darling older brother who was diagnosed with Multiple Myeloma and Kidney Failure in November 2005 and who came to live with us in January last year.

When Bruce realised he could not continue to live in lodgings in Bristol and accepted our offer of a home and care with us here in Dentdale I made him a promise, that I would do the very best I could to care for him for as long as he needed that care. Bruce died in my arms at home on November 7th and with lots of love I

had kept my promise.

None of the caring and support would have been possible without my hubby and families support along with many friends who understood, dried my tears and prayed us through the difficult times. When Bruce gave me his Teddy he said he knew I would cuddle him, something he found difficult to do, somehow me thinks a lot of cuddles are due. So, what now, a new chapter in our lives, more freedom, hubby and I can not only go out in the evening but go together, our meals no longer have a set time or a limited content, I can have a lazy lie in (so of course I wake early and am fed up of bed) but I need to acquaint myself with "Henry" and the

Puss in Boots
by Kim Lyon

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January 2008 at 7.30pm
Saturday matinée at 2pm
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Sedbergh

Spellbound Theatre

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A traditional Christmas Pantomime for all the family

iron as B's carers did that, and poor Mitts is rather bewildered by the goings on, having spent a lot of time asleep on Bruce's knee over recent weeks despite not being a lap cat at all.

Our new computer is on its way and meantime we have fixed up a means of lap top to printer link so I can get on with letters, articles and such-like. One Dolls House has been sold and we hope to have a multi-fuel stove installed before Christmas.

Please read this next bit very carefully or my children will lynch me, (even though it is Christmas!) in March a close friend will become a Grannie, her Dad who is my half cousin will become a Great-Grandad, as I was sharing this news with a very close friend I made the comment of being a bit envious, to which she replied that I can be "honorary Grannie" to her baby which is due in March! Her other children and I are already very close pals, but as I said, please do not get the wrong idea about my "grannie" status....

Someone, somewhere, has done something really lovely, they have nominated me to be invited to be "A honoured Guest" at the Cumbria Women of the Year Luncheon", so it will be out with the glad-rags and off to Grasmere to join in the fun. Now, which wedding outfit should I wear...?

Have you made any New Year Resolutions yet, perhaps you have reams of them or maybe none at all? Mine always include things like eat better, loose weight, talk less listen more, send stories of to magazines, write more stories, complete one

novel, and this time to get on my bike! So watch out on the roads we will be out on our bikes with Bruce's Fish he used on his buggy flying high to warn traffic there is something coming along, although I and my trike are hard to miss, but please do!

Have a lovely Christmas, ours will be lovely but tinged with sadness as we remember my darling brother and other loved ones no longer here, and take this thought with you into 2008, we do not walk alone, not ever, the deluge of support which has poured into our home over recent days is evidence of that, and remember "When the frosts are in the valley, and the mountain tops are grey. And the choicest blooms are blighted and the blossoms die away, A loving Father whispers "this all comes from my hand, blessed are you if you trust when you cannot understand". (anon) Happy Christmas. Happy New Year.

Sarah

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COUNCILLOR'S CORNER

As the year comes to an end, so naturally we tend to reflect on what we have achieved and not achieved, what has worked and not worked and how we are going to plan for the year ahead. I have to confess, however, that I have given up making new years resolutions for I never seem to hold myself to them!

But one thing I will be doing this coming year, which I feel has been successful and a regular theme of my *Councillor's Corner*, is partnership working – no more so than with the development of a youth shelter for Sedbergh. With an industrious and determined group of people now around the table, including

representatives from the young people themselves, the Parish Council, the Playground Committee, the County Council, a Police Community Officer, and co-ordinated work with a small, but dedicated band looking to develop a youth café, we are pressing ahead with costings and plans to enhance the current shelter on the park. We want to make it water and wind proof for young people wishing to use it at night as well as for parents, youth and others wanting to use it during the day. We will then look to build upon that, once we know how useful it has proved (or otherwise) to our community, both young and old. If anyone reading this feels they have some ideas they could contribute to supporting our youth or would like to play a role, in building up facilities for our youth in the area (perhaps even make it their own new year resolution!) please do get in touch.

Another area, where I would like to build further partnerships with, is the Police... we are now doing this with regard to managing the traveller migration and I am meeting in the near future with the Police, SLDC and the Parish Council, to ensure plans are in place specific to our ward and I genuinely believe a lot of progress has been made in this respect. However, one area I have a concern about is with regard to Police coverage generally and by the time this goes to press I will have written to the new Chief Constable expressing concerns about response

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times to a number of incidents that have taken place recently, which is absolutely no fault of individual officers who do a marvellous job, but the infrastructure, that inevitably means coverage is sparse and response times questionable. Again, you may have views on this, either supporting what I am saying, or feeling strongly that I am barking up the wrong tree, either way, let me know what you think... your views are important and I am there to represent them.

On a very positive note, it is incredibly pleasing to learn that the County Council have finally begun to listen to myself, the Parish Councils, Dennis Whicker and others, who have been campaigning for traffic calming measures for a long time. The County Council are to provide speed laser signs, similar to that placed out by Dennis Whicker, on a rotating basis. As with everything, there is a cost, including one for the Parish Council in erecting the posts for these signs, which can cost several thousand pounds (the signs, not the posts!). Sedbergh Parish Council is seriously looking into this and into erecting a post (which isn't cheap either) for one of these signs, and if successful in reducing people's speeds, I am sure it will catch on.

Even more positive (the year only gets better!) is the proposal for affordable housing in Dent. I know Dent Parish Council is working in partnership with other public bodies to iron out a number of concerns

Barbon & District Agricultural Society

DOMINO DRIVE



Saturday 12th January

Barbon Village Hall @ 7.30 pm

around the proposals and did an excellent job of consulting with residents... and I followed up with SLDC and the Yorkshire Dales National Park to better understand the selection process for this housing which was a question for many at the last Dent Parish Council meeting. Selection is, in this instance, overseen by the National Park under very specific policies and procedures (policy H2 of the adopted local plan... details available in the community office or on the National Park Web Site). The houses will draw people in the first instance, as we would hope, from Dentdale, and then our area as a whole (Sedbergh, Garsdale and other adjoining parishes) and then other National Park areas. This is a very simple overview and subject to change, as nothing as yet with this particular project, is set in stone.

I hope you feel I have ended this Christmas article on a high note, with a lot of things to be proud of, taking place in our area, but if there are other issues that need to be in my sights for next year and challenges you want me to take up on your behalf, please do get in touch... I am only a phone call away!

Sincere Best Wishes for the Holiday Season and for the Year ahead!

Cllr Craig Stephenson

SEDBERGH BOWLING CLUB

The White Hart Sports and Social Club was the venue once again for our Annual Supper on 27th October. Many thanks to the Club for the use of the room and to Sue Brooks for providing her delicious food.

Our President Carole Townson welcomed everyone to this informal event which brings our season to a close. Everyone enjoyed the dominoes and a raffle.

The winners for 2007 were:-

Spring Round Robin

Winner Arthur Bramham
Runner Up Sheila Bainbridge

Ned Winn Pairs

Winner Ron Gerrard
& Bryan Lewis
Runner Up Val Lewis
& John Monaghan

Norman Hoggarth Memorial Trophy

Winner Bryan Lewis
Runner Up Gilbert Bainbridge

Iveson Doubles

Winner Carole Townson
& Jim Greenbank
Runner Up Val Lewis
Neil Haworth



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Runner Up John Oughton

Leighton Rose Bowl

Winner Carole Townson
Runner Up Sheila Bainbridge

Presidents Prize

Winner Geoff Thompson
Runner Up Donald Westgate

Ron Sheppey Trophy

Winner Paul Airey
Runner Up Bryan Lewis

Poyntz Wright Cup

Winner Carole Townson
Runner Up Christine Williams

Sedbergh Pairs

Winner Val & Bryan Lewis
Runner Up Christine Williams
Arthur Bramham

Autumn Round Robin

Winner John Oughton
Runner Up Frank Benson

The A.G.M. for 2008 will be in
February. The Club will also be
offering free taster sessions, probably
in May and July. Please check in
future *Lookaround's* for details.

Linda Killops
(Secretary)

QUALITY

Why has QUALITY become a dirty word ?

At last, Gordon Brown declares that the Government is no longer prepared to accept the "second rate", (in Education at least!). At last the Editor of this truly excellent journal declares that he will no longer allow contributors to hide behind a cloak of anonymity. The latter will be done, the former is much less certain. Both will result in better quality.

Many years ago, an American historian, writing in The New York Times, stated that "Quality meant investing the best skill and effort to produce the finest, most admirable result. It is achieving or reaching for the highest standard and does not allow compromise with the second rate".

This will crystalise many peoples' anxieties and fears about the continuing corrosion of our modern day lives, our surroundings, our behaviour, our work and the services we receive. We only need to watch any news broadcast, in between dulling our minds with the television trash that is Big Brother or Eastenders.

