

Sedbergh & District

LOOKAROUND

October 2008

Issue 260

Donation 50 pence

What an improvement to the area this last month. The amount of litter being dropped and dog mess appears to be reducing - or am I looking in the wrong places? Lets hope that people are becoming more

responsible.

The situation of Posters around Sedbergh has also decreased and the place looks a lot better. Well done everyone.

Dennis & Jacky Whicker

ZEBRAS

NEW TO YOU SALE



Wednesday 1st October

1 - 4pm

Sedbergh Methodist Churchrooms

60 pence admission

includes refreshments

Donations of

clothes, toys etc welcome

Cake Stall - Usbourne Books

For Commission Sales & Donations

Tel:

Christine 21026

Karen 21504

Angela 20654

MUNCHEON MUSIC



SEDBERGH SCHOOL

WEDNESDAY

LUNCHTIME CONCERT

at 1:15pm

Wednesday 1st October

WOODWIND

The Queen's Hall

Admission Free

Soup and a roll provided

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

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788

e-mail: lookaround@whicker73.freemove.co.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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CHILDREN'S BIRTHDAYS OCTOBER 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:-
Harry Packham who is

10 years old on 20th October

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



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

PERSONAL & SMALL ADS £1

AIREY

John and family would like to thank friends and relations for kindness, sympathy and cards. Special thanks to all Doctors and Health Service and Chemist staff for their help during Maureen's long illness. Special thanks to Canon Alan Fell and organist and sides people for a memorable service. To Brian Goad for his guidance and professionalism a big Thank you. Not forgetting all who attended and gave donations so generously to McMillan Nurses and Cancer Research, also the Red Lion for refreshments. God Bless

=====

MARSDEN

Thank you for the many cards and good wishes on the occasion of our marriage. We were lucky with the weather and enjoyed the day. Carole and Rob.

=====

MIDDLETON

Gordon would like to thank all the kind people who sent cards and good wishes on his **90th Birthday**.

=====

STAVELEY

I would like to thank everyone who came to my **60th Birthday** party on August 29th at the Golf Club. I had a great time and hope you all did also. Thank you for the great presents, cards and donation, totalling £509.22, for the Air Ambulance. They were very much appreciated. Thank you again. Barrie.

FOR SALE

For Sale Electric Leather Recliner Chair, chestnut colour, 12 months old. Also Body Row rowing machine. Phone Sedbergh 20667.

=====

FOR SALE

Keyboard - 8 octaves, Technics SX-KN501. Includes stand and carrying case. Ideal Christmas gift. £150 ono. Tel 21239.

=====

FOR SALE

Very comfortable three piece suite. Dark brown velour. Minor cat claw damage on front. Can deliver locally. £30. 015396-20058.

=====

FOR SALE

Technics Stereo Cassette Deck. Excellent working order, leads included. £120. Willing to accept reasonable offers. Tel: 07826-316452.

=====

FOR SALE

New Hen Cabin 7ft x 5ft, including laying boxes, perches etc. Tel: Sedbergh 21771.

=====

FOR SALE

Gun Cabinet 60in high x 38in wide with internal compartment for ammunition. £100. Tel: 20195 evenings.

=====

FOR SALE

Greenhouse 12ft x 8ft approx. Offers. Buyer collects. Tel: 01603-871014 or Mobile: 07774-955954.

PERSONAL & SMALL ADS £1

FOR SALE

Delta Force Air Rowing Machine. Digital monitor with calories, distance, speed, strokes per min, and time modes. Foldable. Excellent condition. £850vno (over £200 new) Sedbergh 20993.

=====

FOR SALE

Childs Bikes:- 16in wheel, red, with stabilizers, very good condition £15. 18in wheel, blue & yellow, £10. Rear Bike child's seat £15. Exercise bike, free to good home! Tel: 20195 evenings.

=====

NEEDED

Clothing for a three year old girl in Morocco. Her father has recently been killed in a tragic road accident. Tel: 20195 evenings.

=====

WANTED

Lovable black lab cross seeks lunchtime companion(s) - If you are keen to be paid for a quick lunchtime walk, perhaps with your own dog(s), please contact Ruth on 07796 370449. Weekdays during school term time, not necessarily 5 days, depending what suits you. Based in central Sedbergh.

=====

NANNY AVAILABLE

Fully qualified with own transport. For more details contact Rachel on 07814 712923.

LOST, STOLEN OR STRAYED

During the recent Art Exhibition an A-board advertising the event disappeared from outside The White Hart on Saturday 23rd August. We would be pleased to receive any information on its whereabouts and most grateful to have it returned. Contact Tel: 20794 or 20693.

=====

S & D LOOKAROUND

If you have liked our newsletter, If it's helped to make your day, Please think of all the businesses, For adverts for which they pay.

If you shop or eat or stay there, Please tell them that you saw, Their advert in The Lookaround, So they'll advertise once more.

Yvonne Cervetti M.I.F.A, M.C.A.R a natural touch

Pain relief and prevention:

Remedial massage, trigger point therapy & stretching techniques combined with hot & cold stone therapy for the treatment of soft tissue injuries, muscle & joint pain.

Including specialist treatments for

Carpal Tunnel Syndrome, Tennis/Golfers Elbow *TMJ*
(*Temporalis mandibular joint*) syndrome

Pure indulgence for the times you just need it!
Hot Stone/Aromatherapy body massage & facials

A bit of both – hand & foot Reflexology
Helping to restore your body's natural equilibrium

Thinking about your Christmas list?
Voucher examples: £18 – 1/2hr massage
£25 – 45 min hot stone facial, £28 – 1hr Reflexology
£32 – 1 hr massage £45 – 1 1/2 hrs Hot stone Indulgence!

Including FREE consultation with first treatment

Appointments in Sedbergh & Kirkby Lonsdale
Call Yvonne on 015396 21303 or 07795 063107



Open Evening

2nd October 6.30 pm – 8.00 pm

We invite prospective parents to see our school and talk to our teachers and students on this evening.

- 81% of students gained 5 A*-C grades.
- Ranked in The Guardian best 200 schools in the country.
- Ranked in the top 5% of best performing schools nationally.
- Ranked 2nd out of the 43 secondary state schools in Cumbria.
- Many classes are less than half the size of the national average, ensuring unrivalled levels of personalised learning.
- A wide range of extra-curricular activities including Sports Teams, Outdoor Pursuits, Music and Drama.

OFSTED October 2007:

At the end of both Key Stages 3 and 4, standards have been consistently above the national average for many years.

Long Lane, Sedbergh, LA10 5AL
Tel: 015396 20383

DENT PARISH COUNCIL

The September meeting was held in the Methodist schoolroom again as the Sedgwick Room remained out of action. Chris Evans and Wendy Pontefract were co-opted to fill the two vacancies on the Council, and Margaret Harrison kindly stood in as minute taker. Bob Pontefract was nominated as the Parish Council's representative on the Primary School governors.

The full minutes are published as usual on the Dentdale website. www.dentdale.com.

Christmas lights

The committee organising the Church Roof Appeal have obtained 10 Christmas trees from the Forestry

Commission, and are planning to place them throughout the Dale over Christmas to coincide with the planned Christmas Market on Saturday December 6th. They have been looking for funding to help meet the cost of lighting these trees, and with the Parish Council's support have applied for a grant from the Neighbourhood Forum.

Dentdale Show

The meeting agreed to send a letter to the Dentdale Show Committee following the recent show. In spite of the bad weather in the preceding week, the committee had succeeded in organising a very successful event over the August Bank Holiday weekend and the Parish Council wanted to thank them for all their hard work.

Audit result

The Council's accounts for 2007-08 have been approved without comment by the external auditors working for the Audit Commission. The Financial Statement for 2007-08 can be inspected on the Dentdale website.

Grant Applications

Applications are currently invited for Parish Council Grants for projects

Daphne Jackson

MSc (Ost) DO

Registered Osteopath

BUPA Provider

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

Please ring Kendal Practice
for appointments
01539 740452

that meet one or more of the following criteria:

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

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

Bonfire Night

Last year we were concerned about the problem of people tipping rubbish on to the bonfire site. Some of it was unsuitable for burning, and created problems when the site was cleared afterwards. The appeal we made in Lookaround this time last year for people not to do this worked well, and so we would like ask the same thing again this year: please do not tip any rubbish on the bonfire site.

Next Meeting

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

Jock Cairns ☺

NATIONAL QUAKER WEEK 4th to 11th October

IT ALL STARTED HERE IN 1652!

AND

In 1675 Brigflatts Meeting House was built and is now a World-Wide "Tourist" attraction both for people on the Quaker Trail and for many other visitors.

Why not come and see for yourselves?

Find out what it's all about, we are open every day

BUT more especially - DROP IN DAYS

on Tuesday 7th and Wednesday 8th October from 10am

When we welcome you into the Meeting House and answer any questions you may have. At 7:30pm on those evenings, we invite you to join us for a 20 minute Meeting for Worship followed by a cuppa and a chat.

Provisions can be made for children.

AND

On Saturday 11th October,

David Boulton, author of "In Fox's Footsteps"

will lead a **FREE** 24 seater Bus Tour round local places of Historical Quaker interest leaving Joss Lane Car Park at 2pm (meet 1:45)

To reserve a seat, contact David on 015396 25321



COUNCILLORS CORNER

Thank you to everyone who has sent their congratulations on my election as chairman of Yorkshire Dales. I have been quite overwhelmed, thank you all.

The last month has been the busiest I have ever had, combining a long planned break in France with my new Yorkshire Dales responsibilities and the complexities of concluding the silage cut and other farming operations. There is some debate amongst us farmers as to whether this has been a worse summer than 1985. I think it rained harder in 1985 and the ground was wetter but there were more dryish days. We could have made silage except for lack of

big balers back then. This year it has been virtually impossible even to make silage, the wetness has been so continuous. This year we haven't made a single bale of hay but we do have a good crop of silage, all of it got green and some of it pretty good.

In France I visited the source of the river Loue in Haut Doubs, a precious landscape not unlike ours. The name Loue is derived from Louve, she-wolf because the river is regarded as being like all females, strong, dangerous and extremely unpredictable – so says the guide book ! I mention it only because whilst the French do many things right with tourism they do spoil their A Roads with the never ending lines of

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The Monkey House Youth Café

Are you aged 11-18?
Ever bored on a Friday night?
Want somewhere to
hang out with your mates?
Fancy a challenge on
the Wii or a dabble at twister?
Where hot choc/toast etc are available?

this and every Friday Evening,
Above Sedbergh Library
7.30pm onwards

Open to all!

For updates and more details
ring or text 07890 650545

bill-boards, the size of houses, "Super-U", "Carrefour", "Supermarché". Here, I have always supported businesses which ask for clear but discrete signage, the Barbon Inn is an obvious example. However, I think the French example shows WHY we have advertising rules in the UK and why we should continue to have rules. I just think there is more scope for common sense than we have seen in the past.

During my absence in France there were two important events within the Dales where I was extremely well represented by my deputy, Harold Brown from Grinton in Swaledale. The first was the Cumbria

Commoners' visit to Uldale, the home of Harry and Mary Hutchinson. The second was a visit from the Minister from Defra to the Dales. There was also a more private visit by Hilary Benn himself to North Yorkshire. All were opportunities to promote the area and the complexities of farming and tourism in the northern uplands.

This week I have had my first week of major functions as chairman of the park, the annual meeting of ANPA, the Association of National Park Authorities. This year the hosts were the Lake District and it was based in the Low Wood Hotel, between Windermere and Ambleside. All three

(Continued on page 10)

of the events I have just listed were referred to in the main conference hall. Because of the links made, I was able to question some of the fundamental elements of the replacement for the Hill Farming Allowance and Harold and I were able to have a useful discussion with the Minister Jonathan Shaw.

Finally on National Park matters, the members of YDNP will be considering the consultation on Direct Elections at the end of this month, I don't know which way they will go. Unlike myself most other NPA chairmen seem to be fairly hostile – turkeys and Christmas I suppose. Jonathan Shaw himself seems to be back-tracking a little. I guess that this time around they will end by replacing Parish members with directly elected members. For me that would be disappointing although I have no doubt that eventually NPAs will become elected bodies and people will look back in incredulity that they could ever have been anything other.

In between my visits to France and to the Lake District I attended a function at Farfield Mill where “Queen Victoria” was welcomed to Sedbergh and the mill. It was a pleasantly warm and uncharacteristically dry day. Ian Dawson, in Victorian parlance, the local Tooth Puller and the Editor of Lookaround, our Town Crier both made striking contributions.

I have been asked, now everyone has kerb-side collection of household waste what is the intended future of bottle banks and the like on Joss

Lane and at Booths in Kirkby Lonsdale. They will continue as many people find them a more convenient way of disposing of many recyclables. Of course, over time the actual bins will change as usage changes. But, they are a vital part of SLDC's recycling efforts and will always remain so. Just, as I said last month, if they are nearly full, please tell someone, me, Ian, Peter, Dorothy Blair, Vic Hopkins, Steve Longlands, someone. Then we can have them emptied without strewing cardboard and paper all over the car park. Think, would YOU like to have to pick it all up again once it has rained ?

Last Saturday we had another fantastic Torchlight Procession, or as

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BINGO

at GLADSTONE HOUSE

Every Two Weeks from
Saturday 11th October

Every Two Weeks from
Tuesday 14th October

Start 1:30pm



*Everyone is Welcome
to come and play, win and chat*

Pepperpot Club COFFEE MORNING

10.00 am

Saturday 11th October

URC Rooms

with the Music Makers playing
at 10.30 in the Church

*raffle - home produce - cakes
plants - games - sheet music
books - CDs - bric-a-brac - etc*

it is now called, Torchlight Carnival. I'm not sure about the move from Friday to Saturday and the gazette is reporting there was some disturbance. In some ways the event is becoming more professionalised. There were more "national" contributors, semi-professional stilt-walkers and human butterflies but rather fewer local floats, young farmers and the like. Many of the small Kendal firms, once the bedrock of the procession no longer contribute. Is that because there aren't the local haulage firms to lend their open-sided lorries? However, in the Town Hall, with civic guests from throughout the north and north west I was left feeling proud of what South Lakeland can achieve.

I had the same feeling, but to a much greater degree last Wednesday evening at the ANPA Conference when South Lakeland hosted a reception to the national and international representatives. This was held on Lake Windermere on the vessel called "The Teal". The night was perfect and an ideal way of showing our guests what a special

place the south of Cumbria is. The Teal sails across the lake every day except Christmas Day and inevitably the staff are asked some interesting questions. One lady wanted to know what "Teal" stood for, apparently thinking it was an acronym. An Irish lady was curious as to why the lake was so busy. She was told that it was probably because people had come to see the autumn tints. To which she responded, "And where would they be performing?"

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 ☺

MUSICAL EVENING

Kendal Masonic Hall

Saturday 11th October

7:30pm

Alan White on the Organ

Pamela Thompson on Violin

Limited Tickets £3.50

from Brian Marginson 01524 760073

Everyone is Welcome

SLOVENE FIREMEN AND MANCHESTER POLICE CHOIRS CONCERT

Feel the heat and the beat at a concert where the boys in blue join forces with
The fearless firefighters from our twin town Zreče
with MC Dennis Whicker.

