

Sedbergh & District
LOOKAROUND

December 2009

Issue 273

Donation £1

We would like to wish all our readers, sponsors, contributors and advertisers a very Merry Christmas and a Happy, Healthy and Prosperous New Year for 2010.

Please remember that there is no

January issue and that from this month the *Lookaround* will be £1 per issue . This will ensure that we continue with the current presentation for many years to come.

Dennis & Jacky Whicker

SEDBERGH & DISTRICT CHAMBER OF TRADE
ANNUAL
FAMILY FESTIVE EVENING
& Christmas Lights Switch-on
Wednesday 2nd December
Come and see
FATHER CHRISTMAS
in his Grotto
(Behind Ellies Bakery)
1:30pm to 4:30pm **from 6pm**
£1 per child
Grand Switch-On of Christmas Lights
and Evening Festivities starts 6pm
Come and join us for a Happy Festive Evening,
with seasonal music, games for children,
mulled wine , mince pies, roast chestnuts
and other Festive Fayre on Main Street

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

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

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

DECEMBER 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:-

Freya Metcalfe who is

10 years old on 6th December

Matthew Woodfine who is

10 years old on 18th December

Please collect your vouchers from

Sedbergh Office Services

13 Kings Yard, Main Street,
Sedbergh

which can be used in any shop in

Sedbergh & Dent.



Day	Name	Age
2	Rhiannon WINDER	5
2	Ryan WINDER	5
2	Elijah JAMES	6
5	Isabel ABBATT	9
4	Benjamin ROBINSON	7
6	Anna AINSCOUGH	4
6	Freya METCALFE	10
8	Freddie FALLOWS	6
9	Jack ALDERSON	5
10	Tom FEARNHEAD	8
14	Sophie WALLER	9
16	Tom CAPSTICK	2
16	Ella PRATT	4
16	Sophie GAME	5
16	Brenda LUFFMAN	7
17	Reagan BROOKS	11
18	Matthew WOODFINE	10
21	Charlotte CAPSTICK	10
22	Vicky WOOF	3
27	Haydon COUSINS	2
29	Ashleigh HALL	11
31	Gracie ROBINSON	5
Nonagenarian & Over		
13	Ian Buchan DONALD	90

JANUARY 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:-
Nicholas Pike who is

10 years old on 17th January

Bryony Leddy who is

10 years old on 26th January

Please collect your vouchers from

Sedbergh Office Services

13 Kings Yard, Main Street,

Sedbergh

which can be used in any shop in

Sedbergh & Dent.

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! ☺

Day	Name	Age
3	Rebecca MASON	9
3	Jordan GARNETT	11
6	Arnold HODGSON	5
11	Abraham CARNEY	9
12	Lee CAMPBELL	10
13	Elizabeth COWIN	3
16	Sam GORST	9
17	Nicholas PIKE	10
18	Adam ROSS	11
19	Joshua DODD	9
19	Jazmin DODD	9
25	Zoe CRAGG	9
26	Bryony LEDDY	10
31	Liam MASON	10
	Nonagenarian & Over	

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PERSONAL & SMALL ADS £1

ALDERSON

Congratulations Jackie on your **40th Birthday** on 30th December. All my love, Peter.

=====

ALDERSON

Happy **40th Birthday** Mummy. We love you lots. Jack and Lisa.

=====

ALDERSON

To a very special friend who's going to be **40 years young** on December 30th. Looking forward to the big day. Lots of love from Lorraine, Caspa, Jay and Bobbi. XXX

=====

CAPSTICK

Nora would like to thank all Family and Friends for all the support and help that she has received over the last few months whilst going between home, hospital and Brant Howe.

=====

CRAGG

I would like to thank everyone who helped me celebrate the Big 4-0. I had a wonderful night and special thanks go to the staff at the Club for all their help and all my workmates at The Bull for making the night so easy for me. Loved it so much, I am having a 41st!. See you in October. Cheers the Cragsta X

=====

DEVINE

A big thank you to Dennis and Jacky for all their hard work in putting the *Lookaround* together and for the lovely photographs on the new covers. Georgina.

HALL

Congratulations Mags on passing your theory test and good luck with your driving lessons. Half way there, keep going. Lots of love from all the family.

=====

HUNTER

Allan and Kay would like to thank all family and friends for the beautiful flowers, cards and gifts received on their **RUBY WEDDING**. They were overwhelmed with your generosity. Thanks also to Joyce, David and the Staff at Barbon Inn for the beautiful Buffet.

=====

KIRBY

Congratulations Mum and Dad on your **40th Wedding Anniversary** on 22nd December. Lots of love from Lorraine and Caspa, Mags and Gary and David and Nicola.

=====

KIRBY

Granny and Grandad have been married for **40 years**. Love from Jay, Bobbi, Ashleigh and Zak.

=====

LAW

Happy **18th Birthday** Olivia on the 16th January. With love from Grandma and Grandad Law.

=====

LONGLANDS

I would like to say a big thanks very much to everybody who wished me **50th Happy Birthday** on 29th October. Also thanks for all the lovely cards, gifts, plants and flowers. It was a brilliant day. XXXXX

PERSONAL & SMALL ADS £1

MASON

Grizz would like to thank everyone for going to his 50th Birthday Party and for the many Gifts and Donations which amounted to £500 which was presented to Sedbergh Town Band. Also a big thank you to Alma for the cake and to everyone who helped to make his day special.

=====

MIDDLETON

My sincere thanks to everyone who has shown me such kindness through a rather difficult year. Best wishes. Elsie, Davy Bank Mill.

=====

MOORE

Margaret and family wish to thank everyone for all the lovely cards, gifts and flowers given to us after Robert's sudden death. A special thank you to our neighbours for their company and kindness. Diane, Lisa and Chris join us in thanking everyone who attended the funeral, especially Robert's old pals with whom he spent many happy hours. Also thanks to everyone for donations received for the RSPCA. Thank you all.

=====

SPAR/MIDDLETON

Steven would like to thank the Spar Team, past and present, for their dedication and friendship over the past 24 years. Also special thanks to the customers for their loyalty and support throughout the years.

THORNLEY

Jennifer and the family are so grateful for all the beautiful letters, cards and flowers that we have received after Michael's death. We hope you will forgive this printed notice. It was a mercifully peaceful end to a wonderful life and we give thanks for it.

=====

WILSON

I would just like to say a big thank you to Tom, Mary and Jean for doing my shopping. Also to Mary Woof and Helen Bell for calling for me to take me out for a meal. Thank you all. Mary.

=====

Christmas Messages

=====

ABBOTT

Dennis like to wish all friends a Merry Christmas and a Happy New Year.

=====

AIREY

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

=====

BAINBRIDGE

Joe wishes all his friends and neighbours a Heppy Christmas and New Year.

=====

CAMPBELL

Sorry. No cards but Raymond wishes all relations and friends a Merry Christmas and a Happy New Year.

PERSONAL & SMALL ADS £1

CAPSTICK

Nora would like to wish all her Family, Friends and Neighbours a very Merry Christmas and a Healthy and Happy New Year.

CAPSTICK

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

DAWSON

May we all know true Peace and Joy at Christmas time. Jack and Jenny.

DUO

Jenette and Susan would like to wish all of their customers a Merry Christmas and a Happy New Year.

FARRER

Wishing you all a Very Merry Christmas and a Happy New Year. A special Thank You to all the staff at Kendal Hospital. Ronnie.

GIBSON

Terry and Doreen would like to wish their friends a Happy Christmas and Best Wishes for the New Year.

HARRISON

Janette wishes all her family and friends a Merry Christmas and Best Wishes for a Happy New Year.

HAYGARTH

Christine and Brian wish all their relatives and friends the Seasons Greetings and a Happy and Prosperous 2010.

HAYGARTH

Doris would like to wish all her relatives, friends and neighbours a Very Happy Christmas, Good Health, Good Luck and every Happiness for 2010.

HAYGARTH

Gladys would like to wish all her family and friends a Very Happy Christmas and all the best for the New Year.

HILL

Happy Christmas and all good wishes for the New Year to friends and neighbours. June.

HOGGARTH

Brenda and Jim wish all friends and relatives a Merry Christmas and a Happy New Year.

KIRBY

Lorraine, Caspa, Jay & Bobbi would like to wish all their family and friend a Great Christmas and a Happy New Year.

MASON

Norman would like to wish his neighbours and friends all the best for Christmas and 2010.

MIDDLETON

Steven, Michelle, CJ, Sienna-May and Jody would like to wish all family and friends all the best for Christmas and the New Year.

PERSONAL & SMALL ADS £1

POSTLETHWAITE

Ruth and George would like to wish all who knows them a Merry Christmas and Happy New Year.

SPAR

We would like to wish all our customers a Merry Christmas and a Happy New Year.

STOKER

Eve sends every good wish for Christmas and the New Year to all family, friends and neighbours

TODD

Maggie wishes all her friends a Merry Christmas and a healthy and Happy New Year for 2010.

TOMLINSON

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

WINN

Margery and Susan wish family and friends a Happy Christmas and a Good New Year.

WINN

Paul Winn Appliance Services and all at Tooby's Electrical Store would like to thank all their customers, old and new, for their support over the last year and wish them a Happy Christmas and a Prosperous New Year.

WOOF

George would like to wish all Family and Friends a Very Merry Christmas and a Happy and Healthy New Year.

FOR SALE

Dell 1201 Projector - unused and still in packaging. Cost £405. Nobo 1500 projection screen + stand - unused, cost £75. Total cost £480 - will accept £250 Tel: 015396 25561

FOR SALE

Myers 4'6" Double Bed. Platform Base with 4 drawers with New Unused airsprung Coniston mattress (Medium-firm). Mattress cost £109.99. £75. Can deliver locally. Tel: 22097.

FOR SALE

4' Fish tank - complete. 2 heaters, pumps, lights. £250 ono. For more info, Tel: 015242 76223.

FOR SALE

Boys mountain bike. Ridden twice - too small!! 19" frame, 18 gears. Front and rear suspension. £50. Tel: 20605.

FOR SALE

Mobility Rascal 302LE Scooter. Excellent condition £350 ono. Tel: 015396 21581.

FOR SALE

Venerable Four Poster bed with trappings. Needs a good home in return for a donation to the Charity Shop. Tel: 015396 20677.

PERSONAL & SMALL ADS £1

FOR SALE

Curved stairlift plus accessories.
£900 ono. Tel: 015242 76223.

FOR SALE

Playmobil 3268 Knights Empire
Castle + 10 figures. £45. Playmobil
Rescue Helicopter + 4 figures £10.
Various other toys:- ELC Drum Kit,
Music Mat, Shape Sorter, Jigsaws
and dressing up clothes. Tel: Dent
25364.

FOR SALE

Set of Dunlop Golf Clubs including
dual strap carry bag. £75 ono.
Medium size Leather Jacket £35 ono.
Unused Grass Strimmer £10. Pond
Fountain solar powered £10. Tefal
Multi Crepe maker £5. Unused Facial
Sauna £5. Child's Golf Clubs 3 - SW
and Putter £15 ono. Tel: 21049.

WANTED

Boys Bike wanted for 10 yr old, height
4' 9" (146cm). Frame size 12"-15" Tel
21489 The Chair Workshop.

chairworkshop.co.uk

CANE · RUSH · SEAGRASS · WILLOW · ROPE

chairseating & tuition

repairs · supplies · restoration products
also: fine bead jewellery · repairs · restringing
haberdashery & tool sharpening

99 Main Street, Sedbergh

(01539) 621489 · info@chairworkshop.co.uk

DUO

Café Bar & Bistro

New Years Eve Menu

Complimentary
Glass of Wine on arrival

- Homemade Winter Vegetable Soup
Served with Warm Crusty Bread
 - Black Pudding Fritters
 - Potato Pancakes
with Smoked Salmon
- Baked Red Pepper with Brie
& Cranberry Sauce

- Baked Lamb Shanks
Served with Rosemary Mashed
Potatoes and Seasonal Vegetables
 - Herb Crusted Cod
- Served with Hand-Cut Chips and ●
Cucumber & Tomato Salsa
- Chicken Breast stuffed with Feta
and Mushrooms
Served with New Potatoes and
Seasonal Vegetables
 - Butternut Squash,
Cauliflower and Chickpea Curry
- Served with Basmati Rice,
Poppadoms and Mango Chutney

- Apple & Rum Crumble
- Ginger & Vanilla Cheesecake
 - Chocolate Tart
- Selection of Cheese and Biscuits

Fairtrade Filter Coffee
and Chocolate Mints
Booking Essential
Meals Served from 6-10pm
£25 per person

Jennette Hardy & Susan Woof
DUO 32 Main Street, Sedbergh, Cumbria
LA10 5BL
015396 20552
www.duo-sedbergh.co.uk

DENT PARISH COUNCIL

Much of the November meeting focused on finance, and decisions were taken about car park charges, the allocation of grants to local organisations and next year's budget and precept. Full details, including the budget, are published on the Dentdale website, www.dentdale.com.