We are fortunate to have so much Quality in and around Sedbergh, quality that gives a lie to much of the above. We have the Howgill Fells, Sedbergh School and some of the best postmen in the world, but why oh why ,when Quality is there, do we as a nation and to a lesser extent as a locality, continually snipe at it, resent it, seeking not to support and

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previously used on
Dent Playing Field.
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enhance it, but to belittle or even destroy it?

Top sportsmen, good schools, politicians at every level, all come in for the treatment from the worshippers of mediocrity and those whose firm belief is that what they can't have, nobody else should be allowed.

People at all levels of society are increasingly disillusioned, feeling that they are being left hung out to dry in an increasingly de-humanised and violent world.

Does it matter? Is there still a will to strive for quality in our lives? Sure it matters, especially to our younger generation, where for many, drugs . crime and sleaze is viewed as the only route away from hopelessness, rather than a road-map straight into it.

Be it Gordon Brown and his latest Education song-sheet, or the mis-guided souls who decide to close certain key elements of the Westmoreland General Hospital, it really is time to stand up and say "No. I'm sorry. That simply is not good enough!"

David Lord.

DENTDALE WI

The November meeting is the time for Dentdale WI AGM, and there were a good number of members present to listen to the reports from the President Catherine Sugden and Secretary Kate Cairns, ranging over the programme and events of the last year.

The details of most of our meetings have been faithfully recorded in previous editions of Lookaround, so suffice it to say, that the reports from Catherine and Kate told of an interesting year and a programme full of a variety of topics from our speakers, fund raising event and community endeavours. Fund raising has not only been successful

financially, but for the most part, good fun into the bargain. Judith Newsham, our assistant treasurer, was able to say that our financial accounts showed a healthy balance. Members were pleased to endorse all three reports wholeheartedly!

The Competition Cup went jointly to Judith Newsham and Stella Bannister, and in her report, Nancy Murdoch exalted us all to enter more competitions next year! Voting then took place for the new Committee and Catherine and Kate agreed to serve again as President and Secretary respectively, and Judith to take over from Dorte-lis Powell as Treasurer.

Jane Binney an executive of

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Cumbria Westmorland Federation had been asked to talk on the origins of the WI, which she did in great style from its early beginnings over ninety years ago. She dwelt too, on the Home and Country Magazine in existence since 1919, and as she was giving us this information, Nancy Murdoch, a member for fifty six years, was able to show us an original copy that she has in her proud possession! Lady Denman, for whom the WI was so dear to her heart, had written in the pages of the first magazine that for her the Magazine would be invaluable in the interchange of ideas through its pages, and hoped it would reach every member. Well, that idea has now become a reality all these years later with the introduction of WI Life (superseding Home and Country) this year. Every member now receives a copy through the post. Jane reminded us whether we like the new introduction or not, that we are all bound together in branches countrywide to an organisation that has a proud history of championing just causes.

We finished the evening with tea

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**ALL RUBBISH
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and cakes and a short general knowledge quiz won by Rita Corpe! The lunchtime Christmas meal is taking place at the Barbon Inn on 12th December and member who have stated their intentions to attend should meet in the car park in Dent at 12.15 for the journey to Barbon. Don't forget to bring your present for the lucky dip!

Next years programme promises to be just as interesting, and new members are always welcome. Our first meeting of 2008 will be in Dent Memorial Hall on Wednesday 9th January at 7.15pm. Perhaps you might like to join us there!

PA

Y.D.N.P.

The Public have been asked how they want to help shape planning policy.

People living in the Yorkshire Dales National Park are being asked how they would like to help influence planning policy and planning decisions in the future.

As it starts the new Yorkshire Dales Development Framework (YDDF) 2006-2021 – a new set of planning policies for the area which will eventually replace the existing Local Plan (2006) – the Yorkshire Dales National Park Authority (YDNPA) is inviting comments on a new strategy which sets out how it will involve the public in this process and in future

decisions on planning applications.

The YDNPA's draft Statement of Community Involvement (SCI) sets out details of who the Authority will consult, how they will be consulted, when this will happen and how their views will be used to influence local planning policies and the planning application process. As a process, the SCI itself is subject to consultation, with the final draft being submitted to a planning inspector who will determine whether it is fit for purpose.

Yvonne Peacock, YDNPA Member Champion for Forward Planning, said: "The Government is very keen to 'front load' the planning process and to build consensus into planning



OPTIONS for health and well-being

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
Yvonne Cervetti	Aromatherapy, Hot Stone Therapy and Massage	015396 21303
Ruth Francis	Remedial massage	015396 20275

Health practitioners in the local area

policy by involving the public at an early stage.

“We want all communities and local businesses across the National Park – who are often those most affected by planning decisions – to feel that they can put forward their ideas and feel confident that these will be considered.

“This new strategy sets out details of how we think we can best achieve this but we need people to tell us if we’ve got it right and, if not, to tell us what we need to do to improve the process.”

Recent residents’ surveys – in 1999 and 2004 – carried out by the YDNPA showed that many people (around 40%) continued to want to receive information about consultation through the post rather than by email and the internet. The current SCI consultation should help the Authority to determine whether this continues to be the case and whether there are

Paul Hoggarth

Building Contractor



015396 21413

07968 977429

other communications channels it should be considering.

The YDNPA will also be looking at how it can reach so-called ‘hard-to-reach’ people who traditionally have not responded to consultation but who may have particular points of view on planning policy. By establishing a process for consulting voluntary groups and organisations such as the local strategic partnerships, the Authority hopes to reach at least some of these groups where they exist in the National Park.

A copy of the draft Statement of Community Involvement can be downloaded from our website at www.yorkshiredales.org.uk/yorkshire_dales_development_framework.

Anyone interested in making comments can do so by downloading and completing an associated questionnaire.

Alternatively, copies of both documents can be obtained by contacting YDNPA Strategic Planning Officer Peter Stockton on 01969 652334 (Email: Peter.Stockton@yorkshiredales.org.uk)



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Yoga - Love it? Hate it? Think it's a threat to conventional religion? Scared it will undermine your own spirituality? Feel it's a bunch of flexible show offs trying to tie themselves in knots?

Relax, fear not – it doesn't live up to the bad press it can have (though I personally would like to do the party piece of tying myself in a knot!J)

Yoga is a Sanskrit word meaning simply – UNION – of mind, body and breath, (or spirit if you are comfortable with this word). I also like to think it can be interpreted as harmony, connection or celebration.

Although we often associate yoga with an exercise class (a lovely way

to open and harmonise), or with being a religion, it is in fact far more liberal and far reaching. It deals not only with our body, mind, breath but also how we live our lives and how we connect to ourselves, others around us and the universe beyond as the ultimate union (though the answer is, of course, still 42J).

Union, in Yoga terms, can be achieved through body work, service to others, knowledge and wisdom, thinking and stillness or love and devotion. The simplest and I think the most effective Yoga moments are often achieved with a kind word, saying thank you, apologising, giving encouragement and praise or allowing ourselves and others to



Sedbergh Community Development Centre Courses for January

Beginners German - NEW 10 week evening course starting Wednesday 9th January. Learn German with a native speaker.

Rock & Roll and Latin Dance - a 5 week course on Monday evenings to work off the Christmas flab!

Silver Art Clay Workshop - a Saturday workshop to show you how to use this fascinating material for making fine jewellery. Ring for info.

Spanish - join our class to learn Spanish for your holidays. Some previous experience needed. Thurs evenings from 10th Jan.

Woodwork & Joinery - Expert help to design & make your own project in Settlebeck's workshop. Wed evenings from 9th Jan.

Advanced Spreadsheets OR Databases (according to demand) - Learn how to use the advanced features of Excel or Access. Leads to CLAIT Advanced module. 10 weeks, evenings, Tuesday 8th January

Know Your Computer Better - a 5 week afternoon course where the class chooses the topics, also computer problem solving. Wed 9th Jan

Better Word Processing - a 5 week evening course to help you improve your Word document layout, add pictures and use tables. Thu 10th Jan.

First Steps on a Computer (Tebay). A FREE 2 week course to have a go at using the PC, Internet and Word Processing. Thursday 17th January.

New students are also welcome to join our continuing classes in Yoga, Italian, Creative Writing, Stained Glass & Sugar Craft

email: admin@sedberghcdc.org.uk

Tel: 015396 21031

express feeling without judging.

As Christmas approaches, I feel awareness of our self (or loss of it) and our interaction with the world is particularly poignant. Simple celebration has escalated into an orgy of consumerism that is beyond belief. Half the world starves while we don't have enough hours in the day to stuff ourselves with delicacies; climate change and global warming is the talk of the moment yet we feel compelled to purchase an abundance of unneeded gifts (often plastic, often over packaged) the production of which ploughs more carbon into the atmosphere; we give a paltry amount to charity which salves our conscience while clamouring for cheap goods made by child labour and others' misery.

In Yoga, awareness of our thoughts and actions is a good starting point. We humans can be hypocritical (ask any parent), judgemental and self-justifying – it is as much part of our nature as kindness and giving. It isn't comfortable to accept responsibility – but without awareness, without responsibility, there can be no change, no shift.