DENT MEMORIAL HALL

4.30pm. SUNDAY 12th OCTOBER



followed by a CEILIDH and MEAL with the GARSDALE STREET BAND at 7pm.

Also: learn to SING SLOVENE SONGS from 2-4pm

at an easy going workshop with the firemen - expect some fiery singing.

Tickets: Workshop: £5; Concert: £5; Ceilidh and Meal: £10.

Whole afternoon and evening: £18.50 available from

Dent Stores, Sedbergh TIC and David Burbidge, Farfield, 015396 21166'

ST ANDREW'S PARISH CHURCH



At the time of writing two of the major events in September, the Bric-a-Brac Sale and the Welcome to Church Sunday, are still in the future and we will let you know in the November issue how they fared. What we can tell you is that the Annual Thanksgiving Day on 10 September was a great success and we are extremely grateful to all of those who contributed to the magnificent sum of just under £3,000. Many of those who contributed completed Gift Aid mandates which will increase the sum to somewhere in the order of £3,750.

During the month our architects,

Tony and Rebecca Grimshaw, and Sandy Roy from English Heritage visited the Church to look at a couple of problems, some cracks in the base of the tower and a damp problem in the Lady Chapel in the South East corner. They were not overly concerned about the cracks, which they felt may be caused by visiting bell ringing teams who ring for much longer than our own team; but we are going to monitor them to assess whether there is any continuing movement. To our surprise despite the exceptionally wet weather we have been experiencing the damp problem seems to have dried up. You may recall that Tony Hannam wrote some time ago about the theft of some lead from the roof which was spotted by Tony Reed Screen on a trip up the tower during his appointment as Churchwarden. We thought then that this might be the

cause of the damp and we sealed off the areas where water could enter the fabric and then monitored the affected area. For two months there was no change and only three weeks ago the area was still very damp. But now it is completely dry and we are going ahead with redecoration. So we are well on the way to spending the Thanksgiving collection! Please keep on giving.

Looking forward to October we will be celebrating this year's Harvest with two services. On Sunday 12 October there will be the normal celebration of the Eucharist in the morning and Choral Evensong at 6.30pm when the Choir will sing new arrangements of the Magnificat and

Nunc Dimitis composed by our Director of Music, Mary Hamilton. We hope to see you at one of these celebrations.

On Saturday 18 October we are having a Gardening Day when we aim to tidy up the Churchyard before the winter sets in. We will start at 10.00am and finish by 3.00pm. For those who wish to help out there will be a free lunch and as much coffee or tea as required. The majority of the work will be weeding and some judicious tree pruning. No expert gardening knowledge is required but if you can help out please bring your own favourite garden tool.

*Lavinia Mahon
and Tony Reed Screen ☺*

DUO

Café Bar & Bistro

ITALIAN NIGHTS

*Every Wednesday in October
Alongside opening Thursday to Sunday Evenings*

*We will be serving Home-Made Pizzas and Pasta Dishes
to Eat In or Take-Away from 6pm every Wednesday*

Jenette Hardy & Susan Woof

DUO

015396 20552

32 Main Street, Sedbergh, Cumbria LA10 5BL



presents

“FAIR TRADE”

People’s Hall
7.30pm

Tuesday 14th October

Sponsored by

The Sir George Martin Trust

Tickets £10 including Interval Drinks

Available from

Sedbergh TIC 20125 or on the door

FAIR TRADE

The story of

the Co-operative movement

Written & Directed by Mike Lucas

Music & Lyrics by

Rebekah Hughes & Chris Blackwood

Reap the dividends of Mikron Theatre Company’s insight into the Co-operative Movement from its roots in the early part of the 19th century when the Industrial Revolution resulted in the exploitation and misery for many working people. Did it all begin at Topad Lane in Rochdale in 1844? We shall wander down the aisles of history to bring you the true story, told of course, with a mixture of music and humour.

FACTS

There are more than 750 million Co-op members in over 100 countries.

Sean Connery was a Co-op Milkman before he became an actor.

The Co-op carries out over 160,000 funerals a year.

There is a Co-op for employees in the Emperors Palace in Japan.

*All proceeds will go to the Craven Trust for the benefit of the Dales Communities
Charity No. 1045419*

SETTLEBECK HIGH SCHOOL



Sport

Luke Ingham won the U15 boys 800 metres race at the Borders Inter Counties Athletics match in the last North West gathering of the season on 13th September. This competition gathers the best young athletes from Cumbria, North East England and the South of Scotland. Luke’s time of 2 minutes 11.3 seconds best his previous personal best by 5 seconds.

GCSE Exam Results

Students at Settlebeck High School were celebrating after receiving the best GCSE results in the school’s history. 81% of students achieved 5 A* - C passes and 100% of students achieved 5 A* - G passes. (The national average for 5A* - C grades is 65%). In fact, every Year 11 student got at least 1 grade C, which is an outstanding achievement.

These results mean that Settlebeck High School is ranked second in the county, just beaten to the top spot by QES, whose A* - C pass rate was 81.9%. Settlebeck is not just ranked highly within the county, it is 143 in The Guardian’s list of the top 250 schools in the country. In addition, Settlebeck met its extremely demanding Fischer Family Trust D target, which means it is in the top 25% of best performing schools nationally.

Dr Judith Greene, Headteacher, praised the efforts of the students and

also the excellence of the teaching at Settlebeck: "We are very proud of such excellent results and would like to congratulate all the students on their achievements and thank the staff for their hard work in helping our students do so well. A big thank you too, to the parents who supported their children so effectively through their studies.

Settlebeck has always pursued a policy of small class sizes; classes rarely have more than 20 students, and at GCSE they are often considerably smaller. This allows us to provide a level of personalised learning virtually unrivalled in other schools in the county. The success of this policy is demonstrated by the excellence of the results Settlebeck students achieve."

Alternative Curriculum Week
14th – 18th July 2008

On Monday we did the Sponsored Walk. It was challenging in some

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 1st October
Common Land in England & Wales:
Historical Perspectives
Dr Eleanor Straughton

Wednesday 15th October
The 18th Century Excise Service
with particular emphasis
on the career of
Richard Brunskill of Sedbergh.
Martin Gibson

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

South Lakeland
Alzheimer's Society
GOFFEE MORNING
& Street Collection
URC Rooms
Wednesday 15th October
10 am to 12 noon
Coffee/Tea & Biscuits
Raffle ~ Bring 'n' Buy ~ Cake Stall
Offers of baking most welcome
Please phone 20718





parts and because of blisters as well. You could choose what length of walk you wanted to do. The longest one was 17 miles and a lot of young people opted to do this one. The medium walk was 12 miles and this one was one of the most popular. The shortest walk was 6 miles long and this one was opted by the inexperienced walkers. Overall, we enjoyed the Sponsored Walk and all of the money is going towards a new minibus as our old one is 10 years old!

On Tuesday it was our Sporting Day. We played rounders and almost everybody scored at least 1 rounder.

(Continued on page 16)

We also played softball and tennis. It was a great day but the downside to the day was that it was Miss Bennett's last day. *Ruby Sunter*

This week I have been doing the Top Gun and I found it really fun. On the Tuesday we were making boomerangs and then we got to go outside and test them. Mine flew quite well. I thought they all looked really nice. On Wednesday we made rockets and some went really high and mine got full of mud.

Leah Murray

On Monday 14th July most of the school went on a Sponsored Walk. I did the 17 miles from Appersett to Cowtgill, through Dent and then to Sedbergh. It was a very tough day but I got there in the end. I found the Sponsored Walk quite hard but very fun to do.

On Tuesday some Year 7s and a few Year 8s got to do sports all day. The first two lessons were tennis and I played Jake Woof and I won. The next two lessons were football – it was a great laugh and very good fun. The last two lessons we played golf and I won the competition – I just beat Mr Pike.

Wednesday was Creative Day and did marble painting and felt-making which I found fun.

On Thursday we went to Bradford. I really enjoyed walking round different rooms and especially the Imax cinema because if you did not have your glasses on it would be blurry and if you had them on it would feel like you could grab it – it was very fun.

Jack Leddy

We did the Sponsored Walk and I chose to walk 17 miles. It was really tough and challenging for the first 7 miles – it just carried on going up and getting colder and windier. We eventually got down to Arden Ghyll and the rest of the walk was easier because it was flat and not as windy or cold. We got back to school at about 3.30pm.

On Tuesday we made lots of props with Mr Brettle. That was really fun and Mr B let us have a bit of a laugh. In the afternoon we practised our Drama performance, that was fun.

On Wednesday we made posters and props for the Drama to do with World War 2. We also had a couple of run-throughs.

Thursday – the day of the performance went well and it was nerve-wracking. When I got on stage I was fine though. We forgot the song at the end though!

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SPRING SHOW 2009

Saturday 28th March

HELP

The Spring Show has gone from strength to strength in recent years. Numbers of entries have continued to increase and the entries and their presentation is of an excellent standard. The committee has worked hard and many other people have contributed to the smooth running of the show which is now completely independent of any other organisation. **However we now urgently need some new and younger blood to join us.** We need a Show Recorder and a Treasurer if the Show is to continue. The Recorder records and documents all of the entries, and produces the list

of results. It is a busy job in the three weeks before Show day but we are simplifying what has to be done. Ideally the recorder uses a computer and for an enthusiast it would be a pleasure! Our committee meets once a month from September till March, and we are a very friendly bunch! We would also very much welcome any general offers of help with the many things that go to make up the Show.

PLEASE, if you are willing to help call Margaret Milburn, our Chairman, on 20610, or Wendy F.U., our Secretary, on 21902.

Remember this is **SEDBERGH'S OWN SPRING SHOW FOR THE TOWN AND LOCAL COMMUNITY.**

W.F.U. ☺



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PHOTON THERAPY

Part three

In Part One (June Issue) I explained that light heals and its healing properties are being investigated and tested in mainstream medicine. The new LED's (light emitting diodes) do not get hot and so can be used safely in arrays in Photon Therapy Lamps. This means that specific frequencies of light can be used safely at home. A particle of light is called a photon.

In Part Two (July Issue) I wrote that in testing the healing properties of light, it has been found that light heals whether it is intensely pulsed (flashing on and off) or continuous and that it was the frequency (colour) that was important not the brightness. Devices are available for animals and humans.

In Part Three I want to explain how everyone can use photon therapy without having to buy expensive devices.

A most simple photon lamp would be a torch covered with a piece of red or blue or green stage lighting gel or plain old cellophane – or coloured

plastic! A torch creates a small area of light for treating cuts, wounds, blemishes or the mouth and other small areas.

Green frequencies are for treating age spots, wrinkles, facial veins, skin darkening, rosacea, scars, for skin tightening, blotch clearing, birth marks, or refining the skin.

Blue frequencies are for inflammation, acne, cold sores, pimples, bumps, spots, mouth ulcers.

Red frequencies/infrared are for skin rejuvenation, wound healing, skin toning, skin smoothing, muscle aches and pains, carpal tunnel syndrome, peripheral neuropathy, frozen shoulder, arthritis, ulcers and many other conditions.

Our new energy saver bulbs make using light for healing large areas affordable for everyone. You could change the ambient light around you in this way. Simply get an A4 piece of cellophane, or opaque/translucent plastic (it doesn't have to be see through) of the colour you require and laminate it to strengthen it. Roll it into a tube, staple the sides and top closed and it will sit well on an energy

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saver lamp bulb and won't catch fire. This cannot be done with the old fashioned incandescent bulb that get extremely hot. So please do not try putting anything around such a bulb except a lampshade!

Coloured gels are used as overlays on pages of text for people with reading problems, or when perceptual distortion causes text on a page to jump around – the frequency that assists is found to be different with different people. Red, yellow, green, blue and red translucent sheets can be useful. There have been experiments using tinted glasses. But changing the ambient light that falls on the page has the same effect.

Bright white light is used for

Seasonal Affective Disorder (winter depression) and any bright white lamp - a halogen floodlight for instance – that illuminates a wall within your peripheral vision will do. It only has to be used twice or three times a week for about half an hour to make a difference to your mood.

I am thinking about demonstrating these simple ways of using photon therapy at the Holistic Centre (over Ellies Bakery) if I knew people were interested. If you ARE interested, please register your interest by phoning me on 015396 21800. I do sell Photon Therapy Lamps for those people who prefer to use one device.

Liz Hilton ☺

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BEES

No summer for our honeybees either!

Several Sedbergh folk have said to me that in their long lives here they have never before experienced such poor summer weather as this year's has been. Certainly our honeybees have never had to cope with such a weather year as 2008!

And it all started so well; much of April, May, and early June were *exactly* what the bees like - warm and dry after the very wet winter, so that all the spring blossoms came out in abundance. The bees took full advantage, bringing in large quantities of nectar and pollen from early morning to late evening, and filling the honey supers (the

chambers full of empty honeycomb that we add above the brood chamber for the worker bees to fill with honey - the queen and the drones are unable to enter the supers). Each super holds up to 35lbs of ripe honey. As the bees fill one super we add another, below the first, so that they will complete capping over every cell full of ripe honey with an airtight wax capping before filling the super below.

By mid-June we had added a third super to each hive and, with 60+lbs of honey already capped in each, we were wondering if a fourth super would soon be required, when the weather broke, 'good and proper'! Instead of being able to remove the

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This Team Leaves It Clean

full supers of honey in July and extract and bottle the huge spring honey crop (as we have done for the past several years), we watched the rain come down and the wind blow. April, May, and early June had been the *warmest and driest* I had recorded in 12 years, and July and August were the *coldest and wettest* over the same period! Poor bees, unable to fly, and when they did, finding the pollen and nectar washed out of the flowers or none there at all.

In these conditions the bees have no choice but to start eating the honey they have just stored away for next winter! To do this they use the flying opportunities they get to gather water that they take back to the hive. They use this to dilute the fully ripe honey in order to feed the queen, themselves, and the young brood. The larvae grow from a hatched egg that the queen laid three days before to a grub that fills the whole brood

cell, in six days! Beekeepers see the 'water bees' at work and know exactly what it means!

Whatever the weather throws at us (and the bees) for the rest of the autumn, we must ensure that the brood chamber of each hive goes into winter with at least 35lbs of stores safely tucked away. So we remove the supers in September and extract and bottle whatever small honey crop is still left, so that we can then feed sugar syrup to each colony's brood chamber until we can be sure that they have sufficient food until next year's spring flowers blossom (as they surely will).

So, sorry folks, the dreadful 2008 summer has meant that our bees have been able to leave us only *just* enough honey for ourselves and the family. Let's hope for another good spring and a much, much, better summer in 2009!

Malcolm Fraser-Urquhart ☺

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BOOK TOWN

John Siddique, and his Poem for Sedbergh

It has been said of John Siddique that he is the ideal poet for twentieth century Britain having English, Irish and Indian heritage.

John was in Sedbergh for the first weekend of the Books and Drama Festival. Several local people attended a full day writing seminar on Saturday and John gave a reading of his own work on Sunday night. In the intervening time he wrote this poem for Sedbergh.

Book town

My life has always been within the pages
of a book, within the stories I have read,
all the way back to childhood,
somewhere
in between the beginnings, middles
and endings.