Budget and Precept

The council approved the budget for 2010-11 at the November meeting. Excluding grants and the car park income, this year the council's expenditure will be just over £10,300, and next year this is expected to rise to over £13,600. The two main reasons for this are increased staff costs, because the Clerk's ever increasing work-load means we need to increase his hours, and increased spending on the playing field next year to carry out the improvements mentioned above.

The council decided that in the present economic climate it should not increase the amount residents pay through their council tax. Instead, the extra expenditure will be covered by increasing the car park charges and by drawing on reserves.

Car Park Charges

In approving next year's budget, the council considered the present structure of car park charges, and decided to retain the present arrangement of free parking for residents. While the all day charge for non-residents will also stay the same at £4.50, the two hour charge will be

raised from £1.20 to £1.50, and the annual permits for holiday cottage owners will go up from £60 to £65. These changes will take effect from mid-December.

Car Park Lease

The meeting agreed to renew the lease for Dent Car park for a further five years when the present one expires at the end of March next year. The rent will remain unchanged, at £3,000 per year. This is a relatively low rent compared with the amount charged for other local car parks, and by the time the new lease ends in 2015, there will have been no increase in rent for 10 years. Although the parish council had tried to persuade the National Park to

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 2nd December
Traditional Food of the Lake
Counties
Ivan Day

Wednesday 6th January
Slides of old Sedbergh
Richard Cann

Wednesday 20th January
History of Local Methodism
Rev Tim Widdess
George Handley & David Bracken

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

lease the car park rent-free, this was always going to be unlikely, and so it was felt that what was proposed was the best deal available.

Grants

The council was presented with a problem when it came to allocating grants to local organisations, as there were 22 applications for grant funding this year compared with thirteen in 2008, and the amount of money available had not increased.

The council decided that its procedure for allocating grants needs to be reviewed to cope with this level of demand, and so a group has been set up to make recommendations before next year's application round. For this year, the council applied an

across-the-board percentage cut to organisations that had received a grant last year, and limited new applicants to £100. There were three exceptions made to this: the Allotments Association received £400, because the provision of allotments is one of the few things a parish council is obliged to do; the Sedbergh and District Community Office received £400, as the council had agreed to support it some time ago and the situation had not changed; and the Great North Air Ambulance received £300 because it was felt it provided such a vital service for the dale.

Other grants were awarded as follows:

Burial Grounds	
• St Andrew's, Dent	412
• St John's, Cowgill	187
• Methodist Chapel, Dent	100
Citizens Advice South Lakeland	75
Dales United Football Club	100
Dent C of E Primary School	250
Dent Folk Carols Weekend	100
Dent Football Club	100
Dent Music & Beer Festival	250
Dent Pre-school	150
Dent Reading Room	150
Dent Table Tennis Club	132
Dentdale Cricket Club	150
Dentdale Festive Lights	125
Dentdale Over 60s	150
Dentdale Show	250
Mencap	0
St Andrew's church bells	100
St Andrew's church clock	100

Phone Boxes

BT had informed the parish council

Saturday 5 December
Day of Prayer
at St Andrew's Church
Drop in between 10am and 4pm

SALE!

GREAT SELECTION OF HUMANS - NEW & USED!!

<p>JUST IN!</p>  <p>GIRLS: 9-16 yrs FROM £3000</p>	<p>20% OFF!</p>  <p>BOYS: 2-10 yrs FROM £2000</p>	<p>BULK DISCOUNT!</p>  <p>WORKERS: ALL AGES FROM £500</p>
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IMPORTED FROM ALL OVER THE WORLD!

NIGERIAN WOMEN (USED)	£1000
CHINESE BOYS (UNDER 16)	£3000
VIETNAMESE CHILDREN	£4500
LATVIAN WOMEN (16-21)	£5000
PLUS BRITISH TEENAGERS	£NEG

PEOPLE SHOULDN'T BE BOUGHT AND SOLD LIKE THIS.

Unfortunately, they are. Right under our noses. Last year, hundreds of children and thousands of young women were trafficked into the UK for sexual exploitation, forced labour, domestic service, benefit fraud, forced begging and marriage. STOP THE TRAFFIK is a global movement against this trade in human lives.

Are you ready to act and STOP THE TRAFFIK in your community? If so, go to www.stophetraffik.org or email info@stophetraffik.org

that it intended to remove the telephone from the phone boxes at Gibbs Hall and Greenwell as they are little used, and had offered the parish council the chance to buy empty boxes for £1 each. As the lack of mobile phone coverage in Dentdale makes it difficult particularly for visitors to contact the emergency services, the parish council agreed to try and persuade BT to reverse its decision.

Playing Field

The playing field committee is currently looking at two issues: how best to combat flooding, and whether improvements can be made to the pavilion. A business plan is being produced, with input from Dentdale

Show committee who have offered to help with funding if a suitable scheme can be devised.

Payments to Councillors

Parish council members decided once again not to claim allowances for their work in the coming year. This means that although the council employs and pays three staff – the Clerk and the two Car Park Administrators – none of the councillors, including the Chair, are paid for what they do.

David Hartley

David Hartley, the vice-chair, resigned from the council at the end of October, after five year's service to the community. This included chairing the car park committee and

CEILIDH DANCE AND CAROL CONCERT AT THE DENT FOLK CAROLS WEEKEND

8pm FRIDAY DECEMBER 4th

Hear some cracking West Gallery carols, festive fiddlers and a Thomas Hardy story at the Dent Folk Carol Concert, with the **Gladly Solemn Sound Choir** and friends.

Dent Memorial Hall. £5

6pm SATURDAY DECEMBER 5th Ceilidh Dance with the

Celebrated Garsdale Street Band and "caller" Clare Pope. With festive meal and carols: £10.

12.30pm SUNDAY DECEMBER 6th Carry On Carolling with **the Cautley Carollers**

and friends singing Folk Carols from near and far on a singing walk from Dent - visiting waterfalls, woods and afternoon tea by the fire.

PLUS: WORKSHOPS to learn folk carols (**Saturday am**)

West Gallery carols (**Saturday pm**) and Carols from afar (**Sunday am.**)

Tickets available from Sedbergh TIC or at the door.

Ring: **015396 21166** to book and for more information.

BRIGFLATTS CAROL EVENING

SATURDAY DECEMBER 19th - FOR CHILDREN AND THEIR ADULTS

5.30pm Carols for children and family (and anyone else who enjoys a good sing)

Singalong with the Cautley Band playing all your favourite and well known carols.

Followed by mince pies and festive refreshment.

6.30pm The Cautley Carollers - Carols from Near and Far including both traditional English folk carols and carols from other countries.

Please only use the Brigflatts lane to drop off disabled or elderly guests - parking on main road only please. If you can offer a lift or would like one, please ring **015396 21166 (and for more information.)**

serving on the playing field committee and the planning group. A formal letter from the parish council has been sent to David to thank him for all his work on behalf of the community.

This means that there is now has a vacancy, so if you would like to know more about what is involved in becoming a councillor, please get in touch with me or any other member of the council.

Next Meeting

There will be no council meeting in January, so the next two council meetings will be at 7.30pm on December 7th and February 1st in the Sedgwick Room. They are 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 e-mail: dentparishcouncil@btinternet.com

SEDBERGH PARISH COUNCIL

The latest council meeting was held on Thursday 29th October at the People's Hall. Full minutes can be read at the Community Office in Sedbergh. Below are some of the items discussed.

Car Parks

The meeting agreed that as from April 2010 the Car Park charges will be increased as they have been held at the same level for three years and cost increase every year. The one hour charge will be scrapped and the following changes made. Two hours will increase to £1.50, the three hours will increase to £2.50, four hours will decrease to £3.00 and all day will increase to £4.50. It is hoped that this will raise sufficient income to cover increased costs and will encourage tourists to stay a little longer and spend a little more with local businesses.

Loftus Hill Car Park needs a new

Solve those Christmas Present problems by visiting the



DENT CHRISTMAS MARKET

Saturday 5th December
11am-5pm
in St Andrew's Church

The Market will be opened at 11am by Town Crier Dennis Whicker.



You will find:-

- Stalls selling Seasonal Gifts
- Carols and Christmas Lights
- Exciting Raffles
- Mulled Wine and Mince Pies
- Live Nativity through the Cobbled Streets



Come along and enjoy the atmosphere, a warm welcome awaits everyone

In aid of the Bells Restoration Appeal

foul drain and tenders are being obtained for this work. In the meantime a scheme to plant a tree in the blank corner bay and to erect cycle racks is going ahead.

It was reported that The Producers Market had had a poor season partly due to the weather and a decision will be taken in November as to whether it is viable to continue with it.

Planning

No objections were made by the council to any of this month's planning applications.

Concern was once more expressed about the poor state of the vacant shop at 37-39 Main Street and a letter is being sent by the Chairman to the head of Yorkshire Dales Planning Department, asking that urgent action is taken to ensure this listed building is put into good order.

Town Centre Traffic and Footways Project

There has been an inaugural meeting with interested parties including representatives of Cumbria Highways and Yorkshire Dales National Park. Our local MP Tim Farron was also in attendance. It was agreed that Sedbergh had been neglected and that there were many issues to do with highways, parking, road safety, signage, pedestrian access etc that needed addressing and that the best way forward was firstly to conduct a public consultation. This was carried out in the first week of November and a steering group will meet shortly to look at the responses and produce a brief for a new plan to be drawn up

December Double Bill

**at The People's Hall
Saturday
5th December**

Harry Potter & The Half Blood Prince Cert. 12A

Starring Daniel Radcliffe, Emma Watson
Rupert Grint, Jim Broadbent, Helena Bonham
Carter & Michael Gambon. 153 mins

Adolescent wizard-in-training Harry Potter returns to Hogwarts for another year of schooling and learns more about the dark past of the boy who grew up to become Lord Voldemort in this, the sixth instalment of the film series.

Film starts at 3.00pm

The Damned United Cert. 15

Starring Michael Sheen, Timothy Spall
Colm Meaney & Jim Broadbent. 93 mins

Set in 60s & 70s England and based on the bestselling novel by David Peace, this is the confrontational and darkly humorous story of Brian Clough's doomed 44-day tenure as manager of the reigning champions of English Football – Leeds United.

Contains strong language

Film starts at 7.30pm

**Tickets for both films from the
address below or on the door**



Flicks in The Fells

72a Main Street, Sedbergh LA10 5AD

Telephone: 015396 20504

email: flicks@sedbergh.org.uk

for the Town Centre. The Parish Council would like to thank all of you who took the time to let us have your views.

Queens Gardens

It is the intention of the Parish Council to set up a Friends of Queens Gardens group with a view to getting together a project to restore the Gardens to the original Thomas Mawson design. We hope to have more details in the next edition of Lookaround so if you are interested watch this space.

