

Sedbergh & District

# LOOKAROUND

November 2009

Issue 272

Donation 70 Pence

Would readers please note that from : January should be submitted by 15th  
December, the *Lookaround* will be £1 : November. All other submissions  
per issue . This will ensure that we : should be submitted by 19th but the  
continue with the current presentation : sooner the better to aid with the  
for many years to come. : collation and production.

All Adverts for December and

*Dennis & Jacky Whicker*

SEDBERGH & DISTRICT

## HISTORY SOCIETY

**Wednesday 4th November**  
North-Eastern Railway  
A Benevolent Company  
*Harry Wilson*

**Wednesday 18th November**  
Lady Anne Clifford  
Her journey from  
Skipton to Penrith  
*June Hall*

---

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: Richard Cann 20771

SETTLEBECK PTFA  

# JUMBLE

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Raffle ~ Cakes & Refreshments

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

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# NOVEMBER BIRTHDAYS

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

A previous Birthday Voucher was not collected so there are two this month.

The recipients this month are:-

Ben Ferguson who is

10 years old on 22nd November

Katie Woof who is

11 years old on 17th November

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
3	Kobe CRESSEY	6
9	Iona STEPHENSON	10
11	Logan COWIN	1
11	Maximillian GEUER-LEES	8
17	Katie WOOF	11
18	Adam SEN	3
18	James ABBATT	7
18	Robbie KENDAL	8
22	Ben FERGUSON	10
24	Melissa SPROUL	8
28	Toby GREENSMITH	3
29	Denim FOSTER	7
	<b>Nonagenarian &amp; Over</b>	

## NONAGENARIANS

We are now including the details of all those aged 90 years and over who wish to have their details included. To do this, we must have the persons permission, the correct Name & Date of Birth and a contact telephone number. Please supply these details and they will appear in the relevant month. Sadly, they will not qualify for the Birthday Voucher! ☺

## PERSONAL & SMALL ADS £1

### COWIN

Our little boy Logan is going to be 1 year old on 11th November 2009. Happy Birthday little man. All our love. Mummy & Daddy XXX

### COWIN

Happy Birthday Little Brother Logan. Love Big Brother Antony. X

### FOSTER

Have a Happy **7th Birthday** Denim on 29th November. Lots of Love and Kisses from Mummy + Nanna + Grandad. xxxxx

### FOSTER

Happy **7th Birthday** Denim on 29th November. Love from Uncle Martin, Uncle Michael and Auntie Roxanne. xxxxx

### DENT MAN

Happy Birthday to Dent's Most Handsome Man. X

### MASON

Look who's 50!!! Happy Birthday Griz on 20th November. Love Janet.



### MASON

Happy 50th Birthday Dad. Love Sharon & Jessica.

### MASON

Happy 50th Birthday Grandad. Love Jasmine, Alexander, Harvey & Lucas. XXXX

### WINN

Happy **40th Birthday** Helen on 10th November. Lots of Love Jennifer.

### WINN

Thank you all so much for the support and kindness shown to me after the sudden passing of my dear husband Sydney. I have been overwhelmed by the cards, letters, flowers, gifts and donations received. But most of all the visits from family, friends and neighbours. Please continue to call at any time. It means so much to know that so many of you care. Thanks again. Connie.

### FOR SALE

Two Parker Knoll Rocking Chairs. Very good condition. Can view. We can deliver. Offers. Tel: 21187.

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**FOR SALE**

Sewing Machine 6019 Quilter Companion. £250. Tel 015396-20671.

=====

**FOR SALE**

Two Hen Cabins 7' x 5' & 4' x 5'. Everything included, Laying Boxes, Perches etc. Tel: 21771.

=====

**FOR SALE**

Settlebeck High School Minibus. Ford Transit – long wheelbase, 17 seats 'R' registration. Only 55,000 miles from new. Full Service History. Good runner. MOT until Feb 2010. Bodywork and seats need some TLC. Includes powered disabled lift and roof rack. Offers please to the Office at Settlebeck High School Tel: 20383.

=====

**GARDENER NEEDED**

In Garsdale. Hours to suit applicant and weather! Just keeping garden tidy e.g., grass cutting and weeding. Would suit retired person. Tel: 07977-553341.

=====

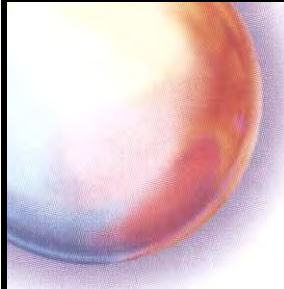
**STOP**

Can you please stop Raiding my favourite Take-Away? The standards are going downhill. J Kendall

=====

**COTTAGE TO LET**

Spacious 4 bedroomed furnished cottage to let in Dentdale on a short term basis from January 2010 till mid March. If interested call 015396 25308.



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### SEDBERGH PARISH COUNCIL

The latest council meeting was held on Thursday 24<sup>th</sup> September at the People's Hall.

The following matters arising from the minutes were discussed:

Tennis Courts – No real progress here. The council will take professional advice before a formal response is given to SLDC. However it has been confirmed that the site is no longer being considered by YDNPA for housing.

#### The following planning issues were discussed:

##### Applications:-

Re-occupation of former dwelling to

provide one local occupancy dwellinghouse at Howgill Head, Howgill – *Recommend that, if approved, consideration be given to severely restricting subsequent development within the curtilage of the dwelling by means of a Section 106 Agreement/conditions.*

Erection of rear conservatory at 24 Woodside Avenue, Sedbergh – *No objections, in view of similar conservatories that have been built in close proximity.*

Erection of first floor balcony to rear elevation at 12a Queens Drive, Sedbergh – *No objections.*

Re-roofing and extensions at Brier

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Field, Howgill Lane, Sedbergh – *No objections, but note the decreasing number of smaller dwellings within the local housing stock as a result of such developments.*

Erection of single storey side and rear extension at 30 Woodside, Sedbergh – *No objections in principle, but suggest that the use of timber frames to the proposed dining room would be more appropriate, as the existing widows are timber, and would also give visual strength to this corner of the extension.*

**Decisions:-**

Appeal on Rawthey Bank conservatory – *not accepted.*  
Section 106 agreement for auction mart site – with solicitors of applicant  
Tree orders – *advised of various applications that have been accepted.*

Further details of planning applications can be found on the Yorkshire Dales National Park website.

**Finance**

The annual audit report has been received and was adopted by the Council. There were three minor matters which are being dealt with by the Audit Committee. Members of the public can view the audit report at the council office.

It was agreed that a half year review of the budget would be carried out by the audit committee

**Car Parks**

SLDC have agreed to jet the drains at Joss Lane to try and alleviate flooding. If flooding occurs again United Utilities will be contacted to

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see if there is a problem with the road drain.

A camera survey has been carried out on the drains at Loftus Hill Car Park. The situation will be monitored and remedial work carried out if blockages continue.

The car park committee are to clarify the position in respect of parking permits for holiday lets.

**Football Field**

Sand banding and extra drainage has been carried out and there has been a significant improvement in the pitch drainage.

**Playground**

A scheme has been agreed to provide a play barrier between the

playground and the football field and funding is to come from a grant from Cumbria County Council, the Parish Council and fundraising by the Playground Committee. It is hoped that the work can be commenced before the year end.

### **People's Hall**

The Parish Council have given agreement in principle for changes in the lease to accommodate the proposed redevelopment of the Hall

### **Highways**

Sedbergh School have very kindly agreed to host the proposed highways meeting on October 9<sup>th</sup> at which representatives from the Parish Council, Cumbria Highways and YDNPA will be present along with Tim

Farron and District Councillors.

It was noted that stretches of the A684 between the M6 and Sedbergh will be resurfaced before Christmas according to Cumbria Highways.

The next meeting will be on November 26<sup>th</sup> at 7.30pm at the People's Hall committee room.

Members of the public are welcome and there is always an opportunity usually around 8.30pm for you to participate.

For any further information please contact the clerk *Colin Robertshaw*.  
(Tel 01539 730597 email [clerk@sedberghparishcouncil.org.uk](mailto:clerk@sedberghparishcouncil.org.uk) or at the Community Office around midday each Wednesday)



## **Sedbergh Community Development Centre Courses for November**

**Have a Crafty Christmas**, Wednesday 4<sup>th</sup> November, 6 afternoons, Sedbergh  
**Beaded Jewellery Workshop**, Saturday 7<sup>th</sup> November, Sedbergh  
**You CAN Draw Workshop**, Saturday 14<sup>th</sup> November, Kirkby Lonsdale  
**Lattice & Cobweb Felt Scarves Workshop**, Saturday 21<sup>st</sup> November, Kirkby Lonsdale  
**Using Databases**, Mon 2<sup>nd</sup> November, 5 evenings, Kendal  
**Downloading & Using Free Software**, Thu 12<sup>th</sup> November, 2 evenings, Sedbergh  
**Buying & Selling on eBay**, Wednesday 25<sup>th</sup> November, Kirkby Lonsdale  
**Computer Safety & Security**, Date TBC, Sedbergh  
**Christmas Cooking with a Difference**, Thu 26<sup>th</sup> November, 4 evenings, Sedbergh  
**Hill Farming – 3 Farm Visits**, 7<sup>th</sup> November + 2 other Saturdays, various locations  
**Coppicing for Firewood & Other Uses**, Saturday 31<sup>st</sup> October & 14<sup>th</sup> November  
**Chakra Yoga Workshop**, Saturday 14<sup>th</sup> + 21<sup>st</sup> November, Kendal  
**French Beginners**, January 2010, Sedbergh

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

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Methodist Church, Sedbergh Circuit  
*Social Responsibility*

Monday 9th November, 7.30pm

### ‘St. John’s Hospice’

Speaker;- Revd David Barnett  
Chaplain

at Methodist Church

Light refreshments

Opportunity to give to Hospice

*All welcome*

### COUNCILLORS CORNER

I am typing this on my notebook computer in a hotel room in Aghios Nicholaos on Crete – a last minute holiday after our third less than perfect summer in South Cumbria. By the way, thank you to everyone for their kind regards concerning my recent birthday.

**WEST BANKS IN DENT** – At the most recent Planning Committee meeting members agreed to grant permission for the re-occupation of a former house at West Banks. This is excellent news and as many of you know I have spent many tens if not hundreds of hours producing the historical analysis which proved absolutely the history of the property back to the marriage of Timothy Thistlethwaite in 1724 and his subsequent untimely death. The analysis was exceptionally complex but the result was certain. It has long been a concern of mine when

applicants were asked to prove the self-evident. On this occasion even when this was done the officers continued as if it had not been. This was truly shocking to me and extremely frustrating and expensive for Phillip and Edwin, the applicants. The property in question was substantially rebuilt with a sandstone flag roof by or for Timothy and his new bride at the time of their marriage. It contains many significant features from that date such as four openings for two and three light mullioned windows. The mullions have long gone. However the south wall is the most interesting and is a clear survival from the earlier cruck frame structure on the site. There are the remains of the open hearth fire with adjoining bread oven cavity and corbelled chimney with firehood supports. You can just about see the earlier masonry line associated with the earlier building. What was

particularly important for me was how the site related to dating information from prior to the rebuild such as two entries in the Court Roll for Dent for 1668, two very basic properties which did not feature on the subsequent Hearth Tax Returns. Were they semi-detached and were they on this site? That is what historic research ought to be about. The property is well worth a visit, next year's History Society Summer Programme perhaps?

**CHAPEL HOUSE CASTERTON** – Just before I came on holiday we had another very important planning verdict in Casterton parish. This has clear implications for agricultural holdings within the SLDC planning

area and might conceivably be useful in the national park as well. I have been supporting the Wilman family in their appeal for an agricultural building on the site of their present polytunnel. I was surprised and disappointed by the original refusal and always advised that there was good reason to suppose that permission would be granted on appeal. After a site visit by the Inspector on the Monday his decision overturning SLDC's refusal came through on Thursday. I was genuinely surprised by the speed of this decision: I was also surprised by the completeness of the Inspector's rejection of the case provided by the council. It is clear that members of

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**Sedbergh Town Band**

*presents a*



**CONCERT OF REMEMBRANCE**

Proceeds to the  
Royal British Legion  
and the  
United Reformed Church

**7.30 pm**

**Wednesday 11<sup>th</sup> November**

at the  
URC Church, Main St, Sedbergh.

Admission £5.00



Sedbergh Town Band is a registered charity. No. 1086817

SLDC Planning Committee were poorly advised on this occasion and this must give hope to those who have a need for new agricultural buildings. If that is the case for you please make contact with me, preferably before you put in your application.

**2010 DISTRICT ELECTIONS** – I am delighted to confirm that Anne Fenwick has been selected as the Conservative Candidate for the 2010 District Elections. In all likelihood the election will be held on the same day as the General Election. Like the parliamentary seat, that district seat is held by the Liberal Democrats and I sincerely hope that both can be taken

back next year.

**GYPSIES AND TRAVELLERS** –

Since the last issue of Lookaround there has been another meeting of the "Respect" group and also residents of Cautley have formed their own Cautley Residents' Action Group, "CRAG". I think we are making good progress in the Respect Group now; frustratingly slow though it has been. In my absence here on Crete I hope Ian was able to attend the Eden officer group at Penrith. Both of us have repeatedly reiterated the basic problems here: too many, too soon and too long and Eden make the matter forever worse by encouraging the travellers not to

THE  
GEORGE & DRAGON HOTEL  
DENT

*presents the*

## *Dave Savill Jazz Band*

**Thursday 12th November**

8:30pm

Admission Free

*New Orleans Food Menu*

An evening of Jazz & Blues with

*Dave on Trumpet*

*Fred on Piano*

*Glen on Trombone*

*Laurence on Bass*

*Ian on Drums*

*Jane with vocals*



enter Eden before the very end of May. Both Gareth McKeever our Conservative prospective MP and Tim Farron are now involved and others such as William Hague's Chief of Staff have seen what goes on with their own eyes.

**ONGOING MATTERS** – I am hoping that my grant of £7,000 towards the Play Area next to the People's Hall will have gone through the South Lakeland Local Committee of Cumbria CC by the time you read this. It looks as if the repairs to the Sedbergh Kendal road will not be progressed until December now: I was very sorry to learn this. There has been a truly shocking report from

the District Auditor on SLDC's accounts. Members of the controlling group should not shrug their shoulders and pretend it doesn't matter. It does. It affects the credibility of the council and therefore it affects its ability to bring in public money from grant giving bodies at national and hopefully, soon to be abolished, regional level.

For non-urgent matters or to arrange a meeting please contact Anne Fenwick – 07951 465 073, AFenwick07@aol.com

*Councillor Kevin Lancaster –  
015396 20800, 07980 844 695,  
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surrounding area*

## HOWGILL W. I.

October is the month when we look back and reflect on events and happenings during 2009. The A.G.M., held on 1st October at Firbank Church Hall was well attended. Mary Silva presided, giving a warm welcome to members and guests. A special welcome was given to Judith Stainton.

News on members unable to join us. Elsie Middleton is recovering at home and Hilary Wilson is settling in at her new home in Appleby.

Helen Beare and Anita Carey had a fun and entertaining day when they took part in the Reading Aloud Festival. There were 22 entries, Levens W. I. Being the winners. Names were taken for forthcoming events. The Fashion Show hosted by Holme W. I. The Pub Quiz at the Bull Hotel. Our Domino Drive at Howgill and the Fashion Show by Box 2 at the Town Hall in Kendal.

Our singing group led by Helen Beare will be taking part in the Carol Service at Howgill Church on December 13th.

The next part of the meeting was the business of the vote for President. Our guest W. I. , advisor Anne Timmings guided us through the voting, resulting in a unanimous decision of Mary Silva for President. We were please to hear Mary is happy to stand again for the next year. The Secretary reported a busy and interesting year and the Treasurer revealed our finances are in a healthy position and were adopted.