If I look from this valley floor to the hilltops
I find myself in both places, as both shadow and caster, both hill and road.

...and what if we gathered all the books read
and unread? Those libraries of ourselves.

What if the rows of coloured book spines spoke
something of your colours? I could read you
and you could read me.

We could be a town of stories, a town of books.

Set amongst the fells of the passing

of time.

Casting glances to the roundness of the hilltops.

© John Siddique 2008

We are quite sure that there will be loads of people out there who already have written poems about Sedbergh or who would like to have a go at writing one. Why not put pen to paper and bring your efforts in to the Tourist Office marked Poem for Sedbergh, (don't forget to add your name and contact details). This isn't a competition just a chance to get your thoughts out there before a wider public. Submitted Poems will be copied and displayed in shop windows and public places around Sedbergh later on this year. CN ☺

VEGETABLE GROWING for BEGINNERS

Autumn is the time to start preparing your vegetable plot for next year's planting.

This course of three evening classes will cover the following topics: –

- ❖ Is growing vegetables worthwhile
- ❖ Planning your plot
- ❖ Choosing what to grow
- ❖ Buying seeds and plants
- ❖ Making decisions about plant care
- ❖ Controlling pests and diseases
- ❖ Using fertilisers to good effect
- ❖ Making compost

Classes will be held in Dent Memorial Hall on Thursdays 16, 23, and 30 October from 7.30 pm to 9 pm.

Cost: £5 for the course.

To enrol: phone John Sibley on 015396 25024

This course may lead to an ongoing community interest group focused on vegetable growing.

KILLINGTON W I

Well, I suppose I can say that another summer has been and gone. We didn't notice it!! September saw us gathered together for the start of another W I year. We had waited a long time for this meeting – "Belly Dancing" It had originally been scheduled for March, but had given way to "Garths' Meat Week". I rather wondered what the day would bring forth? Rita Williamson was our long awaited "speaker"! I thought that she would be lithe, sexy and slim. (Just like me!!)

We started our meeting with the usual business arrangements. What shall we do? Where shall we go? Who will do it? (Shirley, of course!)

Susan gave us a report of her visit to the AGM at Liverpool back in June. We have not met in the People's Hall since then. The guest speaker, Sandi Toksvig, had delivered a most amusing speech but the thing that impressed Sue most was how tiny she is - "vertically challenged", I believe we should say. Thank you for representing us, Sue.

Then it was time for our speaker. What a delight! Rita explained to us that our concept of "belly dancing", as shown in Hollywood films, is totally false. Wiggle-waggle, with skimpy costumes is for "James Bond" only. Rita was an ample lady who was "comfortable with her body", as she advised us all to be. She was so graceful with her movements that all the luscious ladies of Killington WI



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decided that they had found their metier!

A scrumptious tea concluded the meeting. The raffle was won by our newest member, Barbara Leigh.

Congratulations. Margaret Denton won the competition for a "postcard from abroad"

Our next meeting will be on Tuesday, 14th Oct at 2-00pm in the People's Hall, when Jean Challinor will entrance us with some story-telling.

Her title is "'Twas the Night Before Christmas", which sounds fascinating. You would be very welcome to join us and find out what it's all about.

WFU ©

DENTDALE WI

The September Meeting was held in the newly re-roofed Memorial Hall and the minutes of the last meeting were placed on the table for members to read.

The cake stall at the Gala had raised over a £150.

Members were reminded of the nominations for the 2009 committee and voting slips had been placed in the WI News.

Discussions took place about the Christmas meal and the committee agreed to consult all members on the options.

People who wanted to attend the Annual Council meeting were asked to order tickets.

Thanks had been received from the Rotary Club for our help in the Cycle Race in aid of funds for the Air Ambulance which is a key service for people who live in remote areas.

Dentdale WI was delighted to welcome the guest speaker **Professor Chris Stillman** who was invited to give a talk on Climate Change. He had flown in from Dublin where he was a retired emeritus professor at Trinity College Dublin. Chris spoke about the origins of the earth's atmosphere and the modern consensus was that it was created by a collection of cosmic particles produced by an exploding star. He explained about the interaction between the oceans, the atmosphere

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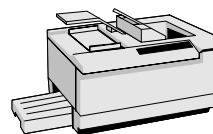
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and the temperature of water which is critical to life on the planet. Over the last few hundred years we have direct temperature measurements and over the last two millennia there have been at least four changes recorded in Britain. This was illustrated by a slide of temperature changes from 1870-1990. Worryingly in the last two hundred years research has shown a succession of highs and lows with a clear increase in the average global temperature and in the last ten years showing a much more rapid upward climb. Professor Stillman agrees with the International Panel on Climate Change (IPCC) which has issued a number of reports on its data collected over several years. An organisation called Climatechange.com has produced a good summary for those wanting to know more about the subject.

He then went on to talk about a "what would happen" scenario if the world continued to warm at a faster pace. The world has already warmed by 0.8° from its previous industrial average and he posed the consequences of different rises in temperature and the effects on the

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glaciers of the world where 75% of freshwater is stored.

Professor Stillman referred the audience to an article in the New Scientist dated September 8th 2008 for more reading. Questions were taken from the audience which produced a lively debate. Professor Stillman was thanked by Jenny Pilgrim. There were 20 members and 30 visitors, our biggest audience this year which reflected how much interest there was in the topic and speaker.

The competition for a fossil stone was won by Freda Meakin and the raffle by Connie Chambers.

New members and visitors are always welcome. ☺

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PICNIC ON MOUNT TOUBKAL

The best thing about my summer holidays was I climbed up Toubkal. It is 4167 meters high, and I did it by myself.

On the first day we walked up to the refuge and put up our red tent. Inside everything red turned orange and everything orange turned yellow. It was fun sleeping in the tent in sleeping bags.

On the second day I climbed to the summit with my Mum and Dad. Dad is a Mountain Guide and knows the sneaky routes. Daddy and I overtook Mummy and got to the summit first. We had a picnic of dates, apples, figs, Mars Bar and water.

When we went down, me and Dad

slid down the scree stones, way faster than anybody else. Then we had another picnic with bread, cheese and tomatoes. We played at throwing stones at a big white piece of quartz in the green rock. We went down some more, then me and Daddy beat Mummy to the river.

The third day we went back to our 4x4. We had a mule to carry all our gear. *Omar Nour - aged 7*

Mummy's comment: Mount Toubkal is found in the High Atlas mountain range of Morocco and is the highest peak in North Africa. We believe that Omar may be the youngest to climb Toubkal on his own 2 feet, although younger children have been to the summit - carried by their parents. ☺

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RECYCLING NEWS

A lot of the waste that we collect is comprised of packaging, whether cans and jars, glass and plastic bottles, cardboard boxes, food trays, the list goes on and on. Some of it seems essential, sometimes it can seem that it is more than necessary.

Many people are unaware that there is legislation in place to try and ensure that the amount of packaging used is no more than that required. The Packaging (Essential Requirements) Regulations of 2003 require that the weight and volume of packaging are no more than is required to maintain the required levels of safety and hygiene for the product and the amount that would be acceptable to the consumer.

Some packaging can be essential to ensure a product can be transported safely from factory or field to the household. There is also legislation in place that requires suppliers to provide information about their products. But whilst some is needed it is in the best interests of producers to avoid the cost of unnecessary

packaging. Many companies are actively researching ways to reduce the amount of packaging they use, perhaps by using lighter plastic bottles, or degradable food trays rather than plastic.

However whilst legislation is one way of controlling the level of packaging consumers also have real power to influence the level of packaging used. There has been a big increase in the number of re-usable shopping bags sold by supermarkets and most shops now ask whether you need a bag rather than automatically providing one. Householders can make a real difference to the amount of packaging used by voting with their cash and buying those goods that have only the amount of packaging required for their needs. Many items of packaging now include guidelines about how they can be recycled.

If you have any questions about recycling or waste minimisation please telephone us on 0845 050 4434 or by email customer.services@southlakeland.gov.uk

Thank you for recycling. ☺

ZRECE VISITATION

Welcoming Zrece's Mayor



The Town Twinning Group are delighted to say that Boris Podvrsnik the Town Mayor of Zrece will be accompanying Zdenka from the tourist office and the firemen's choir which will be visiting Sedbergh 10th to 14th October. He has replaced Josef, the Mayor, now retired, who was very involved and committed to all aspects of the Sedbergh/Zrece Twinning especially the annual exchange of students between our two towns. Boris would like to meet as many Sedbergh residents as possible and, apart from the many concert and workshop events arranged by the indefatigable David Burbidge, we have arranged a celebratory dinner at Sedbergh Golf Club on Saturday 11th October at 7.30pm. The Slovenian Consul from Edinburgh will be with us and hopefully Iztok Mirošič, the Slovenian ambassador in London, with his wife. Musical entertainment will be provided as well from both nationalities. The cost for Town Twinning Club members is £13.50 and for non members £15.00.

The Zrece municipality covers a greater area than just our twin town and they are fortunate in having a budget to support their twinning

activities. We alas do not! We rely very much on subscriptions and donations from our town twinning club members and others to return the very generous hospitality our own delegates have received in Zrece. We are very anxious that Boris leaves with the best of impressions!

Why not join the Town Twinning Club? Members receive a regular newsletter, help with planning holidays in Slovenia and a 10% reduction at some Zrece hostels and facilities. Remember that Zrece is a spa with a range of therapeutic and "wellness" treatments as well as a series of pools, saunas and Jacuzzis for visitors to enjoy. A few miles away is Rogla an internationally acclaimed ski resort and summer walking centre. Members pay £10 individually and £25 for a family annually. You will also be deeply appreciated for your support!

For both dinner tickets and membership application forms please contact me at 21138 or msg@wardses.org.uk. We look forward to seeing you!

Susan Garnett ☺

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SEDBERGH TOWN BAND


Twins Musical Summer

Two young Sedbergh Town Band members, Samuel and Henry Wray have had a busy summer holiday. In July they joined the Sedbergh School Combined Cadet Force Band Tour to France. The highlight of this trip was playing alongside some of the top military bands in the world at the International Military Music Festival in Albertville. During the festival the participating bands took part in concerts, marches and marching displays to audiences of thousands in the Olympic Ice Hockey Stadium.

The school band performed superbly and won the respect of the full time professionals that they played with.

In August Sam and Henry attended the Annual National Children's Brass Band summer course at Bromsgrove School. During the course they were taught by some of Britain's leading brass players, whose expert tuition was evident in a stunning end of course concert at the Artrix Centre. For the first time ever the band then went on to play at the Bridgewater Hall in Manchester where they received a warm welcome from an enthusiastic and appreciative audience of brass band fans at the Great Northern Brass Band Festival.

The autumn will not bring any respite for the musical duo as they have just taken up music scholarships at Sedbergh School and are looking forward to playing an active part in the musical life of the School.



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Band Festival

On Saturday 6th September members of the Band travelled to the Bridgewater Hall in Manchester to attend the main feature of the Northern Brass Festival. They were treated to a magnificent display of musical expertise by three of the country's leading Brass Bands.

Wedding

On Sunday 7th September Cornet player Rev. Carole Gotham of the U. R.C. married Rob Marsden. The service was conducted in the U.R.C. and hymns were played by members of the Band. The best wishes of the Band go to Rob and Carole.

Parish Council Grant

The Band extend their sincere thanks to the Sedbergh Parish Council for their most generous grant of £2000. This was given in response to a request for assistance in funding the purchase of additional instruments to meet the demand posed by the ever increasing number of youngsters attending the Saturday morning beginners' classes in the United Reform Church.

If any reader of *Lookaround* possesses a brass instrument that is no longer wanted the Band would be most grateful to accept it to ensure that as many pupils as possible have easy access to an instrument. ☺

MOVEMENT AS MEDICINE

The first few weeks after the end of the summer holidays often set a pattern for the rest of the year. We sign up for evening (or day) classes and make efforts to carry over that beneficial rest, relaxation and increased exercise of the summer into our working lives. If you are thinking along these lines, I would like to encourage you to sign up for a movement-for-health class in Sedbergh. For yoga contact Deyna Hirst (015396 21556), for Tai Chi on Tuesday evenings contact Ian McPherson (15396 20648). Or you might like to try my Wild Goose Qigong class on Monday mornings.

The Journal of Chinese medicine publishes a summary of current

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health related research, which always includes several items on the benefit of exercise. Recent items include: exercise boosts good cholesterol, exercise reduces osteoporosis in men, exercise reduces risk of Parkinson's, exercise is beneficial for fibromyalgia. More specifically Tai Chi raises heart rate variability, Qigong reduces chronic neck pain, Tai Chi improves balance in the over sixties and even Tai Chi and Qigong enhance immune reaction to the flu vaccine.

Of course, other forms of movement, such as walking, running, cycling, playing football and swimming are also beneficial. Ideally one would combine some form of cardiovascular exercise with an "internal" form of exercise such as yoga, Tai Chi or Qigong. Here the focus is on balance, awareness and conscious movement designed to align the body and stimulate the good

functioning of the internal organs. It is recognised that such forms of exercise both invigorate the body and help to reduce stress.

I have been using Wild Goose Qigong as my basic health maintenance routine for about six years now. It consists of pleasing sequences of movements, including bending, stretching, stepping, tapping and fluttering. No special ability is necessary – I started practising as a complete beginner and felt the benefits immediately. Some of the movements are quite idiosyncratic – pulling the toes or “looking through the window”. Others such as “wild goose takes flight” are flowing and graceful and some are designed to stimulate particular acupuncture

points. Each movement is repeated between one and nine times. Two things surprised me when I first started: that with so few repetitions a feel-good sensation was noticeable straight away and the stiffness in my knees was improved very quickly.

Even now, when I have many more routines available, Wild Goose is the first thing I choose to do if I feel a bit off colour. It was very helpful when I was suffering from the effects of altitude in Nepal earlier in the year.

Wild Goose classes will take place on Monday mornings (10.00 to 11.30) in the URC Hall in Sedbergh, starting on Monday 6th October. To join the weekly class, or for further information, please contact me on 015396 20972. *June Parker* ☺

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FIRBANK CHURCH QUIZ

The answers to the British Wildlife Quiz are.

1. mouse
2. salmon
3. cabbage white
4. bat
5. foxed
6. field vole
7. mole
8. red admiral
9. otter board
10. speckled wood
11. hawk
12. holly blue
13. squirrel
14. carp
15. centipede
16. elephant hawkmoth
17. fly
18. heron
19. beetle
20. purple emperor
21. badger
22. stoat
23. slug
24. cricket
25. newt
26. wheatear
27. grey partridge
28. gull

:29. lacewing

:30. rabbit on

: A big thank you to all those that supported it. ☺

CRIME IN SEDBERGH

On Friday 27th June 2008 between 4pm and 11pm both the ambulance and the house/office of Sedbergh Lifeline were unlawfully entered and property medical equipment bandages, first aid kits and training materials totaling around £8,000 was taken.