Playing Field and Playground

The council has spent a significant sum of money to improve drainage of the field for the new season and so far it seems to have worked with

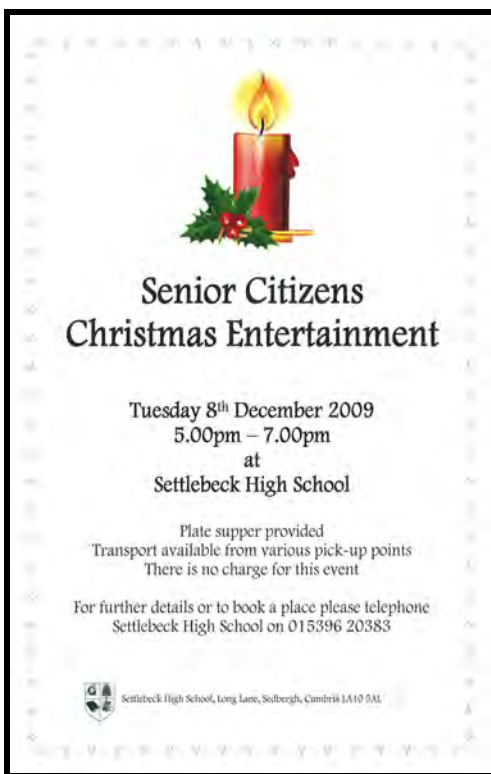
teams having a much improved chance of playing after wet weather.

Cllr Lancaster has arranged for a grant of £7000 from Cumbria County Council towards the erection of a new play fence between the playground and the football field. This will improve safety for younger children especially and will provide a significant new play experience for them. It is hoped that work on this project will commence shortly.

The next meeting will be on January 29th (Provisional) 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. The confirmed date and agenda will be posted in the Parish notice board and Community Office a week before the meeting

For any further information please contact the clerk Colin Robertshaw. (Tel 01539 730597 email colinrobertshaw@talktalk.net or at the Community Office around midday each Wednesday).



COUNCILLORS CORNER

On the 9th November I attended the AGM of the Community Office in the URC Hall. It was very disappointing that only six people turned up for the meeting as David Ramsbottom does an excellent job in managing the office and deserves all the support that we, as a community, can give him. I have always been a vocal supporter of the Community Office as not only does it provide a focal point for the interests and activities of local

residents (housing as it does the Parish Clerk's office, the YDNPA Ranger's office, a weekly planning surgery, a Cumbria County Council / Barnardo's child support unit, the History Society Archive etc., the list goes on....) but also has the advantage of being centrally placed and next to the TIC, and alongside the Market and Joss Lane Car Park which it plays its part in helping to run smoothly. Needless to say it could not operate without the volunteers who man (and woman!) it five days a week. The business at the AGM was mainly concerned with streamlining the existing constitution but also considered the future of the building itself which belongs to Yorkshire Dales.

And still on the subject of TIC's, the other major issue occupying my time this month was the closure of Kirkby Lonsdale's Tourist Information Centre and the negotiations around its possible re-opening. At a specially convened meeting of the Kirkby Lonsdale Town Council on the 26th October, local businessmen Mike Marczynski and Robin Sadler outlined their proposals for re-creating the TIC. After a vigorous debate the Town Council resolved to support their recommendations by providing a grant of £5,000 for the next three years on the clear understanding that SLDC played its part and also provided grant funding (the amount to be negotiated but hopefully £15,000) initially for a similar period. In the meantime the South Lakeland Cabinet had effectively decided to

cease running its remaining TIC's in the District (namely Kendal, Windermere and Ulverston) from October 2010 but after a member "call-in" and an Interim report submitted by the Visitor Information Task Group which I Chair, the Cabinet revisited its decision and decided to extend its period of involvement until March 2011 and held out the possibility of continuing to give support grants to TIC's for an indefinite period. This was a very successful outcome (although more is still hoped for) and shows that "back-bench" Councillors can genuinely apply pressure on, and effect the decisions of, the Executive through the Scrutiny process. It also has a

Settlebeck High School
Christmas Cracker!
 a night of entertainment including:
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SEDBERGH YOUNG FARMERS

**CHRISTMAS
DOMINO DRIVE**

Wednesday 9th December
7:30pm
People's Hall
£2 including Refreshments
Raffle & Games to play
All Welcome



bearing on the future of our own TIC here in Sedbergh and will I hope guarantee the continuing payment of the present grant – if indeed not an increased one.

I have been involved with Sedbergh & District Community Cinema (“Flicks in the Fells”) since its inception and every month we show a recently released and hopefully entertaining film to usually very good audiences. The film on the 31st October, “The Age of Stupid”, had a more serious theme in that it was set in the middle of the 21st century and one of the few human beings left alive on the earth was looking back at our own times and considering all the things which the human race could have done to avoid climate change disaster. After the film a goodly number of the audience stayed behind to take part in a discussion facilitated by Sonny Khan of South Lakes Action on Climate Change (SLACC) to consider the issues raised by the film. It is a sobering thought that unless action is taken now it seems likely that our grand-children might well be the last generation of human beings to live on

our planet. I commend to you the 10:10 campaign which aims to get as many people as possible to reduce their carbon emissions by 10% in 2010. To find out more and to “sign the pledge” (which I have already done) visit www.1010uk.org and get involved. It has also been suggested that we form a local branch of SLACC and if you might be interested please get in touch.

Still on the subject of Scrutiny, I was very pleased to be part of a Cumbria-wide group of Councillors and officers which spent a day visiting the House of Lords to examine the way, as a revising Chamber, it conducts its business, and through its system of Select Committees holds the government to account. We visited a Select Committee in session and then attended briefings by members of the Lords’ and Commons’ Clerk’s Departments and also by the Chair of the House of Lords’ Science and Technology Committee. The day was extremely interesting and informative and we are hoping that something similar might happen again next year – maybe a visit to the Scottish


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Parliament.

As ever feel free to contact Peter or myself at anytime:

Ian McPherson: 015396 20648

E-mail:

ianmcperson24@hotmail.com

Peter Woof: 015396 20857

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COUNCILLORS CORNER

After a fortnight away on relatively sunny Crete back to temperate but wet Sedbergh. As I write this there are flood warnings throughout Cumbria and both district and county staff are working to limit damage to property. I was in Kendal for Full Council this morning and for once I think we can safely admit that the flooding has been worse over at Kendal and Ulverston than at Sedbergh. Having said that the Lune under Lincoln's Inn Bridge was as ferocious as I have ever seen it. Sandbags are as usual available from SLDC depots. But, any such actions are only necessary because of more long term failures in planning. For instance, becks which fill up with stones need regular dredging and we

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do have some like that in Sedbergh and Dent. If you know of places which are regularly prone to flooding you might mention them to me and I will see if there is anything which can be done on a more long-term basis.

BOUNDARIES AND BORDERS, COUNTY AND DISTRICT – There has been a lot of talk about the boundaries of county divisions and district wards over the last month. I was rather surprised when this rose up again as we have had two reviews in South Lakeland and one in Cumbria in the last ten years. It is asserted that county divisions are not equal in size and perhaps there are too many county councillors. I can't say I am convinced, Sedbergh and Kirkby Lonsdale seems to be large enough as it is.

BOUNDARIES AND BORDERS, YORKSHIRE DALES NATIONAL PARK – The consultation on the boundaries of the two Cumbrian National Parks is probably of more immediate concern to more people locally than the internal boundaries of the districts and county. This review

AFTERNOON CAROLS & TEA

2pm

Sunday 13th December

Mr Eric Brennand
Dent Methodist Chapel

All welcome

will impact on Middleton and Barbon in this division and possibly Casterton. I guess it is unlikely to affect Kirkby Lonsdale itself as Kirkby is on the west side of the Lune: I don't think they are likely to include anything on the west simply because, if they did, where would they stop ?

I have had some fun with my Yorkshire Dales colleagues when this has come up in the past, pointing out that the candidate areas were NEVER in Yorkshire but in Westmorland. The fact that they find that comment bizarre shows a lack of understanding of the people and culture of the Lune Valley.

Some have suggested that I support the extension of the Yorkshire Dales. That is untrue, I have always been sceptically neutral and have tried, with limited success to put forward the issues addressing the Westmorland parishes. I would like to think that those affected will have the final say although I suspect they won't. I can assure you that in myself and my fellow elected representatives you have strong representatives. But, to bite the bullet: if I lived in Middleton, where my dad was brought up, would I want the park extending ? No, I wouldn't.

GYPSIES AND TRAVELLERS – This is still the most important item in my county division. There have been various meetings over the last month. Again, to the outsider there must seem to be a lot of duplication. The Chief Constable and the MP have both been over again. Today, Ray

Cole, the chairman of the Police Authority, asked me if I could arrange a day so he could come over and look at preparations for Appleby 2010 for himself. When I was on Crete there was a lot of anger caused by the press release which accompanied the Eden District Report on Appleby 2009. It was suggested that there had been no problems and everything had gone brilliantly. People had every right to be angry about that but the report itself does mention the situation in Sedbergh and Cautley albeit far too briefly. It does recognise that the Rawthey Valley is where resources need to be placed next year – as does the chairman of the Police Authority.

Merry Christmas and a Happy and Prosperous New Year to everyone. 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, kjlanc@kjlanc.demon.co.uk, Fellgate, Dowbiggin, SEDBERGH, Cumbria. LA10 5LS

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10am to 12 noon

Saturday 19th December
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SETTLEBECK HIGH SCHOOL

Derwentwater

The annual Year 7 trip to Derwentwater was, as always, a huge success and many thanks to Alison Brown for organising it and also to the staff who participated in and helped run the sessions.

“Derwentwater is the best trip I’ve ever been on!”

“I’ve really enjoyed Settlebeck so far and have made lots of good friends at Derwentwater. I have improved a lot at climbing and feel much more confident.”

“Derwentwater is a great place to make friends. It’s a fantastic trip where you have loads of fun and do exciting activities which involve lots of

teamwork.”

“I really enjoyed going to Derwentwater because of we had to work as a team.”

Hell’s Kitchen

This involved cooking with professional chefs for people who had paid for a 3 course meal.

They can stand the heat - and they can’t wait to get into the kitchen ... that’s the GCSE catering students at Sedbergh’s Settlebeck High School who have once again staged their version of television’s *Hell’s Kitchen*.

Some of us worked on starters, others on the main meal and some on the dessert. We were in teams and all worked together well.

Dan Cressey



To all our Sedbergh clients

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We made tomato and basil soup, chicken breast with veg, garlic mash and sherry sauce, a vegetarian risotto and sticky toffee pudding. The other group made cream of cauliflower soup, chicken breast and a summer pudding.

The guests seem to be impressed. Some said it was better than food they'd been served in some restaurants!

I would do this again given the chance.

Eve Stafford

The Westmorland Show

On the 10th September a group of students represented Settlebeck in the Learning for Life Tent at the

Westmorland Show. We decided to do it differently this year and rather than just put up a display we put on something a little more interactive!

Visitors to our stall were encouraged to participate in science experiments as well as examine some rather gruesome specimens under the microscope.

In a letter congratulating our students, the organisers wrote, "What a wonderful stand Settlebeck School displayed in the Learning for Life Tent! It was great that students were able to take part and we were very impressed with them and the way they carried out their experiments. Please pass on our warmest thanks

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to them and to the members of staff who came with them.”

Netball

Congratulations to the following students who have earned a place in the South Lakes Netball Academy:-

Lydia Gorst, Eleanor Wilkinson, Ellen Bell, Emma Rennison, Samantha Haigh and Connie Hodgson. This is an outstanding achievement and we would like to wish them every success.

On the 11th November our Year 7 and Year 9 teams played Queen Elizabeth School, Kirkby Lonsdale, both teams won.

There has been lots of enthusiasm for netball this term and we have had

a really good turnout. There are still lots more matches to come so look out for the results!

Girls Football

The U 14s football team came third in the district tournament. The team was Connie Hodgson (C) Jennifer Winn, Angela Postlethwaite, Daria Pawlak, Jo Lavery-Hoffe, Lydia Gorst, Morgan Turner-Lant, Maya Leighton and Rowan Taylor. Many congratulations on their success!

Exercise to Music

Mrs Bushell is currently running an exercise to music class on Thursday lunchtimes. All welcome.

After School Dance Classes

Starting this term we are delighted to

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offer an after school Dance Class for our students. We have been fortunate to have teacher/choreographer - Lucy Everett who runs her own dance school, 'The Dance Atikk' in Kendal. Lucy teaches the students with vast experience and enthusiasm and the class is going well and currently has up to 26 students from Year 7 - Year 11 attending. The group will be performing on the Settlebeck stage in December and at The Brewery Dance Platform in March next year, so watch this space!