A poster for a Domino Drive event. The text is centered and includes the event name, date, time, location, and details about the entry fee and prizes. There are small illustrations of a pizza, a glass of juice, and a cup of coffee. The background features a faint image of dominoes.

**Domino Drive**  
**Friday 13<sup>th</sup> November at 7pm**  
Dent Memorial Hall  
Tea, Coffee and Juice  
included in entry fee  
Hot Food, Raffle and  
lots of Prizes to be won!!!!  
**All Welcome**  
*In aid of Dent Pre-School*

The Appleby Cup for the most competition points throughout the year was presented to Helen Beare. Mary thanked everyone who helps the W.I., to function, committee and fellow members in what ever job they do. In return Mary was thanked for her hard work and dedication.

Anne continued the meeting by giving us details of forthcoming events on the Federation calendar, proving there is lots to do and to get involved with. Her next task was judging the competition for an interesting item. This was won by Sheelagh Denniss with Helen Beare second. Vera Hodgson thanked Anne on our behalf. The social half hour was a quiz devised by Judith Capstick featuring 'Yesterday's News', and was won by our guest Hilary Charlton. Raffle winner was Barbara Axford. The evening was brought to a close with a Jacobs Join and get together.

We meet again on the 5th November when Sheila Capstick will be making marzipan fruits for Christmas at Howgill Village Hall.

AH

## DENT PARISH COUNCIL

The October meeting welcomed Colin Robertshaw to his first meeting as parish clerk, and discussed some of the issues that are outlined below. As usual, the full council minutes are published on the Dentdale website, [www.dentdale.com](http://www.dentdale.com).

### Car Park Lease

Although Dent car park is managed by the parish council, it is owned by the National Park and leased from them. The present five-year lease is due to end next March, so the parish council have been negotiating with the Park over its renewal. Terms have not yet been agreed, but it is hoped they soon will be so that the parish council can continue to control



St. Andrew's Church  
Sedbergh



## Christmas Fair

Saturday 14th November  
People's Hall 11am - 2pm



Admission 50p  
Children *FREE*  
Cakes - Lunches - Preserves  
Gifts - Books - etc

the level of charges and retain free parking for residents.

### Affordable Housing

At the October meeting, the parish council discussed the latest developments over affordable housing in Dentdale. Some time ago, YDNPA asked landowners if they had any land which they would be prepared to release as sites for affordable and local occupancy housing. A number of landowners in Dentdale responded to this call, and the National Park has now decided which ones should be looked at in more detail. Although it recommended that three sites in Dent, including the field above Ghyllside, should be investigated further, it did not do so for the field adjacent to Glebe Fold. As earlier this year both the Bradford diocese and Two Castles Housing Association were proposing to apply for outline planning permission on this site, the parish council is very concerned about this, and unanimously agreed to press for it to be given further consideration.

## Workshop for Strings

Beginners to Grade 4  
Children, Adults & Teachers welcome

*with*

Rachel Moore (Director)

&

Penny Legat, Alice Hurley, Anthea Meuli

**Sunday 15th November**

*at Sedbergh Primary School*

*11.00 a.m. – 4.15 p.m.*

*3.45 p.m. Play-through for parents and friends  
(open 10.30 onwards ready to play by 11.00)*

Children £8.00 - Sedbergh children free

Adults £10.00

ESTA & Pepperpot members £8.00

*(Light refreshments included in cost)*

**Booking & enquiries to:**

Anthea Meuli

Tel: 01539 720304

Mobile: 07835 497375

Email: [a.meuli@talktalk.net](mailto:a.meuli@talktalk.net)

Sponsored by

*The Trott Musical Foundation  
Sedbergh Pepperpot Club*

### Neighbourhood Watch

In the last month, a meeting of Neighbourhood Watch co-ordinators identified who would cover which areas in the dale. CSO Karen Dakin, who called the meeting, is hoping that additional volunteers will come forward to cover the gaps. If you would like to help, please contact her at her morning drop in sessions at Dent Stores on the first Tuesday of each month.

### Parish Council Newsletter

Plans are underway for the second edition of the Parish Council newsletter, which will be delivered to every home in the dale towards the end of November. This issue will focus on the progress made in

implementing the Parish Plan since its publication a year ago.

### Dent Allotments

The parish council meeting heard that the Dentedale allotments have now received £2,000 in grants and that work will start on digging up the field at Sunnybank, next to Church Bridge, during November. Plots are still available – if you are interested in one, please contact the Secretary, Ken Smith (tel: 25688) as soon as possible.

### Invasive Plants

The parish plan committee is considering its response to a recent comment from a visitor about the growth in the dale of two invasive plants, Himalayan Balsam and

Sedbergh CDC presents

## highlights rural touring scheme

### Two Gentlemen of Verona

#### or Vakomana Vaviri Ve Zimbabwe Performed by Two Gents Productions

A Zimbabwean take on Shakespeare's play in which actors Denton Chikura & Tonderai Munyevu take on all the parts using little more than a trunk, some scarves and hats.

**Saturday 14th November  
Settlebeck High School, 8pm**

*"Exquisite...small but perfectly formed"*  
The Times—Critic's choice



Tickets: Adults £7, Child/Benefit £4, Family £20  
Free tickets for under 26s—please enquire  
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Japanese Knotweed. If you are interested in taking part in a mapping exercise next year to establish the scale of the problem, please get in touch with me – contact details are at the end of this article.

Hawes Medical Practice

While most residents in Dentedale are registered with the GP practice in Sedbergh, a number of people use the Hawes medical practice instead. Each practice runs a regular forum to discuss issues with its local community, and Dent parish council is represented on both groups.

A meeting of the Hawes group at the end of September heard that Alpha Dental Services has been awarded the NHS Dentistry contract for Hawes, Leyburn & Bedale, though out of hours dentistry remains an issue. It also heard that the Friarage Hospital in Northallerton is likely to receive reduced funding in the near future as a result of the economic climate. However, there are no plans to cut services, and paediatric and obstetric services will be resumed at the hospital at the end of October.

If you have any general issues about either practice you would like raised at future meetings, please contact the parish council's representatives: Jenny Pilgrim for Hawes (tel: 25589) or Kate Cairns for Sedbergh (tel:25655).

Next Meeting

The next council meeting will be at 7.30pm on November 2nd in the Sedgwick Room. It is open to everyone, and members of the public will be able to raise any issue that concerns them in the public forum which usually takes place about 8 o'clock.

*Jock Cairns, Chair Tel: 25655*

*Email:*

*dentparishcouncil@btinternet.com*

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### FAMILY MUSINGS

Ever get the feeling you have missed some important information somehow which would make everything clear and help you to understand the where and the why? That is how I have been feeling for sometime now about my working life, I mean the "paid" part. I gave up a job I loved but could not do anymore back in July, needed a rest, then needed new paid employment and sort of expected something to come-up around September or to start in Sept, it IS coming now and we are well into the latter part of the year! So, what have I missed? Perhaps just how burnt-out I had actually become! Now, well rested, having had time to potter and catch up with friends, and with God because actually He had got a bit pushed out, I am better ready to take on new jobs.

Family life changes all the time and with three grown-up children it is different than if we had three little ones, we do have so many wonderful memories of their growing-up years, they are close in age, I did manage (just) to survive having 3 under 4yrs of age, when one reaches, for example, 28 they go in steps for about two weeks until the younger one has her birthday. Cor blimey .. soon we will have a child in their 30's! And one will be of-age for the "buns" next year. Let me explain, I once said I would give them 25 Buns (iced, filled, butterfly etc) when they were 25, to mark their 1/4 century .. only our daughter-in-law took me up on it!



The huge Lund family gathering at Hellifield was a great event, around 90 people age range few weeks - 87yrs, some had never met before, others meet often, good food and good chat.

Then the Baptism, the service took place at Heysham Free Methodist Church as they have a Baptistry, the place was packed and some of our close friends and family were able to be there which was lovely, our son was the Speaker and since then a few people have told me at CFM (Carnforth Free Methodist) that they hadn't realised until that night that we were Woofies parents! Daughter-in-law held the towels, and my glasses in readiness for our emergence from the waters of baptism. With God's help and a lotta-lot of prayer not only did I get IN the water but didn't chicken out of going UNDER the water, as my mum used to say "never let it be said hubby married a gibber!" Must close, Mitts is desperate for her breakfast, step into your challenges don't "gib".

### EU DO SOMETHING TO ME...

I was interested to read John Nile's article in September's Lookaround because although you appear John to favour an independence from Europe, you also display a near absence of independent thought in your reflections on European integration.

Why is it that every time we read about why we should leave the European Union we read the same rather tired "facts" - is there a political manifesto which you are all reciting from? All of this was much more fun when it was displayed on the front door of the much loved and much missed Dora Cassells whose Farfield cottage was the main tourist attraction here before the Mill got

### BAUGH FELL COMMONERS ASSOCIATION AGM

7:30pm

Wednesday 18th November  
People's Hall Committee Room

Speaker:-  
Richard Keirby

developed. Hordes of German, French and Slovenian visitors would pause at her to door and ask: "Vot is zis? Vot does it mean: Say Boo to the EU?"

By not mentioning the sources of your "facts" you give the appearance that you have personally been rummaging through the drawers of Angela Merkel and other EU politicians - whereas the reality is far less exotic.

The idea that the EU has a map of Europe showing that they want to abolish England came from a Sun newspaper story published in April 1999. The story referred to a map drawn up by the UK department of trade and industry which had been sent to the EU showing UK administration departments. England wasn't mentioned by the UK Government department because it is the UK which the member state, not England.

I was unable to get hold of this particular map but I did see several geological survey maps in which England is not mentioned but is

## MUNCHEON MUSIC



### SEDBERGH SCHOOL WEDNESDAY LUNCHTIME CONCERT

Wednesday 18th November  
at 1:30pm

*Please note new start time*

The Queen's Hall

**Admission Free**

Soup and a roll provided

merely described in terms of its sandstone, millstone grit, and limestone deposits. Perhaps in your Dad's Army bunker you should not be looking so much towards Brussels for an invasion of men in "long leather coats and clipboards" - but towards the Dent Fault and men with little hammers and specimen bags.

Now that we are regurgitating 10 year old Sun newspaper stories in the Lookaround will next month's page three show a topless model with the caption: "This sexy Sedbergh sizzler is not EU-phoric about our continental cousins interfering with our economy. "The rest of the country may be net contributors but they're not getting my fishnet stockings," says the Sedbergh

scorcher. To make sure the eurocrats don't get her hard earned cash she's been keeping it in a secret treasure chest. "Yes, those Brussels boys won't be getting their hands on my chest."

These features appear in the Lookaround giving the impression that they are part of an ongoing discussion about EU membership. But in reality we get rant after rant with the same dubious facts trotted out while one suspects the readers response is mostly: "Perhaps if we ignore them they'll just go away?"

Desperate to make their advertising features look like political discussion (and thus avoid having to pay a tenner for a small Lookaround advert)



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the mildest mention of the EU prompts a response. So mentioning that the town twidders were applying for an EU grant got a full page feature about how we are net contributors to the EU. And a short piece about *the European day of Languages* (not *The day of European languages* John) prompted John Nile's 6 page diatribe.

Next month's Lookaround might well carry a story about Sandra Golding's recent poetry evening in St Andrews church: "There were excellent performances of poems by some of Sedbergh's best loved actors and several eulogies for the poets who wrote them." To which we can expect a response: "Does Mrs Golding and her EU-logists not realise that there is nothing logical about the EU...net contributors....England not on the map of Europe....etc. etc."

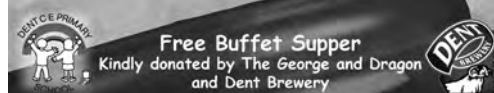
It is possible John that you believe that by using Sun newspaper stories



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**Friday 20th November 2009**  
**At The George and Dragon**

Viewing from 6.30pm  
 Bidding starts 7.00pm

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you will gain the populist vote. But if you want a really large following you should launch a campaign for independence from bankers. Forget the paltry sums we pay towards the EU - the IMF reckons that each family in this country is paying an enormous £12,000 towards bailing out the bankers after their ineptitude and greed left the economy of this country in tatters. I had a sense of the venom felt towards them at a recent puppet festival near Sedbergh where I took my daughter and her friend. The Punch and Judy show had the usual demons plaguing Mr Punch. The crocodile got a gentle "tch tch" from the audience. The devil got a mild

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hiss. But when Prof Edwards produced his banker puppet they almost had to call the riot police as the adults pushed forward shouting "boo!"

Very few of us living in England could claim to be purely British - most of us share an ancestry with the Celts, Romans, Angles, Saxons, Vikings, Danes, Jutes, Normans, who settled here from mainland Europe - before the more recent waves of immigration from other parts of the world. And even the indigenous Britons who lived here before these waves of immigration had wandered over the land bridge from the continent after the last ice age had receded enough to make the British

isles habitable.

John, you refer to Napoleon and Hitler and their fiendish attempts to unite Europe. But why stop there? What about the grandson of Alfred the great, King Athelstan, who was in fact even greater but had a rubbish PR agent. Athelstan united England in 937 by uniting the kingdoms of Mercia, Wessex, Northumberland, Danelaw, and the 5 kings who ruled Wales, the King of the Scots and the Celtic Kingdom of Strathclyde all acknowledged him as their overlord.

Wouldn't you be happier campaigning for a return to these ancient kingdoms away from our oppressive UK overlords who hold them together? I am sure you can

## Playgroup

# Christmas Fair

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**Saturday 21st November**

10am to 12 noon

People's Hall

**Stalls include**

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*Also*

**Christmas Special**

10:30am

**Sunday December 20th**

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CHORAL SOCIETY

*will perform*

**St Nicolas**

*by Benjamin Britten*

**Ceremony of Carols**

*by Vaughan Williams*

*Soloists*

**Nicholas Hurndall Smith**

**Matthew Belcher**

*Conductor*

**John Seymour**

at

---

**Carlisle Cathedral**

Saturday 21st November

7.30pm

---

**Powell Hall, Sedbergh School**

Sunday 22nd November

7.00pm

Tickets £8 (Concessions £5)

find even more beaucroatic officials to complain about in Whitehall than in Brussels.

And why stop there? Did you know that the people of Sedbergh are all net contributors to both the UK government and to the local county council. And there are definitely maps in Whitehall which don't mention Sedbergh. We must rise up against this oppression. UDI for Sedbergh now!

John, there is a serious discussion about Europe to be had but I suspect that trotting out decade old Sun newspaper articles is not the way forward. I would be interested in a discussion which asked why some

people's sense of national identity is enhanced by their relationship with other European countries, while for others like yourself it appears to represent a threat. What do we understand by national identity - what is it that defines us?

And can there be a sense of pride in one's own country that honours, understands and appreciates the kind of pride people feel in other countries?

*David Burbidge*

*Everyone is entitled to their point of view and the current views on the EU are now concluded after this issue for fear of Lookaround being branded political, which it is not.* Ed.

### NATIONAL YOUTH BALLET

Emma Packham of Sedbergh, danced this summer with the National Youth Ballet. The country wide search saw over 1000 children who were selected from auditions in Birmingham and London from which Emma was spotted for a cast of 120 young talented dancers.

The season started with a two week intensive training course where the dancers boarded at Tring school for the Performing Arts. Here Emma learnt her role for the act titled 'Ship Ahoy' where she danced as a shipmate, but also took classes in contemporary, Pilates and Theatre Arts.

The company then travelled to Tunbridge Wells where they performed for 4 days at the Assembly Hall Theatre. After a weeks break the cast then performed in a gala performance at Sadler's Wells in London. Watching from the audience were Wane Sleep and Jayne Cadbury, patrons of the company.