We wish to thank PC John Orr for his help in dealing with these incidents and sadly so far the offender(s) have not been identified but enquiries are ongoing. If you saw the ambulance or anyone with it on Friday 27th June at any time of the day or have any information regarding the burglary at 103 Main Street the same day please let PC John Orr or any police officer have the information. If you wish to pass information anonymously you can ring Crimestoppers on 0800555111 where you could be given a cash reward. ☺

SEDBERGH SCOUTS QUIZ

Musical Instruments Quiz Results

- 1 Tom-tom
- 2 Banjo
- 3 Kithara
- 4 Lyre
- 5 Wood block
- 6 Triangle
- 7 Clarinet
- 8 Organ
- 9 Cornet
- 10 Bugle
- 11 Sitar
- 12 Fiddle
- 13 Sackbut
- 14 Claves
- 15 Sousaphone
- 16 Lute
- 17 Grand piano
- 18 Bull Roarer
- 19 Stritch
- 20 Hexagonal concertina
- 21 Atumpan
- 22 Flute
- 23 Guitar
- 24 Sarangi
- 25 Timpani
- 26 Recorder
- 27 Flageolet
- 28 Didgeridoo
- 29 Mellotron
- 30 Russian Bayan
- 31 Orphica
- 32 Clavicytherium
- 33 Mandolin
- 34 Viola
- 35 Piccolo
- 36 Bagpipes
- 37 Calliope
- 38 Zither
- 39 Washboard
- 40 Jingling Johnny

41 Dilruba

42 Double bass

The Scout Troop would like to thank everyone that bought the quizzes and all the local shops that helped to sell them at their counters.

The winners are as follows:

1st Bill Pickavance, Garswood

2nd Wendy Clark, Kendal

3rd M Blades, Crook

Dawn Postlethwaite ☺

NATIONAL QUAKER WEEK

4th to 11th October

You will see from our advert that we are keen to meet any of you who may be interested to come and find out more about Quakers ways - whether just from sheer curiosity , or a deeper personal need.

The short Meetings for Worship on the Tuesday and Wednesday evenings at 7,30 offer a quiet time to set aside everyday concerns and reflect in peace , and from 10am on those two days we hope to be able to show you around the historic Meeting House, and to try to answer any questions you may have - or to leave you in peace to absorb the quiet.

We have the facilities to cater for any children you may wish to bring.

David Boulton is very knowledgeable about Quaker history, so his tour should be of great interest. It is important to let him know if you are interested, (on 015396 25321) since the coach will be cancelled if there aren't many takers . Looking forward to seeing some of you around.

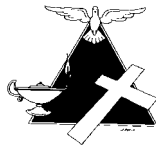
In friendship
Valerie Finch ☺

LORNA WILSON

.....on behalf of many friends.

Where oh where do we start ? They surely broke the mould when they made Lorna. The lovely, loveable, amusing Lorna, unique in many ways, came into most of our lives with the advent of Sedbergh's new golf course in the early 90's.

Lorna quickly became the key figure, the hub of the wheel, a wheel that turned quite rapidly in those early years. A friend to everybody, all who came to Sedbergh Golf Club came to know Lorna. Many came back, again and again, leaving every time with a happy smile and fond memories of a great day (and an enormous plate of food!)



There are letters galore, thanking the Golf Club and Lorna in particular, for a memorable day and the amazing "Full Monty" (a mixed grill of gargantuan proportions, which challenged many and defeated some!). People around the Golf Clubs of Northern England still enquire about her and it, some fifteen years later!

There are letters also (only two) about a touch of flowery language which Lorna could turn her hand to now and again, generally in jest rather than anger. She would always call a spade a spade! Most took in in the humorous spirit it was intended. Two didn't!

Heart of gold, Lorna may have gone but will be remembered forever and it is easy to picture her, looking down from above, watching Matty drive off the third tee, then saying quietly to the Angel next to her, " By gum lad, he splatted that!!"

God Bless you Lorna, from us all. ☺

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BAGS 2 SCHOOL/ZEBRAS

A bag collection of clothes, shoes, bags, curtains, blankets, sheets, soft toys, belts (not duvets) will be taking place on Monday 6th October.

These items are collected by a firm from Northallerton, who then get the clothes distributed to adults & children in third world countries. (Recycling your unwanted clothes etc to those in need)

Anyone who has any of the above and wishes to donate them for recycling in poor countries please put them in a bin liner and bring them to Sedbergh Methodist School Rooms before 9.00am on Monday 6th October or if you contact Angela Metcaife 015396 20654 or Karen Brewer 015396 21504 we will arrange for the bags to be collected from your home. ☺

**SOUTH LAKES
SOCIETY FOR THE BLIND**

Sedbergh Group

The group enjoyed a highly entertaining meeting in September based on the topic 'My First Job'. Everyone was involved and produced some fascinating stories of the delights and shocks of starting work. Several people felt that they had never worked because they had never been paid, although they had laboured long hours on the family farm. Nursing and teaching had produced their own challenges from the first use of bedpans to freezing playground duty and children who would not stop crying. Early days in a bank and in the army and air force were also carved on the memory. One person managed to live the childhood dream of driving a train, albeit on the underground. Another played in a variety theatre orchestra, something he enjoyed so much that he would gladly have paid to have such fun. For most people it was a very different world to schooldays. Coming out into the wider world full of an amazing mixture of people was colourful, sometimes disturbing and often very amusing.

Carl Hodge, the new Development Director of the Society came along to meet members of the Sedbergh group and gave a short account of the present state of the Society's finances.

The next meeting will be held in the People's Hall on the 21st of October when Garth Steadman will give a talk and demonstration. New members

with sight problems, and also volunteers are always welcome. For further information telephone Sedbergh 21019 or Kendal 01539 742633. ☺

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CALLING ALL AMATEURS!

About fifteen months ago, Jean Dixon and I met up at a birthday party. We started chatting about our hobbies and found out that we both enjoyed playing the piano (at an amateur level!). Since then we have met up most Friday afternoons and we play duets - what fun we have. We have decided that it would be even more fun if like-minded people were to join us in giving a small concert in Sedbergh.

If you can play an instrument, or sing and are aged between 0 and 100 please give us a ring. The only constraint is we don't want professionals to call - the aim is to put together a purely amateur little concert, in St. Andrew's Church either in December or early January. It would be so good to hear from you - please don't be shy. Ring me Maureen Hinch on 015396-20843 or Jean Dixon on 015396-20435. ☺

NATIONAL CHILDREN'S HOMES

House to House collection

Many of you will have been visited, during July, by a member of Sedbergh Methodist Church collecting for NCH – 'The children's charity'. NCH is the largest children's charity working with children in the UK and abroad. I'd like to thank you for your generosity and tell you that exactly £550 was collected. NCH is changing its name from now on to more accurately describe the work that it does. Once NCH – National Children's Homes – ran homes for children. Apart from one school/home for severely disabled children, NCH no longer runs homes but does vital work with children in their own families, enabling families to stay together and cope with the pressures that their circumstances put them under.



The new name for NCH is 'ACTION FOR CHILDREN'. Their work supporting and caring for children and their families will continue and your continued support is vitally necessary.

More details of the work of 'Action for children' website www.nch.org.uk no doubt the name will change here too eventually.

Thank you again for your generosity

Ann Wright ☺



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TIM FARRON MP

Farming issues have been a big focus for my time over the past month. We had a brilliant time at the County Show – as we usually do to be honest. However, this year everything seemed to come together, which after recent times when the weather has been wet or there have been no animals, was a great relief. Even this year the weather only decided at the last minute to be sunny and importantly Defra decided to include Cumbria in the Blue Tongue protection zone. Something I have been pressing them to do repeatedly since the first Blue Tongue outbreak. It would have been awful to have another year without the full complement of animals.

Thanks to everyone who came along to have a chat at our stall. I really do value the time you invest in ensuring that I am up to speed with the issues that are worrying you and letting me know what you think we are doing well. Thanks particularly to everyone who signed a brick as part of our campaign for more affordable housing in this area. The provision of homes for people who have grown up in the area and want to continue to live here was an issue that many of you said was really really important. One of the many reasons why I am so keen for there to be elected representatives on the National Park Authorities is that this will bring the issue of providing homes for local residents further up their agendas. With Dales National Park you have

an authority who does understand this issue and has tried to do things to address it but the same is not true of the other authorities who try to improve sheep monitoring and so prevent the spread of diseases like foot and mouth. Unfortunately it will do no more than bring more cost to farmers. Tagging will cost about £1.55 per sheep which is a significant amount to add on to a lamb which will sell for around £55. It is a cost that has to be met either by farmers making less money, which is inconceivable for many fell farmers who barely make a living at the moment, or by increasing the price of lamb to you when you buy it from the butcher. Surely in these days when the prices of food are rising at the terrifying speed they are we cannot afford for the Government to be driving prices even higher through its unnecessary regulations?

Finally, thanks to everyone who made my visit to the Dentdale Show so enjoyable. I am really going to have to try and find time to train a bit harder if I am to improve my performance in the fell race for next year. I am not sure if beating a few more constituents will win me any more support but I would like to come in a bit further up the field!

As ever I can be contacted by writing to Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or by emailing me at tim@timfarron.co.uk

Thanks for your support

Tim Farron MP ☺

YOUNG CUMBRIA

During the summer holidays several groups of young people have enjoyed the benefit of Keyfund projects.

These are where the young people organise a trip or activity that they would like to do and by doing this they learn and improve their key skills. The young people have enjoyed a fun and rather wet day out to Lightwater Valley theme park, Activities which included horse riding and a trip on the Argo Cat at Rookin House Farm and a great time on the water on the ribs at Maryport. Two groups of young people from Sedbergh and Dent each stayed at Isthmus cottage in Keswick for a few days, a fantastic location by Dewentwater Lake and enjoyed a variety of activities.



Some of the young people at Rookin House Farm. ©

YDNP

Election of National Park Authority members

Consultations are underway to find out what people think about the idea of directly electing some members of the Yorkshire Dales National Park Authority (YDNPA).

Under the current system, members

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of the nine national parks in England are appointed by county or district councils or by the Secretary of State for the Environment.

The Government is now asking its stakeholders to explore whether directly-elected members would aid or hinder the performance and the running of national park authorities.

Local MPs David Curry (Skipton and Ripon), William Hague (Richmond) and Tim Farron (Westmorland and Lonsdale) and county and district councils that cover the Yorkshire Dales National Park are among those being asked for their views.

Details of the proposals can be found on the website of the Department for Environment, Food and Rural Affairs at www.defra.gov.uk/corporate/consult/np-directelections/index.

A spokesman for the YDNPA said: "The issue will be discussed at the September meeting of the National Park Authority where we will determine our own position on the consultation."

The closing date for comments is Friday 28 November. ©

PEPPERPOT CLUB

A Story Web, a Coffee Morning, a Ceilidh, a Venture and a Workshop

I am writing this on the day when we are looking forward to attending *The Sedbergh Story Web*, part of Sedbergh Festival of Books and Drama, at the primary school. As well as stories, poems and music written and performed by the children and introduced by poet and storyteller John Rice, the primary-aged Pepperpot Music Makers orchestra will be playing under the direction of Noel Bertram and Penny Legat. This is one of at least three occasions when they are having the opportunity to perform in public this term. In keeping with tradition, they will play in

the United Reformed Church at the annual Coffee Morning, which this year is to be held on October 11th.

Then on 'National Big Ceilidh' day, Saturday October 18th, they will be playing for a Ceilidh at Settlebeck High School. Carolyn Francis will be adding her expertise in the Monday rehearsals until then.

Alongside new recruits and some 'old' hands, five of the orchestra's string players came back to the orchestra this term freshly enthused after attending the Young String Venture course at Lake District Summer Music in August. Sedbergh Pepperpot Club was able to help them to attend and below are some of the comments they wrote afterwards.

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How I wish it were possible to include every word that they wrote so enthusiastically! We shall certainly keep all they wrote for the record. Extracts from Rachel Hopkins' (violin) full diary

Sunday 3rd August

Started by learning a new piece with my new teacher called Rachel. It was called 'Come and Sing'. It was hard but I managed to play most of the notes and not lose my place! We were put into groups to play the pieces we had learnt at home. This was a little easier because I knew these.

Monday 4th August

Music groups: It sounds excellent and

we had all improved! Games group: We did clapping to 'Lemon and Lime'. We went down to the woods to sing two action songs that were good fun and interesting to sing. A good way to finish my great day!!!!!!!

Tuesday 5th August

New piece 'Flop-eared Mule'. Games group: Beanbag and note game. Playtime: The climbing frame was good!

Wednesday 6th August

I enjoyed 'Come and Sing' and found it easier than before. We listened to several groups and heard them play their pieces, learnt at home, and working on over the week in the

(Continued on page 42)

Music groups.

Thursday 7th August

We now sound like an orchestra! We will get to perform my favourite piece, 'Basque Dance.' We made it perfect! Last go of all games! I liked playing these games and I found them really helpful. Sang two action songs ready for the concert tomorrow.

Friday 8th August

We went into the church to run though it as if it was the real performance. We had a doughnut and a little break. Then we did our big performance. I loved it and even though I made a few mistakes, I just carried on and enjoyed it. (Rachel's conclusion typifies everyone's appreciative comments.)

I so enjoyed my week and have loved learning so much! I have learnt a lot of different skills. I loved performing in the concert. Thank you Peppercorn Club for helping me to experience this wonderful course!

*A comment from Chloe Kendal's (violin) mum
Chloe has now completed her week at the LDSM Festival. She thoroughly enjoyed it. The course gave her the chance to play her violin in a large orchestra, there were 37 members in total. As well as playing as a whole group they also did singing and Chamber Music. Chloe has just passed her grade 2 violin this summer, she found it very difficult and at one point we thought she was*

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giving up the violin, but having attended this workshop she now has her confidence back and hopefully we can now look at grade 3.

*Lotte Young Andrade (double bass) The Summer String Venture, run by Lake District Summer Music was **GREAT** fun! The teachers are so nice, helpful and also supportive. Of course they are professional musicians, so we learnt much from their methods. I had never played in a quintet before so this was a new experience and new challenge. What I enjoyed the most was playing with the full string orchestra. When we played in the concert, all our hard work paid off. I can't believe how good we were. It*

sounded fantastic!

Erin Proctor (violin) In the summer holidays I took part in the Lake District Summer Music Festival with several friends from Sedbergh. We spent the week playing as an orchestra with other children from all over the country as well as from abroad. We also played as a string quartet, practising pieces of music that we played on the last day in a concert at the Carver Church in Windermere. All the parents came to watch - (and so did we!) - and they were very impressed! - (as we were!) Thank you very much to Rachel, Clare and everyone at Summer

(Continued on page 44)

Strings for making it such a FAB week!

Mary Ormerod (double bass)

Young string venture has been a wonderful experience that I have very much enjoyed and gained from. It is an extremely friendly and well planned course that has not only helped me develop my musical knowledge but introduced me to types of music and playing that I have never done before. It has also made me far more confident around children I have never met and helped me to become more independent. All of the staff on the course are amazing and somehow magically manage to not only: to provide a very fun time with lots of jokes and laughs, but to

also be very down to earth and helpful and treat us like a proper orchestra, that, in the end, can perform a very good performance that I was very proud of. I also found it very pleasant to learn things in a professional way that has prepared me for orchestras I may join in the future. I would recommend it to anyone learning to play a string instrument because **no matter how short a time you've been learning, they've always got something for you to play.** I very much appreciated the effort put into it and enjoyed it hugely. And the doughnuts were really good!!!!!!!