This is true at a personal level, a social level or an environmental level. I'm all for celebrating but please enjoy Christmas with awareness, with a sense of individual responsibility, a sense of Yoga. With Fairtrade wine and organic chocolate – perfect! J

If all this seems provocative then that's great! Yoga is not an absolute – it is always a discussion. We all have our own truth; our own story; our own path; our own unique, amazing

journey through life.

And so we come to the reason for this article (apart from having an excuse to stand on my soap box and rant about Christmas extremism). I would like to invite you to join the consultation on life, the universe our selves and everything through my new yoga website.

www.theyogaconsultancy.co.uk

The concepts introduced in this article are explored in more detail on the site. Even if you are not drawn to yoga, please feel free to have a nosy and express your views. My thanks go to Andrew for producing the site and to the Sedbergh webserver who is hosting The Yoga Consultancy.

Merry Christmas everybody! *D Hirst*



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COMMUNITY OFFICE NEWS

Flicks in the Fells – our new Community Cinema

Please see our advert on Page 15 and do come along. In order to ensure a successful evening we are asking you to buy tickets in advance for this evening so that we can cater for you and make it a community celebration as well as a film afternoon and evening.

The office will be open from 6 – 7pm on Late Night Opening 5th December and also on Wednesday 12th December from 6.30 – 7pm so that those who work all day have chance to buy tickets on these evenings.

In future you will be able to buy tickets on the night.

Environmentally Friendly Cleaning

Products

Thank you to all those who have supported the Community Office by buying products from us. Some of the things we have in would make great practical stocking fillers so do call in and have a look!

Allotments

Thanks to the hard work of Jim Atkins, we hope to have some positive news about allotments very soon. We will probably also be holding a meeting of all those interested in having an allotment in the near future, Could you please make sure we have up to date details from you – in particular email as this is an easy and environmentally friendly way of disseminating information. Please ring the office with yours – 20504.

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ADULT SOCIAL CARE

Currently the Adult Social Care Scrutiny Panel of Cumbria County Council is monitoring the number of people who receive services from Adult Social Care who choose to have a Direct Payment.

Direct Payments are cash payments made to individuals who have been assessed as needing services, in lieu of directly provided or care managed social care provision. Like all social care services they are subject to the council's financial assessment process and a contribution may be assessed.

People use Direct Payments in various ways, for example they may pay a friend or carer to take them to a

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Social Club instead of attending a day centre. They may arrange to have lunch provided at a local pub or cafe instead of having a carer cook for them. Some purchase care from a local agency, others employ a personal assistant directly or pay a neighbour or friend. It is possible to have both care from the council and a Direct Payment for some of the things you need. Carers can use them to organise respite care at home or away from home. You can use them for minor adaptations and equipment where the standard issue equipment is not what you want.

You can take your Direct Payment on holiday with you and purchase care at your destination. Here are some examples of how people are taking control and making the choices that they want.

If you think Direct Payments might be right for you or someone you know, then contact your local Adult Social Care Office or contact the Direct Payment Advice and Support Service by ringing them on 0845 1249303 or emailing them at cumbriadp@aol.com.

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DOGS & CATS QUIZ

I would like to thank everyone that bought "Dog & cat breeds" quiz.

The answers were:

- 1 Abyseinian
- 2 Pug
- 3 Maltese
- 4 Husky
- 5 Munchkin
- 6 Manx
- 7 Dalmatian
- 8 Havana
- 9 Alsatian
- 10 Snowshoe
- 11 Shar Pei
- 12 Ragdoll
- 13 Corgi
- 14 Angora
- 15 Turkish Van

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- 16 Collie
- 17 Tabby Longhair (its fur grow in various directions & looks like an "M")
- 18 Rottweiler
- 19 Dachshund
- 20 Siamese
- 21 Selkirk Rex
- 22 Somali
- 23 Sphynx
- 24 Labrador
- 25 Poodle
- 26 Bombay
- 27 Russian Blue
- 28 Shih Tzu
- 29 Maine Coon
- 30 Samoyed
- 31 Persian
- 32 Lhasa Apso

The winners are:

1st £15 Mr & Mrs G Clements,
Silverdale

2nd £10 Mrs C Wilson, Heversham

3rd £5 Mrs A Ferguson, Appleby

After prizes awarded, the money sent to North West Air Ambulance was £146.64.

I would also like to thank the shops & businesses in Sedbergh & Kendal for displaying them in their shops.

Donna Postlethwaite Year 9 SHS

Join in the discussion at:

www.theyogaconsultancy.co.uk

Yoga meets Life
Life meets Yoga
Relax and enjoy

RECYCLING NEWS

This month we continue looking at the way the materials collected are processed and focus on glass.

We ask that glass bottles and jars are rinsed; this helps keep your recycling box clean and reduces the level of contamination that needs dealing with during the recycling process. After collection the glass is taken to depots in Barrow, Kendal or Endmoor for bulking before being taken to the reprocessing plant. The glass can then be crushed to form a material called cullet, which is then mixed with sand, soda ash and limestone in a batch house prior to

going to a furnace to produce new glass.

A typical furnace will produce around 300 tonnes of glass a day and will operate 24 hours a day for approximately 10 years. Glass is very easy to recycle and the materials can be recycled continuously. There are also a variety of ways that recycled glass can be used, not just to make new bottles and jars. It can be used in road surfacing for example, or as a component in the manufacture of kitchen worktops and garden ornaments.

If you would like more information about recycling glass there is a website for the industry at <http://www.britglass.org.uk/Education/Recycling.html>

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

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**SEDBERGH & DISTRICT
ART SOCIETY**

On 16th and 17th November, we were lucky to have two very enjoyable meetings.

The first, one of our regular Friday evening sessions, gave us Pam Potter, a professional artist and teacher from Preston, who demonstrated mixed media with great panache and enthusiasm.

She came well prepared, with the bare bones of a picture laid out in gesso and grey masking fluid. Using water colour straight from the tube, Pam streaked colour on to the paper, and then, using abundant spraying on of water, and a

common -or- garden plastic paste spatula--like we used in primary school-- she proceeded to spread the paint, allowing colours to mix as they would. And the picture emerged, helped on by touches of oil pastel here and there, until in the foreground Pam used plenty of PVC glue to stick on various types of soft paper, which with a touch of colour transformed into rocks. All this came with a non-stop commentary giving all kinds of useful hints, such as using gels with different "bits" in, to give more texture. Even those of us who are not into mixed media were very impressed by the end result, and by Pam's entertaining personality.

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On the Saturday, we had our annual lunch, this year at the Golf Club , where the staff laid on a superb buffet. Then we were entertained by Robert Duncan, who with a selection of well-chosen slides, gave us a quick tour through 200 years of Scottish painting history. It became evident that Scottish painters were well to the fore in the development of painting, and some times led the way. As with our Friday speaker, Robert's enthusiasm and expertise shone through.

We do appreciate the efforts made by our committee to provide us with such good value.

Some of us continue to meet very informally at 9,30 on a Wednesday morning in the People's Hall committee room, to try out new ideas, or improve on old ones----with an interval for coffee and biscuits, of course ! Why not join us?

Our next meeting is 7.30 on Friday 7th December, in the Sedbergh School Chaplaincy, when Lois Morton will give a water-colour demonstration.

V. Finch.



BONFIRE NIGHT

Pumpkin Lanterns:-

- 1st Daniel Hall
- 2nd Bailey Clark
- 3rd unclaimed

Turnip Lanterns:-

- 1st Erin Proctor
- 2nd Rachel Hopkins
- 3rd James McLoughlin

Guys:- only 2 entries

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LA VIE EN FRANCE

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Gerard, our ever patient, ever helpful, ever-so-generous and extremely knowledgeable neighbour popped round to remind us to plant our onions for next year whilst the moon is waxing. He has already ploughed our potager which was rather overgrown but extremely productive and to thank him for his troubles we have paid him in pumpkins and butternut squashes. Home grown produce or favours seem to be as good as, if not better than, hard currency around here.

During the autumn and winter a

small posse of deerstalkers/hunters can occasionally be seen or heard keeping the number of deer in check. We normally give them a wide berth as they are usually burly fellows with large guns and fierce looking dogs. The other day one of the hunters turned up at our door with a black bin bag slung over his shoulder. Slightly wary of the fact that his gun and dog were only meters away from me I smiled and greeted him and then he handed me the bag with a big grin and the words 'bon appetit' . I cautiously opened it to find a neatly prepared leg of venison that he wanted to give us, this particular deer

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had been shot on our land and that was our share!

Our French conversation lessons have started with the Mayor's wife and we spend about 2 hours each week attempting to talk about the weeks events. I try to get the tenses and grammar correct and so take ages to form a sentence whereas Chris charges in, oblivious of any grammar and heavily reliant on hand gestures when a particular word fails him - he always was good at charades and in most cases can make himself understood. For the girls the process of speaking another language is a natural progression, the ease with which they learn, copy and retain has left me reaching for the



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omega 3s! As yet no marked improvement so I think it may be back to those vocabulary lists again!