Settlebeck Sports Partnership.

The three schools of Settlebeck, Sedbergh Primary and Dent Primary School have continued to work together on a number of sporting projects. All the Year 6 students at Sedbergh Primary School have participated in an outdoor activities course which involved ghyll scrambling and windsurfing. Even though all the students were wearing wetsuits, the water still felt incredibly cold. However, this did not dampen the enthusiasm of the young pupils. They are now looking forward to going to the Kendal Climbing Wall



next term.

We held a cross country competition at Settlebeck for pupils from the two primary schools and the top runners were selected to represent the cluster at the district championship at Coniston. After some pretty horrendous weather, we had some great results with the boys and girls teams from Sedbergh Primary School both coming second overall in their respective competitions. However this was bettered by the two teams then being awarded the overall championship cup. Well done Sedbergh Primary.

This partnership provides some great opportunities for the primary pupils and helps in the transition into their chosen secondary school. Settlebeck is currently hosting a multi-skills academy for gifted and talented pupils in PE from the primary schools.

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KILLINGTON W I

A.G.M. Not the letters to inspire one, but as usual for Killington WI this proved to be a most enjoyable meeting. Once a year we sing 'Jerusalem', and a mighty fine rendering it was. We had an excellent turnout although some valued members were not able to be with us. Our President introduced the various annual reports. Margaret Denton, our treasurer, reported a healthy financial situation, with sufficient money in the bank to keep us going for another year, and over £600 in addition for our enterprises to support the Thandi project in South Africa. We gain much pleasure from knowing that every penny we raise goes directly to its destination – no administration costs whatsoever. This year in addition to the twice weekly meals we provide for our schoolchildren, we are able to give cash towards equipping the newly built school kitchen. Thank you to all those who have supported us in this endeavour, and thanks once again to Mike Fenton for auditing our accounts. Sue Sharrocks, our secretary, reviewed a happy and active year, with lots of lovely meetings and outings. Shirley, our president, commented on the splendid support we are able to give one another, and we all agreed that this is the mainstay of the WI. We are

fortunate to have three institutes in our locality, each excelling in its own area and activities.


We looked at the activities to come, notably Christmas celebrations, the Carol Service to be held at Kirkby Stephen, and not forgetting our own forthcoming Christmas Lunch on December 8th at The Pheasant in Casterton. Last year an early snowfall prevented several of our members from joining us. I have had a word with the weatherman and he promises that we will not have a repetition this year!!

The committee were re-elected en bloc, with the exception of Joyce Bird who has decided to stand down, to concentrate on other important matters. Thank you, Joyce, for all you have done for us. On a personal note, I would like to add my thanks to Joyce for it was she who introduced me to both WI and Flower Club after a chance conversation in Powell's. Just think what I might have missed!

Business speedily completed, we moved on to our entertainment. Jackie Huck, a WI member from Orton, has been writing poetry since she was 10. She never ventures out without a pad and pen, for she never knows when the muse will strike! Her poems and stories were absorbing, all to do with happenings to which each of us can relate. I love words, and Jackie's poems showed us how powerful simple, well chosen words can be. (Meeting organisers - put her high on your list)

Our meeting concluded with a splendid tea provided by the

Sedbergh
The Town in Old Photographs



Sedbergh and District History Society

Available from the Community Office
and other Bookshops for £10.
It will make an ideal Christmas present.

committee, although I have to admit that my contribution was only in the eating of it! Our competition for a limerick starting with the line, 'There was a young poet called Jackie', was won by Barbara Kooper. For your delectation here is the rest of it!

*There was a young poet called Jackie
Whose ways were all wicked and wacky.
She married a guy
Who was timid and shy
And she treated him just like a lackey!!*

The raffle prize of some scented soap was won by Valerie Cann. Perhaps I will get to sit next to her at our Christmas Lunch! W.F.U.

LATE NIGHT OPENING

Sedbergh Family Festive Evening and Late Night Opening, Wednesday 2nd December

The annual Sedbergh Family Festive Evening, organised by Sedbergh & District Chamber of Trade, will take place on Main Street on Wednesday 2nd December. A high point of the day for children will be the opportunity to meet Santa in his grotto, which this year will be just off Main Street, behind Ellie's Bakery. The grotto will open from 1.30 to 4.30 pm so that younger children can see Santa before teatime. Santa will then return in the evening to see other children in his Grotto from about 6:10 pm onwards.

There will be a token charge of £1 per child to see Santa, and all children will receive a small present from him. Since he will see many children during the afternoon, queues should be shorter this year, so the numbered ticket system will not be used.

The event will include the switching-on of Christmas Lights on Main Street by our Gala Queen, Hannah Turner-Lamb, at 6.00 pm, when Santa will pass though Sedbergh on his motorised sleigh-mobile, on his return to his grotto.

Shops on Main Street and adjacent streets will remain open throughout the evening to sell their usual goods and other seasonal fayre and to offer



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hospitality to their customers. This year we will be re-instating the "Treasure Hunt", for which clues will be found in various Main Street shops/businesses and there will be a generous first prize. Information and entry forms will be available at £1.50 each, from Duo Cafe, starting at 6.00 pm.

There will also be the a Grand Raffle with generous prizes provided by Sedbergh traders, carol singing by the Cautley Carollers, Christmas music played by the combined Sedbergh School/Town band, and street entertainment by Astral Circus and the Fiddling Green Jig Machine. There will be a hog roast in Steadman's butchers, with proceeds being divided between sponsorship of the Family Festive Evening and the Cystic Fibrosis charity.

With mulled wine and other seasonal fayre available in abundance, this promises to be a

great evening for all and we hope that all the good folk of Sedbergh and surrounding areas will come and join in the fun and festivities.

Any proceeds from the evening will be used to contribute to Christmas Lighting for the town.

This event will be preceded by the Sedbergh Town Band Christmas Concert on Tuesday 1st December in the People's Hall (with more mulled wine and mince pies!). Together with the switching-on of Christmas lights on Main Street, these events will provide a fine start to the Christmas season in Sedbergh. We look forward to seeing you there!

We are very grateful to our sponsors, The Bath House, R.S Morphet Ltd, Christopher Whelan, Cobble Country, J.M Pratt, The Lookaround and the Spar Shop, for their generous support of the event.

Martin Powell, on behalf of Sedbergh & District Chamber of Trade.

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PEOPLE'S HALL

People's Hall Redevelopment
Planning is continuing.

The Parish Council has agreed in principle to a supplemental lease to increase the Hall footprint and to amend the original lease to allow us to build on the car park. It has requested regular updates of progress before releasing any monies to us.

Our Architect, Barbara Hartley, has provided the People's Hall Committee with a schedule of fees, which have to be paid in order to create and submit our application to the YDNP planners. These include: a bat survey; contaminated land survey; YDNP legal fee; PH solicitor's fee; YDNP planning fee; all totaling about £5,000 with the latter amounting to about £3,500.

The production of the final plans has been a little delayed and is now expected to reach the Planning Subcommittee for comment in mid November so that they can be laid before the Main Committee at its 7th December 2009 meeting for approval.

The Fundraising Sub Committee continues to plan a strategy to obtain the sum required and some fundraising activities have started. Have you bought the Quiz compiled by the B&B ladies yet available from many shops?

Our Hall is called the People's Hall as the money for its original construction was mainly raised by the people of the Town and the surrounding district. We do really want the Hall to remain the "Hall of

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the People" so we are making plans to raise as much money as possible from the local community. Hence the idea of having a group called "The Friends of the People's Hall".

The current plan is for the Friends to coordinate and stimulate all the local fundraising activities. Information on what's happening will be distributed via an email newsletter (on request), a blog and the other information channels. The Friends can receive Gift Aided donations (increased by 28% by the "taxman") and will look for sponsorship for aspects of the new building. More on this latter point in future issues.

visit <http://www.peopleshall.org> and click Weblog.

Please start thinking now of an event you can run to raise money. A small or large event – it does not matter so long as you do something to help. Truly, the targets are massive for a small community, but let's concentrate on the possible now – the impossible will take a little longer!

*Dr Gina Barney,
Hon Secretary (20790)*

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for their custom over the past year
and wish them all a Merry Christmas
and a Happy New Year for 2010.*



DENTDALE METHODIST CHAPEL

Thank you to those who responded to the request for help at our Afternoon Tea on Thursday Dec 31st at 3.30pm, this will be held at the Chapel and will we hope be a great gathering of folks to celebrate the ending of the year and the promise of the New Year about to begin. It is just a Tea Party, invitations will be delivered but it's not possible to reach everyone so please accept this invitation and come and join us, some idea of how many will help with the food preparation!

Our Prayer Praise & Testimony services continue, we enjoyed hearing of Maureen Claytons work out in Kenya and her love of Jesus shows in her ministry, the next P P & T is Sunday Jan 31st 7pm. Otherwise we meet at 2pm, do check before you come as once a month we will be sharing at Dent Foot Chapel for the

afternoon service.

We look forward to Carol Singing with our Anglican friends on Tue 22nd & Wed 23rd Dec meeting at 7pm, we plan to sing at EVERY home in the village, although we may group a few together, so look out for us! The money collected is for NCH Action for Children & C of E Children's Society and we hope to bring you a little information leaflet about where the money goes, however the main task is to spread the Good News of the Birth of Jesus. Come and join us if you can, especially on the Tue in Dent village.

At the chapel we are investigating new forms of heating and will be fund-raising for this, the chapel is open daily and the prayer-line is always available 07816 999432. Members & friends wish you all the Blessings of Christmas, Hope, Peace & Joy. Sarah (Secretary) 25212

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BOOKWORM

What I have been reading this month.

'Diplomatic baggage' by Brigid Keenan (Memoir)

This is a lively and humorous book about the adventures of a fashion journalist who marries a British diplomat and has to settle and survive in places as varied as Brussels, Syria, Mongolia and the Caribbean. I found it quite funny in parts as well as giving an insight into the country from the rather privileged position of a diplomat's wife.

'Pitmen Painters' by William Feaver (Includes lots of glossy photographs of the paintings)

I bought and read this obsessively over 48 hours having been inspired by the play of the same name. It was a revelation to me about this Ashington group of painters (1934-84) who began as an evening class of Northumberland pitmen keen to learn about art and were soon producing paintings that were records of their daily life in a style that challenged contemporary views of what was considered art. (The paintings are now housed at Woodhorn Colliery Museum).

now housed at Woodhorn Colliery Museum).

'A Daughter's Journey' by Lyn Andrews (Fiction)

This is the rather heart rending story, written at a fast moving pace, of what happens in the life of a young Irish girl who was sent in the 1950s to be brought up by a distant aunt and uncle because her own parents were too poor. The novel raised for me a number of issues on the impact of what was quite a common practice at various times and may have occurred in our own family history e.g. loss of attachments, the power of secrets and discoveries after a person's death.

'The Great Lover' by Jill Dawson (Fiction)

Based on aspects of the poet Rupert Brooke's life and his interaction with a maid called Nell where he is a lodger in Cambridge. He is portrayed as a complex but attractive character from a particular class background whereas Nell's experience of and expectations from life are very different. There are some mysterious moments !

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DENTDALE SHOW

Dentdale Show has now enjoyed 4 successful annual August Bank Holiday weekends despite extreme weather conditions that quite easily could have led to us cancelling this year's show. Regardless of this, we strived on undeterred! We remained determined not to let any obstacles (like the fact that with less than 24 hours to go, one of our Marquees suffered extensive damage caused by high winds and rain) get in our way, but to overcome them and deal with each one as and when it happened. I think everyone involved would definitely agree that this year was our most stressful one yet, but well worth the hard work all the same. The committee keeps thinking that each year it will get easier, but that thought still remains to be proved!

As a result of the last 4 shows we now maintain a healthy balance of

£12,000. After much discussion it was agreed by the committee that the following allocations be made:

Dent Playing Field Committee	£3,000
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Dent Gym	£500
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Dent Festive Lights	£300
Dent Football Club	£300
Dent Reading Room	£100
Dent Primary School "Promise Auction"	£100
Dent Fireworks	£100
St Andrews Church "Bells Appeal"	£100
Dales United	£100
Total:	£6,000

We are very mindful that one year the inevitable with the weather may happen and we will be left with no alternative but to cancel. This year total expenditure was in excess of £11,000 so it is important that we keep sufficient reserves to cover any non-refundable costs.