On Page 23. you will find an advert for a String Workshop to be held at

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Sedbergh Primary School on Sunday November 23rd. We are lucky enough to have Rachel Moore, the Rachel referred to above, coming to direct the proceedings, so everyone will be in for a really good time! This is an opportunity for all young string players - and adults too - up Grade 4 standard to come along and it is entirely free for Sedbergh children, thanks to a generous grant from The Trott Musical Foundation. Sedbergh Pepperpot Club is also contributing to the proceeds of the Coffee Morning the day so do come along and give your full support to that! All Pepperpot Members are free too and also ESTA members, but others from outside the area will pay fees. The event is run jointly with the European String Teachers Association - the secretary of the local branch is a Pepperpot Member too! ESTA ran a similar workshop last November with Rachel as director. Some children from Sedbergh attended and this was such a success that ESTA wanted to run another. We hope that the event will be one which Freda Trott would be very proud to have sponsored through her amazing generosity to the young musicians of Sedbergh. Application forms will be available soon. **Please note Mary's comment in bold!**

Shirley Smith ☺

COUNCILLORS CORNER

The “buzz” word these days in local government circles is “partnership” and there are several such initiatives around at the moment which go under various names such as Local Area Partnerships, Local Strategic Partnerships, Local Area Agreements and so on. In April of this year South Lakeland District Council resolved to work with Cumbria County Council to agree boundaries for seven Local Area Partnerships to be derived from existing Neighbourhood Forum and Market Town Initiative boundaries. These, in due course, to be presented for adoption by the Local Strategic Partnership. The Sedbergh and Kirkby Lonsdale Ward is to comprise one of these LAP’s. For some inexplicable reason the Parish of Mansergh has been included in the Kent Estuary LAP and I am making enquiries as to why this has happened. I have been assured that at this point nothing has been set in stone and that the matter is under review. One very practical outcome of all this is that a series of Parish Summits is being held for each of the seven areas at which everyone can get together to discuss a mutually suitable way forward. The Parish Summit for this area was originally fixed for 3rd September but had to be postponed owing to many people being on holiday. A new date is being arranged and I hope to be able to report on the outcome in future articles. The matter was raised and very frank views expressed at the meeting of the Sedbergh and Kirkby Lonsdale Neighbourhood Forum on the 9th September.

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I was pleased to be informed by the Post Office and Postwatch that the consultation exercise concerning provision of Post Office “outreach” services in Dent was to be re-opened. Naturally I took the opportunity to make further representations as to the importance of providing a service adequate to the needs of the people of Dentdale and I would urge as many of you as possible to do the same. It is only by keeping the pressure on that the Post Office will be likely to approve arrangements that will be efficient and sustainable in the longer term. The worst possible scenario following the closure of the Dent Post Office would be discontinuation of the new outreach service in a year or two’s time.

A quick update on the Traveller and Gypsy situation. You will recall that I reported on the meeting of the new liaison committee which was formed following the difficulties experienced in our area during the Appleby Fair earlier this year. The next meeting is scheduled to take place at the end of September. I am pleased to say that representatives from North Lancashire and Eden Districts will also be present at the meeting as the challenge we undoubtedly face next year needs to be addressed by all the parties involved and not just piecemeal by each District Council and separate local interests. I shall report in full in my next article.

So that you know, I have recently been appointed to the Board of the

Yorkshire Dales and Harrogate Tourism Partnership and Peter is on the Board of South Lakes Housing – the body responsible for the management of South Lakeland District Council's housing stock.

As a District Councillor I was delighted to be invited to Farfield Mill on the 14th September to share in their 10th Anniversary celebrations and to be part of the Civic party welcoming "Queen Victoria" and her entourage (all very convincing) for the unveiling of a plaque to commemorate the occasion. Local people shared stories and memories relating to the history of the Mill and special activities were laid on for visitors to take part in. The Trustees and all the staff are to be congratulated on making Farfield a continuing success story for the area.

I wonder how many of you took part in the Great North Swim at Windermere on the 13th September? This is a brand new event promoted and supported by South Lakeland District Council. Up to two thousand participants were expected to swim the two mile circuit laid out in the Lake including some members of the Olympics swimming team. It is hoped that this (like the Great North Run) will prove to be an annual event bringing people from all over the country to our area.

As always Peter and I are only a phone call or an email message away and can be contacted on:

*Ian McPherson: Tel. 015396 20648
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OKTET & AMABILE

The visit of Oktet-9 Slovene Male Voice Choir 27th-21st August

Once again we have been stunned by the quality of the singing from visiting singers from Slovenia. This youth choir led by Gregor Deleja sang a mixture of traditional Slovene folk songs as well as more modern numbers in both English and Slovene. Particularly moving was when the boys, who had already spent a couple of days meeting with the girls, sang them goodnight at the end of the Sedbergh concert: 'I hate to leave you but I really must go...'

This was more than matched by the excellence of some of the choirs and singers who met them during their visit.

Amabile, the girls' choir from Kendal led by Charlotte Jackson, stunned a packed People's Hall with such fantastic singing that at the end of some of their songs you couldn't hear a pin drop so great was the awe the audience held them in. And not just the singing, the choir choreographed their performance dressed in bright satins producing a spellbinding show beautifully lit by Steve Longlands with new equipment from the People's Hall.

The Cautley Carollers sang with them on a trip to visit Cautley Spout and afterwards in the Cautley Church. The group, as well as singing English folk and west gallery arrangements sing some Slovene songs including Vecernica, an Evening song about the sun setting over the distant mountains - often sung at funerals.

And a group of local women singers, Five in a Bar, gave a breathtaking performance at Brigflatts Meeting house after the meeting on Sunday - literally. One of the songs they sang is Breaths from the Afro-American group Sweet Honey in the Rock honouring the ancestors. These are beautifully blended voices with an interesting a varied repertoire.

Taking Slovene groups to Brigflatts has always seemed appropriate, not just because they receive such a warm welcome from the Friends or because there are five copies of an excellent translation into Slovene about the Meeting House. But because the Slovene national anthem is the only one in the world with an



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overtly pacifist theme: 'God's blessings on all nations who long and pray for that bright day when over Earth's habitation no war, no strife, shall hold its sway.'

Oktet-9 (so called because they were 8 singers, and then became 9, but are now 12, although only 11 could make it on the tour!) also sang at the Middleton Head folk evening although their singing was a little louder than the assembled throng so the idea of integrating the two groups fell by the wayside despite some very spirited music from both the Slovene and English folk musicians.

The group stayed at Balliol School and despite an impressive ability to party way beyond where many of us

would be flat on our backs were very responsive to requests to not offend anyone - and left the building gleaming after a couple of hours of cleaning before they left. None of them smoked in any of the buildings, and following complaints from last year, they agreed not to play piano accordions returning from the pub down the high street at 3am or other musical instruments outside late at night. Unfortunately, I had forgotten to mention not to sing outside near the neighbours' houses at 4am in the morning. But perhaps it wasn't just the visiting boys - one awakened neighbour said: "I thought they were meant to be a male voice choir but there was some very high pitched giggling going on out there." Anyway, many apologies to the residents of Thorns Bank for any broken sleep you might have suffered.

Other events they took part in were a song swap session where the Durham Scratchets, Lakeland Voices, singers from Sedbergh Summer Singers and Oktet shared songs with each other; the Mintfest festival in Kendal, where they sang in the town centre to a delighted audience; a concert in Lancaster where they met Slovene students from the university and a local choir; And an afternoon at the Kirkstone Pass Inn, where the owner was so delighted he treated them all to endless flagons of ale and a roast beef and Yorkshire pudding meal. We hope they will return to Sedbergh and we look forward to meeting them when our singers visit Zreče in October. *David Burbidge* ©

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HERITAGE DAY

Sunday, September 14, National Heritage Day, was favoured with the finest weather after the deluge of recent weeks, a fitting welcome for Her Majesty Queen Victoria's visit to Farfield Mill, Sedbergh. That the Queen should choose to visit Farfield, rather than far grander establishments, as the Castle at Sizergh and Levens Hall, was much appreciated by the local populace and at the injunction of the Town Crier, Mr Dennis Whicker, resplendent in many yards of gold satin, her arrival was greeted with three hearty cheers and much waving of handkerchiefs, in hearty Yorkshire welcome.



It should be noted that this was the first official engagement to which Her Majesty had been accompanied by Mr. John Brown who, to the astonishment of the crowds lining Main Street, travelled with her in her carriage. Could this be a first step in persuading her subjects that Mr Brown might, in the distant future, be deemed a suitable consort?

Entertaining a monarch is a most costly business, and we understand that Farfield's resources were stretched to the limit in providing entertainment and a repast



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appropriate for the occasion, with Mr Steadman's prize-winning sausages much in evidence. Many worthy citizens of this parish had been pressed into service, some in unfamiliar roles. Mr Ian Dawson, better known for pulling teeth than writing verse, delivered a poem for the occasion, though some listeners found his rhyming couplets equally excruciating. Ruth Gamsby read a moving testament to the plight of children who had worked in the Mill, somewhat in the manner of Charles Dickens' 'Hard Times', which so affected Her Majesty that she, in turn, spoke with equal eloquence on the benefits of Educating the Workers.

Mr. Richard Thomas, whose frequent renditions of Mendelsohn's Wedding March on the Parish Church organ has been the cause of many heaving bosoms, forsook his musical talents to record the event for posterity, having acquired the very latest in photographic invention. The several portraits of the Queen, and particularly those with no part of the face or head missing, were much sought after.

There followed a welcome speech from Alderman Hopkins, and Miss Mia Scott, the little daughter of Farfield's pot maker, presented Her Majesty with a crystal necklace which was graciously accepted. In compliance with Alderman

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Lancaster's request, Her Majesty then unveiled a tribute to the Mill workers, an oak board with gold lettering raised by public subscription through the good offices of the Hon. Mrs Lamb. This was greeted with cordial applause by all present, a testament to the warm regard with which the Queen is held by her subjects.

A splendid occasion was marred to some slight effect by the Chairman of Farfield's Committee whose enthusiasm for recouping the outlay on the event led to an untimely demand that those present purchase raffle tickets. After some enquiry about the nature of these, Her Majesty took the disruption in good part, instructing Mr Brown to purchase some on her behalf which he did with good grace, the Note he proffered representing all of one year's wages. The afternoon ended with the Queen's gracious acceptance of a horse blanket woven on the Mill's original Dobcross looms. All in all a most happy, uplifting and memorable occasion.

Court Correspondent ☺

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LETTER TO CUMBRIA TOURISM

Dear Mr Stephens,

We run a Bed & Breakfast in Sedbergh which has been recently inspected by yourselves, i.e. 'Cumbria Tourism'. I wish to make the point that we have undergone this inspection not for ourselves, or for your benefit, but to support our local, independent Tourist Information Centre. This year we paid £88 for this inspection. We approve of such inspections, if nothing else it helps to maintain standards. We imagine that your aim is to encompass all tourist accommodation in Cumbria.

On receipt of our certificate and window sticker (both for display) we noted that these items were clearly

and boldly headed with the logo, '*the lake district*'. Assuming there had been a mistake we returned these items. As you will see, if you check the map of Cumbria as detailed on your own website, Sedbergh is firmly within the Yorkshire Dales National Park, not '*the lake district*'. So were surprised to have the items returned to us unchanged. The explanation was that there had been no mistake, words to the effect, '*the lake district*' is a '*brand*' that is recognised and accepted by all.

May we point out that Cumbria is a county with many areas of significance, all of which make them tourist attractions in their own right. Our part of the Yorkshire Dales is in

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Cumbria, but it is certainly not **'the lake district'**, neither is the upper Eden Valley, the City of Carlisle, the Borough of Barrow in Furness, the West Cumbria Coast or the Solway Firth.

I can only imagine the surprise of Hotels and B&B proprietors in Silloth or Walney Island on receipt of their certificates had you chosen to pursue the logo and recognisable **'brand'** **'the Yorkshire Dales'** to cover the county.

Perhaps in the pursuit of, **'the lake district brand'**, you should lobby for the whole county to be renamed, **'Greater Ambleside'**.

We are now supposed to display the certificate and sticker for the benefit of visitors to the area and our guests. These items if displayed in this area will constitute a gross misrepresentation. I would guess **'the lake district'** represents about 30% of the county of Cumbria. People who wish to go to **'the lake district'** may well be thoroughly disappointed should they be tempted by this logo to come here. Likewise people who walk from Garsdale to Dent Dale may be surprised to learn that they are walking **'the lake district'**.

We have canvassed our B&B colleagues and I can assure you that we are not alone in holding this view. Some of the opinions were even stronger than ours. Surely none of this will surprise you as you have already recognised there is a great deal in a name.

The feeling is so strong in fact, that the B&B owners we have spoken to have stated that they may withdraw



from this inspection scheme. Those who have not yet joined may now refrain from doing so. This in turn will be at the very least unhelpful for our (struggling) local, independent Tourist Information Centre.

It seems to us that the certificates and stickers can be easily produced and altered on a computer. We can see no reason why the documents could not be produced that actually are representative of the areas they are to be displayed in.

We would like to point out that **'the lake district'**, is in Cumbria, Cumbria is not in **'the lake district'**

What you need to do:

Re-design the logo, the certificates and stickers with an appropriate logo for the whole County. Or produce a selection of alternatives, i.e. the Upper Eden Valley, Cumbria Coast, Western Dales, etc.

In the meantime these documents for display that we have paid £88 for are of no use to us. We will return them to you accordingly. If the matter is not corrected we will require our payment to be refunded.

Yours sincerely

Sandra Gold-Wood & Keith Wood ☺

CUMBRIA WILDLIFE TRUST

Birdwatching in Sedbergh

Good news about life in the local bird world seems a welcome relief from most of the 'doom and gloom' stories at the moment. Despite the dreadful 'summer' weather, most birds in this area seem to have had a successful breeding season.

In April the beautiful black and white male pied flycatchers return from a winter spent in West Africa to choose a suitable woodland territory, but when they arrive many of the tree holes are already occupied by tits or other small birds. However, they adapt well to using nestboxes and in 2007 the Sedbergh Support Group of the Cumbria Wildlife Trust started a

project to put up new and replace some old nestboxes in various local woodlands in an attempt to provide extra real estate for the birds.

The first-year results were extremely encouraging with one successful box in each of three locations resulting in 16 ringed fledglings. This year more boxes were made (thank you John Fox) and added to the areas where these birds had bred last year.

Several other boxes put up in suitable gardens and other small woodlands have so far been well used by blue tits and great tits but not by pied flycatchers. On June 10, the very patient and supportive Paul Robinson again came from Bowston to spend a day ringing

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The results for 2008 were outstanding! The three woodlands had a total of 28 boxes, 8 being successfully used this year by pied flycatchers. One adult female and 30 young were ringed, 7 were too small to ring and 5 had already fledged, giving a total of 42 successfully fledged pied flycatchers. It was interesting to note that there was such a large variation in ages of the young this year from some having already fledged to some being too small to put rings on, a difference of about two weeks. Could this be caused by a changeable climate or just normal fluctuating breeding dates? Fortunately, there was no apparent predation of the flycatchers this year, although one of the great tit nests had been pulled out of the box, presumably by a grey squirrel.