We have had a super first season with the gite and have met old friends and made new ones. The carbon offset official to the Lord Mayor of London came to stay here with his family at half-term. He was very impressed with our wood burning boiler system, our tree planting policies, re-cycling and eco-credentials so we felt as though we had the seal of approval, although there's a lot more that we plan to do. Next year we hope to inaugurate the water recycling system and perhaps solar heating for the pool so that we can extend the swimming season from April to October.

We are back in Sedbergh for Christmas and New Year and hope to catch up with as many folk as possible but just in case we don't see you face to face would like to wish you 'joyeux Noel et bonne annee'

*With love from Chris, Jacky, Alice
and Eliza*

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PEPPERPOT CLUB

November 10th was the date of the Pepperpot Coffee Morning in the URC rooms. We are very grateful to the Elders for the use of the Church as well so that the youngsters, who play in the Pepperpot Music Makers orchestra, were able to perform there during the morning. They attracted an appreciative audience who dropped in at different times during the proceedings. Noel Bertram and Penny Legat are to be congratulated on what they have achieved since the beginning of term with so many new children and an exodus to secondary school of several experienced members. They had devised a varied programme and it was a delight to

see the children concentrating really hard and clearly enjoying themselves. Some of them had played in the orchestra only since September. It was good to see so many young string players in the orchestra and to note the progress made by those who had been taking part for a while.

Unfortunately November 10th was also the date of another event in Sedbergh in aid of a very worthy cause, but despite that, the Coffee Morning made nearly as much money as usual. This was thanks to the many Pepperpot Members who rallied round and served coffee, helped on the stalls, provided contributions for the raffle or to sell and came along to the event. Others

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who could not be there kindly gave donations which were much appreciated - and it proved to be a good social occasion.

The annual Coffee Morning is one way in which funds are raised to help to support the running of the Pepperpot Music Makers orchestra, some of whose ex-members are now becoming involved in their secondary school orchestras and in the Westmorland Youth Orchestra. We are fortunate to have a stalwart band of Members, Individual Sponsors and a handful of local Friends who contribute about a third of what is needed annually, but that leaves a considerable shortfall. So far, external grants have been found to fill the gap, but on-going projects like ours do not easily attract funds. It would be wonderful if we could entice more Members, Sponsors and Friends to come on board so that we could become self-sufficient. Please contact Shirley Smith on 015396 21196 or email yantethera@aol.com or look up Sedbergh Pepperpot Club on the *Lookaround* website to see what would be involved.

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Josephine Lade LCSP (Assoc)

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As Christmas is fast approaching, the Royal Mail has confirmed that a Scam is in operation around the country. Please do not be drawn into responding. The Trading Standards Office are making people aware of the following:-

A card is posted through your door from a company called PDS (Parcel Delivery Service) suggesting that they were unable to deliver a parcel and that you need to contact them on 0906 6611911 (a premium rate number). **DO NOT** call this number, as this is a mail scam originating from Belize. If you call the number and you start to hear a recorded message you will already have been billed £15 for the phone call.

If you do receive a card with these details, then please contact Royal Mail Fraud on 02072396655 or ICSTIS (the premium rate service regulator) at www.icstis.org.uk Devon Trading standards provide information on their website http://www.devon.gov.uk/web_mailing_leaflet_devon.pdf

OCTOBER WEATHER

A comparatively mild month on the whole when maximum temperatures never dropped below 50sF. The first week reached the 60sF with a maximum of 67.1F. Yes we did have some cooler nights with frost on 2 nights and ground frost on at least 5 more nights. The minimum recorded temperature being 30.9F but we also had a couple of nights when the minimum was in the mid 50sF. It hasn't really been cold enough yet for a jumper under a coat. Again only on 4 days did the wind not blow from a north westerly quarter reaching a maximum of 16.8mph. The atmospheric pressure reflected these gentler winds being fairly high for most of the month. October was amongst the driest months for some time in fact until the night we altered the clocks we had had only an inch of rain but that was doubled overnight finishing up with a monthly total of 2.05 inches.

This year has seen some of the best autumn colours for some time. In fact some have said they rivaled New England this year! Apparently it is down to our wet summer followed by a long mild autumn. In spite of the mild weather the migrants have started to arrive. We had lots of redwings and fieldfares coming through. The websites at Martin mere and Leighton Moss list large numbers of geese and swans arriving not to mention many thousands of starlings coming to roost in the evenings. Can

anyone tell me what happens to our local birds? After the equinox most of our birds vanish so that instead of filling the feeders daily it is usually only necessary once a week. Do they go into town where it could be warmer or there are street lights or do they move South? The mallards still turn up for breakfast. The four survivors are drakes. The woodpeckers still visit regularly and there are still plenty of rabbits around to interest the dogs. The other week as we came home after dark a badger ran across the drive. That's a first in the garden. The winter jasmine has been a picture all Month and the first bulbs are poking through.

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DECEMBER GARDENING

Although December can be a dark and dreary month in the garden, it is good to know that most of the work successfully completed at this time of the year will last a good few weeks before it needs to be redone. The fashion nowadays is to leave perennials uncut in the hope that they will provide interesting shapes and cover for wildlife through the winter, but having tried that a few times and found that my winter stems create mangled brown heaps which are only attractive to slugs, I now cut down all the collapsible things before the end of the year and leave only a few “architectural” highlights such as *Phlomis*, Teasels and *Sedum* to keep the artistic bit going.

It seems that wherever I am working I always gain the services of an attendant robin who watches my every move and is ready to rush in and grab any tasty morsel that I uncover. British robins are always friendly, unlike their continental cousins which have learned to be wary of people- it is traditional to shoot or trap songbirds in much of Europe. British robins will learn to feed from an outstretched hand, and I even had one, earlier this year, which alighted on my hat and stayed there until I moved. The oldest robin recorded on Bird Ringers lists was 17 years and 3 months (killed by man in Poland) but most robins are short lived so that it is unlikely that the same robin is visiting your patch year after year. Having had two successful broods in our garden shed this we should hopefully have plenty of birds around to help us with the tidying.

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I am sometimes asked whether I can recommend a good Christmas gift for a keen gardener. All gardeners need good secateurs and if you ever watch gardening programs on television you will notice that all pruning work is done using red handled “Felco” secateurs. The basic model is Felco No 2 but there are also left handed and swivel handled versions. They are expensive but they carry a lifetime guarantee which means that spare parts are free of charge. (telephone Burton McCall Ltd on 0116 234 0800 to request spares) I also use a Felco pruning saw for larger branches and have found this to stay sharp for much longer than the 3 or 4 other makes that I have previously tried.

Armed with these and accompanied by a friendly robin what better way is there than tidying the garden, to work up an appetite for all that Christmas food.

Elaine Horne

THE RISING COST OF FUEL

Fuel is a finite resource and will run out some day! Unless an alternative can be found, we will be back to the horse and cart!

Even steam engines need coal, also a finite resource and when wind does not blow, turbines don't work so power needs coal or oil powered generators.

A stop-gap to make fuel last longer can be magnets on the vehicle fuel line.

There have been ineffective magnetic devices tried on vehicle fuel lines for some time now, which have shown little benefit, led to disappointment and muddled the

water.

The correct magnetic fuel saver is guaranteed to save up to fifteen percent of diesel, petrol or gas in the amount of fuel used per mile or kilometre.

The secret is in the strength of the magnet for the application. It is obviously not effective to use a magnet of say 20 G when one of 40 g is needed!

Higher powered engines with a faster fuel flow need higher magnetic power. Engines of over 3 litre need two magnets, when a carbon based liquid fuel is magnetised to the correct degree it splits the carbon-hydrogen bond; the molecules in the fuel become much smaller, more oxygen attaches to the fuel. A higher percentage of the fuel is burnt in the engine than the normal 75% and exhaust emissions are dramatically reduced; by an average of 48% on diesel engines in MOT tests. This can reduce the 'carbon footprint' and Global Warming! At current fuel prices the cost of the Correct Fuel Saver magnet is recouped in less than 3000 miles; they can also be used on fuel heating systems.

On vehicles with a display showing mpg or litres/km, the display immediately shows about an extra 5 mpg.

The magnet is DIY fitted in less than a minute, but is not popular with garages which sell fuel!

Fuel will run out some day, perhaps sooner than later! *Edwin Bateman*

SEDBERGH & DISTRICT
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Wednesday 16th January
Harriet Martineau
Political Journalist
Martha Bates

Wednesday 30th January
Howgill to Himalaya
The Sedbergh-Tibet connection
Vicky Aspin & Steve Smith

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Secretary: Mike Beecroft 21878
Treasurer : Marlene Mason 20509
Member Sec: John Sibley 25024

FROSTROW WI

Our November meeting followed on from our AGM when we received reports from the treasurer, secretary and the president. We all felt that we'd had a successful year, particularly since at this time last year we were struggling to keep going. Dorothy Gerrard has resigned her post as treasurer after many years and we thank her for all her hard work and immaculate book-keeping. Eileen Stavely has courageously taken over the post and Christine Sheppey has agreed to organise the financial side of outings and visits.

Anne gave us a progress report on Nora and Marjorie who have both had operations recently. We wish them both a speedy recovery. Best wishes also to Jean who is out and about and making good progress after her operation.