### Sedbergh Methodist Guild Literary Committee

Monday 23rd November, 7.30pm

### 'Doubting Dawkins'

Speaker;-Rt. Revd James Newcome  
Bishop of Carlisle

At Methodist Church

Light refreshments

*All welcome*

" I have never felt so proud of my little ballerina" said Emma's mum. "I couldn't believe I was performing in a professional production in London" said Emma. This was Emma's first time in the 'Big City' and an amazing opportunity to where many of the dancers go on to full-time vocational training having gained enormous confidence and invaluable performing experience.

Two of the acts including Emma's were invited to special outside event at Squerryes Court in Kent to celebrate the 250th anniversary of James Wolfe's victory at Quebec where the cast performed in the beautiful grounds of the Court.

Emma is looking forward to March when she can audition for the National Youth Ballet's 2010 season. In November Emma will also be auditioning for the English Youth Ballet. Good Luck!



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## DENTDALE WI

If you enter the Memorial Hall any second Wednesday evening in the month, we hope you will get a warm welcome and see Dentdale WI at its most efficient. Jobs are divided between the committee and there will always be someone there to welcome you and take your tea money! A table will be covered with informative literature about trips and events organized by Dentdale or the Federation with the treasurer sitting nearby to take money. A member will be in charge of the competition. There will be a floral arrangement of some kind on the table in front of the President and Secretary who will be getting ready to chair the meeting. In

the kitchen, the tea hostesses will be putting out cups and biscuits in order that the important cup of tea will be ready soon after the speaker has finished! We're lucky to have several pianists on hand to lead us in the singing of Jerusalem to open the meeting!

I'm telling you this to point out that nothing just happens! It is a real team effort! So, in November, when we have the elections for the committee we hope some new members will have come forward! Plenty of help at hand, we hope, for any job!

The October meeting started exactly thus and first up on the agenda were details of the Christmas party, lunch on the 9<sup>th</sup> December. We have



received menus from five different venues and members have the chance to choose, but we hope they will still come, whatever the majority decision.

Details of an outing planned for the 18th November were given next. We will be organising a coach trip to Martin Mere Wetland Centre as a good number of members have expressed an interest to do just that.

We have received thanks from the Rotary Club for our efforts in manning a tea/drinks stop at the Memorial Hall on July 6<sup>th</sup>. Cyclists have written in appreciation of the village hall atmosphere and we have been asked to provide the drinks stop next year.

Two members are attending the Annual Council meeting of the Federation to be held at the Lakes school Windermere and will report back to members about the special events being planned to celebrate the Federation's ninetieth birthday next year. Festival of readings and carols

will be held at Kirkby Stephen Parish Church on 4<sup>th</sup> December and it is hoped that a small number will go from Dentdale.

The speaker for the evening was fellow member, Wendy Cooke talking about Jewellery. Wendy told us she had always been interested in jewellery and had bought her first piece with pay from the first day in her Saturday job! She dwelt briefly on the history of Jewellery and detailed the art of silversmithing from the drawing and planning to the cutting out from pieces of silver She had bought along her collection of jewellery including the silver pieces that she had made on the course. She was thanked by Dale Smith.

Freda Meakin's brooch won the competition for a piece of unusual jewellery and Kate Cairns won the raffle.

Next Month we hold our AGM on November 11<sup>th</sup> in the Memorial Hall.



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***Please contact our Membership Secretary Andi Chapple on 22045 or drop in to the Tourist Office for membership forms.***

*We want to create a comprehensive list of all businesses in this area, can you afford not to be listed?*

### PEPPERPOT CLUB

During August, for the second year running, several Sedbergh youngsters, with help from Sedbergh Pepperpot Club, were able to attend Young String Venture, an orchestral course tailored to individual abilities, run by Lake District Summer Music in Ambleside. The week culminated in a very impressive concert, despite the young age of some of the participants. Comments from Sedbergh youngsters were :

*'it's a wonderful experience and we make lovely sounds.'*

*'I had a fantastic time and although I found some bits quite challenging (e.g. my attempts at the Brandenburg concerto) I have learnt a lot of new things, as well as improving my*

*orchestral and ensemble skills. I'm very grateful for the opportunity and had a lot of fun!'*

The Pepperpot Coffee Morning was held on Saturday October 15<sup>th</sup> and as usual it was a very happy occasion.

People gave generously for the stalls and - despite the clash with the Table Top sale - a useful sum, comparable with previous years, was raised. The Coffee Morning could not have taken place without the many kind people who took the trouble to come and support, especially those who brought contributions, manned the stalls and served the coffee. We were delighted that our President, Anne, Lady Kerr was able to be there. Thank you very much to everyone.

Special thanks also go to all the

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youngsters who took part in the music in the church, some of whom have not been learning to play their instruments for very long. Their new conductor, Elizabeth Dodd Gruar, encouraged them in their singing and playing and it was a delight to be there in the audience. There were some solo items as well from those more with more experience - and there was even a family trio! Sadly two of those who should have taken part were not well, which was disappointing for them and for us. But it was good to see so many parents in attendance. Without their valuable support at home, as well as on such an occasion, the music simply would not happen.

It is now almost a year since Sedbergh Pepperpot Club ran a String Workshop jointly with the local branch of ESTA, the European String Teachers Association. This attracted more than forty participants, including twelve from Sedbergh, despite the overnight snow which made travelling difficult. Everyone thoroughly enjoyed the day. Mrs Maggie Cullen has kindly agreed that we may build on the success of the first such event in Sedbergh by running a similar workshop this month at Sedbergh Primary School. The date this time is Sunday, November 15<sup>th</sup>, and the details are to be found in the advert on page ??.

As last year, Rachel Moore (cello and double bass), director of Young String Venture, is coming to direct the proceedings, so everyone will be in for a really good time! Rachel will again be assisted by Alice Hurley



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(violin), Penny Legat (viola) and Anthea Meuli (cello), This is an opportunity for all young string players - and adults too - up Grade 4 standard to come along. It is entirely free of charge for Sedbergh children, thanks to a generous grant from The Trott Musical Foundation. A grant is also promised from Creative Futures Cumbria which will help towards the costs - the fees, of necessity, are heavily subsidised for everyone. Do enroll for the day which promises to be a very worthwhile experience.

Application forms and further information are available from Sedbergh Pepperpot Club (015396 21196 or [yantethera@aol.com](mailto:yantethera@aol.com)).

*Shirley Smith*

**GERVAISE MICHAEL COBHAM  
THORNELY**

*Notice from Sedbergh School*

It is with great sadness that we announce the death of Michael Thornely, just a week short of his 91st birthday.

Michael was one of Sedbergh's greatest Headmasters, from 1954-75. He will be sadly missed by generations of outstanding Sedberghians. His Sedbergh career began in 1940 as a charismatic Teacher of Modern Languages. He was also a much loved Housemaster of 'School House'.

He is survived by his wife, Jennifer, and four children: Richard, Charles, Elizabeth and Jacqueline.

The photos show Mr Thornely in 1962, and Mr Thornely with School House in 1965.

*Additional information about Mr Thornely*

Education

- Rugby School
- Trinity Hall Cambridge, an Organ scholar and amateur musician. Studied Classics and Modern Languages

Sedbergh

- Joined staff in Autumn 1940 as an assistant master – teaching French
- In his early years here he was a drama enthusiast (especially the plays of Shakespeare)
- Performed musically at the

*Sedbergh Wanderers Football Club*

*Presents*

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## DISGO

In the People's Hall

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8:30 pm till late

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- school, and took the drama and music to new heights at the school (both are still very important to the school today)
- Other activities while at Sedbergh include: shooting, portrait photography and fly fishing
- In 1954 took over as Headmaster from Mr J H Bruce Lockhart – at that time the Head lived in School House as Housemaster. In 1967 he moved to Birks
- Quote from The Sedberghian (school annual magazine) about Michael: ‘...a real concern for courtesy in all human relationships was what he particularly desired to teach – by example more than by precept’
- Taught classes for the sixth form boys on ‘Declamation and Debate’ to encourage and nurture public speaking
- In his later years he ‘shepherded’ an appeal for the school which raised £270,000
- During his time, the new Science and Maths Block, and the Design Centre were built, the boarding houses were updated and the swimming pool was refurbished. Guldrey Lodge was acquired as a music school
- In his later years a record number of boys attended the school.

### Personal

- Wife – Jennifer
- Children - Richard, Charles, Elizabeth and Jacqueline



### COUNCILLORS CORNER

I attended quite a number of significant meetings this month. On the 9<sup>th</sup> October Sedbergh School hosted a meeting at Queens Hall to start the ball rolling on the brand new Sedbergh Parish Council Town Centre Initiative. Present were members of the great and the good including Tim Farron, MP, Sedbergh School Headmaster, and representatives from YDNPA, Cumbria County Council Highways Department, not to mention Parish Councillors and yours truly as an elected member of SLDC. The whole being ably chaired by the Parish Clerk, Colin Robertshaw. The impetus for this initiative arose from

the somewhat disorganised, if indeed not dangerous, state of the traffic flows in and around Sedbergh, and issues such as the state of the footways and residents parking and the need for this state of affairs to be rationalised and tidied up. This may in due course extend into a full "public realm" review of related matters including signage, street furniture and so on. The process will initially be steered by a small working group and it is hoped that after a drop-in session followed by a public meeting when the views of both local residents and visitors will be canvassed, that consultants will be engaged to prepare a report on the options available and likely ways forward.

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Vegetable Lasagne	£4.50	£6.95
Tagliatelle con le Verdure	£4.00	£6.50

Side Orders	Take-Out	Eat-in
Hand-cut Chips	£1.50	£1.90
Garlic Bread	£1.50	£1.90
Garlic Bread with Cheese	£1.80	£2.30
Side Salad	£1.20	£1.50




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Keep an eye out for adverts giving notice of these meetings.

There was another meeting of the probably inaptly named Travellers and Settled Community Respect Group on the 12<sup>th</sup> October when the usual agencies (Police, Highways, SLDC, Parish Councillors etc.) met at the Kirkby Lonsdale Institute to review matters to date and to continue to plan ahead for next year's Appleby Horse Fair. This whole issue of Gypsies seems to engender a great deal of strong emotion (I know, I have been on the receiving end of some of it) and the feeling that not a great deal of progress is being made. I sympathise with this sense of

frustration but personally I was encouraged by what emerged at the last meeting. The Police promised that significantly increased resources both in terms of finance and manpower would be available next year and that there would be more joined-up working between the Police Forces of Eden and South Lakeland Districts. I, in turn, have secured an assurance that officers from SLDC either at Director or Assistant Director level will attend future Respect Group meetings. I am also hoping that at the very least the Chairman of the Respect Group (Kevin Lancaster) or his authorised deputy will be invited to attend future meetings of the Multi-

Agency Strategic Co-ordinating Group when it meets in Penrith. In addition Tim Farron will be meeting with the Chief Constable of Cumbria in Sedbergh in the next few days to discuss the whole matter in detail. The newly formed Cautley Residents Action Group will also be monitoring developments very closely. No-one is saying that the problem will be completely solved by next year's Fair but I hope that we can look forward to significant improvements over the last two years at any rate.

In my capacity as a Board member I attended a meeting of the Yorkshire Dales and Harrogate Tourism Partnership Board on the 13<sup>th</sup> October. We have recently appointed

a new and dynamic Chief Executive Officer, Aviva Pearson, to the role (some of you may have met her at the inaugural event of the Sedbergh Literary Festival) and we are already beginning to see a much more proactive and innovative approach to visitors to our area. The website [www.yorkshiredalesandharrogate.com](http://www.yorkshiredalesandharrogate.com) is definitely worth a visit and the Partnership seeks to be very supportive of the events and people involved in the hospitality sector in our own special part of the Yorkshire Dales.

And talking of the Literary Festival mounted by the Book Town and its Literary Trust I am pleased to say that this year's Festival appears to have



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been a great success with excellent attendance at most of the events. I hope that it continues to go from strength and I was also delighted to note that Westwood Books has recently been voted in a Guardian Newspaper poll as one of the top ten secondhand bookshops in the UK. Many congratulations! We are very lucky to have such a literary resource on our own doorsteps.

As ever please feel free to contact Peter or myself at any time:

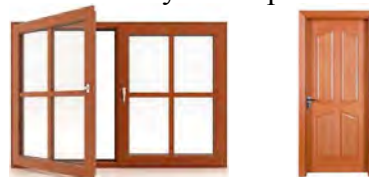
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one part will affect every other part. In the normal, hydrated, healthy state, fascia has the ability to stretch and move without restriction.

Myofascial Release (Muscle - Fascia - Release) is used for the release of fascia which has become stuck, hardened and dehydrated. When the fascia or soft tissue is restricted, the body begins to struggle to maintain a balance. This can sometimes result in undiagnosed pain, immune system dysfunctions and exhaustion. The fascia hardens as a result of physical or emotional trauma. This could be anything from an injury to sitting in one position for too long time (such as at a computer) or an increase in stress levels. MFR

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can aid recovery from many types of physical injuries and conditions.

Who can benefit from it? Myofascial release can be given to young and old alike.

It can be of benefit for acute injuries, to aid tissue repair and facilitate recovery, and can be very effective in relieving chronic tension and pain.

What does it feel like? Myofascial pain is commonly described as a relentless deep, aching pain almost like tooth ache, or it can be sharp and stabbing. Sometimes pain can be 'referred' - there is discomfort in one area but the actual source is restriction of the fascia at another point in the body. The pain can be very debilitating and exhausting and

may cause considerable stress as fascial restriction often goes undetected by medical tests.

Unexplained pain can lead to general increased anxiety, stress and low mood as it can seem as though nothing will change and things will only get worse.

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Yvonne Cervetti has trained with the Myofascial Release Clinic UK & The Jing Institute of Advanced Massage Training in Brighton and often combines MFR with other techniques such as Trigger Point Therapy, Hot Stone Therapy, Aromatherapy and Stretching.

She is also a clinically trained Aromatherapist (MIFA) & Reflexologist (MCAR) & has clinics in Sedbergh and Kirkby Lonsdale, as well as working part-time for St. Mary's Hospice, Ulverston.

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### ENGLAND DISAPPEARS FROM THE MAP

What a wise man our editor is! (That should either ensure that this gets printed, or guarantee that it will not!) All are entitled to their own opinions and entitled to express them, so long as they respect the views of others. How easy that is to write, but how difficult to achieve.

Controversy is interesting; it is useful; it is necessary; and it is for the onlookers, the silent majority, to make a judgement. For those bothered enough or fascinated enough to read the views of those for and against the EU put forward in a spate of articles recently, it is not so much the statistics or the logic of those articles

that is persuasive or otherwise, rather it is the tone. Sarcasm and invective says more about the writer than those to whom it is directed.

Local politicians who are regular contributors to *Lookaround*, whether Parish, District or County are measured in their tone and they try to deal in facts and resist the temptation to push the Party line. Sadly the writers of these anti-European articles fail to recognise that people instantly recognise misinformation for what it is.

The writers may have good reasons for their beliefs, but propaganda is not a way of enlisting support. Of course we all contribute a considerable sum to the EU - it is a pity that the two



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*Lookaround* articles in October did not agree on what that sum is (£1768? or £2200?) - but that really does not matter because it all depends on the year and the estimated size of the UK's population. What does matter is that it suited the writers to give an unfair picture. In these articles they gave the gross figure and not the net figure i.e what we pay after taking into account what we get back. That is only a few hundred pounds not £2000.

Similarly the writers did not point out that Italy with a similar population size to the UK actually pays more per person (net) than we do in the UK. But that too is a biased statement of fact, because other countries pay less. You really have to examine all the figures. These *Lookaround* articles mentioned above were full of such selective facts and distortions.

Whether we agree in principle that the UK should pay more than it receives, it is up to the individual to decide, but to provide only half the truth is wrong and it is dangerous. If we examine all the figures carefully and decide that some countries seem to be getting more out of it than others, then that is the time to lobby for a change as Margaret Thatcher once did and succeeded (that is not to say I agreed with her action).