Other birds which seem to have had a good breeding season this year are the swallows. On my own property, the normal two or three nests have increased this summer to seven nests in just one barn. The inconveniences of increased 'mess' and having to make sure the doors are left open have been well worth while. It is fun to watch the swallows and house martins swooping to catch insects over the sodden, uncut hay fields, the birds being some of the few

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beneficiaries of the dreadful weather. There are also flocks (or 'charms') of dozens of noisy goldfinch in the hayfields at the moment enjoying the late seeds still on the long grasses and flowers. Siskins and the tiny goldcrests have also had a good year, as have the birds at the other end of the size scale - the big grey herons, which can often be seen standing motionless in a river or wet field.

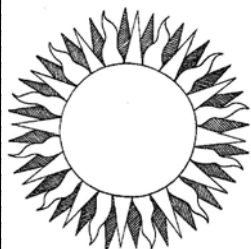
Many people have reported seeing lots of birds at their feeders this summer. This could be because the birds are becoming very well trained to come for 'easy pickings,' because more and more people are feeding year round, because the birds are easier to notice at a feeder or just because there are, in fact, more of them. I would be interested to receive any information you can give about unusual trends or behaviour of our local birds and if you would like to be informally involved in the nestbox project or other bird watching around Sedbergh, please let me know. No skills are required, just enthusiasm!

Jackie Foott, 25453 ☺

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I'm writing this on the 19th September and have just read an article describing the plight of the employees of the Halifax, just 70 miles away – 6000 people in West Yorkshire wondering if they will be in a job at Christmas. Sedbergh can remember what that feels like, FMD was only 6 years ago, we know what it feels like when a town shuts down and people who have businesses spend their days wondering where



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the next penny is coming from.

None of us know what is going to happen with the world economy and we're probably all trying not to think about it too much, but perhaps we should take a thought for our friends and neighbours.

We can all do some little things NOW to try to help Sedbergh stay buoyant, to help local businesses weather any down turn and to keep local people in jobs.

It's always a difficult few months the run up to Christmas with everyone trying to save for the holidays, but instead of spending pounds and pounds of petrol money chasing off after lower prices elsewhere why not try to calculate how much money and time you could save by doing your shopping in town. Everyone enjoys eating out in the Christmas season, it would be great if staff parties and family dos could stay here in Sedbergh, again you will be saving on petrol and time while supporting the community.

We are all beginning to realise that the politics of a totally free market, whilst it seems to work in the good times, is a real problem when things get tough. How much of the money that water companies owned by the French earn here stays here in Britain? how much of the money that you pay for heating goes straight out of the country to support governments which you probably wouldn't vote for? and how much of the money earned by global businesses like Asda actually stays in

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Carole Nelson ☺

SEDBERGH PRIMARY SCHOOL

At the end of last term we were visited by Her Majesty's Inspector, Mr. Steven Isherwood for our OFSTED inspection. We had a phone call on Monday morning to say he would be arriving on Wednesday so there was little time to get nervous. The good news was that we were to receive a short inspection so he would finish by Thursday, 4.00pm. But if we thought this would mean a less intense experience we were wrong! He spent every minute working, not even stopping for a morning break or



lunch and we were all impressed with his thoroughness and his professional attitude. He saw lessons in every class, scrutinised children's work, talked to numerous children of all ages through school, met school council members, talked to staff and had a lengthy interview with members of the Governing Body. He looked at policies, assessments and also had a long telephone conversation with our Cumbria school inspector.

We all felt that he had, in a very short time, really got to know our school so when he came up with his judgements of "Outstanding" we were thrilled.

His report opened; "I feel confident that my child is challenged in all aspects of his learning." "We view the

school and staff as an extension of our Family". These sentiments expressed by some parents and echoed overwhelmingly by others go to the heart of why Sedbergh Primary is an outstanding school. Pupils' achievements are excellent. They reach consistently high standards in their work and make exceptionally good progress in their personal development. Pupils behave very well, have positive attitudes and greatly enjoy their learning as demonstrated by their good attendance and their enthusiasm for the wide range of opportunities the school provides".

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outstanding overall. Furthermore the curriculum is well planned with excellent opportunities for enrichment and enjoyment. Teachers have high expectations. Their subject knowledge and effective questioning keeps pupils on their toes. Teaching assistants make a valuable contribution and provide a very good layer of extra support in all classes. The governing body plays an effective role in shaping the school's direction and in holding it to account.

After talking to the children he wrote: "When asked to identify the best things about the school pupils emphasised that lessons were often fun, they feel very safe and everyone gets on well together. They found it

difficult to think of improvements that could be made. There was clear agreement that they liked 'everything!' and strong praise for the way that staff can be relied on to help and support them".

Judgements, which can range from Outstanding to Inadequate, have to be made in each of the following categories : Overall effectiveness, Achievement and standards, Leadership and Management , Personal development and well-being, and The Quality of Provision.

We were all absolutely delighted to learn that we were awarded Outstanding in every one and the cheer from the children nearly raised the roof! ☺

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AUGUST WEATHER

What a month even the Met office have called it awful August!! It has been one of the wettest and the cloudiest since records began in 1914. In fact 1917 was the wettest ever but I wasn't around then! We ended up with 7.13 inches and on only 4 days did we not record any precipitation. Apparently the depressions which normally go to the North of the British Isles have hung over us this year. So much for global warming driving things North! It must be La Nina's fault this time causing its disturbance in the Southern Atlantic. Due, no doubt, to the cloud level temperatures only reached the 70'sF on 3 days with a maximum of 72.5F. Minima were relatively warmer with most days being in the 50sF with a low of 43F though we had some balmy days with minima in the 60sF! Pressure was to be expected on the low side with a depression during the

second week dropping below 29 inches of mercury. It was during this period that the maximum wind speed of 25.3 mph was recorded.

The weather has certainly affected the wildlife and gardens. Weeds and grass have grown tremendously but little has been cut by farmers or gardeners, well at least not here. The swifts and martins left earlier than usual with us though we saw very few of either this summer. I have only seen one nest of young swallows near us and unfortunately "our" resident pair didn't use our kennels this year. The buddleia is almost over without many butterflies around. During the month we had one warm sunny morning when a few peacock and a red admiral were seen feeding but no small tortoiseshells were with them as usually is the case. It certainly isn't because of a shortage of nettles as we have them in abundance. I almost trod on a baby

NBC-SKYNET

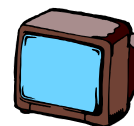


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pipistrelle bat in the yard. A phone call to the local expert had me release it onto the honeysuckle on the wall and in a while it transferred to the wall and eventually went. It must have got detached from its mother. I have never found their roost. Not like a friend who has them in his roof with unmentionables leaking through the ceiling! All summer I have still only seen 2 hedgehog road casualties and no live ones suggesting the local populations has dropped dramatically. I understand this is another result in the increase in badgers as is the spread of TB. The government's reluctance to upset the badger groups and do something about the booming populations and the disease reservoir exacerbates the problem. It is alright to slaughter 10000s of cattle and destroy their owners' livelihood but the disease can live on in badgers leaving them to die in agony. Recently it has reached goats and been passed on to people. We were free of the disease but the rise in the badger population since the 1970s has broken the disease free cycle. This damp warm weather has meant more fly strikes on sheep. It appears that the anti-fly repellents must get washed away resulting in repeat attacks especially where the tup's horns grow from his skull. No a pretty sight to see maggots come crawling out when you put some maggot oil on! ☺




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ZRECE VISITATION 2

*Zrece Mayor & Firemen's Choir Visit
10th-14th October*

We were of course delighted when Zdenka Kejsar from the Zrece tourist office said that the Firemen's choir wanted to visit Sedbergh in October and asked if we could arrange a visit for them. And even more so when she added that the Mayor, Boris Podvršnik, would be coming with them.

As the new mayor of Zrece, this will be Boris' first visit to Sedbergh and represents a significant step forward in the twinning of our two towns, which has already won such international fame for its vigour and enthusiasm. Many groups in Sedbergh had already invited the Mayor to a variety of functions over the past year, but such are the constraints of a busy Mayor that this is the first time he has been able to visit.

Zdenka said that she was sure that once the mayor had met the wonderful people of Sedbergh and felt how much warmth there was here for our twin town, he was sure to find

time in the future for invitations from Sedbergh's many welcoming groups.

The Firemen have wonderful voices and sing a variety of Slovene songs, with some of their singers having been quite famous in previous years. It's often said that Slovene songs can be divided into sad love songs and drinking songs, but of course there are many others such as those in praise of the partisans and their national tree, the Lipa. You can learn a few of these at a session in the Dent Memorial Hall on Sunday.

The choir had asked if they could meet a similar firemen's or policemen's choir to join forces with so we looked in the Greater Sedbergh area and found a choir of Policemen from Manchester who are active in meeting singers from their own German twin town. The two choirs are giving a concert after the workshop MC'd by Denis Whicker with an address from the Slovene Consul, Ana Wersun. Expect to feel the heat and the beat!

The Firemen will also meet a male voice choir called Voice Male who are touring later in the year in Slovenia,

as well as singers from the Dent Choir, the Cautley Carollers and Settle Voices. And to round the evening off we have a meal and Ceilidh with the Garsdale Street Band who many of you will know is made up of musicians from Dentdale and Cautley with the steps of the dances called out by singer and caller Clare Pope. Everyone is very welcome at any of these events.

On Saturday evening Susan Garnet and the Town Twinning Committee are also arranging an evening function in the Sedbergh Golf Club with limited tickets, the Parish Council have invited the Slovenes to lunch after church on Sunday, and singers and musicians are also invited to join an evening of music at the Sportsman's Inn on Monday evening. The Firemen and mayor will also be visiting the Sedbergh and Kendal fire stations, our local Primary and Settlebeck schools, as well several places nearby.

But if you can't make any of these events, we'll be very happy to arrange an opportunity to meet our visitors - we're sure they would like to meet you.

David Burbidge ☺



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We have the premises, 86 Main Street, kindly offered rent free for the first three months. We have begged and borrowed the shop fittings. We have the promise of help from sufficient volunteers to get us started. All we need now is the support of you, the community.

We need donations of a wide range of saleable items. We would like more volunteers, to enable us to form small teams, thereby making volunteering a more fun and sociable experience. We need bargain hunters, browsers, big spenders, collectors, covert connoisseurs and the just plain curious to come and see what we have to offer.

Don't forget that the proceeds from the shop will go to the Sedbergh and District Community Fund, a registered charity which exists to support projects that help sustain or improve the quality of community life within the parishes of Dent, Garsdale and Sedbergh.

We will be pleased to receive donations and further offers of support, at the shop (for large items or collection of goods please contact David Ramsbottom at the Community Office 20504 or on 21013). Thank you.

The bottom line is, far better a charity shop than an empty shop, but far better still, one that is well supported and raises funds for the local community. ☺

DISTINGUISHED OCTOGENARIANS

(The fifth in the occasional series about some of Sedbergh's Senior Citizens who are over the age of eighty and who have led interesting and exemplary lives.)

Listening to Dr Michael Flindt reminiscing about "running a hospital single-handed in Borneo" seems surreal as I sit in his comfortable farmhouse parlour looking across the River Rawthey at the green slopes of the Howgills. The Cautley valley is also a far cry from the London Borough of Barnet where Michael was born. He was educated at Bryanston School, Dorset, from which he won a place to read medicine at Wadham College, Oxford. However, a seven year medical course during the war years seemed too long, so he qualified from St Thomas's Hospital in London, serving his first placement as House Physician at St Helier Hospital, Carshalton. His first boss - unusual in those days - was a woman. Promotion within the hospital service meant his call-up was deferred, and he went back to St Thomas's as



Resident Anaesthetist and House Surgeon. He then returned to St Helier Hospital as Senior Casualty Officer and Admissions Officer. Dr Flindt's broad medical experience was to prove invaluable in his later work overseas.

A further memory was how, as a senior medical student, he worked in a hospital set aside to receive casualties from the Normandy Landings towards the end of the war. He describes as "creepy" the experience of waiting in a hospital full of empty beds for these to be filled with soldiers, not yet wounded, who were about to invade France.

During this period, Michael met and married his wife, Mary, who was a nurse at St Thomas's. It was through her parents that he was to meet the surgeon from Borneo, who was looking for someone to succeed him on his retirement. So it was that, at the age of 25, Dr Flindt signed the four-year contract with Shell, who were looking for oil in the South China Sea, and left for Borneo. Dr and Mrs Flindt had been living in an attic flat in Sutton, and Michael recalls

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how he and his pregnant wife had to carry the heavy metal trunk down several flights of stairs to the taxi at the door. At Southampton he boarded a large Dutch liner bound for the East Indies. They stopped at Port Said, where he recalls bartering goods through a port hole with Egyptians in small boats, before sailing on via the Suez Canal into the Red Sea and on to Singapore. From there, it took two and a half days in a small steamer to reach his destination in Borneo.

Mary was allowed to fly out a few weeks later in a Sunderland Flying Boat, not long before the birth of the first of their three children. Michael arrived to meet her, seasick, bedraggled and soaked, after a rough passage in the motor boat that met her steamer from Singapore. They lived in a wooden house which, when Borneo was occupied by the Japanese, had been the home of the general. They used to decapitate people in the garden. All the hospital staff had previously worked for the Japanese..

These were hard, but very

rewarding years. For most of the time Michael was in charge of a one-hundred-bed hospital owned by Shell, but which was the sole medical facility for the community. He acted as surgeon, physician, and anaesthetist. As the only doctor he had to do everything, from brain surgery to post mortems. Apart from two European nursing sisters, the hospital staff were all Asian - Chinese, Malays, Indians, Eurasians, and the indigenous Dyaks. It was difficult to recuperate from sleep lost through night time emergencies, as each day was fully occupied by a ward round, outpatients, and minor - and sometimes major - surgery. Back in England, after spells at St Thomas's, and as editor of a medical journal, and as a general practitioner, he worked as an industrial medical officer with Unilever on Merseyside. Here he did significant work, which has been described as having 'changed the practice of occupational medicine'. The work pioneered by Dr Flindt led to the elimination of the

(Continued on page 66)

lung disease, silicosis, in the manufacture of domestic scouring products, and to the identification of the asthma hazard from enzymes in biological detergents.

Subsequently, he moved to the University of Manchester, to the Department of Occupational Medicine, with postgraduate teaching responsibilities. He retired as an Honorary Fellow, having also been an Honorary Consultant to Manchester Royal Infirmary. It was from here that, on four occasions, he had the distinction of being invited to cross the Atlantic, as Visiting Professor, to lecture in the United States and Venezuela about his discoveries relating to silicosis and to occupational asthma.