Margaret gave us a brief resume of the Speaking Aloud competition and

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said it had gone well, although we were not successful in winning. Four of our members entered the Quiz Night at the Bull Hotel. We thought we'd done quite well until we heard the winning score! It was a very light-hearted, enjoyable evening.

Pat has again done sterling work in organising our speakers for next year and will print out the full programme to be given out at the Christmas Dinner. Due to last minute unforeseen circumstances, this will now be at the Cross Keys on Wednesday 5th December at 7pm.

Our Business meeting was followed by a music quiz with a difference. The answers to the musical clues made up a story entitled "A Fine Romance". Some of our incorrect answers were just as amusing as the correct ones! After our mental exertions we went on to enjoy a Jacob's Join supper and a good chinwag!

D. T.

SEDBERGH TOWN BAND

Christmas Carols

In the run-up to Christmas the Band will be playing carols on at least four occasions. First off they will be performing in Kendal on Saturday 1st December located on the bandstand at the top of Finkle Street. They return to Kendal on Sunday 16th December to play at Booth's 11am to 1pm, and again on Thursday 20th December at Booth's 5.30pm to 7.30pm.

The final carol session will be on Friday 21st December around the Sedbergh public houses.

Coffee Morning

A fund raising Coffee Morning was held on Wednesday 24th October in the United Reform Church. On sale were cakes, bric-a-brac and books, which together with a raffle raised a splendid net sum of £310.

Outside the hall in the brilliant late October sunshine a small brass group comprising Musical Director Alan Lewis, U.R.C. Minister Carol Gotham and twins Sam and Henry Wray entertained the Wednesday market traders and customers.

Drummer/Percussionist

The Band are anxious to recruit a drummer/percussionist to fill an important vacancy. The Band are prepared to sponsor a complete beginner and provide regular lessons with a qualified teacher. Alternatively an established performer who can read music will be most welcome.

Any interested parties should contact Band Secretary Hilary Hodge on (015396) 20314.

Classic FM

On Monday 29th October at 2.30 pm Tony Playfoot (tuba) was successful in not only getting a request played on Classic FM, but he was also awarded a digital radio in response to his claim that a combination of poor reception in Dentdale and an antiquated receiver prevented him being able to enjoy the music to the maximum.

The piece played, Agnus Dei from The Armed Man by Carl Jenkins was deemed most appropriate for a brass instrument repairer.

Christmas Concert 2007

The Annual Christmas Concert takes place in the People's Hall on Tuesday 4th December at 7.45pm. The concert will largely be following the pattern of recent years - that is, a mixture of Christmas music and carols (with audience participation invited), a visit from Father Christmas bearing gifts for the younger members of the audience, and refreshments for all (mince pies, mulled wine etc.).

Sadly a limit has to be placed on the size of the audience so an early purchase of tickets is recommended (available from Nisa, Green Door and the Community Office).

The Band look forward to greeting the audience to what promises to be a great family occasion to start the Christmas celebrations. G. B.





SEDBERGH PRIMARY SCHOOL

On the 6th of November, 8 pupils from Sedbergh Primary School from years 5 and 6 took part in a cross country event at Kirkby Lonsdale Rugby Club. All of the Primary schools in the South Lakes were there. There were 2 races, a girl's race and a boy's race. There were about 140 children in each race. The girl's team: Bella Gray, Lydia Gorst, Morgan Turner-Lant and Erin Proctor

won the overall girls team trophy. The results were fantastic.

A special mention should be made of Bella Gray who was winner of the girl's event. The positions of the other girls were Lydia Gorst 6th, Morgan Turner-Lant 18th and Erin Proctor 28th.

The boy's team: Harry Packham, David Goad, Sean Cooper and Alex Fearn also did very well. They were 2 points off being 3rd overall. The results were also amazing with Harry Packham at 19th, David Goad at 12th, Alex Fearn at 13th and Sean Cooper at 42nd.

All together it was a very good day with very good results.

MUNCHEON MUSIC

Most months in the Sedbergh School Calendar, a group of School Pupil musicians, under the direction of Mr John Seymour, perform for 45 minutes in Queen's Hall with their own specialist musical pieces.

The latest 'Concert' was held on 14th November and consisted of Brass compositions which was played to a full house.

The entry to these Concerts is free and open to members of the Sedbergh Community. The doors open at 1pm to a warm welcome of a soup and a sandwich.

Recent Concerts have consisted of Piano, String, Vocal and Brass.

Watch out for future Concerts which will appear in *Lookaround* and consist of Woodwind (January, See Page 44), Strings (March), Piano (May) and Guitar (June).

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HOWGILL W. I.

There was a good attendance at the November meeting when Dilys McCaffery, Vice-President was in the chair. President Mary Silva is recovering at home after her recent stay in hospital. We send our best wishes for a speedy recovery.

Dilys gave a warm welcome to fifteen members and seven visitors.

Final arrangements were made for the Domino Drive and menus were passed around for the Christmas meal.

A thank you letter has been received for our recent donation to the Great North Air Ambulance.

Our singing group has accepted an invitation to take part in the carol service at Howgill Church on December 16th at 2pm.

Several members had enjoyed the monthly walk earlier in the day in the Windermere area. The weather was disappointing to begin with but turned out ideal.

A warm welcome was given to our guest speaker John Askew, Regional Manager of Digital U.K. a subject which will affect us all, the digital switchover. We were given

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information, facts and figures and were reassured on concerns we had. Television history was made in October when Whitehaven became the first area to receive digital. The rest of the U.K. will switch between 2008 and 2012, region by region. Dilys thanked John for an excellent talk presented with humour and in a way we understood. Now we know what's coming.

Dilys was the raffle winner. John Stainton won the competition for a favourite china teacup, with Joan Luffman second. The meeting was brought to a close with a Jacobs Join and get together.

We will meet again on December 6th at the Golf Club for our Christmas meal at 7 pm for 7.30 pm.

The first meeting of the New Year will be held on January 10th at Howgill Village Hall when Andrew Lowe will be speaking on Lakeland architecture.

A. H.

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DENTDALE METHODIST CHAPEL

Back in October we held our joint Annual meeting with Dent Foot members and friends when we looked back over the year and looked forwards to what is to come. Due to our personal circumstances it was decided to postpone the proposed Big Sing of the Dales Favourite Hymns until next year along with other fund raising events. Things have been happening, some happen on a regular basis ie the grass gets mown and the pulpit gets dusted and the floors get cleaned, others happen sometimes ie the outside walls get whitewashed, the gates and railings get re-painted and the outer door gets stained, then there was the "big" job, the new roof on the adjoining hall/schoolroom needed replacing! MANY thanks to all who got these things done!

Some months ago we mentioned the possibility of a prayer request phone-line, here, at last is the number to ring/text your prayer requests to; 07816999432. Please leave a brief description of the need and if you wish to, a contact number. People who believe in the power of prayer will pray for you, if you are among these please let us know and we will add you to the prayer chain as "prayers".

Details in an advert of our afternoon carol service and New Years Eve service, everyone is always very welcome to all the services and events. We have printed notices each Sunday and now use both Complete

Mission Praise and Methodist Hymn Book. The blessings of a CHRIST filled Christmas to you all.

J & SE Woof

SEDBERGH PRIMARY SCHOOL

Bike Ability

The week ending 16th November saw Y6 taking part in Bikeability. This is a scheme, led by Scott and Corin in our region, to teach cycling proficiency and safety on the roads. It is a progressive unit of work, slightly higher in standard than the old cycling proficiency. Y6 are delighted that they have done so well - and learned things they didn't know -

"I didn't know I should have a light on the front."

"I didn't think it was important to make sure my tyres are pumped up and it could cause an accident."

"Scott and Corin told us we should change our helmets every 3 years, as the plastic degrades or when they get a crack in." Rebecca T.

"I know I have to cycle on the left hand side of the road." Lydia.

"I've learned to do U turns and be more confident." Holly.

"I've learned to look and signal before I pull out into the middle of the road." Kelly.

"I've learned how to do a M check before I start a journey." Charlotte.

Scott and Corin have been delighted with the manner in which the children have conducted themselves and with the standard they have achieved.

SEDBERGH PEOPLE'S HALL

(Registered Charity Number 523829)

The Sedbergh People's Hall Management Committee would like to remind all users of the People's Hall that bookings are registered on a first-come, first first-served, basis. The 2008 diary has been open for some time and we recommend that you make your bookings as soon as possible to avoid disappointment.

The Committee would also like to thank all those who use the Hall for their custom and support over the years and to apologise for any problems which may have occurred.

It is possible to make block bookings at a discount; for details please apply to Sedbergh Office Services.

Please note that keys are issued to adults only and must be returned to Sedbergh Office Services immediately after the end of the event for which the booking is made.

New Honorary Treasurer: the new Honorary Treasurer of the People's Hall is Sean Hobson and the Committee is very grateful to him for taking up this post so willingly. .

Retiring Honorary Treasurer: the Committee would like to record publicly most grateful thanks to Andy Denton, who has retired after more than twelve years of devoted service as Honorary Treasurer. The Committee and all who have used the Hall owe him a great debt of gratitude for his expertise, for his thoroughness and for his hard work. His patience, wisdom and humour will be sorely missed.