Of course there is a grain of truth in some of the arguments put forward by parties such as the BNP and UKIP but most people will try to take a balanced view. The worrying thing is the hidden anger that pervades all of this kind of writing and that may appeal to a few who have suffered

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from say, an EU farming policy directive, or have lost their job to an immigrant. But this anger can lead to the kind of aggressive behaviour, encouraged by misinformation. We do not want to see that in this country.

It is such anger that really does lead away from democracy and towards autocracy, an autocracy that could be initiated by a group of people determined to achieve their aims by distorting the truth. It did indeed happen in Germany, but that was engineered by a ruthless autocrat backed by a mighty army and not an amorphous group of European 'natural bossyboots' (JH) with no powerful army to back them up. Is Hitler's imperial German Empire a realistic comparison with the EU, despite all its imperfections?

I do not believe it is being part of the group of 27 countries of the EU that threatens our democracy. We have far more to fear from those who are trying to sell us blatant propaganda. I am not a member of a political party but I have heard enough of this nonsense and I guess there are many people in the Sedbergh area who feel the same.

*Maureen Lamb*

Dear Editor,

I am concerned that in the drive to find sites for affordable housing there is no mention of the shortage of commercial sites. I understand that Cumbria County Council has agreed to sell the former CCC depot on Guldrey Lane to SLDC on the basis that 12 'affordable' houses will be built on the site. This in spite of an assurance that I received a couple of years ago from SLDC that they would vehemently oppose any such change of use for the site.

I had to build my own office in my garden after spending 18 months trying to find somewhere suitable in Sedbergh. I know of one other business which has taken a property out of the housing stock in the town and is using it for business purposes and I know of several other businesses that have relocated elsewhere because of a shortage of suitable business sites in Sedbergh. I also know that over the years several businesses have tried to buy the site from CCC but CCC would not sell. There is a demonstrable demand for commercial sites.

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The property next to the council depot on Guldrey Lane was given permission for change of use to residential after the developer wrote in the Lookaround that there was a desperate need amongst his own workforce for affordable housing. This permission was given some time before the downturn in the economy yet building work never started. This casts some doubt on the claim that there is a desperate need for housing for local people.

Young people are finding it very difficult to find work, particularly at the moment, and once employment land is lost, it is lost forever. It is short-sighted of both councils to consider residential use for this site. It would be better to encourage development of work-live units and create more enterprise in the town. 'Affordable' is still not affordable if you have no job and cannot afford a mortgage or the rent.

Without local employment opportunities Sedbergh will become a commuter town. That will have adverse consequences for the environment and the community.

*Rosemary Lewes*

### OPERATION CHRISTMAS CHILD

This year's campaign is well under way and it is now time for you to fill and hand in your shoebox.

A simple shoebox, brightly wrapped and filled with inexpensive gifts, will make a big difference to a child's Christmas this year. In the Crimea, there are many orphanages with very few resources, where the only things the children have to call their own are their facecloth and their underwear.

Just find a medium sized shoebox, gift wrap the box and lid separately, choose an age group (2-4, 5-9, 10-14), and fill your box with gifts for a boy or a girl. Then add a small donation (£2.50 suggested) towards transport costs, and take your box to a drop-off point, from November 1st - 18th.

Your local drop-off point is Sedbergh Post Office. If you have not got a leaflet already, giving more details and a boy/girl sticker for the front of your box, you can pick one up from the Post Office.

A few shoebox gift ideas to start you off – ball, yo-yo, dominoes, skipping rope, mouth organ, cars, anything to do with football, cuddly toy, craft kit, wind-up torch, hair accessories, doll, jewellery, wash-bag with facecloth and wrapped soap, toothbrush and paste, picture book (not a lot of English text), sweets (not chocolates), colouring pencils, colouring book, notebook, hat, scarf and gloves. Please make your box fun, exciting, colourful and educational.

Please read the Operation Christmas

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Child leaflet for a list of items that should NOT be included. All gifts should be "as new". Thank you for your gifts – each one will be treasured.

If you have done your shoeboxes as a group and would like them collecting, please contact Rosemary Webster, District Co-ordinator, 07875 718082. If you have done them as a group and are taking them to your drop-off point, please put your name and address in one of the boxes because we do want to thank you.

Many thanks to you all for your interest and support. If you would like to visit the checking warehouse, it is at Castle Mill, Aynam Rd, Kendal, and will be open weekday, 9.30am – 4.30pm, from November 13<sup>th</sup> – 26<sup>th</sup>.

We would love to see you, and you are welcome also at the send-off of the boxes from the "warehouse" at 2pm on Friday, 27<sup>th</sup> November.

### MEN'S HEALTH

A study of over 40,000 Danish men over 40 years found that men with high sperm quality tend to live longer. This was headlined in the Journal of Chinese Medicine news as, "Healthy sperm makes you live longer". A more reasonable interpretation would be that a healthy man both has healthy sperm and a good expectation of a long life.

One particularly male concern is health of the prostate. Problems with the prostate can arise because of pressure from too much sitting or cycling, leading to restricted circulation in the area. This allows accumulation of fluids and waste products which may lead to enlargement of the prostate.

In Chinese medicine the causes of men's health difficulties include worry and stress, which disrupt the flow of Qi (energy) and blood. Poor digestion leads to fluid retention and bloating.

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JCM News, Oct 2009.

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Over consumption of spicy, greasy and sweet food can cause internal heat. The combination of these factors can create pathogens in the body, which tend to sink and can cause problems of prostate enlargement, infertility, urinary difficulties and sexual problems.

The other side of the coin is that overwork and poor eating habits may drain the body's vitality making it susceptible to these types of problems.

The answer is quite simple: moderate exercise, good eating habits, sufficient rest and avoidance of unnecessary stress and emotional strain. Simple, but not easy.



Specific recommendations for healthy prostate would include:

- Avoid excessive consumption of greasy food, dairy produce, spicy food, sugar and sweet food
- Avoid excessive alcohol consumption
- Don't smoke.
- Moderate regular exercise
- Don't wear tight underclothes or trousers. Avoid synthetic materials
- Moderate sex life.
- Avoid sitting for long periods
- If you cycle, use a bicycle saddle with prostate relief zone
- Avoid delaying urination
- Regular warm baths can improve circulation
- Pelvic floor exercises are not just for women. A recent study showed they can help men with urinary difficulties. (The method of using pelvic floor contractions to stop the flow of urine should not be used.)

A similar list could easily be drawn up for healthy sperm and a long life. For more information on this subject please contact me. My telephone number is 015396 20972. *J Parker*

### BOOKWORM

What I have been reading this month.

*Phillippa Gregory* : 'The White Queen' My first proper go at historical fiction and I found it quite engrossing though the beginning was rather off-putting densely packed with pre Tudor names and dates. An insight into the life of royalty/power/politics and makes you feel glad to be an ordinary person in 2009.

*Robert Goddard* : ' Found Wanting' A way to make a wet winter evening ( or weekend) go quickly ! fast paced , modern, mostly believable and scary. Shows how life can change in an instant and the power of secrets.



*Maeve Binchy* : ' The Return Journey' A lovely collection of short stories written over a period of time and focussing on themes of returning/ revisiting a person or situation and reflections on the significance of memories and moving on - or not. Very easy to engage and enjoy at different levels. *Bookworm*

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## ROYAL BRITISH LEGION

### *"The RAF and Military Low Flying"*

This was the title of a talk organised by the Sedbergh Branch of the Royal British Legion and given by Carol Bell, the RAF Regional Community Relations Officer for Cumbria & Tynedale, in The People's Hall on 30<sup>th</sup> September. Carol is an excellent ambassador for the RAF and gave a very interesting insight into the organisation which goes into these flights and the importance of their training runs over the hills and valleys around Sedbergh, illustrated with action packed slides and video snaps. The experience gained by these pilots enables them to provide the critical high quality air support

needed by not only our forces in action, but in many cases to support other emergency services around Britain or wherever there is a humanitarian crisis world-wide.

Our numbers were swelled by a group of boys from Sedbergh School, for whom the subject was obviously highly motivating and they certainly kept the Question & Answer session lively.

The Branch also took this opportunity to present long-service awards to a number of Poppy Appeal Collectors, several of whom have been collecting in the area for over 30 years and in the case of Jane Collison, over 45! Terry Jeffries, who will retire as our Poppy Appeal

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Organiser after 11 years, was himself presented with a decanter from the Branch for his stalwart work, increasing our Appeal totals year on year to reach £6,500 in 2008. Terry, who presented the awards spoke highly of the dedication of all the Poppy Collectors and made special mention of John Airey, without whom his workload would have been far greater. Dr. Philip Hoskin, Housemaster of Cressbrook, the boarding house of Sedbergh School Junior School, and a strong advocate of The Royal British Legion, will take over from Terry. We are very grateful for his support and wish him well in this endeavour.

The Poppy Appeal award recipients

are pictured and were:- Carol Bell, (Speaker); Jane Collison; Joan & Norris Chalmley; Mary Wood; Judith Stainton; Zanda Skill; Les Fletcher; Elspeth Griffiths; Colin Weir; Terry Jeffries, (Poppy Appeal Organiser) & Dr Philip Hoskin.



The next Meeting of the Sedbergh Branch will be the AGM at 7:15pm on Thursday 5th November in the White Hart Club. Everyone is welcome.



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We would like to add our support for wider pavements between the Charity Shop and Westwood Books. Modern prams are getting wider, while the pavements stay the same. The only option available is to walk on the road, which is becoming more and more dangerous as drivers seem unaware of pedestrians.

On the support of danger to pedestrians from drivers, we come to the subject of the zebra crossings.

On Thursday 17th September we were standing at the zebra crossing as there was a white van coming and it drove straight across the crossing

while there was a police woman on one side and a police man on the other. I don't think either of the police officers noticed so this really goes to show how dangerous this is. This is not the first incident by far. We need the police to take action and stop it immediately before a child gets hit and killed.

*KG & DG*

P.S. Just because dog muck is in a bag it doesn't mean you can leave the bag on the ground. It is still just as disgusting.

*This letter raises many issues which should not be occurring in our community. It is discourteous, disrespectful, dangerous and against*



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*the law for the many actions that drivers perform. I have said for many years that there should be a Drivers Re-Test every ten years to raise the standard of driving, not penalise new drivers. On a regular basis, I am being informed about incidents on Zebra Crossings where people and children are nearly knocked down. I see many instances of drivers exceeding the speed limits in our locality and definitely not driving to the conditions. I see many instances of vehicles being driven without lights when it is raining or foggy. When I used to teach Primary School children aged about 10 years Cycling Proficiency, one of the things I*

*emphasised was 'See and be Seen'. It is a shame that experienced drivers (a loose term) cannot do the same.*

*Dog dirt raises its head yet again. This has been complained about by many people over the years and still nothing is being done. I just hope that there is no serious outbreak of disease as a result of this inconsideration.*

*I apologise for the negativity this month but with the report of the Police in our area being one of only two in the country to get a Poor Rating with their communication with the community, I feel that the whole community is being let down, which I have reported on before. Ed*

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### **TAKING CARE OF SEDBERGH**

I love the quiet of Sedbergh early in the morning, the fabulous location at the foot of Winder and the spirit of community in the town. For us, as fell runners, mountain bikers, gardeners and dog owners, there's no other place we'd rather be.

What dismays me though is the various ways in which some people abuse this environment. There are plastic drinks bottles and litter left on the playing field at the Peoples Hall; Daffodils in the same field were beaten to the ground and the small gate onto the back lane was smashed. Windows have been broken in the town and the school, and in our greenhouses at the bottom of the garden. And there is dog

excrement left on pavements, paths and fields. I'm sure that everyone who has to walk around the piles that are left by inconsiderate and irresponsible dog owners are offended.

For years I've felt that I didn't have the time or energy to do anything about this but of late I've decided that I can't ignore the issue given that I feel so strongly about it.

I consider it a privilege to be able to walk through Sedbergh School grounds and the fields let to farmers for grazing. I wonder why some people abuse this and either don't clear up their dogs mess or leave it in a poly bag? The road up to Lockbank Farm always has a plentiful supply of fresh excrement. This is a permissive

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path, a right of way that depends on the goodwill of the owners. How appropriate is it to treat land owners who let us onto their land with so much disrespect? Presumably people who don't pick up their dogs excrement wouldn't want it in their garden. So why leave it in a public place for others to be upset or harmed by it? (Yep, unlike the old sayings about sex, infected faeces can blind humans).

I know most people are diligent about clearing up after their dog but I suspect non dog owners see anyone with a dog as capable of causing the mess. However, people who walk their dogs every day have a very good idea of who the culprits are. If everyone who cares about this town,

about the health of its residents and maintaining the goodwill of the landowners, would challenge people they see not picking up and taking away their dog's excrement, it would make a huge difference. It would be great to have a culture in Sedbergh of, 'No toleration for anyone who breaks the law by not picking up.'

For dog owners who go out without a plastic bag, the good news is that new habits are very easy to form, provided there is a will to change or a desire not to be punished.

Do get in touch and let me know what your thoughts are on how we can create a clean town.

*Ali Bramall 20360  
ali@interact.co.uk*

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### **SEDBERGH & DISTRICT ART SOCIETY**

The first of our winter meetings was rather thinly attended, but the advantage was that we were able to gather round and pay close attention to Diane Gainey, who demonstrated her way with skies and water in watercolour.

It's always interesting to see the different ways artists approach their work. Diane uses pans of colour, never tubes ; she uses 300gm rough paper which won't crinkle when thoroughly wetted ( expensive !), and she keeps to a limited palette of three colours. So , having painted her sky , she used the same three colours to

paint whatever detail was needed --- a castle, for example.

Diane had a special way of colour-mixing ---- not too much mixing. This meant that during the actual painting process, on to wet paper, the colours began to disperse and separate, helped by the roughness of the paper. Since she worked flat on a board which she could lift and tilt, the total effect of all the fluidity was magical.

Diane also showed that ,after complete drying --in this case with a hairdryer--- she could rewet the picture to add another layer of paint. Her main brushes were a wide hake and a size 14 with a good point.

Two special tips----there's nothing like water to depict water, and plenty of ultramarine to mix with other colours.

Some of us who haven't yet come to terms with water-colour may be tempted to have a go at our Wednesday morning art group !

We look forward to our next demonstration-----Frances Winder, "Country-side Feelgood Factor", on 13th November.

*V. Finch*

### **FOLK CAROLS WEEKEND IN DENT**

Friday 4th to Sunday 6th December in Dent Memorial Hall

**Friday** 7:30pm: Concert of Carols, Festive Fiddlers and Stories with the Gladly Solemn Sound Choir and Guests.

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**Sunday** 10am: carols from Afar.

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*To book, please contact David Burbidge on 015396 21166.*





**SAINT ANDREW'S PARISH  
CHURCH SEDBERGH**



The highlight of October was the Harvest Festival which was preceded by a very enjoyable concert on the Saturday evening of popular opera excerpts and favourites by the "Encore" Opera Group and concluded with sung evensong on the Sunday evening. As always our band of flower arranging ladies had decorated the Church beautifully and this year we were also lucky to have a contribution from the Sedbergh Young Farmers who provided a display which also included their trophies from the Westmorland Show.

Looking to the future, apart from the routine services, there are three special occasions in November. The Saint Andrew's Choir, with some help from the other Churches in Sedbergh, will be performing Faure's Requiem

at 8.00 pm on the evening of Sunday 1<sup>st</sup> November. On Sunday 8<sup>th</sup> the Parish Church will host the Annual Remembrance Day service and at the end of the month there will be an Advent Carol service on the evening of Advent Sunday, the 29<sup>th</sup>.

On Saturday 14<sup>th</sup> the Annual Christmas Fair will be held in the Peoples' Hall starting at 11.00 am. Don't be late if you want get the best buys. As usual we will be serving coffee and lunches.