After his retirement, Michael continued an active and multi-faceted life. He had always been a keen sportsman, captaining the Squash and Tennis teams at St Thomas's, being a county standard squash player, and once extending a Davis Cup player in an open tennis tournament. In later life he has taken up the clarinet and the basset horn, and still plays with the Windermere and District Orchestra. Another of his diverse talents is painting in oils. He has received prizes for some of his work, and a beautiful painting of the River Rawthey hangs in his parlour. Short stories based on exotic experiences have come from his pen - for example the tale of how he acted as Royal Physician to an earlier Sultan of Brunei; and how his

mortuary was once picketed by former head-hunters!

But life in Cautley continues to provide challenge. In an exploit reminiscent of the engineering enterprises of Leonardo da Vinci, our distinguished octogenarian not long ago designed and constructed a hydraulic ram system to pump spring water to his house. The diverse energies and talents of Dr Michael Flindt continue to go strong.

George D. Handley. ☺

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YDNP

New planning committee chairman

Carl Lis has been elected chairman of the Planning Committee of the Yorkshire Dales National Park Authority (YDNPA).

Mr Lis, who has been a Member since 1996, replaces Graham Dalton.

Mr Lis stepped down as Authority chairman in July after four years in the post.

Will Weston, who lives in Barnard Castle, County Durham, and joined the Authority in April, 2006, was re-elected as the deputy chairman of the Planning Committee. ☺

OCTOBER GARDENING

There are advantages to living high up on a hillside. The Garden which slopes gently towards the south gets long hours of direct sunlight (when there is any), and having acres of peaty moorland up above it, it is never short of water. On the downside it does catch the full force of all the winds and at no time of year is this so obvious than in October when the garden should be full of the glowing colours of Autumn leaves. Instead, our trees are generally blasted until brown and frazzled and then stripped of their foliage well before it has the chance to turn. The silver birches always go first, usually in mid September, and they are followed by the *Cercidiphyllum* (Strawberry Jam Tree) which, in my garden, never manages to stay around quite long enough to develop its wonderful burnt sugar fragrance or pale yellow and pink translucent foliage.

Fortunately for me, I do work in several much more sheltered gardens , so can enjoy the colours and scents of the Autumn leaves there. One of the first plants to colour up, and give a display of rich reds, crimson and orange is the Fernleaf Maple, *Acer japonicum* 'Aconitifolium'. This makes a round headed small tree with beautiful deeply cut foliage. Another favourite is a form of the Scarlet Maple, *A. rubrum* 'October Glory'. This cultivar was introduced into this country in the early 1980's and I planted a small new specimen in the Arboretum at

Harlow Carr gardens in 1986. Being under the mistaken impression that 'October Glory' was a form of Japanese Maple, it went into a border with other shrubs and small trees which it quickly outstripped. It now makes a slightly lopsided (the deer got at it) but bold display of colour at the end of a mown pathway, flanked by golden yellow Lime trees (*Tilia x europaea*). *Acer rubrum* has the potential to be a large tree, almost as tall as Sycamore. *Acer platanoides* (Norway Maple) and *A. saccharinum* (Silver Maple) are of a similar size but have much more interesting Autumn colours than our local Sycamores (*A. pseudoplatanus*). Watch out for the Norway maple opposite the toll bar workshops and the Silver maple on station road between Queens Drive and Busk Lane and see how they colour up this Autumn.

Elaine Horne ☺

SEDBERGH SCHOOL LOCAL BOYS' FUND

The Committee of the Sedbergh School Local Boys' Fund will meet on November 7th to consider any grant applications from local boys in the parishes of Sedbergh, Garsdale and Dent. The requests should be for any assistance towards the purchase of books, equipment or other expenses incurred at a primary, secondary or higher educational level.

Please contact Joyce Priestly (Honorary Secretary) at: Havera Bank, Howgill Lane, Sedbergh. Tel: 015396-20104. ☺

FROSTROW WI

Still raining! Our planned walk in August to do part of Hadrian's Wall had to be cancelled because of the weather. We didn't see the point of travelling so far unless we were going to enjoy it and walking in the pouring rain is definitely NOT enjoyable!

With the walk cancelled, we had a quiet month, apart from a slight hitch with our meeting. The scheduled speaker had had to cancel. Luckily for us, Pat Ramsden managed to do some re-arranging and so Phil Bamford came to talk to us about "The Mystery of Magnets". We were grateful to him for stepping in at the last minute, especially since he had travelled back from the Cotswolds to be with us!

The magnets in question were ones used in magno-therapy and fuel-saving devices. The magnets are set into bracelets which should be worn 24 hours a day. Magno-therapy was first mentioned over 2000 years ago when the Chinese used loadstones. Magnets can be used to treat a variety of medical problems such as arthritis, angina, asthma and osteoporosis. Exeter University carried out a clinical trial on people with arthritis and 85% reported an improvement in their condition. Magno-therapy can also be used effectively on animals. In these cases the magnets are set into a collar.

Magnetic fuel-saving devices can be fitted to cars and central heating systems, with a reported reduction in fuel consumption of 10-15%.

How does it all work? Well – it's a mystery!!!

Jean Mitchell won the competition for a pill box and Jean Jones won the raffle. D.T. ☺

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EXTENDED SERVICES

From 1st September 2008 all Extended Services Cluster Co-ordinators in Cumbria working with clusters of schools, families and communities to extend services for children & young people, are now employed by Childrens' Services, Cumbria County Council but will continue to be based in school clusters as before. Please note my new mobile telephone number 078877 94093 and email jane.sparrow-niang@cumbriacc.gov.uk
Dent Parish Plan – next steps

The Parish Plan action plan has now been drawn up, following an extensive consultation in 2007-8. Action points to improve services for children, young people & families include:

- Set up internet café for young people & others

- Improve children's playground equipment
- Work with young people in setting up conservation area & running wildlife-related activities
- Research demand for Adult Education classes & investigate provision
- Develop leisure services for the disabled

Children & Young People to Takeover - Friday 7th November
 11 Million Takeover Day is happening again this year on Friday 7 November. Sir Al Aynsley-Green, Children's Commissioner for England, calls on decision makers to invite children and young people to take over their organisations for one day:

"The second 11 MILLION Takeover Day will be a great chance for those organisations who already involve children and young people to showcase their work or act as starting point for those who do not.."

If you'd like to involve young people in your work as part of 11 Million Takeover Day please contact me. Visit the 11 MILLION website www.11million.org.uk for more details.

HOWGILL W. I.

The September meeting was held at Firbank Church Hall. Mary Silva presided giving a warm welcome to everyone. Out thoughts were with the members who could not be with us. Elsie Middleton is recovering at home following her recent surgery and Mary Stainton is in hospital in Middlesborough after being taken ill

on holiday. We send them both our best wishes for a speedy recovery and hope to see them back with us soon.

The next Howgill Hikers walk will be led by Hilary Wilson and will be a two hour walk in the Borrowdale Valley bottom.

For the knitters amongst us the challenge is on to knit squares to be made into blankets for African Aid. Mary Silva has already made 41 squares.

We are looking forward to the Quiz Night at the Bull Hotel in October. The Golf Club is the venue for our Christmas meal on December 6th. Menus were passed around. 2009 calendars and diaries were distributed.

Guest Speaker for the evening was Joan Hodgson who inspired us with her craft work and tips on making Hanging Decorations. With Joan's guidance we made our own original Christmas decoration giving us that feeling of satisfaction and boosting our self esteem, as something made with your own hands is something special.

Hilary Wilson thanked Joan for an interesting, enjoyable evening. The competition for your own piece of craftwork was won by Bridget Postlethwaite with Barbara Axford second. Raffle winner was Lesley Hennedy.

We meet again on October 2nd at Howgill Village Hall with a 7pm start.. W. I. Adviser Ruth Rigg will be guiding us through the A.G.M. AH ☺

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Nigel Davis Solicitors, one of the country's top UK agricultural law practices, has opened a new office in Cumbria. The new office is located in The Stable Yard at Dalton Hall just outside Burton-in-Kendal, less than 5 miles from junctions 35 and 36 of the M6.

The firm was established in Derbyshire, in October 2000 by Nigel Davis whose name has been synonymous with agriculture and, specifically, agricultural law for over 30 years. The practice has gone from strength to strength and today comprises more than 20 personnel including 10 solicitors and with the majority of these from a farming background the team is uniquely placed to understand the needs of the farming and rural farming community.

Directors Nigel Davis, Matthew Elias and Oliver Wilson, Associates Wanda Goodhead and Ian Sanderson, Assistant Solicitor Pauline Drake, Consultants Louise Corbett and Jane Bastin, and Sarah Stubbs Fellow of the Institute of Legal Executives provide expert advice on legal issues affecting farmers, farming rural communities and businesses.

Nigel Davis Solicitors has gained a large number of clients in Cumbria since Nigel and his wife purchased a property in Sedbergh in 2005. Nigel himself is also a breeder of Kendal Rough Fells and is the sponsor of the Rough Fell Sheep Breeders Association's annual shows and

sales, held in Kendal. Hence, the decision was taken to expand to service the needs of clients in the north of England and across into North Wales.

The firm is proud of the enviable portfolio of agricultural clients it acts for the length and breadth of England and Wales which comprises not only owner occupiers, landlords and tenants, and agri-businesses, but also local and other authorities, farming organisations and show and pedigree livestock breed societies.

The office is easily accessible, offers disabled access and is informal in atmosphere. The office is open from 9 am to 5 pm Monday to Friday and Nigel and his colleagues are happy to see clients by appointment either at the office or on farm, whichever is more convenient to the particular client. The firm also offers affordable monthly billing.

To find out more log onto their website www.agriculturalsolicitors.co.uk or contact Rachel Capstick, Office Manager for Nigel Davis Solicitors, Cumbria on 01524 784260 or rachelcapstick@agriculturalsolicitors.co.uk ☺

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THE CRAVEN TRUST

those who can remember back to Foot and Mouth in 2001/2 will probably also remember what a huge contribution local charity The Craven Trust made to helping farmers get over the worst problems. The Trust continues to work throughout the Craven district funding individuals in need and good causes of all types. It has recently helped youth and toddler groups, the tourist office and Book Town, the Rose Theatre and many other Sedbergh area organisations. Since Sedbergh is at the edge of the Craven Trust area this is the very first fund-raising and getting-to-know-you event that the Trust has held here for a very long time.

Individuals and representatives of groups that are looking for funding are invited to attend the event and take this opportunity of meeting Trustees. The Trust hopes that others will come along to enjoy the play and contribute to Trust funds which in turn will be used to support the people of Sedbergh and the DALES COMMUNITIES. ☺

FISH IN SEDBERGH

by Steadman's Butchers

Top quality Fish and Shellfish are now available at Steadman's Butchers.

Steadman's have teamed up with "Fish Fanatics" to stock up to 30 different lines of top quality fish and shellfish. We have started with 15 Lines (See advert) but have already had requests to stock more.

Garth said "It is the perfect compliment to our range of Local

Meat and Meat products and fills a much needed gap in Sedbergh as fish has normally only been available at the Wednesday Market. The feedback we have been getting from our customers has been 100% positive and fits in with our objective of supplying the very best of products to our customers ☺

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LEVENS CHOIR

The Choir invites you to 'come and sing' Mozart's Requiem with them on Saturday, 18th October in Cartmel Priory. Or just come and listen to the performance in the evening at 7.30pm.

The Requiem will form one half of Levens Choir's pre-Suffolk-tour concert. Rehearsals start at 1pm with the performance in the second half of the concert at 7.30pm.

Fee to take part is £15 (students half price). The Novello edition of the score will be used which will be available to borrow on the day.

Admission to the concert only, £7.50. Full details on the web site www.communicate.co.uk/lakes/levenschoir or phone 01539 733944 for an application form. ☺

CHARITY WALK

Please can I say a big thank you to everyone that sponsored me to walk the Three Peak's and also thank you to the other 11 people who joined me that wet day back in August.

It took us 10¼ hours in total, 9 of which were very wet.

I raised £654 which I have split between Dentdale First Responders and Dent Pre-School.

Teresa Capstick ☺

CUMBRIA IN BLOOM

Millthrop has won a Silver Gilt Award at the Seminar held on the 4th September at Houghton Garden Centre, Carlisle. Spedding House garden won first prize in the special category section. Well done to the residents of Millthrop.

Many thanks to John and Jill for the Wheel and Barrow at the entrances also the sheep.

And thanks to Ryan, Kieran and Richard for doing the sweeping so well and to Jack and Mary for the long drive to the seminar. *MM* ☺

Dear Folks,

We have just returned home after a few wet days in Sedbergh, but despite the weather we enjoyed our stay, what impressed us most was the shops in the area ;The Butchers, Bakers. Greengrocers, Nisa, Chip Shop, Sweet Shop, Bookshops, and the Chinese Takeaway. The range of goods in these shops puts many a high street to shame, and the people serving all had a "hello" and smile for

you despite the wet. The Happy Valley takeaway supplied the nicest Chinese meal we have had in the UK.

The down side is being OAP's I don't think we can afford a return visit, and I am sure there lots of little gems we did not have time to find in your area, so I think it is a trip we need to put in the "been there did some of it " file but we will always keep the memories.

People of Sedbergh we thank and envy you.

*Mr & Mrs Robert Finlay
(Bert & Wilma) x* ☺



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MULTIPLE SCLEROSIS

The past few years I have held a Table Top Sale as a fundraiser for a charity. Well, that time of year is coming around again.

On Saturday 22nd November at 9.30am in the People's Hall this years event will take place.

I am sorry but I am begging for any items to go on the M/S table to sell on the day. Also if you, or anyone you know, could spare a bit of time on the day I would be really chuffed.

Please come along on the day and

have a browse. Don't forget there will be refreshments and some super cake served all morning.

Many thanks for taking the time to read this and any offers of help will be greatly appreciated. Ring me, Sandra Longlands on Sedbergh 20885 in the evening or on my mobile 07815-069394 anytime. ☺

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OPEN DISCUSSION GROUP

Due to the generosity of Alf and Joan Hooper an interdenominational and interfaith discussion group meets on the second and fourth Wednesdays during the winter months at their house at 4 Highfield Villas in Sedbergh.

If you have never participated in a discussion group which challenges the spiritual basis of your faith, or if you are excited by the prospect of examining your faith with sympathetic people who want to discover how important spirituality is in our largely Secular age please join us at 4 Highfield Villas.

The diversity of opinions and wide range of theological backgrounds of the participants challenges all group

members to broaden their views and to respect the views of others brought up in different traditions and different faiths. The subject to be discussed by the group is always decided by the group as a whole.

The first meeting of the discussion group for die 2008/2009 winter season will take place at 7.30pm on Wednesday the 15th. of October 2008.

Please do come and join us, you will be very welcome. ☺

SEDBERGH PARISH COUNCIL

Please note that the Parish Council will meet on the following dates at 7.30pm in the Committee Room, Peoples' Hall.

	2008	
Wednesday	29	October
Thursday	27	November
No meeting in December, 2008		

	2009	
Wednesday	14	January
Thursday	29	January
Wednesday	25	February
Thursday	26	March
Wednesday	29	April
Thursday	28	May
Wednesday	24	June
Thursday	30	July
Wednesday	26	August
Thursday	24	September
Wednesday	28	October
Thursday	26	November

No meeting in December 2009.