The generous donations that we have been able to make this year (and smaller amounts in previous years) are helped to be made possible by our community's involvement. The huge support offered varied immensely, but without it the committee undoubtedly could not have done it all by themselves. So thank you to each and everyone of you who helped in whatever way, and please continue to offer us your support which is crucial to our success.

JM

COAST TO COAST BIKE RIDE

On Easter Saturday 3rd April 2010 twelve lads - Mike Packham, Shnuck, Caspa, Shaun Gardner, Frame, Craig Gardner, Johnny Moore, Simon Parkin, Jason and John Thornton, Stue Proctor and one other will be split into four teams of three riders. The first team will set off from Scarborough at approximately 4am. After a 10 mile stretch they will swap with team two, and so on with all four teams swapping every 10 miles. The route will take in Thirsk, Bedale, Leyburn, Hawes, Sedbergh, Oxenholme, Endmoor, Crooklands, Milnthorpe and finally Sandside, a journey of around 125 miles. The last time three of these lads cycled this trek it took about 9½ hours. However with some very fit lads in this team we hope to knock some minutes off that time.

If there are any businesses, pubs or individuals who'd like to sponsor the team for £10 all sponsors will be included on all of our promotional material starting in the New Year. All monies raised will go towards two years seven months old Sedbergh lad Zak Hall's well being. Zak suffered a



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brain injury when born leaving him with severe spastic quadriplegic cerebral palsy. The effects of this means he is unable to hold up his head, roll, stand or walk. He is also unable to speak and is yet to learn to smile. He is also blind and cannot swallow, and he is therefore fed through a stomach tube every day. He has many seizures of varying types every day and these are gradually getting more severe. Hence he is given constant 24 hour care. In between all the daily medication and physiotherapy Zak has to attend Sandgate School in Kendal for hydrotherapy, and attend numerous appointments with doctors, neurologists and others. Yet, despite all this he is a relaxed and happy little boy, who loves nothing more than being cuddled and loved by anyone willing to take the time to get to know him. So come on Sedbergh and give this team of cyclists your support and have a guess at the time it will take to complete the challenge. There will be a Disco in the White Hart Club in the evening (providing the lads are back) to celebrate what we hope will be another successful charity event. C

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OCTOBER WEATHER

Sadly it could not last, unfortunately! With the first rain of the month we were back to normal with mud everywhere. This just shows how high the water table still is after the wet summer in spite of a reasonably dry September. October was not especially wet at 2.60 inches but obviously enough to top up the already soggy ground. Temperatures were just above average for the time of year with a high of 62.2F and a low actually getting down to freezing at 32.0F. Atmospheric pressure was also variable with a small anticyclone in the middle of the month followed by a fairly deep, if short, depression. A fairly breezy month reflected this with a maximum gust of 21.0mph being recorded. On only 5 days in the month was the maximum gust not registered from the North West. Some of these stronger gusts certainly affected the windchill factor with a low of 25F.

The wind and the rain certainly helped the leaf fall from many trees. A few smallish flocks of fieldfares and redwings were seen but we need more Northerly winds to aid their migration. There has been a lot of owl and badger activity in recent months. The former are setting up territories with males and females calling to each other. Our "resident" tawny owl is a female, judging by its call, and is seen fairly regularly but fortunately it has stopped using our aerial as a perch so blocking our tv reception. The badgers are digging in



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the field, especially where the sheep were fed last winter, where it must be softer ground. Once the leaves dropped a tiny goldcrest's nest was revealed in the fork of a pyramid apple tree. Although we occasionally see goldcrests I have not seen family parties around the garden. We have had the odd visit from a longtailed tit and great spotted woodpecker not to mention the sparrow hawk taking blackbirds nearing dusk. I lost a couple of young fancy pheasants when a fox obviously jumped on their coup and released them. It appeared to have caught one so there could be a silver pheasant roaming the neighbourhood! I faired better than one local who lost a lot of point of lay pullets to a mink! This one, I gather, he caught but they are certainly on the increase around the region.

CROSS COUNTRY RUNNERS

Cross Country Success for Sedbergh Primary School.

After competing in some grueling trials, eight boys and eight girls successfully managed to be chosen for Sedbergh Primary's cross country team. This team then went to Coniston on 3rd November to compete against other South Lakeland schools.

With over 100 runners in each race, competition was high. Despite wet, boggy conditions and heavy downpours of rain, Sedbergh Primary's teams coped well. Katherine Lawson (6th) and Katie Woof (8th) led the way for the girls; Lewis Goad (5th) and Robbie Sproul (9th) were the highest placed Sedbergh boys.

All four will be chosen to run for the South Lakeland team in a competition next term. Overall, the girls finished second in the team competition, only 3 points behind the winners Ghyllside, and the boys also finished second, 4 points behind Staveley.





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This meant that Sedbergh Primary won "Best all round team".

Congratulations to all the team members for winning the all-round team trophy.

Girls team: Katherine Lawson, Katie Woof, Jenny Lomax, Annabelle Brewer, Brodie Swallow, Cara Ellis, Bryony Leddy, Beth Stephenson.

Boys team: Lewis Goad, Robbie Sproul, Ben Thompson, Frazer Klapproth, Ben Fiddler, Jay Ferguson, Andrew Mells, Jake Wren.

The school would like to thank the kind parents who provided transport. This was much appreciated.

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St ANDREW'S CHURCH



The Church was full to capacity for our Remembrance Service in November.

All the Church's were present for this most by solemn occasion. The Vicar lead the service, and the Address was given by Mr. Tim Widdes. Carol Marsden brought her choir to join in the service. They are a very young group and performed very confidently. The British Legion were represented by the Sedbergh Group, followed by Scouts, St. John's Ambulance Brigade, and a large contingent of Brownies. Many of whom were participating for the first time.

Despite the awful weather the Christmas Fair was very successful, large numbers of the community turning out to support us in our fund raising efforts, many of you taking advantage of the lunches provided by the catering corpe of St. Andrew's. The amazing sum of £1,884 was raised on the day, with more to follow once the remainder of the jams and preserves are sold. These will be placed at the back of the church if you missed out on the day of the fair. The United Carol service will take



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place at St. Andrew's at 6.30pm on 20th December. Please join us for this informal family occasion.

The Nativity Play takes place as usual on Christmas Eve at St. Andrew's, at a slightly earlier time 6.00pm. This is to avoid clashing with the Christingle service at the Methodist Chapel at 6.30pm.

Following on from the Nativity Play, at 11pm. there will be a short concert of Christmas music, with Midnight Mass at 11.30pm.

The Church Wardens and Church Parish Council wish every one a peaceful and Happy Christmas.
Lavinia Mahon & Tony Reed-Screen.
Church Wardens

DECEMBER GARDENING

This morning, as I was chopping down phlox, asters and *Macleaya* in a large herbaceous border and trying to ignore the driving rain, I had a good think about plant names. Juliet, when pondering on the surname of her new love Romeo comes up with those familiar lines "What's in a name? That which we call a rose, by any other name would smell as sweet." This may be true, (as long as all the scent has not been bred out of the plant in favour of disease resistance and a long shelf life) but many botanical plant names do describe various uses or characteristics of their owners and some names have, in turn produced familiar names of drugs. Aspirin which was first produced from a spiraea (the botanical name for Meadowsweet at that time) is a good example of this. Others are named after the people who discovered them and introduced them into cultivation.

Many plants have the suffix -phyllum which means leaf. Hence we might have macrophyllum for large leaves and microphyllum for small ones.

Aureo and luteum always denote gold or yellow flowers or foliage and nigra means black. Flower parts such as stamens and carpels are – stemmon and –carpos and are often linked to a number. Other plants are named after animals which might inhabit the same places or use them as food.

If you have nothing better to do over the next few days, why not try to decipher a few botanical names. Here are a several to begin with.

Pentstemmon; Pulmonaria; Ranunculus acris; Davidia; Campanula; Agapanthus; Dahlia; Gloriosa grandiflora; Pteris; Osteospermum; Pyracantha; Scabiosa. Hepatica.

You will find the meanings for these names on page 70 of this month's Lookaround. *Elaine Horne*

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DISCUSSION GROUP**

What is the easiest way to get to Slovenia? Can I get there cheaply by train? Where can I stay with my family? How can I meet people who have similar interests? How can I learn some basic phrases to use there? What's the best way to get around the country when I'm there? What are the differences in our cultures?

These and many other questions and topics will get an airing on a new email discussion group:

SloveniaUKdialogue hosted by yahoo groups.

This is a new free email group which allows you to write and read about your experiences of visiting Slovenia - or find information about how to get there, how to speak the language, where to stay, and a host of other topics relating to our exchanges with Slovenia answered by others in the

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group.

Anyone is welcome to join - but to start us off we will be inviting people from Sedbergh who have had experience of being in Slovenia, other town twinning groups around the country, embassies and cultural groups in both countries, and many of the people from Slovenia who have visited us here. We hope that this will create a huge reservoir of knowledge which will be invaluable to anyone wishing to join us for information and discussion.

You can copy the address from here www.groups.yahoo.com/group/SloveniaUKdialogue or find it on the Sedbergh website.

APOLOGY

In the last Lookaround I referred to the excellent poetry evening organised by Sandra Golding and her fabulous fellow actors. I was of course referring to Sandra Gold-Wood - I am sorry for any confusion. I have been reading William Golding recently and got the names mixed up. Sandra said she wished the publishers would do the same thing with the royalties for his books.

David Burbidge



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1st SEDBERGH SCOUTS

The Scout Troop has had an active start to this term with a weekend camp in Garsdale at the beginning of September. The weather was a little damp and tested the Scouts' camping skills, but all coped well and had a fun time, while also working towards their Outdoor Challenge Award.

Five of our Scouts attended a Mountain Navigation Skills weekend in October, organized by Kentdale District Scouts at the scout camp site in Silverdale. Again the weather was on the damp side but all completed their 'Navigators' Activity badge as well as passing lots of sections of their challenge awards.

Having completed the Bronze section at the start of the year, the Troop is now working towards the Silver section of the Green footprint award (an environmental awareness scheme).

In November we took our usual part in the annual service of remembrance at St Andrews, Sedbergh

The weekly meetings continue with a mix of scouting skills and fun activities. This year's Christmas outing will again be a visit to the Megazone (laser game) at Morecambe.

The Troop is still full, with a good mix of 18 boys and girls and several on the waiting list. If anyone would like to join the troop in 2010, they should contact Bill Mawdsley to be added to the list. Over the last six months we have had two people volunteer to become assistant leaders, and both have begun their training - so a big 'thank you' to Adam

Woof and Craig Ashworth for taking on these important roles. Although we have an adequate number of leaders at present, a female assistant leader would be a great help. If anyone is interested in helping, even on an occasional basis, please contact us.

Finally, it is intended to operate the Scouts Christmas Post service again this year, so look out for the familiar red post boxes at the beginning of December.

The 1st Sedbergh Scout Troop is open to boys and girls between the ages of 10½ to 14. Anyone interested should contact Bill Mawdsley on 015396 20723. General information on the Scout movement is available on the Scouts website at www.scouts.org.uk



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BIG BONFIRE THANK YOU!

The gala group would like to thank everyone who braved the weather, put on their waterproofs and came along to the Town Bonfire. Despite some of the heaviest rain seen in Sedbergh the evening went well, there was a real feeling of community and camaraderie among guests, helpers and committee-some of whom were on their third change into dry clothing of the day!

There was some fantastic food and drink to sample and the fireworks were spectacular!

Hannah Turner-Lamb, Gala Queen, (as well as modelling glowing bunny ears and a wand!) had a challenging task judging the pumpkins and turnips. There were some beautiful and imaginative designs and we have decided next year to have two age groups for the pumpkins and give every child who enters £1. Prizes

went to;

Pumpkins

1st Dillon Sparky

2nd Samuel Ingles

3rd CJ and Sienna Middleton

4th Thomas Hinton

5th Brodie Swallow

Turnips and Guy

A team effort by Emma and Rachel Hopkins and James and Neil Mcloughlin

We did wonder about cancelling the evening due to the weather but we all felt it had been worth carrying on. Unfortunately we will have made quite a loss when all the sums are done, it takes a lot of £2.50 entry fees and toffee apples to make up £1300 for the fireworks so again THANK YOU to those who came and paid rather than choosing the dryer option of watching from a window!