As a result of our discussions at the Church "Away Day" held earlier in the year we have developed a new order of Communion Service which was first used on Sunday 19<sup>th</sup> October. It is shorter than the other services in use which will enable those attending to have more time after the service to meet informally over a cup of coffee in the Parish Room. We hope this new order of service, which will be held monthly, will attract more new faces to Saint Andrew's. Do come along and give it a try.

Ben Maunder, who received a magnificent donation of toys, has revived the Sunday School which meets once a month on the same Sunday as the new service. In addition to introducing children to the Church it provides a crèche facility.

Lastly on a domestic note during November the churchwardens are having an "autumn clean". Should anyone have left anything in the church room or the upstairs room which they wish to reclaim please collect it as soon as possible.

*Lavinia Mahon, Tony Reed Screen*

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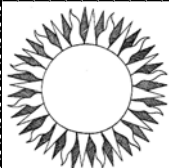


**SEDBERGH & DISTRICT  
HISTORY SOCIETY**

The society met on the 7<sup>th</sup> October for its first meeting of the new season. The talk was given by Katy Illife, the Archivist of Sedbergh School, on "Researching Family History". She said that there are three main places where information can be accessed by individuals. These are at record offices, local history societies and on-line.

There are also three main sources of information which are certificates, censuses and parish registers. Birth, marriage and death certificates were first issued in 1837 and give many details apart from the date of the

event. However, they may not exist for certain events in their early years. This was because of an initial opposition to what was seen as government intrusion in personal affairs, rather like the current opposition to ID cards. Censuses giving personal information date from 1841 and again give much useful information such as occupation, age, place of birth, other members of the family and anyone else living at the same address. Parish registers started in the mid sixteenth century but few still exist from that time. They record the dates of events the church was interested in which were baptism, burial and marriage.



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*Health practitioners in the local area*

Certificates, censuses and registers were compiled by someone who wrote down what they thought your ancestor had told them and if the latter were illiterate they had no way of checking that the entry was correct. Other useful sources of information are Post Office directories, business records, wills, gravestones and newspapers although reading through the latter is a very time consuming method.

Those that are able to research on-line have many web-sites available. It is best to start with official sites which give details of where information can be found and then go on to other sites some of which are

free and others which require payment. Ordering copies of certificates through the pay sites is an expensive way of obtaining them as they can be bought much cheaper elsewhere. Because of their religious beliefs the Mormons research their ancestors and have published their findings on a web-site. These family trees and others produced by individuals can give much useful information but cannot be relied on to be correct. They must be checked out with the information you are able to obtain.

The chairman thanked the speaker for a most interesting and informative talk.  
RWC



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## FARFIELD MILL

*Your Mill needs you!*

As the recently appointed Centre Manager for Farfield Mill Arts and Heritage Centre, I am appealing for volunteers to give a little bit of their spare time in helping with the day to day running of the Mill. Whether it's helping on reception, washing up in the café kitchen, or a spot of diy, there is always something that needs doing to keep this historically significant centre for local artists going. But don't just take my word for it, here are the words of volunteer Mary who 'mans' the reception desk every Saturday....

*Farfield Mill....Where's that?*

"That was exactly my reply when, several years ago, a friend asked me to go with her to an exhibition being held at Farfield Mill near Sedbergh. The Mill was quite unknown to me, so I was happy to accept her suggestion, and what a surprise it was:

Within the walls of this rather sombre building I found a treasure trove of amazing artistic talent, so many crafts to discover, more than enough to satisfy my appetite for seeing and enjoying what is being created for the hundreds of visitors coming to the Mill throughout the year. There are exhibitions which are frequently changes and resident artists demonstrate their work in their

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studios. A great attraction is the expert weaver who continues the tradition of using the original Dobcross looms to create rugs and floor coverings.

I must not forget the excellent café downstairs on level one.

The building itself, which is of great historical interest, has been lovingly preserved and restored over the years with the help and support of the trustees. Unfortunately a mill of this quality cannot survive on love, so there is always a need for voluntary help to maintain the day to day running, and with events and exhibitions being staged. So this is where you come in....

If you can spare a few hours to add your support, on a regular basis, or whenever you are able, you will be much appreciated and you will have the pleasure of knowing your efforts will help to secure the future of Farfield Mill. Volunteers are so important.

I work at the reception desk every Saturday, and it is so rewarding when visitors leave the building and pause to say how much they have enjoyed themselves and will be back to pay a return visit."

For more information please contact Jeremy Wilson on 015396 21958 [admin@farfieldmill.org](mailto:admin@farfieldmill.org) website [www.farfieldmill.org](http://www.farfieldmill.org)



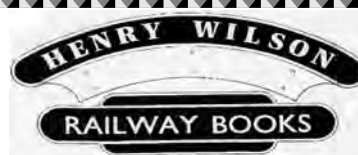
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### SEDBERGH TOWN BAND

I would like to say a BIG thanks you to everyone who supported the recent Town Band 'Blow In' raising money to buy instruments. When I first suggested to band members that they should get sponsorship to play a solo I was met with hostility and derision (at least that is the polite way of putting it!). I suppose it was fair enough as virtually none of them had ever played a solo in their lives. Anyway, although people continued

to say 'no way' in the end a total of 21 players joined in and were brave enough to 'have a go' and to get anyone they could find to sponsor them to do it. All credit to them as ALL were terrified and many were visibly shaking with nerves!

Anyway the end result was fantastic, not just in the amount of money it raised, but as an enjoyable event on a Saturday morning in the United Reformed Church hall. Altogether an amazing amount of just over £1,800 was raised, which will be put towards buying a BBb bass, which costs over £3,000 even at a discounted rate. With the money previously raised to set up the Youth Band we concentrated on buying the smaller instruments, but in order to equip the band and to get the full range of instruments we are now having to find ways of purchasing the basses, baritones and euphoniums which are all very costly.

I have been associated with brass bands all over the country and I have never come across a place which is as supportive as Sedbergh. Bands in towns far bigger than Sedbergh would never be able to generate anything like the support which we receive. So once again thank you Sedbergh for being so generous. Do come and enjoy our next two performances on Remembrance Day at the URC and the Christmas concert at the People's Hall on Tuesday 1<sup>st</sup> December.

*Alan Lewis  
Sedbergh Town Band Master.*



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**CUMBRIA WILDLIFE TRUST**  
*Mushroom or Toadstool?*  
 Gourmet food or poison? Would we get the answers? Would we be able to consume this wild harvest with impunity?  
 At our October meeting, John Mounsey transported us into the intriguing world of fungi. We heard how they grow, are nourished and spread their spores. The mysteries of fairy rings were revealed. Varieties named death cap, avenging angel and oyster all had their own special qualities, some lethal. Some don't kill immediately but head surreptitiously for one's liver with the reckless consumer expiring after a few days.

Some of the more dangerous fungi will change colour when touched or exude brightly coloured liquid. However two varieties can be virtually identical apart from one of them being fatal.  
 This fascinating talk was illustrated with examples from John's photograph and book collection including a series (contrived?) of a toad gingerly ascending a "toadstool", not a common occurrence!  
 Were we reassured? Will we sally forth and collect food from the fields? I'm not sure about my fellow listeners but I personally will continue to collect my edible fungi from Powell's!  
 SG

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#### **KILLINGTON W I**

As predicted, our speaker provided us with a most entertaining and unusual topic, "Sewers – an insight." Geoff Wood, who until his recent retirement had been in charge of the effluence for the whole of North West England, from Manchester to Carlisle, was a true enthusiast for his subject. We looked at some inspiring pictures of him and some glamorous girls, paddling along the sewers, which he assured us are not rat infested. Sadly the task of inspecting the state of sewers has now been handed over to mechanical devices, so much of the romance of the job has disappeared! (Well everyone to their own taste!) Seriously though, we learned a lot about the development of the sewage system of the country, much of it devised by one Thomas Crapper! (Yes! Really!) Our speaker was delighted to be informed that covers

bearing this esteemed gentleman's name were to be found in Bainbridge Road. Elspeth Griffiths sent him photographs of the same which he was thrilled to receive. A great, great nephew of Thomas Crapper, by coincidence, lives in Sedbergh.

As usual, our meeting continued with tea, our competition, and our raffle. The competition for a 'decorated chamber pot', was won by our President, Shirley Richardson, but as it was the only entry perhaps it says something about the plumbing at High Becksides!!

Next month on November 10<sup>th</sup> at 2:00pm, is our A.G.M. I understand that the entire committee is available for re-election, but new members are always welcome. We have entertainment to follow provided by Jackie Huck, the Wordsworth (or Pam Ayres ) of the W I. Come along and join us.

*W.F.U*



## PEOPLE'S HALL

### *Redevelopment - Fundraising*

It may not seem like it but frenetic activity is continuing with the plans to refurbish and expand the People's Hall. Since the open meetings to present the plans a group has been set up to consider how the funds might be raised.

The estimate for the total cost of the plans is £1.6 million. A sizeable sum! This divides into roughly equal parts. One part for the main section of the Hall's extension, the second for the refurbishment with landscaping and the final third to extend the Hall to provide rooms for the Band, a room for youth activities, a gym area and to refurbish the football/sports facilities.

Planning permission is expected to be applied for in November but approval will take at least 3 months. So, sometime in the New Year it is planned to make applications to a considerable range of organisations for funding. Money is somewhat tighter than usual due to the credit crunch, but it should still be possible to raise considerable amounts. The trick is to make our project fit the

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funder's criteria.

Whilst large donations will be needed to achieve the sum required, crucial to our success will be support from the people of Sedbergh and District. Moral backing is always welcome but what is really needed is financial support.

The major push for funds will be after the New Year. A plan of how the fund raising will be co-ordinated is well advanced but not quite detailed and firmed up enough to announce in this edition of Lookaround. However a future edition should tell all!

In the meantime some events are being planned before Christmas and we encourage you to support them. We would also welcome ideas from anyone and everyone as to how to raise money, whether in large or small amounts. The redevelopment can only happen if the whole community becomes involved and gives the project whole hearted support. Anyone with ideas or wishing to help in any way with fundraising please come to the next meeting on Tuesday 10<sup>th</sup> November at 7.30pm at the People's Hall.



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### EU – BE HAPPY

Some have been vociferous in the pages of Lookaround recently, about the EU. People are divided on this, some see opportunity and others obviously regard it very much as a threat. But I thought it might help anyone who feels generally anti if I give some ideas as to how you can avoid contributing your own personal taxes to the EU.

Money paid into the EU pot comes from VAT, so if you minimise the purchase of things that are VATable, then lo! It won't be your money that's being used. Here are some suggestions:

1. Uncooked, unprocessed food is not subject to VAT. So do lots of home baking.
2. Books, newspapers and magazines can be read without worry, and you can watch the telly, but avoid being tempted by the ads.
3. Almost everything about a car will attract VAT, so use public transport – there's no VAT on bus and train fares.
4. When you are away, stay in a B&B instead of a big hotel as the B&B is unlikely to be making enough money to be VAT-registered.
5. There's not really any way of avoiding paying VAT on cleaning materials, so use them very sparingly.
6. Furniture and consumer goods (fridges etc) all have VAT on new, but if they are recycled, ie second hand, the amount of VAT will be zero or at most quite small.
7. Adult clothes have VAT on when new and you don't want to be

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dressed all in hand-me-downs, so here's a trick: take an occasional trip to France and buy your clothes there; that way you'll have a nice day out, the clothes will almost certainly have been made in the Far East wherever you buy them, and the VAT on the clothes will be paid to the EU by the French government not the British, then you can come home singing: na na, na na na!

And before you say: there you are then, if we had no EU we wouldn't be burdened with VAT; not a hope, the amount paid by the UK to the EU, before we receive anything back in the way of rebate or subsidy, is round about just a fifth of the total money collected in VAT.

I hope this helps anyone who feels agitated about it to take some practical steps to mollify their ire.

*David Collier*

### FROSTROW WI

People's Hall was very busy on the evening of our October meeting. Isn't it good to know that the venue is so well used? We had a very encouraging turnout and we hope that our visitors felt welcome and had an enjoyable evening with us. Julia Beeden gave us a slide show of "The Abbeys and Priors of the North West". Along with the slides she gave us a brief insight into the daily life and workings of the abbeys, including the functions of the various rooms which were common to all abbeys. Dorothy Gerrard thanked her for an interesting talk.

Our Golf Tournament this year was again very well supported with eleven teams competing. The eventual winners were Braithwaite-cum-Thornthwaite WI. Congratulations to them. Many thanks to Pat Ramsden and Linda Hopkins for organising the tournament and to anyone else who

helped in any way.

Rather a short report this month – hopefully there'll be more to say next time!!

### SLOVENIA HOLIDAY?

At our Charter Fair stand in August we had several enquiries about the possibility of an organised trip to Slovenia. We could stay in our twin town of Zreče, sampling the spa facilities, and possibly another venue, and visit some of the splendid sites, caves, mountains, lakes, historic sites etc. that this compact country has to offer. We can be sure of a very warm welcome.

Do get in touch with me if you are interested. At the moment I am thinking of October 2010. Prices will depend on numbers, route, airline or even rail? I'm sure we can arrange something to suit most interests and pockets!

*Susan Garnett 21138  
msg@wardses.org.uk*



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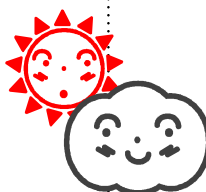
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### SEPTEMBER WEATHER

Well what a month!! We finally got some dry days. In fact on 25 days in the month we did not register any rainfall! We had an official drought, 14 days without measurable rain, followed by a further 9 dry days with just one small shower in between. With only 1.5 inches it was certainly the driest month of the year and is probable the driest month I've ever recorded. With temperatures also very pleasant we had a good month altogether. The maximum temperature recorded was 72.7F with many more in the high 60sF. We had a couple of nights when the temperature dropped, due



to the cloudless skies, into the upper 30sF with a minimum of 37.4F. All this was as a result of a high pressure system which sat over us for most of the month. Interestingly quite reasonable winds were recorded on most days with a high of 20.1mph.

This bountiful weather allowed me, and many others, to get some late hay or silage. It also had it down side as flystrike was still about. One of my tups was quite badly affected. "Hurrah for maggot oil says I" On the plus side I saw 5 red admiral butterflies together on 7<sup>th</sup> of the month. This was the largest group I have seen this year and was

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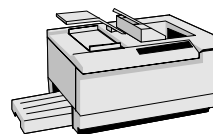
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obviously a late hatch. Another bonus was to see my fancy cock pheasants in their finery with complete tails of almost 3 feet long as they come into their breeding plumage. Usually they get so wet and muddy they snap off. A defence mechanism should "Mr Fox" grab them by the tail as they come away easily. A few young swallows passed through on their way south, 2 on the 25th and a large group on the 28th, though there have

been reports of late nests this year. Only time will tell if these late nest make it. The latest I've seen young swallows in the nest has been 1st of October. Chiffchaffs have been heard calling around the country when they should have been on the way south also. Autumn Watch on the BBC was asking people to record any chiffchaffs calling on their website. The occasional longtailed tit made a welcome visit.

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**SEDBERGH PARISH COUNCIL**

**Traffic and the Town – Public  
Consultation**

The PC is aware of a number of concerns relating to issues of vehicle speeds, the flow of through traffic, pedestrian safety and convenience, the condition of paths and pavements, residents' parking and access for disabled persons etc.

In response, the Council is considering the commissioning of a short report by an independent traffic consultancy which would examine opportunities for specific improvement schemes within the town. Such a report would be used to influence decisions on Highway Authority budgeting and to lobby for additional

funding.

This idea has already received strong support at a meeting between the Parish Council, Cumbria Highways, the National Park Authority and local interest groups. However, before deciding on this course of action, the Council is anxious to gather as much local opinion as possible. To help achieve this, a small display will be available at the Community Office from 2nd November 2009 to 6<sup>th</sup> November 2009 where anyone may call to leave comments and suggestions. A member of the Parish Council will also be present at the Community Office, as far as is practicable, to listen to opinions and ideas. The Community Office is open Monday to Friday, 10.00 to 16.00 but closed on Thursday afternoon. However for those who work out of town we are going to stay open until 7.30pm on Fri 6<sup>th</sup> November and we will also have a stall in the market on Wednesday 4<sup>th</sup> November.