The Committee

HELP!

On Thursday 18th October at about 5.10pm I was rushing to get my daughter a last minute birthday present and called at the cash machine at the side of Barclays near the post office. In my rush I picked up my card but not the money (£50!). I didn't go very far before remembering and returned to find it had gone. I optimistically contacted my bank in the hope that the machine might have swallowed it back up or someone might have taken the money in to Barclays but neither proved to be the case. One of the things I like about living in Sedbergh is the way people tend to look after each other and are fairly caring and trustworthy. I made a stupid mistake but it's probably the sort of thing most of us do at sometime or other. I'd obviously be very grateful if anybody knows anything about it and would be even more grateful, if someone did pick it up, if they could return it, especially as Christmas with all its extra expenses fast approaches!

Sally Ingham
015396 20625

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Tel 015396 21489

Dear editor,

In common with most ex-serviceman I've attended many Remembrance Day services, both whilst serving and since becoming a civvie again. All have moved me, but today is the first I've attended that made me want to stand up and applaud. The second part of Alan Fell's sermon was about how the government of the day has sent our servicemen and women to foreign climes to fight on our behalf, underfunded, under resourced and generally not as prepared as they would wish - whilst all the time we remain here, safe and secure and getting on with our comfortable lives. It opened my eyes, and I shall be following Alan's lead by writing to the Prime Minister with my views and I hope many others will do the same.

Well said Alan, let's hope that you've made a few more of us see that we should now stand up and be counted.

Paul Brassington

URC ROOMS

Coffee Mornings will continue through the festive season on a Wednesday morning from 10am. Anybody willing to volunteer to help with refreshments in December and February please see Carole at the URC.

The cost for Wednesday Coffee Mornings for groups and charities in 2008 will remain at £22.50. This is to take into account the wet summer of 2007 and the effect it had on some coffee mornings. Application Forms can be found at the entrance to the Rooms and must be completed for all Coffee Mornings.

KIRKBY LONSDALE EMBROIDERS GROUP

September was our AGM and our first meeting at our new venue of Barbon Village Hall. We tied this in with a full day's workshop run by one of our members, Linda Wright, who showed us how to create an embroidered bowl, formed over a wire frame. Fascinating.

In October we were all enthralled with slides showing the Quaker Tapestry from Kendal. The accompanying talk given by Ann Taylor was so interesting, giving us such an insight into this wonderful piece of work.

'Granny Alice', (otherwise known as Joan), kept us chuckling and amazed at the wonderful items created with the sewing machine. Such a talented lady, giving us hints and tips, interspersed with little anecdotes. Everybody thoroughly enjoyed the afternoon and went away with a feel good factor.

The December meeting, on the 13th, will be the members' Christmas meeting with Ann Read, one of our members, giving a talk and demonstration of stumpwork. There will be a Jacobs Join and visitors and guests, as usual, are always welcome.

Further details of the group from Ann Hunter on 015242 41120.

DENTDALE LAMB

Cut & packaged ready for the freezer
all Enquiries
Tel: 015396 20758

BUZZARDS IN GARSDALE

As a resident of upper Garsdale I can tell Tony Peacock that he did not need to go to such extravagant lengths to attract a Buzzard. I, without expending an iota of energy, emerged from my front door and walked, in a leisurely manner towards my refuse receptacle. I was wearing a rather fetching citrus yellow silk shirt which shone in the sun and shimmered and undulated in the slight breeze. On hearing the mewling somewhere above I stopped and glancing skywards was rewarded by the sight of a pair of Buzzards circling high above. I stopped, and shading my eyes from the bright sunlight, watched these magnificent birds as they, mesmerised by the sight of my colourful shirt, gently glided down until they were tree top level. At this point I became aware that 1) they were big, and 2) I was becoming apprehensive.

I would like, at this point to explain how bravely I decided to confront these massive and threatening creatures. Remember, they have a three foot wing span, sharp talons, a beak which can tear small mammals to little bits in seconds, and by this time I could see the glittering, fiendishly angry eyes. So I will admit I hid behind the garage door and peered at them in a rather cowardly manner. They, robbed of their yellow (in more ways than one) prey drifted off to find something more challenging to intimidate.

On a similar subject, has anyone

noticed the decline in Kestrel population recently? I used to see at least three or four Kestrels on my way to either Sedbergh or Hawes. Now I think I have spotted about four in the past month. Is there a link here? Have Buzzards frightened the Kestrels away? Has the available food become less inviting to Kestrels and more so to Buzzards? I have certainly seen many more Buzzards during this summer than last. Please would someone let me know if it is going to be wise to wear hard hats and protective clothing in the dale in future.
R.A.G.

Daphne Jackson

MSc (Ost) DO

Registered Osteopath

BUPA Provider

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Killington LA10 5EP**

Please ring Kendal Practice
for appointments
01539 740452

SURGERY TIMES

Please note that there have been some amendments to Surgery Times which will be effective from 3rd December and appear on the Back Page of the *Lookaround* as usual.

The Dent Surgery will also change in January from Monday's to Tuesday's at the same time.

If you have any enquiries about the times or any other matter, please contact the Surgery as usual.

CHRISTMAS SHOPPING EVENING

This years fundraising for our local playgroup was yet another big success raising over £900.

I'd like to say a big thank you to Mrs. Cullen from Sedbergh Primary School for the use of the hall, to Christine (Post Office) and Angela (Nisa) for their help in advertising the event for us. Also to Andy (Green Door), Asda and Martin (Powell's) for supplying the ingredients for our Chocolate Fountain.

The Committee really rallied round this year and did a sterling job on the evening. It was well organised and a great joint effort..

Most of all, we give the biggest thanks to the stall holders without who, the evening just wouldn't happen.

Andy & Jeanette	<i>Green Door</i>
Trish Woof	<i>Phoenix Cards</i>
Karen Brewer	<i>Homemade Cakes</i>
Christine Kendal	<i>Zebras</i>
Dorthe	<i>Sedbergh Soap</i>
Sarah M	<i>Cakes, Jams & Chutney</i>
Carol Bainbridge	<i>Avon</i>
Angela Metcalfe	<i>Usbourne Books</i>
Norma Cheeseman	<i>Cards & Access.</i>
Laura	<i>Westward Books</i>
Jim & Ann	<i>Wood Turning</i>
Lemanie Lune	<i>Jewellery</i>
Vickie	<i>Christmas Ornaments</i>
Becca	<i>Wooden Toys</i>
Bogusha	<i>Handmade Tapestries</i>

Also a big thank you to all the local businesses, pubs and hotels for donating a raffle prize and to Dennis Whicker for attending as the Town Cryer to keep everyone informed of the events taking place.

Everyone came along and enjoyed the Cheese and Wine and hopefully acquired some early Christmas presents.

Lets hope next years events will be even more successful and you give us your continued support.

*Lorraine Kirby
Playgroup Fundraising*

Sincerest apologies to Lorraine and the Playgroup Committee for omitting to put their advert in last month's *Lookaround*.
DJW

SOUTH LAKES SOCIETY FOR THE BLIND

Sedbergh Group

The pre Christmas lunch was held this year at 'The Gallery' in the middle of Sedbergh and it was a delightful occasion, with Colin and staff pulling out all the stops in the way of Christmas decorations and crackers, even if it was still November! The meal was enjoyed in a lovely setting and the post lunch tea and chocolates presented an opportunity to circulate and catch up with all the news. It was a good, if early, start to Christmas. Many thanks to 'The Gallery' staff.

There is to be no meeting in December and the January 15th party will be held at the house of Alan Adamson, with a buffet and contributions from the group in the way of entertainment. New members and volunteers are always welcome. For further information telephone Sedbergh 21019 or Kendal 01539 742633.

JGL

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HEARING AID CENTRE OPENED IN KIRKBY LONSDALE

Irene Taylor Hearing Centres have now opened a new centre in Salt Pie Lane, Kirkby Lonsdale .

Irene has been established in Preston since 1980 and worked as private hearing aid dispenser within Morecambe Bay Trust Hospitals for many years.

The centres give a fully independent service with specialist and expert hearing advice.

We aim to be friendly and courteous and look forward to attending to any hearing needs you may have, be it hearing loss or hearing protection.

We carry a stock of batteries, a hearing aid care range plus telephones and aids for the hard of hearing. We supply custom made hearing protection for motorcyclists, musicians, MP3 players and for people who shoot.

www.prestonhearingcentre.co.uk

www.hearingprotection.co.uk

Tel. Kirkby Lonsdale 015242 73589

ORAL HISTORY SOCIETY

There's good news for followers of oral history in our area. The Dent and Sedbergh oral sound archive has found a new home. From this December, it will be housed at Westwood Books, Sedbergh, where anyone will be welcome to come in and listen to the recordings at the touch of a button.

As many locals know, the Dent and Sedbergh Oral History Society (previously known as the Dent Oral History Project) has been collecting memories of life in our area from the early 1990s. Many of these recordings have been transcribed and entered on a computer, so people can follow on screen as they listen to voices describing life as they've known it over the last century. Farming and handiwork, shops, wartime and a wealth of other subjects are covered in these interviews.