As always we would also like to thank everyone who helped in any way at all-the committee would not be able to run these events without all the support from the rest of the Town. We are always looking for new committee members and more helpers if you would like to be involved.

Finally a couple of dates for your diaries;

The Children's 'Christmas party' Sedbergh primary school (Reception class-yr5) will be on Saturday 9th January

GALA 2010 will be slightly earlier than usual and is on Saturday 15th May - we must be due some good weather!

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KILLINGTON AND DISTRICT SUSTAINABLE ENERGY TRUST

In next few issues of Lookaround, one of the Directors (Trustees) of The Killington and District Sustainable Energy Trust (K-SET) will write about some aspect of global warming that is of particular interest or concern to them. In this issue, Nick Chetwood (their current chairman) has written about climate refugees.

Global Warming – The Big Picture.

The earth's climate is changing, and changing at a rate that has exceeded most scientific forecasts. Some families and communities have already started to suffer from the negative side of climate change, forced to leave their homes in search

of a new beginning.

For the United Nations High Commission for Refugees, UNHCR, the consequences are enormous. Scarce natural resources such as drinking water are likely to become even more limited. Many crops and some livestock are unlikely to survive in certain locations if conditions become too hot or dry, or too cold and wet. Food security is an immediate concern in many parts of the world.ⁱ

In some cases whole populations will be simply flooded out of their land. According to the latest scientific evidence sea levels are expected to rise worldwide by between 60cm and 100cm. If this happens, the Maldives

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Islands in the Pacific Ocean will be underwater displacing its entire population of 386,000. Vast areas of much more populous countries such as Bangladesh, China, Vietnam and Egypt will also be inundated. In Bangladesh alone, 17% of the countries landmass is expected to be submerged in the next 40 years making at least 20 million people homeless.

For those countries with money, most of the problems that climate change brings can be overcome with elaborate and expensive solutions like tidal barriers and sea wall defences but not so for the worlds poor. As usual they get the hammering.

And these problems are not something for future consideration. Not at all. Human displacement is already happening now. For example, flooding in Kenya of a Somalian refugee camp recently lead to 12,000 refugees losing their shelter. It also prompted some 80,000 other people to move to safer locations.

Of course it's not just flooding that is the problem. Add to flooding, hydro-meteorological disasters – think of New Orleans hurricane or the recent mud slides in the Philippines; environmental degradation – think, for example of desertification of once arable land in Africa and armed conflict where people fight for the



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resources to survive.

Numerous efforts have been made to predict the number of people who will be obliged to move as a result of climate change. Current estimates seem to range between 250 million and 1000 million. To put this into context, the UNHCR currently manages 10 million refugees and has partial responsibility for another 20 million internally displaced people. Even if we take the lowest estimate of 250 million, we are talking quantum leaps in the numbers of people who will find themselves in the forced-displaced category.

Now, this is all pretty gloomy and depressing I know. But we can do something to prevent the worst from happening. The world has it in its power to limit global warming to 2°C by 2050 if we all pull together. Agreement at next month's world conference at Copenhagen is absolutely crucial.

K-SET is striving to do something to help be part of the solution and not part of the problem. We have exciting and exacting plans to reduce our carbon emissions. We even want to become a 'beacon' where we show and help other communities how to make similar progress. However we need more support – not necessarily financial (though that would be very welcome) but more in the way of willing helpers. We need people who are able to see the problem; are prepared to grasp the nettle and to then get involved. If you are that sort of person, please contact us. People with no expertise and only a small

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amount of time are needed just as much as those with skills and knowledge. Please get in touch. Contact Nick Chetwood, telephone: 015396 21715, e-mail: nickghyll@aol.com

In the next issue, another director of K-SET will discuss some ideas for how we can make a massive difference to our emissions by changing our individual lifestyles just a tiny amount.

Save money, Save energy! A valuable information opportunity for the people of Sedbergh and nearby villages will be held in the People's Hall. 6.30 p.m. to 9.30 p.m. Friday, 5th February 2010

YORKSHIRE DALES NATIONAL PARK

Fresh call for affordable housing sites

A fresh call for possible sites on which to build affordable housing has gone out to landowners and organisations in four areas of the Yorkshire Dales National Park.

Despite a good response generally to an appeal launched in January by the Yorkshire Dales National Park Authority (YDNPA), there were few sites put forward in the Sedbergh area, according to Peter Stockton, the Authority's Strategic Planning Officer.

"The bigger villages are the best places to put new housing in the National Park because they have the best range of services up and running

and are a focus for local housing need," he said.

"That means the existing services – and through them the local economy – will benefit, and they are nearby so people can walk to them rather than having to use vehicles – which saves them money and is more environmentally friendly."

The original appeal for sites throughout the National Park did result in a number being put forward in the four areas but some are very constrained and will not go through to the next round of selection.

Each site must be large enough to accommodate at least two homes and will have to meet a number of planning requirements.

Yvonne Peacock, Chair of the YDNPA's Housing Working Group and Member Champion for Forward Planning, said: "We have launched this second appeal to see if there are any other locations that landowners could put forward in the four areas.

"We want to be as certain as we can be that we have the best range of available sites – the best options – to look at."

Half of each site that is finally chosen will be used for affordable housing in perpetuity. The remainder will not have to be affordable, but will still be restricted to occupancy by people who need to live inside the National Park.

Landowners have until Friday, December 11, to put forward sites within the four areas and details are available on the Authority's website at www.yorkshiredales.org.uk.

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SPRING SHOW

Classes for the 2010 Spring Show to be held on Saturday 27th March

SECTION 1 HANDICRAFTS

1. A patchwork or quilted item. 2. A scale model, own design or kit. 3. A new item from something old (any material). 4. A wooden item. 5. A bag of any medium (not from a kit). 6. A cross stitch article (indicate if own design). 7. An item of embroidery (other than class 6 or 8). 8. Canvas work. 9. Any article costing not more than £3 (Cost of items to be listed). 10. A pincushion. 11. Beadwork. 12. A piece of handmade jewellery. 13. A metal item. 14. A hand made rug. 15. A hand made card. 16. A decorated Easter bonnet (any style or material).

17. Any craft item not included above.

SECTION 2 HAND MADE TOYS

18. A soft toy, knitted, sewn, or crocheted. 19. A glove puppet. 20. A toy made from scrap material. 21. A dressed doll (doll may be bought). 22. Any handmade toy not included above.

SECTION 3 FLOWERS AND PLANTS

23. A house plant. 24. 'By a babbling brook', an exhibit featuring foliage. 25. 'Reflections', a petite exhibit not to exceed 25cm. 26. 'Inspired by Art', a contemporary design. 27. 'Market Day', an exhibit to incorporate flowers, fruit and/or vegetables. 28. 'An Easter Table Decoration', an exhibit for the dining table. (Novice



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Courses for Spring 2010

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SED9118	Wire Wrapped Jewellery Workshop	1	Sat	27.02.10 Day
SED9041	Nuno Felt Workshop	1	Sat	13.03.10 Day
KBL9052	Life Drawing	10	Tue	12.01.10 Eve
SED9021	Woodwork & Joinery for All Levels	10	Wed	13.01.10 Eve
KBL9050	Sculpting with Clay	10	Thu	14.01.10 Eve
SED9002	Digital Photography & Image Editing	10	Wed	13.01.10 Eve
SED9117	Intro to Spreadsheets - only £5	4	Tue	19.01.10 Eve
KBL9116	Intro to Desktop Publishing- only £5	4	Wed	20.01.10 Eve
SED9070	Creative Writing	10	Fri	15.01.10 PM
SED9059	How We Behave & Change	10	Thu	14.01.10 Eve

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class for exhibitors who have not won a 1st prize in this section)

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29. A basket arrangement not to exceed 45cm. 30. Seaside scene on a plate, not to exceed 25cm.

SECTION 4 GARMENTS

31. A hand knitted garment in double knitting or thicker yarn. 32. A hand knitted garment in 4 ply or finer yarn. 33. A hand knitted scarf. 34. A crocheted article or garment. 35. A sewn garment. 36. A knitted baby garment.

SECTION 5 HOME PRODUCE

37. Sugar craft. 38. Fruit pie. 39. Savoury flan. 40. Six biscuits of any variety. 41. Six butterfly buns. 42. A novelty cake (judged for decoration only). 43. Fruitcake. 44. Four fruit scones. 45. Gingerbread –not larger than 10" square. 46. Round shortbread. 47. Six flapjack pieces. 48. Unfilled and fatless sponge cake. 49. Victoria sandwich (filled with raspberry jam). 50. Swiss roll. 51. Pot of jam. 52. Pot of marmalade. 53. Pot of fruit jelly. 54. Pot of lemon curd. 55. Pot of chutney. 56. Bottle of homemade wine (includes mead). 57. A white loaf-hand made. 58. A brown or wholemeal loaf –hand made. 59. A white loaf –machine made. 60. A brown or wholemeal loaf-machine made.

SECTION 6 ART

62. Artwork: still life (any medium, any

form). 63. Artwork: portrait (including animals). 64. Artwork: landscape. 65. A pottery article. 66. Any piece of artwork by a secondary school pupil.

SECTION 7 PHOTOGRAPHY

67. Colour photograph of an animal/s or bird/s. 68. Colour photograph of a child or children. 69. Colour photograph of local landscape. 70. Colour photograph other than any of the above. 71. Any sporting photograph. 72. A black and white photograph – not tinted. 73. A black and white portrait (including animals). 74. A photograph of Sedbergh or Dent.

SECTION 8 CHILDREN'S SECTION PRE-SCHOOL

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

RECEPTION YEAR

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

YEARS 1 & 2

84. Handwriting of a nursery rhyme, "Hey Diddle Diddle". 85. A decorated hard-boiled egg. 86. An observational drawing of a flower. 87. A bookmark.

YEARS 3 & 4 88. Handwriting of "Jack and Jill", (2 verses). For the W. Milburn & Sons cup). 89. A mosaic butterfly. 90. A decorated flowerpot. (Max. diameter at the top of the pot – 16cm). 91. An animal made from vegetables, fruit, or foliage.

YEARS 5 & 6

92. A collage of sequins and buttons



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George Baines:
015396 21287 or 07977 514229

of a bird. 93. A picture of a motor vehicle or an agricultural machine. 94. A sewn design of a bird, animal, or flowers. 95. A birthday card for an Auntie.

YEAR 7 AND ABOVE.

96. A hand crafted article – any material, including wood or metal. 97. A congratulations card. 98. A computer generated poster for the Sedbergh Spring Show. 99. A wrapped present (judged for decoration only).

DENTDALE WI

Last meeting in the Hall for Dentdale WI in 2009 and a really good attendance for the AGM. The Business agenda went smoothly with reports from the officers. It would seem from our Treasurer that the finances are in good shape. Kate Cairns, Secretary, gave the Annual Report of the events and happenings of Dentdale WI through the year making us realise just what a busy year it had been. President Catherine Sugden's address included thanks to all who helped in any way in the smooth running of Dentdale WI. Two new members, Dale Smith and Thelma Bellfield were nominated to serve on the Committee and two members stood down, Rita Corpe and Margaret Fothergill, so the new committee was elected unopposed. Visitor and also Teller, Doreen Mulliner took charge of the election for President and Catherine Sugden who was nominated agreed to serve for another year.

The Competition results always generate a ripple of excitement. Rita Corpe mentioned that there had been 99 entries during the year and winner of the Silver Cup this year was Catherine Sugden who had also won last year so, well done Catherine, but come on girls, more entries from everyone! No chance to slide out of the November competition as Rita had devised a light hearted quiz to be held in the hall. "How sweet are you"? We were given a page cryptic clues to names and types of sweet meat. What do you think might be the

answer to the clue *Father's painful toe?* Well it is *Pop Corn!*

There were delicious cakes served with tea before we settled once more to watch a superb presentation by Judith Newsham of some stunning photography taken on a trip to Greenland that she had made with husband John. Judith did mention that they had been extremely lucky in that in spite of dire warnings that it could be extremely cloudy and overcast the weather had been just perfect to catch the dazzling mountain scenery, beautiful fiords and icebergs in the crystal clear seas. Certainly in the sunshine it had looked at its sparkling best.