Please spare a few minutes to come along and share your concerns and suggestions for change in order that the brief for any report is guided by local knowledge and experience!

*Colin Robertshaw*  
*Parish Clerk*

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## BRIGFLATTS QUAKER WEEK

### *Talks at Brigflatts*

As part of Quaker Week in October Sybil Oldfield, Research Reader in English at the University of Sussex, gave two lively and erudite talks at Brigflatts. It was a privilege to have had the opportunity to hear them. The first was about the *Kinder Transport* through which thousands of Jewish children were brought out of Germany and Austria between *Kristallnacht* and the declaration of the Second World War. The Quakers were responsible for organising this and for finding homes for the children in this country. It is a story of deep compassion and of a tremendous feat of organisation. One of those children, Rita Winkler, found a home with Miss Bowman, the Warden at Brigflatts, from 1<sup>st</sup> September until 20<sup>th</sup> December 1939. She has written an account of her stay there, of being sent to the

National School and of making friends locally.

The second talk was about Thomas Paine, author of *the Rights of Man*. After a brief account of his extraordinary life and works, from Norfolk and several failed trades through two revolutions, Mrs Oldfield concentrated on whether, or how much, his thought and writings were influenced by a Quaker background and Quaker teachings. It was a compelling argument backed by interesting examples from Paine's own writings.

*Elsbeth Griffiths*

## DENT MACMILLAN COFFEE MORNING

Thanks to the helpers, those who baked for the cake stall, the generous donations given, and all of you who came to support us. We raised a total of £425.93.

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**DENT MEMORIAL HALL**

Our Indoor Bowling is proving very popular and as notices about town will let you know we are now holding Wednesday evening sessions as well as Saturday mornings. Just costs £2 to come and play and refreshments will be on sale, proceeds to hall funds. See notices for dates or ring me.

We had a meeting with the School Governors recently, these take place 2 or 3 times a year to discuss and sort various matters which are important in the shared use of the building.

At the last Memorial Hall meeting I was asked to explain the role of the

Trustees and the difference between the Memorial Hall Committee & the Gala Committee, I am not sure I did it very well so here we go for (hopefully!) a better explanation; The Dentdale Memorial Hall Committee is made up of people who "represent" the many local organisations/clubs/churches/etc who hire the Hall rooms for events once a week or once a month/year or whenever, they, along with co-opted and elected Members make up the committee of Trustees (who all need to read, sign and keep a copy of the Lease & Licence) who meet from time-to-time to discuss, arrange and support the on-going life of the Dentdale Memorial Hall,

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including fund-raising for the DMH and especially the Dent Gala. Then, to prevent having to call a full committee meeting to arrange the GALA a sub-committee was formed called the Gala Committee AND anyone from the community who wants to can join this committee AND anyone can help at the Gala and not be on either committee, we also formed a small Fund Raising Committee but this became the same folks as the Gala one so we merged them. I hope this clears the questions, if not give me a call!

*Sarah E Woof (Dent 25212)  
Chairman DMH Committee.*

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### CHURCHES TOGETHER

During November, Churches Together will be joining for the Annual Remembrance service. This will take place on Sunday 8th November, 10.30am at St. Andrew's Church, Sedbergh. Please come along to remember those who gave their life for their country; everyone is welcome.

Thoughts are starting to turn to Christmas when there will be many carol services in the town and in the dales chapels. More details will be included in the December edition of the *Lookaround*.

  
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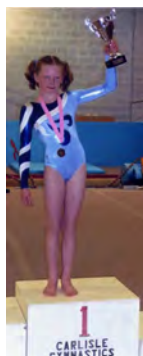
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### KATIE WOOF

Yet another youngster from Sedbergh making her mark in the outside world.

On Sunday 11th October, Katie Woof joined gymnasts from Kendal, Carlisle and Barrow to take part in the Cumbria County 4 Piece Intermediate Championships at Carlisle.



Katie gained a well deserved First Place in the 11 years and under Section with a clear victory of 4 points over her nearest rival. Well done Katie!

### TROTT MUSICAL FOUNDATION

Applications may be made for grants to the above foundation for consideration by the trustees in early December, with a view to grants being made for the following term.

The Foundation was generously established by the late Freda Trott to enable grants to be made to assist any child born, permanently residing in or being educated at a local authority school in Sedbergh, Howgill, Firbank, Cautley, Garsdale, Dent and Cowgill, to be educated in the appreciation of the art and science of music and the teaching of any musical instrument.

An application form for assistance may be obtained from the office of Dalton 85 Hague, 7, Main Street, Sedbergh, Cumbria. LA 10 5BN Tel: 20365. E-Mail: [office@daltonandhague.co.uk](mailto:office@daltonandhague.co.uk) and should be completed and returned by the 27th November, 2009. Applications already submitted will be considered at that meeting.

### AMATEUR MUSICAL CONCERT

Due to popular demand, Maureen, Jean and Friends are busy preparing and rehearsing for our next Amateur Musical Concert. This will be held in St. Andrew's Church, Sedbergh on Saturday, 12th December at 7pm.

The programme includes "The Christmas Jazz", supported by The Chameleons. followed by a wide range of virtuoso musical performances with a rousing Dramatic Finale.

Write the date in your diary now!!.

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### **NOVEMBER GARDENING**

As "British Summer Time" fades rapidly into the past and the days become markedly shorter and the gardens markedly scruffier, I begin to look forward to spring, and particularly to snowdrop time, and then daffodil and tulip time. Although snowdrop bulbs are still available for sale they are never very successful when planted from dry bulbs, so wait until spring to get them "in the green" and concentrate this month on shopping for bargain tulip bulbs instead.

November is the recommended month for tulip planting as the bulbs tend to wake up much later than snowdrop and *Narcissus* bulbs and planting at this time gives them less opportunity to rot in our damp soil before they begin to grow roots. There is something so attractive about the silkiness and vibrant colours of tulip flowers that I find them the most difficult type of spring bulb to resist. It is fortunate then, that I shop for tulip bulbs in the 21<sup>st</sup> and not the mid 17<sup>th</sup> century. At the height of their popularity some of the most popular bulbs fetched enormous sums of money or things. One, "The Viceroy" was sold for 1000lb cheese, 4 oxen, 8 pigs, 12 sheep, a bed and a suit of clothes. Many of the most popular tulips at the height of Tulipomania were those with "broken" flowers – with petals of yellow, red or white, flamed or feathered with maroon or red markings. These markings are caused by virus infection, so it is quite

possible that the very special varieties had a very short life. I have certainly never come across "The Viceroy" in a modern catalogue. As it is, just about any other colour or species of tulip will suit me, although my all time favourites are 'Queen of the Night', (very dark maroon, almost black tulip) 'White Triumphator' (white "lily" flowered) and 'Abu Hassan' (deep mahogany with flame edge).  
*Elaine Horne*

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### **SEDBERGH SCHOOL LOCAL BOYS FUND**

The Committee of the Sedbergh School Local Boys' Fund will meet on November 9th 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 Priestley (Honorary Secretary) at: Havera Bank, Howgill Lane, Sedbergh. Tel: 015396 20104

### PHOTO CALL

Not surprisingly there was no follow up on last month's wedding photo.

This month I have a photo kindly loaned by Gordon Braithwaite, brother of the infamous Sid. It shows a group of St John's Ambulance Brigade officers and cadets possibly en route for the annual inspection at Keswick.

It brought back fond memories for me of my time in the cadets. The trips to Keswick - on the year before I went, Princess Margaret had inspected the cadets but for us it was Mr Johns the owner of Sedbergh Laundry. I expect he was a very nice man but not quite the same as royalty! The stops on Dunmail Raise where we were each given a bag of sandwiches and cakes and a bottle of pop to eat in the open air; one year it was so hot cadets were fainting everywhere and we were told we could sit down on the grass, I sat in a cow pat and had to stand with my

dress folded behind me, oh the shame! And the annual camps at Silloth where me met up with cadets from other towns and were looked after by Uncle Cyril Stephenson and Auntie Rose - they were later to get married. Uncle Cyril usually wore shorts with a tartan blanket wrapped around them which he said was a kilt. He was a very versatile man and entertained us with puppets and was also a skilled artist, I still have some of his water colours sent to me when he discovered my own love of painting. Sadly he died prematurely not long after his marriage.

And there were trips to the open days at Ghyllas when we helped serve ice cream and the older boys gave demonstrations of first aid around the pond, it was there I saw my first Meconopsis - huge sky blue poppies. Classes were held weekly in an upper room behind Bainbridge Road, we were taught by a lovely lady called Miss Sisson and after



each lesson we would all wait outside while she hid various coins, I can still recall the excitement of finding a threepenny bit. At the back of the room was a box of human bones known to us as Charlie. Lovely happy memories which I hope may bring back similar memories to some of our readers.

Back to the photo, the only person I recognised was Ruth Potter so I am hopeful that someone may be able to name them all, or at least some, I would imagine it was the late 1950s.

I can be contacted at Walnut Bungalow, Dent, Sedbergh, LA105QT, tel: (015396) 25001 or by email at shirley.tebay@btinternet.com

### **SEDBERGH LADIES NFU**

The Annual General Meeting was held on September 22nd with a good attendance.

The President introduced Mrs Joyce Scobie, a member of the local History Society who gave us a very interesting talk on 'Liverpool Cowkeepers'. Quite a number of local farmers from Garsdale, Sedbergh and the surrounding area had gone down to Liverpool in years gone by and bought milk houses there.

After a delicious Jacobs Join Supper the new Vice President was elected. The November meeting is on Tuesday 17th. New members are always welcome.

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### **MICHAEL THORNELY**

Michael Thornely was a man of extraordinary talent. He will be remembered in Sedbergh for his outstanding contribution to the life of Sedbergh School.

He was appointed in 1940 to the position of assistant master and soon began to make a name for himself as an inspiring teacher of French and brilliant musician who was able to pass on his passion for music and singing to generations of his pupils. During a teaching career of thirty five years many hundreds of boys benefited from his expertise and skill, developing a love of languages.

Michael was also a wonderful director of drama productions

particularly Shakespeare and his own speciality Gilbert and Sullivan operas. These performances are remembered by many of his former pupils with pride and affection.

Michael's influence took the school's drama and music to new heights.

In 1954 Michael was appointed Headmaster of Sedbergh in succession to J.H. Bruce-Lockhart at the astonishingly young age of thirty five. He and Jennifer, his young wife, were now responsible for the running of a large school with all the attendant problems. In those days the Headmaster was also Housemaster of School House with twenty four hour responsibility for sixty resident boys. The combination was a truly

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prodigious task. Despite these additional responsibilities he presided over the affairs of the school as Headmaster for the next twenty one years.

During this period staff and boys were able to witness his extraordinary ability to guide the community through the changing educational scenes of the 60s and 70s. He showed outstanding judgment, wisdom, leadership and integrity. He had a masterful sense of humour and a penetrating wit. All decisions were made with compassion and were often tempered with an amusing conclusion. Michael possessed a remarkable ability to cut through the irrelevancies of 'educational jargon'

and get to the points that mattered. There was no better public speaker in the land and even on his 90<sup>th</sup> birthday he delivered a witty and erudite speech packed with amusing anecdotes. He was a master raconteur who possessed the actor's skill in delivering the punch line to perfection.

During his tenure as Headmaster Michael, with his wife Jennifer and their young family of four children, met and entertained numerous well-known national figures including peers of the realm, archbishops, generals and leaders of industry and the professions, many of whom became personal friends. He excelled at entertaining men and women

<p style="text-align: center;"><u>Starters</u></p> <p>Prawn Cocktail &amp; Marie Rose Sauce £4.30          Garlic Mushrooms on Toast £3.90          Pate with Garnish, Toast &amp; Butter £3.80          Soup of the Day £3.50          Egg Mayonnaise £3.60          Grapefruit Cocktail £3.60          Garlic Bread £2.75</p> <p style="text-align: center;"><u>Extra Special Main Courses all £11.95</u></p> <p>Loin of Pork in Cider &amp; Apple Sauce          Lamb &amp; Apricot Casserole          Chicken with Basil, Port &amp; Dill Sauce          Venison Casserole          Supreme of Pheasant Chasseur          Pork in Pepper Sauce          Cod &amp; Prawn Crumble</p> <p style="text-align: center;"><u>Main Courses</u></p> <p>Roast Dinner of the Day £7.39          Mixed Grill £12.99          Sirloin Steak approx. 8oz uncooked £11.99          Half Roast Chicken £8.20          Chicken Kiev £7.39          Lasagne £7.39          Steak &amp; Kidney Pie £7.39          Cumberland Sausage £7.39          Gammon &amp; Pineapple £7.39          Barnsley Lamb Chops £10.99          Marinated Lamb Steak (6oz) £10.99          Pork Chop in BBQ Sauce £8.99          Cheese &amp; Ham Pasta £7.39          Tuna Pasta Bake £7.39</p>	<h1 style="margin: 0;">THE HEAD AT MIDDLETON</h1>  <p style="margin: 0;">Tel: 015396 20258  <a href="http://www.middleton-head.co.uk">www.middleton-head.co.uk</a>  <a href="mailto:enquiries@middleton-head.co.uk">enquiries@middleton-head.co.uk</a></p> <h1 style="margin: 0;">Menu</h1>	<p style="text-align: center;"><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £9.99          Grilled Rainbow Trout £9.99          Breaded Scampi £7.39          Breaded Haddock £7.39</p> <p style="text-align: center;"><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £7.39          Stilton &amp; Vegetable Crumble £7.39          Vegetable Lasagne £7.39          Mushroom &amp; Nut Fettuccini £7.39          Broccoli &amp; Cream Cheese Bake £7.39          Vegetable &amp; Pasta Bake £7.39          Vegetable Tikka Masala £7.39          Macaroni Cheese £7.39</p> <p style="text-align: center;"><u>Rice Dishes</u></p> <p>Chilli £7.39          Chicken Tikka Masala £7.99</p> <p style="text-align: center;"><u>Salads</u></p> <p>Ploughman's Lunch £6.20          Cold Meat Salad &amp; Roll &amp; Butter £6.99          Prawn &amp; Rice Salad £6.99</p> <p style="text-align: center;"><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.99          Ham, Beef, Cheese &amp; Tomato;          Cheese &amp; Pickle or Salad from £2.99          Toasted Sandwiches from £3.20          Portion of Chips £1.85          Portion of Onion Rings £1.85          Mixed Side Salad £1.85          Portion of Mushrooms £1.85          Roll &amp; Butter £0.65</p>
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whose fame enhanced the status of the school. No headmaster has done more to enlist the support of such people in the work of the school. One excellent example of this was Michael's relationship with Brendan Bracken, a member of Churchill's cabinet, who was appointed chairman of the governors. As a result of this relationship Brendan Bracken became a major benefactor to the school.

To compensate for the long hours and the burdens of responsibility, Michael was able to relax and enjoy his interest in photography and passion for music and he was never happier than with a rod in his hand fly fishing on some lake or river. He had

an excellent knowledge of the Lake District and loved the countryside. In winter he would be one of the first to put on his skates and practice his skills on the ice.

After retirement in 1975 Michael was for three years Chairman of The Francis C Scott Charitable Trust and took over the management the Old Boys Society during which period he was able to catch up with many of the pupils who had passed through his hands and were now in positions of authority in many spheres, including the services, the judiciary and the world of commerce. He was held by all who knew him with respect and affection. He enjoyed a family life with his devoted wife Jennifer and children

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This Team Leaves It Clean



Richard, Charles, Elizabeth and Jacqueline. In later years too he took pride in the achievements of his grandchildren.