The new Clerk to the Parish Council is Mr Colin Robertshaw to which we extend a warm welcome. He can be contacted on 01539 730597. ☺

ORGANISATION	Update	CONTACT	Tel:	015396
Angling Association		Mr Wright	Dent:	25533
Art Society (S & D)	09/08	Mrs Leigh	Sed:	20794
Badminton (Dent)		Mrs Rushton	Dent:	25306
Badminton (Sedbergh) *	10/08	Mr Wheatley	07816	437500
Beekeepers Association (S & D)		Mrs Whitton	015242	72004
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 *	10/08	Mrs Corpe	Dent:	25594
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 *	10/08	Mrs Goad	Sed:	20402
Garsdale Village Hall		Mrs Scarr	Sed:	20502
Garsdale Ladies Group	09/08	Mrs Ramsbottom	Sed:	21013
Golf Club		Mr Lord	Sed:	20993
Good Companions (Dent)		Mrs Woof	Dent:	25275
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
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)	09/08	Mr Cairns	Dent:	25655
Parish Council (Garsdale)		Mrs Donaldson	07967	972160
Parish Council (Sedbergh) *	10/08	Mr Robertshaw	01539	730597
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
Scouts		Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.		Mrs Storey	Sed:	21593
South Lakeland Carers Association		Mrs Woof	Dent:	25212
South Lakeland Society for the Blind		Mr Axford	Sed:	21019
Squash Club		Mrs Cooling	Sed:	20622
Slimming Club		Mrs Uttley	01539	722568
Swimming Club		Mrs Thexton	Sed:	20574
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				

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2009/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB;</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2008/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
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 (2008/10) <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(*); Di (min 4 by arrangement)</i> e-mail: kathryn.vigar@btopenworld.com	20447
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2008/12) <i>F/D (4 poster); ES; CH; TV; P; NS; DW; CW</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs K Milburn	High Roans, Guldrey Lane, Sedbergh (2009/??) <i>2T (ES) VISIT BRITAIN 4* - CH,L,TV,TVL,P,NS,VB,CW</i> www.highroans.co.uk e-mail enquiries@ highroans.co.uk	21440
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2010/05) <i>2D (4 Poster); 2D; 1T; 1S; All ES; TVL; P; CH; CW; FC; NS</i>	21012
Miss S Thurlby	15 Back Lane, Sedbergh (2008/12) <i>1D; 1T; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amservice.net	20251

CAMPING, CARAVANNING, SELF-CATERING & RENTAL

Borrett Barn Caravan, Marthwaite, Sedbergh (2008/10)	<i>4 Berth; H+C Shower; WC; TV; NS</i>	21175
Sycamore Cottage, Lunds, Sedbergh (2008/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356
Borrett Barn Flat, Marthwaite, Sedbergh (2008/10)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh (2009/02) <i>Sleeps 6-8 1D; 1T; ES; PB; CH; L; TVL; P; NS; NP(*)</i> e-mail: ali@interact.co.uk	20360
Miss J Davidson	Bideber Mill Cottage, West House, Ingleton (2009/10) <i>Sleeps 2; ES; CH; L; TVL; P; NS; NP; DR</i>	015242 42478

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

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:

Tony Reed Screen 21081 & Lavinia Mahon 21740

ROMAN CATHOLIC

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

Rev. Dr. P Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30 & 18.30

Rev. T Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. C Gotham Tel: 22030

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

Mrs T Satchell Tel: 20005

UNITARIAN & FREE

CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Wednesday 19.30

Rev. G Jones Tel: 01539 722079

*Enquiries for the following services,
please ring the relevant telephone number*

CHURCH OF ENGLAND

Firbank; Howgill & Killington
Cautley & Garsdale

Canon A W Fell Tel: 20283

Church Wardens:

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

Rev. P Boyles Tel: 25226

METHODIST CHURCH

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

Rev. T Widdess Tel: 20329

SEDBERGH CHRISTIAN CENTRE

6.30 pm People's Hall every Sunday

Tel: 20588 or 20503

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



Lookaround Advertising Rates

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

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

DIARY OF EVENTS

Dates are held up to 20th December 2009

Entries marked (*) see Advert in previous Lookaround.			
OCTOBER			
1	1000	Firbank Church Coffee Morning	URCR
1	1000	A Brush with the Media Ends	DCMH
1	1300	Zebra's New to You Sale (1)	SMCR
1	1300	Muncheon Music (1)	SSQH
1	1930	WIF Facts & Phantoms of Upper Eden	PH
1	1930	HS Common Land (15)	SHS
2	1430	Cameo Ladies Personal Journey	SMCR
2	1830	SHS Open Evening (6)	SHS
2	1930	WIH AGM	HVH
4		National Quaker Week Starts (7)	BF
7	1000	Quaker Drop In (7)	BF
7	1000	Red Squirrel Conservation Walk	DCMH
7	1400	Spinning a Yarn	DCMH
7	2100	Les Bull Band	Bull Hotel
8	1000	Quaker Drop In (7)	BF
8	1000	Barnardo's Coffee Morning	URCR
8	1230	Red Squirrel Conservation	DCMH
8	1915	WID Beauty Therapy	DMH
8	1930	CWT All about Ospreys	SHS
8	2000	Dent Parish Council	Sportsman
11	1000	Pepperpot Coffee Morn & Concert (11)	URCR
11	1000	Red Squirrel Conservation Walk	DCMH
11	1330	Bingo (11)	GH
11	1345	In Fox's Footsteps (7)	JLCP
12	1630	Firemen & Police Concert (12)	DMH
12	1900	Ceilidh & Meal (12)	DMH
13	1930	Gala Group AGM	PH
14	1330	Bingo (11)	GH
14	1400	WIK Twas the night before Christmas	PH
14	1930	Fair Trade (14)	PH
14	1930	FCH Bingo & Potato Pie Supper	FCH
15	1000	Alzheimer's Coffee Morning (15)	URCR
15	1930	HS Richard Brunskill & Excise (15)	SHS
16	1430	Cameo Ladies Fair Trade	SMCR
18	1930	Mozart's Requiem (18)	Cartmel Priory
17		SS Half Term Starts	
17	1930	DCMH AGM	DCMH
19	1100	Discover & Do	DCMH
19	1030	Christian Worship	PH
20	1000	Hidden History of the Dales starts	DCMH
20		Beetle Drive	GVH
21	1400	SLSB Meeting	PH
21	1930	Dentdale Choir Concert	DMH
22	1000	Dent Methodist Coffee Morning	URCR
22	1930	Antiques Evening with Henry Bowring	BVH
24	1930	Domino Drive	HVH
25	1000	Feed the Birds with the RSPCA	DCMH
25	1100	Chainsaw Sculpture	DCMH
25	1330	Bingo (11)	GH
26	1000	Feed the Birds with the RSPCA	DCMH
26	1430	Master Class Recital (*)	URC
28		SS Half Term Ends	
28	1000	Patchwork & Quilting	DCMH
28	1330	Bingo (11)	GH
28	1930	Children's Party Domino Drive	KPH
28	1930	Garsdale Ladies Group SarahM	GVH
29	1000	Badminton Club Coffee Morning	URCR
29	1000	Producers Market (27)	JLCP
29	1400	Discover & Do	DCMH
29	1900	Antiques Evening (29) date change	BVH
29	1930	Sedbergh Parish Council	PH
31	1000	Hidden History of the Dales Ends	DCMH
31	1400	Storytelling	DCMH
31	1830	FC Bonfire Night & Skittles Party	FCH
NOVEMBER			
4	2100	Les Bull Band	Bull Hotel
5	1000	Garsdale Church Coffee Morning	URCR
5	1930	WIF AGM & Jacobs Join	PH
5	1930	HS Ancient Fish Traps	SHS
6	1930	WIH Cruising our Canals	FCH
7		Garsdale Bonfire Night	GVH
7	2000	Young Kidz Fashion Show	PH
8	1330	Bingo (11)	GH
8	1800	Sedbergh Bonfire Night	PH
11		11 Million Takeover Day	
11	1330	Bingo (11)	GH
11	1400	WIK AGM & YDNP Storytelling	PH
11	1930	FC Domino Drive	FCH
12	1000	Bowling Club Coffee Morning	URCR
12	1915	WID AGM	DMH
12	1930	GVH Domino Drive	GVH
14	1930	WIH Domino Drive	HVH
15	1930	Howgill Dance	PH
18		SLSB Meal	tba
19	1930	HS Kendal Carriers	SHS
21	1930	Domino Drive	KVH
22	0930	MS Giant Table Top Sale	PH
22	1330	Bingo (11)	GH
23	1030	Christian Worship	PH
23	1030	String Workshop & Concert (47)	SPS
25	1330	Bingo (11)	GH
25	1930	Garsdale Ladies Group Jewellery	GVH
26	1930	CWT Towards a living Landscape	SHS
27	1930	Sedbergh Parish Council	PH
28	1900	HS Annual Dinner	GC
30		St Andrew's Day	

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

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

DECEMBER			DIARY KEY		
2	1200	WIK Christmas Lunch date change	Pheasant	BF	= Brigflatts
2	2100	Les Bull Band	Bull Hotel	BS	= Baliol School
3	1000	NFU Coffee Morning	URCR	BVH	= Barbon Village Hall
3	1930	HS Cromwell's Rep in Sedbergh & Dent	SHS	CDC	= Community Development Centre
3		WIF Christmas Dinner	TBA	CO	= Community Office, Main Street
5	1930	Kathryn Tickell Concert (58)	PH	CTiS	= Churches Together in Sedbergh
6	1330	Bingo (11)	GH	CWT	= Cumbria Wildlife Trust
6		WIH Christmas Party	TBA	DCMH	= Dales Countryside Museum, Hawes
6		Christmas Tree Festival & Market	Dent	DCP	= Dent Car Park
9	1330	Bingo (11)	GH	DMH	= Dent Memorial Hall
9	1930	FCH Domino Drive & Mince Pies	FCH	DMC/S	= Dent Methodist Chapel/Schoolroom
10		SS Term Ends		FCH	= Firbank Church Hall
10		WID Christmas Party	TBA	FM	= Fairfield Mill
12	1930	Christmas Domino Drive	KVH	GC	= Golf Club
14	1030	Christian Worship	PH	GH	= Gladstone House
20	1330	Bingo (11)	GH	GVH	= Garsdale Village Hall
22	1930	Christmas Domino Drive	HVH	HS	= History Society
23	1330	Bingo (11)	GH	HVH	= Howgill Village Hall
JANUARY				JLCP	= Joss Lane Car Park
7	1930	HS St Helena & Napoleon	SHS	KL	= Kirkby Lonsdale
13	1930	FCH Domino Drive	FCH	KVH	= Killington Village Hall
14	1930	Sedbergh Parish Council	PH	LHCP	= Loftus Hill Car Park
18	1030	Christian Worship	PH	MCCCKL	= Methodist Church Centre KL
21	1930	HS Registration Service since 1837	SHS	PH	= People's Hall
27	1930	Garsdale Ladies Group Jacobs Join	GVH	SHS	= Settlebeck High School
28	1930	CWT Nature Conservation	SHS	SLSB	= South Lakeland Society for the Blind
29	1930	Sedbergh Parish Council	PH	SMCR	= Sed. Methodist Church Room
FEBRUARY				SPS	= Sedbergh Primary School
4	1930	HS Old Kendal Now and Then	SHS	StAS/D	= St Andrew's Church, Sedbergh/Dent
15	1030	Christian Worship	PH	SS/C	= Sedbergh School/Chaplaincy
17	1930	FCH Domino Drive	FCH	STO	= Sedbergh Tourist Office, Main Street
18	1930	HS William Wordsworth	DMH	URCR	= United Reformed Church Rooms
25	1930	CWT Birds of Prey	SHS	WID	= Women's Institute, Dentdale
25	1930	Sedbergh Parish Council	PH	WIF	= Women's Institute, Frostrow
MARCH				WIH	= Women's Institute, Howgill
2	1930	FCH AGM	FCH	WIK	= Women's Institute, Killington
4	1930	HS Prehistoric Cumbria	SHS		
10	1930	FCH Domino Drive	FCH		
11	1930	CWT AGM + Baffin Island	SHS		
14	1300	Dentdale Run	Dent		
15	1030	Christian Worship	PH		
18	1930	HS YDNP Buildings	SHS		
21	1930	HS AGM + Jacob's Join	SHS		
24	1930	Garsdale Ladies Group Demonstration	GVH		
26	1930	Sedbergh Parish Council	PH		
28	1200	Spring Show	PH		
APRIL					
19	1030	Christian Worship	PH		
22	1930	CWT Wildlife in Sacred Places	SHS		
28	1930	Garsdale Ladies Group African Orphans	GVH		
29	1930	Sedbergh Parish Council	PH		
MAY					
17	1030	Christian Worship	PH		
18	1930	Garsdale Ladies Group Auction	GVH		
28	1930	Sedbergh Parish Council	PH		
JUNE					
21	1030	Christian Worship	PH		

Regular Meetings		
Howgill Toddlers	1315 Every Monday	HVH
Dent Parish Council	1930 1st Monday	DMH
SL Carers Association	1400 1st Tuesday	PH
Killington WI	1400 2nd Tuesday	PH
Ladies NFU	1930 3rd Tuesday	PH
Coffee Morning	1000 Every Wednesday	URCR
Zebras	1315 Every Wednesday	SMCR
Sedbergh Juniors	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 Thursday	PH
Howgill WI	1930 1st Thursday	FCH
Monkey House Café	1930 Every Friday	Library

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218

Repeat Prescription ☎ 015396 20239

Out of Hours ☎ 01539 781999

Bay Call ☎ 0845 0524 999

Monday	0830 - 1030 O	1400 - 1700 P*
	0830 - 1015 L*	1500 - 1800 B
	1045 - 1230 H*	1830 - 2030 W*
	1130 - 1215 Dent Surgery	
Tuesday	0830 - 1030 O	
	1045 - 1230 H*	1430 - 1730 H*
Wednesday	0830 - 1030 O	1400 - 1700 P*
	1045 - 1230 P*	1500 - 1800 L*
Thursday	0830 - 1030 O	
	1045 - 1230 L*	1400 - 1700 H*
Friday	0830 - 1030 O	1400 - 1700 P*
	1045 - 1230 L*	1430 - 1730 L*

L = Dr Lumb

H = Dr Hunt

P = Nurse Pilling

O = Open Surgery

* = Appointment Only

B = Book on Day

W = Workers Surgery

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

Early Bird Surgery available, please ask at Reception

Practice Nurses

Monday	0845 - 1300 C	1400 - 1730 C
	0840 - 1200 LB	1400 - 1630 E
Tuesday	0845 - 1300 C	1400 - 1730 C
Wednesday	0830 - 1300 B	1400 - 1730 B
	0840 - 1200 L	
Thursday	0830 - 1300 B	1400 - 1730 B
		1400 - 1730 C
Friday	0845 - 1300 C	1400 - 1730 C

B = Joanne Batty

C = Anne Crome

L = Kay Lumb LB = Bloods

E = ECG Clinic

District Nurse

☎ 015396 21690

Health Visitor

☎ 015396 20979

A Collinge Optometrist

Friday only 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 & Loftus Hill Car Park, 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