Still to look forward to this month we have an outing to Martin Mere bird sanctuary on the 18th November and next month, December 9th, the Christmas lunch is to be held at the Old Dairy nr Hawes. Back in the hall on Tuesday 12th January to hear fellow member Anthea Boulton speak about "Her life as a magistrate."

So, a Happy Christmas to everyone and Dentdale will be back reporting in the February issue of Lookaround.

PA



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A YEAR OF FRIENDSHIP

Somebody recently asked Dave Smith if the town twinning is still happening . As these photos and captions show, not only is it still happening – this has been the busiest year since television cameras roamed the streets of Sedbergh filming the Town that Wanted a Twin.

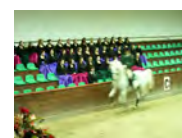
November 2008 – Sedbergh singers joined the male voice folk choir Voicemale for a tour of Slovenia where they were hailed with great affection in Zrece, Ljubljana and Crni



Vrh – meeting with singers everywhere they went. They were especially welcome at a party

thrown by the Firemen's Choir in Zrece who had sung with them in Dent, and later with Zrece's Pevke iz Brinjeve Gore and Zbor Jurij Vodovnik. On a visit to Zrece school they sang with the kids and taught them to play conkers. They also visited the Ljubljana Waldorf school and sang at Celica hostel and in Crni Vrh.

March 2009 – Girls from Sedbergh and Kendal who sing with the award winning



choir Amabile sang with a Slovene group in Sedbergh last year, but now took off for their own tour of Slovenia with five days of concerts alongside Slovene singers in Ljubljana, Bled

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Castle and Lipica - where the Queen's horse galloped up to meet them. They were welcomed everywhere – especially at the Franciscan church in Ljubljana where they sang for the mass – the beauty of their singing is still talked about by those who use the church. They also sang with a girls' choir at Kranj high school and met students at the Waldorf school.

April 2009 – The Slovenian Waldorf choir's 40 singers stayed with local singers and friends from the Greater Sedbergh area and performed alongside them



in local concerts, workshops and walks. The choir went to Edinburgh to meet a local Steiner school, the Scottish community choir Harmonise (who regularly visit Dent for our folk carols festival) and town twitters from Pitlochry for a stunning concert in Dunkeld cathedral. They met the local Cautley Carollers, the Gladly Solemn Sound Choir and Lakeland Voices.

July 2009 – The Zrece Town Band came to Sedbergh to meet the Sedbergh town band. Following a welcome evening at Ernie Hailwood's, the Zrece Mayor Boris



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Podvrsnik, 70 musicians and friends performed the Slovenian National Anthem alongside English singers at Oxenholme station as Ambassador Iztok Jarc's train arrived, played and danced in the centre of Kendal after a grand reception in the mayor's office, did a concert with Sedbergh's Town Band in Sedbergh, and afterwards played and sang long into the night at the Dalesman. The Mayor, the Ambassador and party were given a separate tour of Sedbergh and district.

July 2009 – The Slovenian language course in Sedbergh got a great help from a weekend of intense tuition in the Howgills School room. Darja Mihelj taught some of the intricacies

of the Slovenian language, and answered many of the questions students had acquired over the past year

while learning the language. The regular Sedbergh students were joined by language students from other parts of the Britain who had been sent by their Slovenian wives to learn the language. We made a video of essential phrases which you can view on the Sedbergh website.

July/August 2009 - We met The Crni Vrh Male voice choir at an evening in Skomarje near Zrece, and were delighted when we heard they were



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coming to Sedbergh. As well as singing at Farfield and in the Dalesman pub, they joined

the nearby Hardraw folk festival singing alongside English folk musicians in concerts and pub singarounds, taught some Slovenian folk songs and learnt some English ones – and took great delight in the landlord’s largesse and extreme generosity with his excellent beer!

July/August 2009 - Three Slovenian students came for three weeks of work experience in Sedbergh and district. Vesna, Neza and Darja got jobs in the Dalesman pub and at the

Cross Keys, where Darja was treated with some real Sedbergh hospitality from Alan Clowes and family .



Darja was taken for a tour of London and also a visit to Stratford on Avon. Vesna and Neza also got jobs at the Hardraw folk festival where they served several thousand pints of beer - most of them to the visiting Slovenian choir!

August/September – Igor Cvetko is something of a hero in Zrece where his cantata to local folk poet Juri Vodovnik is sung by the town’s choir, and his research and books are celebrated at Vodnik’s house in

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Skomarje. He came to Sedbergh with the four male Zrece folk singers a few years ago – so

we were delighted to have him back in Sedbergh with his wife Jelena and Zapik Puppet theatre's The Mouse Was Making Porridge. They performed to a packed Sedbergh Library, visited the Quaker meeting at Brigflatts, met old friends in Sedbergh, and then toured Britain with shows at venues including the Kendal Mintfest international street festival, Edinburgh, and Cambridge.

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CHURCHES TOGETHER

The season of Christmas is soon to be upon us, and the Churches throughout the district are busy preparing for this time in which we remember the birth of Christ.

During this season of festivities, however, it is important to think of others around the world who are not as fortunate as ourselves. On Saturday 5th December there is going to be a day of prayer and information in St. Andrew's Church, Sedbergh to raise awareness of the 'Stop the Traffik' campaign. Stop the Traffik is a growing global movement of individuals, communities and organisations, set up in 2006, which

fights to prevent the sale of people, protect the trafficked and prosecute the traffickers. The aim of the day in Sedbergh, is to raise awareness and understanding of human trafficking and what can be done about it and to pray for the work. The day will run from 10am-4pm and anyone is welcome to pop in at anytime. There will be speaking, singing and meditations throughout the day, on the hour and refreshments will be available.

All houses in the area should soon be receiving a Christmas card from Churches Together which details the services in each of the local churches throughout the festive period. We hope you find this a useful reminder. On 20th December at 6.30pm all the churches will be joining together for the Annual United Carol Service. This year the service will be hosted by St. Andrew's Church, Sedbergh and everyone is most warmly invited to attend.

January sees the week of Prayer for Christian Unity. This year, the theme for the week is 'You are witnesses to these things', a verse taken from the book of Luke, Chapter 24. On Sunday 24th January, Churches Together in Sedbergh will be marking the week with a special walk, setting off from the United Reformed Church at 2pm. Again everyone is invited to attend. Please look out for further information on the notice board outside the church.

From all the Churches in the district, we wish you peace, goodwill and happiness this Christmas.

SEDBERGH TOWN BAND

Remembrance Sunday

On Sunday 8th November members of the Town Band assembled at the Memorial for the service to mark the Armistice. Cornetist Keith Wood played the Last Post and Reveille, and the Town Band were joined by the Sedbergh School C.C.F. Band and representatives of local organisations in a march around the town.

Remembrance Day Concert

On Armistice Day, 11th November, at 7.30 the Sedbergh Town Band opened a programme of music in the United Reformed Church to mark this significant and poignant day. It was the second concert to be held in the U.R.C. with all proceeds being shared equally between the British Legion and the U.R.C., following a combined Town Band and Sedbergh School C. C.F. Band Concert in Powell Hall in 2007. This year the Town Band were

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delighted to welcome to their ranks from the School two pipers and two trombone players, maintaining the tradition of mutual involvement in important local events.

The first two numbers were compilations of popular music associated with the first and second world wars, respectively '1914' and 'Keep Smiling'. These were followed by Karl Jenkins's 'Benedictus' - a demanding and moving piece from his major work 'The Armed Man'.

Two film scores maintained the military theme - 'The Dambusters' (a stirring march that impressed the Band's Director of Music in his early youth) and the beautifully evocative 'Hymn to the Fallen'.

The next item was included to feature the latest recruit to the Band, Angus McDonald, a former pupil of Sedbergh School who has returned to the School teaching percussion having recently gained a Music Degree at Leeds University. His performance of 'Drummers Delight' was exceptional with his wide range of skills and mastery of complex rhythms exhibited to the full in an

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impressive cadenza. In the course of this item Alan Lewis handed the conductor's baton to Maj. Tex Calton (a man very distinguished in the military band world circles) releasing the former to play 'The Last Post' and 'Reveille' that preceded and succeeded the observation of the two minutes silence.

Two more film themes followed the drum item - the ever popular 'The Great Escape' and the evocative march 'A Bridge Too Far'. 'Sunset. Was then played before the Town Band's piper and tuba player Tony Playfoot was joined by the two school pipers to play 'Highland Cathedral' backed by the Band.

British Legion Standards were

presented and the National Anthem concluded an enjoyable evening of first rate music and playing that expressed the enormous respect in which the sacrifices of the forces are held.

An excellent attendance meant that both the British Legion and the URC were able to receive a substantial addition to their funds.

Christmas Engagements

On Saturday 28th November the Town Band began a busy period of engagements: starting at 12 noon they played carols for two hours at Asda.

The following Saturday, 5th December sees them at the Birdcage in Kendal, again playing 12 noon to 2pm - this will be the third year in succession at this venue. Morrisons in Kendal host the next session on Thursday 17th December from 5pm to 7pm. The following day a few members of the Band will be participating in the Settlebeck Carol Concert starting at 9.30am. The same evening will see the Band on their annual tour of the Sedbergh hostelries. The final carol engagement is at the bus shelter on Main Street, on Christmas Eve from 11am to 1pm.

Other engagements in the run-up to Christmas are the Annual Christmas Concert in the People's Hall on Tuesday 1st December starting at 7.45 and what will be the Band's first playing at the Late Night Opening on Wednesday 2nd December at 6pm.

Needless to say support at these events will be much appreciated by the Band.

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Did you know?

- If you are married or have a civil partner, but don't leave a will, your spouse or partner will not

automatically receive all your estate. Over a certain limit, which changes from time to time, the balance may be shared with other relatives. If this is not what you want, you need to make a will.

- If you are living with someone, but not in a marriage or a civil partnership, your partner is not provided for unless you leave a will, even if you have lived together for years.
- If you have children and don't leave a will expressing your wishes about who should look after your children and decide upon their future, the law will make those decisions for you.

Making it your choice

Making a will means that you choose who deals with your affairs after your death, who looks after your children and their future and who receives what proportion of your estate that YOU want them to have. You also need to pick someone to be your executor – someone you know and trust to deal with your financial affairs after your death. This is often a family member or friend – or one of

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cost to those left behind, both financially and in terms of heartache and confusion, may be far greater if you do not leave a will. If you and your spouse or civil partner make “mirror” wills, i.e. leaving your entire estate to each other, we will discount our fees.

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PEPPERPOT CLUB

A great Day

The ESTA-Pepperpot String Workshop, held on Sunday, November 15th at Sedbergh Primary School, by kind permission of Mrs Cullen, was pronounced a great success. The participants, whose ages ranged from seven to sixty plus, largely beginners up to Grade 4, also included the leader of the Westmorland Youth Orchestra, who was a great help with the younger children. Many knew no-one else taking part and some were apprehensive or nervous - even tearful - at the beginning of the day, but even they had a thoroughly good time as well as learning a great deal.

The Director, Rachel, and the other three teachers, Alice, Penny and Anthea, soon made everyone feel at home. They very quickly assessed the needs of every individual and music was provided to suit those needs. This enabled everyone to join in and experience playing in an orchestra of thirty six players and, by the time of the play-through for parents and friends at the end of the day, the sound they produced was big and sonorous. Many of the participants would not have had this kind of opportunity before.

There were different activities throughout the day. The whole company stamped out rhythms, sang in parts and played as a full string

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orchestra, whilst learning the importance of watching the conductor, which Rachel taught in a novel and amusing way. There were also sectional sessions with the four teachers. These catered for violins, rather more advanced violins and violas, cellos and also double basses. These smaller groups performed their own pieces, so that the audience was treated to a very varied and attention-grabbing programme. In the group items, many people held their own individual parts - quite an achievement considering how little time they had to prepare for performance.