Michael was well-known in the community. He was an enthusiastic and talented performer in local amateur dramatic productions and played the organ in the parish church for many years. As an elder statesman he was revered and admired and his advice was regularly sought by those around him. He never lost that twinkle in his eye and the humorous turn of phrase. He had a real concern for courtesy in all human relationships and he had time for everyone. Michael Thornely was a towering figure in the long history of

## SEDBERGH HEALTH CENTRE

will be closed for Training Purposes on the following afternoons:-

Thursday 19th November  
No Closure in December  
Wednesday 13th January  
Thursday 11th February 2010  
Tuesday 16th March 2010



Sedbergh School. He will go down as one of Sedbergh's greatest Headmasters.

Michael Thornely was educated at Rugby School and was an organ scholar at Trinity Hall, Cambridge.

*J & T Morris*

# COLIN KNOWLES

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**FOLK CAROLS WEEKEND**

*December 4-6*

Once again we are inviting singers and instrumentalists to join our folk carols weekend in Dent - everyone is welcome. Of especial interest will be a west gallery session in the Dent Memorial Hall on Saturday afternoon December 5 led by Paul Guppy which will include a small scratch orchestra and about 40 singers. The songs will include old favourites like Old Foster traditionally sung in Yorkshire pubs in the run up to Christmas, as well as less well known carols from local manuscripts found in people's attics. Written music can be sent in advance as well as learning CDs and videos to make the experience much more

enjoyable.

Other workshops will include carols from other countries and easy to learn carols taught by ear for those who don't read music. There will also be a carolling Ceilidh on Saturday to which we have invited the Garsdale Street Band, and our traditional carolling walk and pub singing sessions.

The weekend coincides with Dent's Christmas market and those who prefer not to sing will get the chance to enjoy concerts and hear more informal singing around the village as well as browsing through the stalls.

To find out more about the carols weekend or to book please ring David Burbidge on 015396.21166

**GEORGE AND DRAGON  
DENT**



*A Dent Brewery House*



Catering for Locals, Visitors & Residents  
Daily Menu featuring Local Produce  
Bar Snacks & Main Meals  
A la Carte available Friday & Saturday  
Traditional Sunday Roast Lunch  
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[www.thegeorgeanddragondent.co.uk](http://www.thegeorgeanddragondent.co.uk)

### A DAY OF PRAYER

A Day of Prayer" will be held at St. Andrew's Church, Sedbergh on Saturday 5th December. This date, at the beginning of the Christmas season, seems to be appropriate as the purpose of the day is to raise awareness of the problem of "Human Trafficking".

So that people can come and go throughout the day, it is intended to run from 10a.m to 4pm.

Human trafficking is to be deceived or taken against one's will, bought, sold and transported into slavery for sexual exploitation, sweat shop labour, child brides, sacrificial worship, forced begging, sale of human organs, domestic servitude

etc. The scale of the problem is immense and is growing.

For example 1.2 million children are trafficked each year. They will have been sold for as little as \$20 and will usually suffer repeated physical abuse. They will be part of the 2-4 million. men, women and children who are trafficked every year

Every Minute, more than one person is trafficked across borders, including our own. But this is largely unreported in the daily news!

It is hoped that holding this" Day of Prayer" will help to bring the plight of these unfortunate people to the knowledge of ordinary men and women. Please come and join us on the 5th December.



### WRS

A wide range of antiques, garden statuary, reclaimed building materials, ironmongery, fireplaces & stoves.

### THE GALLERY

Contemporary art and design led crafts: jewellery, ceramics, textiles, paintings, sculptures and gifts

### RESIDENT ARTISANS

Kate Bentley

Artist

Silver Forge

Jewellery & Workshop

Gary Eccles

Furniture & Restoration

Ian Johnson

Photography & Framing

Graham Glynn

Pottery & Sculpture

Hat Trick Café

Good Food

### YEW TREE BARN

Low Newton LA11 6JP

015395 31498

[www.yewtreebarn.co.uk](http://www.yewtreebarn.co.uk)

Situated just off the A590

between the Grange and

Newby Bridge Roundabouts.

### DENTDALE METHODIST CHAPEL

It is all part and parcel of the duties of a Chapel Steward but no one tells you that when you feel led to take on the role, or at least that crossed my mind as I watched the Property Steward high up painting the Barge Boards on the West wall of the Chapel, all very safe I promise, harness & helmet etc. Many thanks to ALL who helped with the re-decoration etc of the outside of the building.

What about what has been happening inside? We had a good AGM with Mission and Outreach high on the Agenda for once and the visit of Paul Dunston, District Evangelism Enabler. Along with friends from Dent Foot we discussed finance, services,

special events, heating, times of services, fund-raising and completed the various forms we have to complete.

Services are now 2pm (except the Praise, Prayer & Testimony services on last Sunday in Nov, 7pm) and will remain 2pm until and including May, then 7pm only June-Aug. We are to have more joint services, Dent & Dent Ft. Our next church council is on Thur March 11th 7.30 at Dent Foot.

On the 31st Dec we are hosting an Afternoon Tea event and inviting the community to join us to celebrate the dawning of the New Year, anyone interested in helping do contact us.

*SE Woolf (Secretary)*

#### AUCTIONEERS, ESTATE AGENTS & PROPERTY MANAGERS INCORPORATING

DALTON & HAGUE ESTATE AGENTS  
70 Main Street, Sedbergh LA10 5AD  
Tel: 015396 20293 Fax: 015396 21650  
e-mail [property@chriswhelan.co.uk](mailto:property@chriswhelan.co.uk)  
[www.chriswhelan.co.uk](http://www.chriswhelan.co.uk)



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on owner use

## HOW THE EUROPEAN UNION REALLY WORKS

Sedbergh residents who joined staff and students at Sedbergh School and members of Forward in Europe on September 17<sup>th</sup> were treated to an enlightening talk on this complicated subject by a very distinguished member of the European Commission. Nikolaus van der Pas, who spent a long career in Brussels and rose through a variety of important posts to end as Director-General for Social Affairs, spoke with authority, enlivened by charm and humour. By recounting the real facts, he dispelled many of the myths which have grown up over the years, largely fed by a hostile press. Even the few

who had come as Eurosceptics were convinced of the value of the EU as an organisation dedicated to peaceful co-operation in matters which know no national boundaries, such as the prevention of war, fair trade, control of international crime and protection of the environment, while still preserving the cultural and social identity of each individual member state. The discussion could cheerfully have gone on much longer.

Forward in Europe, the Cumbria branch of the national European Movement runs regular talks about European affairs throughout the year. If you are interested ring Mary Wane on 15394 44484 or Ann Hinchliffe on 01539 728055.



# Lose 7lbs in 14 days\* at unbeatable value!



**Classes in your area**

**SEDBERGH**  
Sedbergh Primary School,  
Long Lane, Sedbergh  
Thursday 6:30 - 8:00 pm

**New Class Opening**

\* Trialists lost on average 7.25lbs in two weeks  
\*\* Bring this advert with you to claim offer below  
Class Fee - £5.50

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caytie.wightman@rosemaryconley.com  
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**Free membership\*\* worth £10 plus free portion pots® worth £4.88 when you pay for 5 weeks classes**

### DENT PRE-SCHOOL

On a very windy Bank Holiday Saturday, Nicola and myself stood on the Dent Show field looking at a Mini Marquee trying to decide how 2 novices could put it up, when along came a super hero, cape and all in the shape of Paul Sellars. Up went the marquee (kindly donated by Jim and Margaret) and armed with our usual cake stall with Betty and Sue selling the finest of home-made produce we were set to have a good weekend.

We had plenty for both children and adults to do including guessing the weight of an 8' x 4' x 4' straw bale loaned to us by Keith Burrow, Spot the Dog, decorating face masks,

making and decorating foam aeroplanes and butterflies, decorating cakes with as many sweet things as the children could get on them and guessing how long it would take for Tony Middleton to change a tractor tyre, and boy did he have a crowd watching him do it!

I would like to say a huge thank you to all the people I have mentioned, to everyone who helped out over the weekend and anyone who came in the tent to support us. I would also like to say a huge Thank You to Jolene who has sat for many hours at my house helping me to organise things. All help really is appreciated at every fundraiser and we hope to see you all at the Domino Drive.

Many thanks again *Liz Hoggarth*

## The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes  
offer you a warm welcome



We are open daily for home cooked food,  
(a particular favourite is Ham `n` Eggs)  
and offer an extensive menu for  
residents and non-residents.

Our two guest rooms are both en-suite  
and we can boast one of the finest views of  
Cautley Spout and the Howgills.

*Please note our opening hours.*

Tuesday to Sunday 8.30am—4.30pm (closed Mondays unless Bank Holiday)

Wednesday to Saturday nights open from 7.00pm ~ **Booking Essential**

**TIM FARRON MP**

The nights are drawing in, the clocks have gone back and the Parliamentary Summer Recess has only just come to an end! It really is ridiculous that our system allows for Parliament to be effectively closed for 82 days over the summer. I have tried to use my time over this period as productively as possible, getting out to meet people with my Annual Mobile Summer Surgery, attending meetings, even walking from Preston to Kendal to deliver our petition in support of the new Cancer Unit at the Westmorland General Hospital, but I do worry that the Government is not really held accountable for what is nearly a quarter of the year. Anyway we are back now and normal service is resumed. In fact I have already been fortunate enough to be called during Prime Minister's Question Time and took the opportunity to ask the Prime Minister to become involved in the campaign for the new cancer unit. As I hoped he responded by offering me a meeting with the Health Secretary Andy Burnham, this will give me another chance to press the point that it is unacceptable, when the Government's policy is that no one in this country should be more than 45 minutes from a cancer treatment unit, for no one in this constituency to find themselves within 45 minutes of our nearest unit in Preston. We should hear the results on this campaign fairly soon now. Thanks to everyone who has given their support by signing the petition or turning up to join us on the final leg of

the walk from Preston Hospital. Without the massive amount of local support the plans would never have got as far as they have, let's just pray for the right outcome at decision time.

I had a very constructive meeting with the Councillors who represent Sedbergh on the various councils, representatives from the National Park and the School to discuss the highways strategy for Sedbergh. We were looking to see what needed to be done to improve parking, safety, traffic and access for pedestrians and disabled people. Clearly there is much more work to be done on this, not least working with the entire Sedbergh community to ensure that any plans have widespread support and are realistic in what can actually be achieved within the town.

Finally, I am continuing to press for Baliol School to remain open, albeit in another guise and with another owner. It will be a hard fight but, as I hope you realise, I am not someone who gives up on these things easily.

If you want to contact me about these or any other issues or if you want me to raise anything else in Parliament then please do write to me, Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk).

Thanks for your support

*Tim Farron MP*

PS If you want to, and I fully accept many of you may not, you can become my friend on Facebook and follow me on Twitter these days. We really are entering the digital age!

**SEDBERGH METHODIST GUILD**

Guild meetings are held every Monday evening at 7.30pm in the Methodist Schoolroom, New Street. A varied programme has been arranged and everyone is very welcome to attend any of the meetings.

Forthcoming speakers are: 9th November - Mr D Barnett speaking about the work of the Hospice in Lancaster, 16th November - Rev R Fox, 23rd November - Bishop James Newcombe - 'Doubting Dawkins, and 7th December - Mrs C Brown speaking about the 'Work of a Chaplain at WGH'.

For further details contact 015396 20471.

**R.S.P.C.A NEWS**

A big thank you to all who supported our Street Collection so generously on 19th September. Our total was £205.31.

*Christine Glyn  
Jeane Parster  
Pat Bainbridge*

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*We offer a good range of home improvements and maintenance jobs such as:*

- \* Interior decorating*
- \* Exterior painting*
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Working in Sedbergh,  
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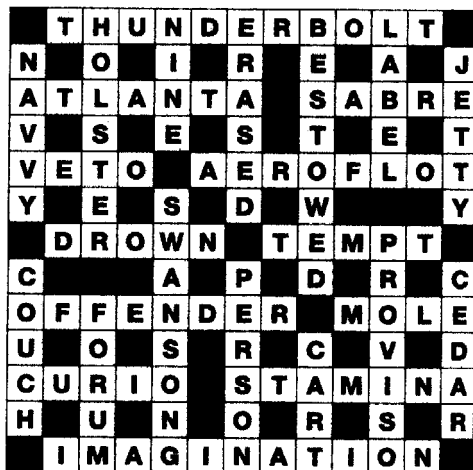
**MAIN STREET CLOSURE**

Will readers be aware that the Main Street between New Street and Back Lane will be closed to vehicles from 16th November for about 2 weeks to facilitate the demolition and rebuilding of 92 Main Street. A footpath will be maintained at all times.

**GREAT NORTH RUN  
COFFEE MORNING**

The final total raised from the Coffee Morning held at Waterside Farm, Firbank on 15th August, and Liz competing in the Great North Run on September 20th amounted to £1127.53. Grateful thanks to all who supported these events. This fantastic amount is being forwarded to MENCAP. Thank you all.

*M. A.*





**AUDIO & LARGE PRINT  
LOOKAROUND**

Not people will realise that there is more to the *Lookaround* than meets the eye. For the Blind Members of our community, there is an Audio Version which has been running for many years now but has recently gone Digital. There is quite a bit of (voluntary) work that goes into this and new assistance is always welcomed. There will be an AGM of the Group at 2pm on Thursday 12th November in the People's Hall to discuss matters relating to the production and Fund Raising. If you feel you could spare a couple of hours very now and then, please come along or contact Rosemary Handley on 21411 and leave your details.

The Group also funds the Large Print version for the Partially Sighted but no assistance is required for this.

Grateful thanks to everyone who supported the recent Coffee Morning at which over £150 was raised for funds.

*Dennis J Whicker*

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	6			9			5
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		9	2		8	5	

**THE OPEN DISCUSSION GROUP**

Many of you will know that this Discussion Group has been running for quite a number of years. The meetings are fortnightly during the autumn and winter months at the home of Alf and Joan Hooper, 4 Highfield Villas, Sedbergh.

People ask any questions they like about faith, doubt, disbelief, the Church and society.

There is complete freedom of expression - and consequently a great variety of opinions. An orthodox Christian view of the questions is presented, but all views are listened to with respect and we all gain from this. It is very informal. Those who have come to previous meetings have found them stimulating and enjoyable.

The meetings last from 7.45pm to 9.00pm. They take place fortnightly on Wednesdays. The first meeting is on November 25<sup>th</sup>. You could come to just one or two meetings or to the whole series? New members are very welcome. Have a try!

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

**LOOKAROUND**

Please note that from the December issue, we request £1 per copy and also that there will be no January issue as usual.

Please submit your Articles, Adverts, Diary Dates as early as possible but no later than the Closing Dates that appear on the Front Page.

With thanks. *Dennis J Whicker*

### SEDBERGH SCOUTS

Please note that 1<sup>st</sup> Sedbergh Scouts will be providing the local Christmas Post service again this year. Full details in next month's 'Lookaround'

### COMMUNITY OFFICER

Over the last month in the Sedbergh Dent and Garsdale area there has been one reported incident of Criminal Damage to property, and two incidents of theft, we are awaiting results from forensic evidence which has been seized and further enquiries are on going.

Over the past month an electronic device has been monitoring traffic speeds in Sedbergh, the data produced has led to traffic officers from Kendal becoming more visible in the area to enforce the speed limit.

During the weeks running up to Halloween and Bonfire night information and advice has been distributed to secondary schools regarding Firework safety and safety while out trick or treating. Bonfire night safety talks will have been delivered to both Sedbergh primary and Dent primary by the end of October, by Cumbria fire and rescue service and myself.