During the past year the archive has been available at Farfield Mill, thanks to the generosity of Hilary Hodge and Colin Barnett, who paid the rent for our room. We used our residence at the Mill to raise public awareness of our work, and gained wide media coverage in recognition of the significance of the project. Now, with the kind backing of Mark and Evelyn Westwood, we are able to bring the archive into the heart of Sedbergh. It is there for all to enjoy. Please feel free to visit our new facilities at any time when Westwood Books is open.

Anthea Boulton

PULSE COMMUNITY GYM

Hi everyone, hope you aren't becoming couch potatoes on these cold dark evenings and sitting at home watching TV and eating chocolate. Come on join the gym and keep warm by exercising. You'll feel much better for it and you will get half an hour's worth of free advice, guidance and encouragement from a personal trainer 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. It could even be the perfect Christmas present for someone, or you may want to buy some time on the skating rink for someone for Christmas - that would certainly be different - see details below: On January 11th to 13th, 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. We hope to dispel those post-Christmas blues and bring some fun to a dreary January weekend.

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CHRISTMAS LAST POSTAL DATES

International Surface Mail

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



SEDBERGH & THE HOWGILLS

The 'Dales Diary' is a regular weekly feature on Border TV and on Monday 3rd December at 8pm, the programme will feature Sedbergh & The Howgills when the presenter Luke Casey meets shepherdess Alison O'Neil whose passion for the area and walking in the hills is portrayed.

TABLE TOP SALE

On 10th November a Table Top Sale was held in the People's Hall in aid of Multiple Sclerosis. I would just like to say a big Thank You to all those people who came on the day and gave donations and supported us. Thank you also to all the wonderful helpers.

The day was a great success and with your help we managed to raise £700.21p. This was a fantastic result.

Thank you to all those people who hired tables. The atmosphere on the day was great.

There were also two Quiz Nights at the Dalesman pub. So, I will be sending a cheque for £898.31 to Multiple Sclerosis Research. Many Thank to you all once again.

Sandra W. Longalnds

.SEDBERGH & DISTRICT TOY LIBRARY

The Toy Library in the People's Hall will be closed over the Christmas period which will enable the Committee Members to work on the stock whilst the children enjoy playing with their Christmas toys.

We would be grateful if all toys could be returned on the last opening day which will be Thursday 6th December between 2.30 & 4.30pm. If you are unable to attend please ask a friend to return your toys.

The Toy Library will open again on Thurs .Feb 7th. Dates for the rest of the term will be , February 21st, March 6th and March 20th.

Membership fee remains at £2 per annum & hire fee is £1 per toy. for 2 weeks. We look forward to seeing you again in 2008 and are always pleased to welcome new families.

There is still a vacancy for the post of co-ordinator. For further details please speak to Nichola Packham Tel 21484

WALKING FOR PLEASURE

Footpath - Birks to Golf Course and Holme Fell.

I am very pleased to report that the footpath over the bridge at Birks Mill has been much improved for those of us that are not as young and agile as we once were.

The worn handrails have been replaced on the bridge and the two stiles at each end of Elysian Shades have now been replaced by easy access gates.

Our thanks to Paul Wilkinson and Graham Pye of The Yorkshire Dales National Park, not forgetting their voluntary helpers.

Thanks also to Mrs Frankland, Stephen Gardner (Landowners) and to John Handley (Farmer) for their kind co-operation. *Peter Snow*

Dear Lookaround

My husband and I have each had close encounters with Tony Peacock's buzzard during nesting seasons in the last year or two and we have seen him dive bomb other single walkers too. He leaves off as soon as he thinks he has driven you away - he will not intend to harm! It is true that I haven't come across buzzards doing this - though gulls do it as a matter of course (if you visit the reserve at Walney Island in nesting season they lend you a garden cane to hold over your head). Perhaps this buzzard has chosen to nest site unusually close to the path. Or perhaps he got the idea from the crows and jackdaws who attack him whenever he passes close to their nests!

Deirdre Linton

Y.D.N.P.

There will be no planning surgery on 26 December 2007 or 2nd January 2008.

Normal service resumes on 9 January 2008. Wednesdays in the Community Office 2 pm - 4pm.

With thanks

*Andrea Burden
Planning Officer YDNP*

LOOKAROUND COFFEE MORNING

Thank you to all those who helped in the Hall on the day, on the door, making coffee and running the raffle, and by supplying raffle prizes.

Thank you to all those of you who supported us, by coming along to join us for coffee and help to raise £93.55

which went towards the funds for the newly formed Audio & Large Print Lookaround Group which aims to supply all the visually impaired people in the area with either a Large Print version of Lookaround or an Audio version. Currently, the Audio version is on a Audio Tape and restricts listeners to a maximum of 90 minutes of 'edited' news. There are plans to obtain new equipment to record the Lookaround onto a Digital Medium whereby more of the Lookaround can be recorded. This, however, will cost money, so the Group is looking at ways of raising funds to acquire the new equipment. If anyone wishes to support this or any other venture, please contact me. *DJW*

REFURBISHMENT OF THE DALESMAN

The Dalesman will be closed for three weeks in late January for a refurbishment of the pub and restaurant. Dates are unknown exactly but more than likely commencing during the week of 14th January 2008.

We do apologise for any inconvenience this causes and look forward to seeing you for the re-opening.

PARKINSON'S DISEASE

We are trying to form a fund raising committee in this area to raise funds and support the Parkinson's Disease Society.

If you are interested in this please contact Ronnie Farrow on Sedbergh 20663.

ORGANISATION	CONTACT	Tel:	015396
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
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
Cricket Club (Dent)	Mr Hyde	Dent:	25503
Cricket 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
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
Methodist Church Hall *	Mrs Jackson	Sed:	20530
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	Cubs	Sed:	
	Scouts	Mr Mawdsley	Sed:
		Mrs Wood	Sed:
Settlebeck High School P.T.F.A.	Mrs Wood	Sed:	21385
South Lakeland Carers Association	Mrs Woof	Dent:	25212
South Lakeland Voluntary Society for the Blind	Mr Axford	Sed:	21019
Squash Club	Mrs Cooling	Sed:	20622
Slimming Club	Mrs Uttley	01539	722568
Swimming Club	Ms Pakeman	Sed:	21279
Tennis Club	Mr Robinson	Sed:	21014
Town Band	Mrs Waters	Sed:	20457
White Hart Sports and Social Club	The Committee	Sed:	20773
United Reformed Church Rooms *	Mrs Howarth	Sed:	20428
Westmorland Gazette Correspondent	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	Mrs Sugden	Dent:	25303
Women's Institute (Frostrow)	Mrs Mather	015242	76333
Women's Institute (Howgill)	Mrs Hoggarth	01539	824683
Women's Institute (Killington)	Mrs Sharrocks	Sed:	20754
Young Cumbria	Mrs Hartley	01524	781177
Young Farmers Club	Miss Capstick	Sed:	21032
Young Kidz	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	Mrs Metcalfe	Sed:	20654
* = Latest Amendment			

SEDBERGH & DISTRICT HISTORY SOCIETY

Mills in Garsdale

This presentation by Kevin Lancaster was a sequel to his talk last year on the mills in Dentdale. The main difference being, as the evening progressed, that evidence on the ground is in considerable short supply.

Mills were important in medieval England as a means of grinding corn and oats. So any manorial estate needed a mill.

By way of background he said that at that time Garsdale was in the Parish of Dent. The Manor of Garsdale was an independent but inferior Lordship. Garsdale didn't like to be part of Dent and there were many disputes.

Prior to the Reformation Garsdale was owned by St Agatha's Abbey at Easby near Richmond and was its principle asset. Rackenthwaite though was owned by Coverham Abbey. Garsdale Hall was the focus of the Abbey's activity. In 1535 its value to the Abbey was £20-15s-6d. £4-13s-4d was paid to the chaplain of Garsdale.

After the dissolution of the abbey in 1536 the Manor was leased to the Scropes of Bolton Castle. In 1600 upper Garsdale paid an annual rent of £17-4s-9d and lower Garsdale £13-2s-2d. Of this £18 was paid to the crown, Queen Elizabeth 1.

In 1610 the Manorial rights passed from the Scrope family to Messrs. Ferrers and Phillips who tried to evict

tenants, many cases being referred to the Court of the Exchequer in 1597.

The mills were bought by George Warde and his son Francis. There is evidence of 4 mill sites. The first referred to in documents was Mill Green Mill, a water corn mill, thought to have been situated to the west of Swarthgill. It was probably washed away leaving no trace.

Garsdale High Mill or Banks Mill was furthest up the dale, probably near Mill Bridge. In 1587 James Dawson of Scarr House owned part of it and Robert Dawson is referred to in documents as the owner of the uppermost mill for an annual rent of 5s.

Middle Mill was probably near Church Bridge but there is little recorded evidence. The mills would always be sited where the road was near the river.

Garsdale Low Mill, built in about 1590, was on the old road near Danny Bridge. In 1637 it was in the possession of William Tennant.