Myself and CSO 5245 Thomas have introduced a new 'drop in surgery' to be held at Kendal Auction mart. This will be held every other Thursday on sale days, it is hoped that it will give farmers and ourselves the chance to meet and discuss any issues raised within the farming community. We hope to promote farm security through the Farm Watch scheme and the distribution of Smart Water. A



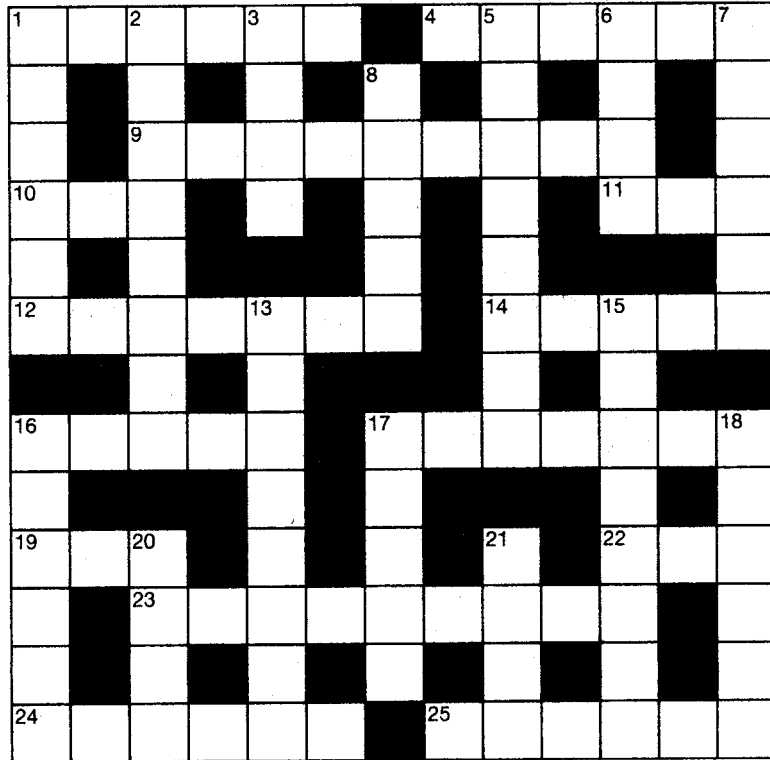
**Sedbergh Town Band**  
*Conductor: Alan Lewis*  
*Annual*  
**CHRISTMAS  
CONCERT**  
People's Hall  
7.45 pm  
Tuesday 1<sup>st</sup> December  
Admission £5.00 (Children £3.00)  
Tickets from:  
Premier, Green Door  
Tourist Information Office  
and band members.



Sedbergh Town Band is a registered charity. No. 1086817

number of farms are already part of Farm Watch and have had quad bikes etc marked with 'Smart Water'. I hope this number will increase in the next few months. If you are interested in becoming a Farm Watch member and having your property marked with Smart Water please contact me on 0845 33 00 247 or by email [Karen.dakin@cumbria.police.uk](mailto:Karen.dakin@cumbria.police.uk)

Drop-ins for this month will be Dent Stores 10:00-12:00 Tuesday 3<sup>rd</sup> November and Sedbergh Library 17:30 – 19:00 Monday 30<sup>th</sup> November. Kendal Auction Mart 12<sup>th</sup> November, 26<sup>th</sup> November.  
Karen Dakin CSO 5206  
Email [karen.dakin@cumbria.police.uk](mailto:karen.dakin@cumbria.police.uk)  
Tel - 0845 33 00 247.



## ACROSS

- 1 Sweet sound (6)
- 4 Athletics barrier (6)
- 9 Bell tower (9)
- 10 Untruth (3)
- 11 Colouring substance (3)
- 12 Started again (7)
- 14 About (5)
- 16 Calvin - - -, American fashion designer (5)
- 17 Spoil, tarnish (7)
- 19 US border river, - - - Grande (3)
- 22 Deceive, swindle (3)
- 23 A climax (9)
- 24 International agreement (6)
- 25 Clergyman in charge of a parish (6)

## DOWN

- 1 Flour maker (6)
- 2 Publican (8)
- 3 Slightly wet (4)
- 5 Clown's bike (8)
- 6 Legal document (4)
- 7 Cry of Archimedes (6)
- 8 Mad (5)
- 13 Cenotaph (8)
- 15 Item of clothing (8)
- 16 Olga - - -, Soviet gymnast (6)
- 17 Badger? (5)
- 18 Yearn (6)
- 20 Throwing line in a game of darts (4)
- 21 Part of the leg (4)



### BED & BREAKFAST

<b>Proprietor</b>	<b>Address</b>	<b>Phone (015396)</b>
Miss S Thurlby .....	15 Back Lane, Sedbergh (2009/12) ..... <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- antique.thurlby@amsolve.net	20251
Mrs S Gold-Wood .....	Number Ten Main Street, Sedbergh (2010/02) ..... <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite .....	Bramaskew Farm, Howgill, Sedbergh (2010/09) ..... <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks .....	Holmecroft; Station Road, Sedbergh (2009/11) ..... <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 (2010/09) ..... <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 (2009/12) ..... <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
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
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2010/11) ..... <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360

### CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh (2009/09) .....	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2010/11) ..... <i>Self-Catering Sleeps 6-8</i>	20360
Waterside Farm Caravan, Firbank, Sedbergh (2009/09) .....	<i>4 Berth; H&amp;C Shower; WC</i>	20616

### 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 Marsden 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 & Frostraw

**Rev. T Widdess Tel: 20329**

### SEDBERGH CHRISTIAN CENTRE

5.30 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	=	£1.50
Postal Overseas	=	£2.50

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  
*Last Price Update August 1999.*

## DIARY OF EVENTS

*Dates are held up to 21st July 2010*

Entries marked (*) see Advert in previous Lookaround.			18 1330 Muncheon Music (18)	SSQH
<b>NOVEMBER</b>			18 1930 Domino Drive	GVH
1 1000	Hidden History (till 8/11)	DCMH	18 1930 HS Lady Anne Clifford (1)	SHS
1 1030	Shoebox Appeal Service	SMC	18 1930 Baugh Fell Commoners AGM (18)	PH
2 1000	Traffic & the Town Consultation	CO	20 1830 Annual Promise Auction (20)	G&D
2 1930	Home on the Range	DCMH	20 1930 Foreign Fields	DCMH
3	SS Half Term Ends		21 1000 Playgroup Christmas Market Fair (21)	PH
3 1000	Traffic & the Town Consultation	CO	21 2000 Howgill Dance & Singalong	PH
3 1400	SL Carers Heartstart	PH	21 1930 Ceremony of Christmas Carols (22)	Carlisle
3 1400	Spinning & Rugmaking	DCMH	22 1030 Christian Worship (22)	PH
3 1930	WIB Annual Meeting	BVH	22 1900 Ceremony of Christmas Carols (22)	SSPH
4 1000	Coffee Morning Firbank Church	URCR	23 1930 Doubting Dawkins (23)	SMC
4 1000	Traffic & the Town Consultation	CO	24 1930 Neighbourhood Forum	PH
4 1930	HS North Eastern Railway (1)	SHS	24 1930 Garsdale Ladies Sedbergh Soap	GVH
4 1930	WIF AGM & Jacobs Join Social	PH	25 1930 CWT The Lakeland Eagles	SHS
5 1000	A Day of Prayer	StAS	26 1930 Sedbergh Parish Council	PH
5 1000	Traffic & the Town Consultation	CO	27 1930 Domino Drive	KVH
5 1930	WIH District Councillor	HVH	28	SSCS Rawthey Ball
5 1915	RBL AGM	WHC	28 2030	Fake That Tribute Band (28)
6 1000	Traffic & the Town Consultation	CO	30	St Andrew's Day
6 1800	Garsdale Bonfire & Fireworks	GVH	<b>DECEMBER</b>	
6 1830	Firbank Bonfire Night & Skittles Party	FCH	1 1400	Spinning & Rugmaking
7 1400	SHS PTFA Jumble Sale (1)	PH	1 1930	WIB Christmas Meel & Party
7 1800	Gala Bonfire Night (*)	PH	1 1945	Town Band Christmas Concert (80)
8 1030	Remembrance Sunday	StAS/D	2 1000	Coffee Morning LNFU
9 1900	CO AGM	URCR	2 tba	WIF Christmas Party
9 1930	St John's Hospice (9)	SMC	2 1800	Late Night Shopping
10 1000	Benefits Advice	CO	2 1930	HS Traditional Local Food
10 1400	WIK AGM + Jackie Huck	PH	3 tba	WIH Christmas Party
10 1930	Firbank Church Domino Drive	FCH	4 1930	Folk Carols Weekend (48)
10 1930	PH Fundraising Meeting	PH	5 1000	A Day of Prayer
11 1000	Coffee Morning Bowling Club	URCR	5 1000	Folk Carols Weekend (48)
11 1915	WID AGM	DMH	5 1100	Christmas Fayre (66)
11 1930	Band Remembrance Day Concert (11)	URCR	5 1400	Christmas at the Museum
12 1400	A&LP Lookaround AGM	PH	5 1800	Carols Ceilidh (48)
12 2030	Dave Savill Jazz Band (12)	G&D	5 tba	Flicks in the Fells
13 1900	Dent Pre-School Domino Drive (13)	DMH	6 1000	Carols from Afar (48)
13 1930	WIH Domino Drive	HVH	6 1400	Christmas at the Museum
14 1000	NWCRF Christmas Fair	KLI	8 1200	WIK Christmas Lunch
14 1100	StAS Christmas Fayre (14)	PH	8 1930	Domino Drive & Mince Pies
14 2000	Two Gentlemen of Verona (15)	SHS	9	SS Term Ends
15 1100	Workshop for Strings (14)	SPS	9 tba	WID Christmas Party
16	<b>Main Street Closed for two weeks</b>		12 1900	Amateur Musical Concert
16 1400	Watercolour Classes start (16)	PH	12 1930	Carols by Candlelight
18 1000	Coffee Morning Killington Church	URCR	13	Annual Dentdale Over 60 Xmas Lunch

*The S & D Lookaround is edited, published & distributed monthly by  
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*The content of The Lookaround in no way reflects the views of the Editors.  
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.*

*Copies available from Sedbergh Office Services, Sedbergh Tourist Office, Premier,  
Ellies, Post Office, Farfield Mill, Dent Stores & Meadows Cafe*

15	1000	Benefits Advice	CO	
20	1030	Christian Worship	PH	
22	1930	Christmas Domino Drive	HVH	
<b>JANUARY</b>				
6	1930	HS Slides of Old Sedbergh	SHS	
12	1930	Domino Drive	FCH	
16	tba	Flicks in the Fells	PH	
16	1930	Barbon Agri Society Domino Drive	BVH	
20	1930	HS History of Local Methodism	SHS	
26	1930	Garsdale Ladies Social Evening	GVH	
27	1930	CWT DNA, Darwin & The Dales	SHS	
<b>FEBRUARY</b>				
3	1930	HS Journeys of George Fox	SHS	
6	tba	Flicks in the Fells	PH	
10	1930	CWT Cumbria's Reptiles & Amphibians	SHS	
16	1930	Domino Drive	FCH	
17	1930	HS The Edwardian Doomsday	DMH	
<b>MARCH</b>				
1	1930	FCH AGM	FCH	
3	1930	HS Woman in a Man's World	SHS	
6	tba	Flicks in the Fells	PH	
9	1930	Domino Drive	FCH	
10	1930	CWT The Atlantic Arc	SHS	
10	1930	Town Band Spring Concert	PH	
23	1930	Garsdale Ladies Massage	GVH	
27	1300	Spring Show	PH	
<b>APRIL</b>				
3	tba	Flicks in the Fells	PH	
5	1900	PH AGM	PH	
21	1930	CWT Borrowdale, the Secret Valley	SHS	
27	1930	Garsdale Ladies tba	GVH	
<b>MAY</b>				
1	tba	Flicks in the Fells	PH	
18	1930	Garsdale Ladies Musical Evening	GVH	
<b>JUNE</b>				
9	1930	Town Band Music Festival	StAS	
5	tba	Flicks in the Fells	PH	
24	1930	Garsdale Ladies Summer Meal	Cross Keys	
25		9th Dent Folk Festival	Sedbergh	
26		9th Dent Folk Festival	Sedbergh	
27		9th Dent Folk Festival	Sedbergh	
<b>JULY</b>				
9		One Big Weekend	Sedbergh	
10		One Big Weekend	Sedbergh	
11		One Big Weekend	Sedbergh	
21	1400	Blood Donor Session	PH	
21	1730	Blood Donor Session	PH	
<p>Many people are complaining to the us that area events do not appear in the Lookaround but they do appear on Notice Boards around the town. We earnestly request that <u>all</u> events details be given to us so that we can put them in the Diary. We do not necessarily want an advert but it does inform the readership of what the event entails. Prices for adverts have not changed since August 1999 and we feel that they do offer good value. Please help us to help you to help the readership.</p>				
<b>DIARY KEY</b>				
BF	= Brigflatts			
BVH	= Barbon Village Hall			
CDC	= Community Development Centre			
CO	= Community Office, Main Street			
CTiS	= Churches Together in Sedbergh			
CWT	= Cumbria Wildlife Trust			
DCMH	= Dales Countryside Museum, Hawes			
DCP	= Dent Car Park			
DMH	= Dent Memorial Hall			
DMC/S	= Dent Methodist Chapel/Schoolroom			
FCH	= Firbank Church Hall			
FM	= Farfield Mill			
G&D	= George & Dragon, Dent			
GVH	= Garsdale Village Hall			
HJC	= Hawes Junction Chapel			
HS	= History Society			
HVH	= Howgill Village Hall			
JLCP	= Joss Lane Car Park			
KLI	= Kirkby Lonsdale Institute			
KVH	= Killington Village Hall			
LHCP	= Loftus Hill Car Park			
PH	= People's Hall			
SHS	= Settlebeck High School			
SLSB	= South Lakeland Society for the Blind			
SMC(R)	= Sed. Methodist Church (Room)			
StAS/D	= St Andrew's Church, Sedbergh/Dent			
STO	= Sedbergh Tourist Office, Main Street			
URCR	= United Reformed Church Rooms			
WIB	= Women's Institute, Barbon			
WID	= Women's Institute, Dentdale			
WIF	= Women's Institute, Frostrow			
WIH	= Women's Institute, Howgill			
WIK	= Women's Institute, Killington			
<b>Regular Meetings</b>				
Howgill Toddlers	1315	Every Monday	HVH	
Dent Parish Council	1930	1st Monday	DMH	
T'ai Chi	1930	Every Tuesday	URCR	
SL Carers Association	1400	1st Tuesday	PH	
Killington WI	1400	2nd Tuesday	PH	
SLS Blind Group	1400	3rd 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	
Frostrow WI	1930	1st Wednesday	PH	
History Society	1930	1st & 3rd Wednesday	SHS	
Dentdale WI	1915	2nd Wednesday	DMH	
Howgill WI	1930	1st Thursday	FCH	
Child Health/Baby Cl	1400	1st & 3rd Thurs	PH	
Toy Library	1430	1st & 3rd Thursday	PH	
Royal British Legion	1915	2nd Thursday	WHC	
Sed. Parish Council	1930	Last Thursday	PH	
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

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

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

<b>Monday</b>	0845 - 1300 C	1400 - 1730 C
	0840 - 1200 LB	1400 - 1630 E
<b>Tuesday</b>	0845 - 1300 C	1400 - 1730 C
<b>Wednesday</b>	0830 - 1300 B	1400 - 1730 B
	0840 - 1200 L	
<b>Thursday</b>	0830 - 1300 B	1400 - 1730 B
		1400 - 1730 C
<b>Friday</b>	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 & Mr B Houghton

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

1000 - 1700

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

### COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

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

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

### RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 01539 738772

[www.cabsouthlakeland.org.uk/kendal.html](http://www.cabsouthlakeland.org.uk/kendal.html)

### PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600

☎ 01539 795000 or 0845 6060265

### SLCVS @ Community Office

1st Wednesday every month

10 am to 12 noon

☎ 01539 742627

### COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

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

### POLICE

☎ 0845 33 00 247

### PUBLIC TOILETS

Main Street & 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