By 1630 milling was a dying trade but in 1701 there were still 2 mills working.

Kevin had done excellent detective work in piecing together a significant amount of evidence by researching available documents for mills which nature has sadly reclaimed. His well illustrated talk, warmly received by a large audience, gave a fascinating insight into the life of the times in the dale and the people who shaped our local heritage.

Tony Hannam

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
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 Wednesday 19.30

Rev. G Jones Tel: 01539 - 722079

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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 & Frostrow

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
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 every Sunday for this
 community and we
 should like to hear of
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 numbers so that we may
 pray for you and/or
 others.*



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DIARY OF EVENTS

Dates are held up to 2nd September 2008

<i>"Lookaround Diary" What's missing?</i>		UR	15	Carolling the Cottage (4)	FC
For all entries marked with (*), see Advert in last Issue.			16	1400 Carols & Tea (A)	DMC
DECEMBER					
1	Scout Postal Service Begins (A)	Sedbergh	16	Carolling the Cottage (4)	FC
1	1000 Folk Carols Festival Workshop * (4)	PH	19	SHS End of Term	
1	1030 Russett & Rime Exhibition Starts *	FM	21	Scout Postal Service Ends (A)	Sedbergh
1	1030 Close Connections Exhibition Starts (A)	FM	21	1930 Christmas Domino Drive	HVH
1	1330 Bingo	GH	21	Eve Late Night Shopping (A)	FM
2	1000 Folk Carols Festival Workshop * (4)	PH	22	1000 Christmas Cheer Coffee Morning (A)	URCR
2	1600 Christmas Fayre	DMH	23	1430 Carol Service	St Marks, Cautley
3	1930 Dent Parish Council	DMH	25	Christmas Day	
4	1400 Spinning a Yarn	DCMH	26	Boxing Day	
4	1930 Town Band Christmas Concert (A)	PH	31	News Years Eve	
4	Candles in a Candlelit Cave (4)	Ambleside	JANUARY		
5	1030 Stitched Up Ends *	FM	1	New Years Day	
5	1830 Late Night Shopping (1)	Sedbergh	3	1930 Puss In Boots (A)	SHS
5	1900 WIF Christmas Dinner	X Keys	4	1930 Puss In Boots (A)	SHS
5	1930 HS Members' Talks (A)	SHS	4	1930 KVH Domino Drive	KVH
6	1430 Toy Library	PH	5	1400 Puss In Boots (A)	SHS
6	1930 WIH Party	TBA	5	1930 Puss In Boots (A)	SHS
7	1930 KVH Domino Drive	KVH	6	SS Term Begins	
7	2000 Striding Edge Ceilidh-Roots Band (A)	PH	6	1030 Close Connections Exhibition Ends (A)	FM
7	2000 Race Night	Bull Hotel	6	1030 Contemporaries Exhibition Ends (A)	FM
7	Eve Late Night Shopping (A)	FM	8	SHS Term Begins	
8	1000 Celebrate Christmas	DCMH	11	1600 Skating For All (A)	BS
8	1030 Contemporaries Exhibition Starts (A)	FM	12	1000 Skating For All (A)	BS
8	1100 Garsdale & Cautley Ch Christmas Fair	URCR	12	1930 B&DAS Domino Drive (A)	BVH
8	1330 Bingo	GH	12	Wassailing the Apple Trees (4)	
8	Carol Weekend (4)	Cartmel	13	1000 Skating For All (A)	BS
9	1000 Celebrate Christmas	DCMH	15	1930 FCH Domino Drive	FCH
9	Carol Weekend (4)	Cartmel	16	1930 HS Harriet Martinean (A)	SHS
10	1500 Reading Group	L	16	1900 Neighbourhood Forum	PH
11	1330 Bingo	GH	19	Wassailing the Apple Trees (4)	
11	1400 Blood Donor Session	PH	25	Burns Night + (4)	
11	1400 WIK Christmas Lunch	TBA	26	Burns Night + (4)	
11	1730 Blood Donor Session	PH	26	2000 Playgirl Dancers & Disco (A)	PH
11	1930 FCH Domino Drive & Mince Pies	FCH	27	Burns Night + (4)	
11	1930 LNFU Christmas Flowers	PH	30	1300 Muncheon Music (A)	SSQH
11	SHS Senior Citizens Concert	SHS	30	1930 HS Howgill to Himalayas (A)	SSHC
12	1000 Farmers Market (A)	JLCP	FEBRUARY		
12	1915 WID Christmas Celebration	DMH	1	1930 KVH Domino Drive	KVH
12	1930 CWT Christmas Quiz	SHS	1	1930 SS Concert Oboeworks	SSQH
12	SS End of Term		2	1000 Wilderness	FM
14	1000 McMillan Cancer Coffee Morning (A)	URCR	3	1115 SS Coffee Concert	SSQH
14	Eve Late Night Shopping (A)	FM	6	1930 HS Old Kendal	SHS
15	1330 Bingo	GH	8	SS Half Term Starts	
15	1600 Community Cinema (A)	PH	8	SHS Half Term Starts	
15	1900 Community Cinema (A)	PH	17	SS Half Term Ends	
15	1930 Carols by Candlelight	HJC	17	SHS Half Term Ends	
			19	1930 FCH Domino Drive	FCH

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.

20	1930	HS King Arthur & Reghed	SHS
27	1930	CWT Recent Surveys	SHS
MARCH			
1	1000	Scansion	FM
1	1930	SS Choral Society	Carlisle
2	1900	SS Choral Society	SSPH
3	1930	FCH AGM	FCH
5	1300	Muncheon Music	SSQH
5	1930	HS Rome's Northern Frontier	SHS
6		SS CCF Band Charity Concert	SSPH
7	1930	KVH Domino Drive	KVH
11	1930	FCH Domino Drive	FCH
12	1930	CWT AGM & Mountain Flowers	SHS
15	1930	HS AGM	SHS
16	1100	SS Coffee Concert	SSQH
18	1500	SS Wilson Run	Back Lane
19	1930	HS Coniston Coppermines	SHS
21		SS End of Term	
21		SHS End of Term	
APRIL			
7		SHS Start of Term	
9	1930	CWT Bird Migration Walney Island	SHS
20		SS Start of Term	
21		Spring Show	PH
MAY			
5		May Bank Holiday	
5	1430	CWT Duck Race	Busk Lane
13	2030	SS Collegium Musicum	SSPH
18	1130	Coffee Concert	SSQH
24		SS Start of Half Term	
24		SHS Start of Half Term	
24		Walking Festival	Sedbergh
24	1830	FCH Barbecue	FCH
25		Walking Festival	Sedbergh
26		Walking Festival	Sedbergh
JUNE			
1		SS End of Half Term	
2		SHS End of Half Term	
13		Music Festival Starts	Sedbergh
Regular Meetings			
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
Zebras	1315	Every Wednesday	SMCR
Sedbergh Junior	1730	Every Wednesday	PH
Sedbergh Seniors	1930	Every Wednesday	PH
Toy Library	1430	1st & 3rd Wednesday	PH
Frostrow WI	1930	1st Wednesday	PH
History Society	1930	1st & 3rd Wednesday	SHS
Dentdale WI	1915	2nd Wednesday	DMH
SLS Blind Group	1415	3rd Wednesday	PH
Sed. Parish Council	1930	Last Wednesday	PH
Toy Library	1430	1st Thursday	PH
Howgill WI	1930	1st Thursday	FCH
<i>All entries are free</i>			
DIARY KEY			
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	
FC	=	Farfield Cottage	
FCH	=	Firbank Church Hall	
FM	=	Farfield Mill	
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	
MCCKL	=	Methodist Church Centre KL	
PH	=	People's Hall	
SHS	=	Settlebeck High School	
SLSB	=	South Lakeland Society for the Blind	
SMCR	=	Sed. Methodist Church Room	
StAS	=	St Andrew's Church, Sedbergh	
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	
LOOKAROUND OUTLETS			
The <i>Lookaround</i> is available from the following locations:-			
Sedbergh			
Sedbergh Office Services; Post Office; Green Door; Sleepy Elephant; TIC; Ellies Bakery; Nisa; Farfield Mill Tearoom			
Dent			
Post Office; Dent Stores; Meadowside			

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 (Dec)
Tuesday	0830 - 1030 *	
	1230 - 1300 *	Dent (Jan)
Wednesday	0830 - 1030 *	1430 - 1730 *
Thursday	0830 - 1100 *	
Friday	0830 - 1100 *	1430 - 1730 *

Dr C Hunt

Monday	0830 - 1030 *	1500 - 1800 *
Tuesday	0830 - 1100 *	1500 - 1800 *
Thursday	0830 - 1030	1430 - 1730 *

H Pilling Nurse Practitioner

Tuesday	0830 - 1100	1400 - 1700 *
Wednesday	0830 - 1030	1400 - 1700 *
Thursday		1500 - 1800 *
Friday	0830 - 1030	1400 - 1700 *

*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
		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

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

e-mail office@sedbergh.org.uk

www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 0870 1264061

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

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