We were fortunate to receive grants towards the day, so that the fees could be very heavily subsidised for everyone - there would have been very few participants if this had not been the case! Seven Sedbergh children attended and a much appreciated grant from the Trott Musical Foundation covered their fees totally, as well as going towards the general costs to make the event viable. The children from elsewhere paid fees, but the Harriet Trust very kindly provided fee subsidies for all of them. In addition, Creative Futures Cumbria were kind enough to give a grant towards the general costs, and so the event was able to take place.

Mrs Maggie Cullen was a wonderful support in providing the use of the school and making sure that the heating was maintained throughout the day. A kind Pepperpot member helped with car-parking and another took some photographs - with

SCOUTS CHRISTMAS POST

The service this year will cover Sedbergh town, Millthrop and Garsdale. The cost of each card is still only 15p. Look out for the usual red postboxes between 1st and 19th December.



parental permission of course. Thank you too to parents who came to oversee refreshments and the adult participants who supervised the children at break times. At lunchtime, when luckily the rain kept off, there was a very competitive netball game which enabled the children to let off steam.

It was interesting to see that the participants came from as far afield as Wigton and Workington to the north, Bassenthwaite and Coniston in the Lakes and Levens, Milnthorpe and Lancaster to the south, with several from the area around Kendal. Next time we hope to attract people from the east as well. Some parents from elsewhere decided to stay around in Sedbergh for the whole day to enjoy such delights as Westwood Books and Farfield Mill.

Afterwards some of the children used adjectives such as 'excellent', 'perfect', 'cool' and 'awesome' when they wrote their comments on the experience! One mum said her daughter came home 'jubilant'. It was certainly a very worthwhile day, one which we hope can be repeated in a future year to enable a new group of youngsters taking up stringed instruments to enjoy - and learn a lot from - playing alongside lots of others of similar standard to themselves.

Shirley Smith

MUSICAL WEBSITE

Calling all musicians!

I was really pleased to hear that Alan Lewis, Band master of Sedbergh Town Band, has finally been persuaded to make his compositions available. So if you are a musician who likes music with a story, music with a twist and music which is as local as it gets ... visit www.arlmusic.com

Beware though.....you will find you need a good amount of time. Rather than having to guess what music may sound like, every piece has a good quality soundtrack online, meaning you can listen and then decide if it is what you want! No more expensive mistakes and being laden with

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So whether you are a clarinettist, trumpeter, bassoonist or tuba player there are vast options to choose from. Much of the music is inspired by his family, Sedbergh School, Gala Day and our beautiful Howgills! Other pieces are arrangements of well known melodies such as Amazing Grace and Repton. But as you would expect, they have been given the 'Lewis' treatment so you're in for a treat!

It isn't just solo instruments; there are arrangements for groups, everything from duets up to full military and brass band arrangements. Once word gets out I am sure Bands far and wide will be logging on to listen and buy! It is hard to find well arranged music which has been clearly written and has playable parts!

So check the site out if you are looking for a piece to play, have a listen and rest assured that at least you won't be having to pay huge amounts for postage when it comes from just around the corner! You even get to see Alan with a smile, but don't let that put you off; it was just for the camera!

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for people with sight problems.

For the October meeting the group enjoyed a quiz, designed and prepared by Betty Harper. It was based on the capital letters of cities throughout Britain. Everyone was able to join in and it was amazing how many names were suggested, although some might have thought that Killington and Hornby had not quite yet achieved city status! However the rules were bent (very considerably) and no one seemed to know (or mind) which team was the winner.

Being the trendsetters of Sedbergh, the S.L.S.B. Christmas lunch was probably the earliest of the season, taking place in the middle of November. Sandra, Joyce and the staff of the Barbon Inn pulled out all the stops and provided a Christmas lunch- a welcoming glass of sherry, turkey with all the trimmings, Christmas pudding and trifle, crackers, Christmas decorations, and petits-fours with the coffee. The food was delicious and the kindness and attention to detail of all the staff was much appreciated. The lunch was followed by a raffle and a lot of valuable conversation.

The Christmas party will be held in January in the home of Alan Adamson. The party and subsequent meetings take place on the third Tuesday of the month and new members are always welcome. Transport may be available. Tel 21019 or 01539 742633

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MALAWI CHALLENGE 2009

The sponsorship from the end of year show performed by the Suzan Sedgwick School of Dance raised £206. This will pay for Elias Gondwe (pictured) to start Sedbergh Primary School in January where he will go into Standard 1.



There are 8 Standards and it costs just £50 a year to keep him in school. Elias is 6 years old and lives in the Orphanage visited by the Sedbergh Malawi Challenge Team in July.

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JOIN THE CHAMBER OF TRADE!

You will see elsewhere in this Lookaround an advert spelling out the reasons the Chamber of Trade thinks it would be good for you to be a member if you have any sort of business – a shop, a service, a trade or accommodation. This is a short message to encourage interested people to come to our next meeting, which will be on Monday 18 January in the People's Hall Committee Room at 8pm. We are currently making a big effort to revitalise the Chamber, include as many people as possible and decide on new priorities for the next year or two. Whether you plan to join or not, come on down, you'll be most welcome.

If you want more information or would like to be kept in touch, please contact Andi Chapple at andi@freakout.biz or on 22045.

FAMILY MUSINGS

Where on earth has the year gone? In a hectic round of work and holidays and more work and rain and sunshine and more rain and a lovely Autumn with a lot of crisp leaves to kick my heels in, yes I am just a child at heart, but isn't it great fun to run about in a wood and hear the leaves under your feet. My family need not worry, the wood I ran about in and kicked and scooped up leaves in my arms and threw them high was miles away from home and there was no-one else around to see me! Not that it would have mattered if there had been.

Whatever I eat over the Christmas season I need to start with humble-

pie, Oh dear, I have aged my elder daughter, she is not nearly 30, will not be that age for years, well, one or two or three anyway, and, just for good measure, I really put both feet in it at times, aged one of hubbys aunties! My apologies ladies.

We will be gathering together for Christmas on Boxing Day this year, all off separate ways on the 25th but before that it will be Carol Singing which as you know I really love, just hope my voice lasts out.

The Baptism has become quite a talking point which is really good, it was a step of faith and we are still praising and trusting God in the joy of the Holy Spirit, this does not mean we are perfect or that we get everything right (and anyway that would be really really boring !) it doesn't mean we have all the answers either but we are here to help where we can.

Enjoy your Christmas, do daft things if that is what you need to do, just blame me when your family raise their eyebrows or make comments, my family have nearly given up commenting they just sigh, Oh dear! just realized hubby has been sighing a lot recently.. We planned a few Fireworks up at the Memorial seat on my bothers Anniversary but it was a very wet night so will try again at Granpa and or Grannies anniversaries, both of which come in Dec & Jan, just a little celebration of these dearly loved and sadly missed people. See you in the New Year. Happy New Year! Merry Christmas!

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HOWGILL W. I.

We would like to thank everyone who turned out on a wet wild night to support our Domino Drive at Howgill. It was a successful evening boosting W. I. funds.

The November meeting was held at Howgill Village Hall. Vice President Dilys McCaffrey took the chair and gave a warm welcome to members.

We have been out and about enjoying and taking part in different events. Members who attended the Autumn Council Meeting held at the Lakes School enjoyed the day with an amusing talk by Martin Gurden from the "Chicken Run". The audience was serenaded by James Mitchell with songs from the musicals, and we learned more about plans to celebrate the Federations 90th Anniversary in 2010.

We entered two teams in the Pub Quiz at The Bull Hotel. Congratulations to the winning team the "Stainmore Stompers". Howgill Sparklers lost their spark on the night. Despite the result we had a really enjoyable and fun evening and were happy with our washing up gloves and dish cloths.

Howgill Hikers enjoyed the walk led by Vera Hodgson in the Burneside area. Sheila Capstick, our guest speaker, shared with us her skill for making marzipan fruits. We were encouraged to have a go and went home with the finishing touch for the top of the Christmas cake, which will set the scene for a fantastic centre piece. Dilys thanked Sheila for a wonderful demonstration, getting us

into the spirit of Christmas.

We meet on December 3rd for our Christmas Meal at the Golf Club in Sedbergh at 7 pm for 7.30 pm.

Looking ahead to the New Year we have been invited to join Killington W. I. on January 12th for "The Restoration of an Historic Garden" with Tim Atwood, to help banish those winter blues. A. H.



Dear Editors,

Verbal Diarrhoea

In order to make your task a little easier, may I offer the following advice to those of your correspondents who seem unable to express their views in less than two, three or even five(!) pages of your otherwise fine publication. They may have literary aspirations; but they have yet to master the art of truncation!

As the great Bard said:-

1 "Brevity is the soul of wit" - Hamlet. or the opposite approach...

2 "He draweth out the thread of his verbosity finer than the staple of his argument" - Love's Labour's Lost.

Peter Snow

THE SYMBOLS AT YOUR DOOR

In the 1930s in Italy people were encouraged to write slogans on their houses. Not any slogan they liked, for this was Italy during fascist times and that would have been dangerous; it needed to be one of a prescribed set of phrases drawn from the sayings of Benito Mussolini. Over the years many of these have been painted out; some, typically on crumbling farm buildings, remain just visible, while some have been carefully restored, and it can make a very rewarding pastime for anyone of a nerdy disposition who visits Italy to try and seek them out.

My favourites appear on rural houses:

“The land never lets you down, it is nobility”

“You need to give fertility to every clod of earth”

and my absolute favourite:

“People who abandon the land are condemned to decadence”.

A small number of Italians long for the resurrection of Mussolini – we’ve met and spoken to some who do – and possibly this accounts for the loving restoration of the slogans, or maybe it’s because there are those who, like me, find the phrases so amusing it would be a pity to let them disappear.

It might seem strange that anyone would want to see the return of a preposterous-looking little chap in an oversized tin hat as prime minister of their country, but nostalgia can be a very powerful thing, and I am reminded of the political leaflets

showing a picture of Winston Churchill that are poked through our doors round about election times; this too must be nostalgia for a very long time ago – nostalgia and amnesia make a fine pair of sisters.

But there’s nothing wrong with remembering images from the past, and for those who are interested there is a website to remind you of some English ones: <http://www.icons.org.uk>. I especially find the history of the bowler hat intriguing, as it passed from gamekeeper’s protective headgear, through working-man’s chic, to city gent’s uniform, to object of ridicule (note this is in England, separately from Northern Ireland), over a period of about 100 years.

The Italian slogans aren’t really iconic, though; not like the bowler hat or Routemaster bus or – according to [icons.org.uk](http://www.icons.org.uk) – Jennings Brewery! Do we have any symbols that show we can do nostalgia even more stylishly than the Italians can? One possible candidate is the famous advertising poster that shows a picture of a tearful bull looking at a jar of Bovril with a caption saying, “Alas! My poor brother!” That dates from way back – it could never exist now.

Are there any others similar? I wonder whether anyone, including the people who periodically push pictures of previous prime ministers through my postbox, might find it a stimulating Christmas challenge, to try and come up with some possibilities to beat the Italian ones.

David Collier

APPLEBY FAIR 2010

Many Townsfolk in Sedbergh may be blissfully unaware of the mayhem caused by certain persons attending the Appleby Horse Fair. The trespass on the Auction Mart site this year may have made the problem more obvious to folk. Generally, except for an occasional horse blocking Main Street, or some light fingering in the shops, townsfolk are not disturbed too much. Anyone travelling past Balliol School this year will have seen the unacceptable congestion and atrocious behaviour of the people parked there. Incidents of gates and fences destroyed, the stealing of crops, unlawful trespass, public displays of urination and defecation, intimidation, threats and drug use have been documented.

I have personally been threatened and my property destroyed. So ... we have formed the Cautley Residents Action Group (CRAG) to meet with

anyone who can help us, MPs, Councillors and council officials, Police, etc.

A meeting was held on Friday 13 November 2009 in Sedbergh, initiated by Tim Farron, MP and attended by the Chief Constable and his senior officers, council officials and representative residents. We heard what is being planned for the 2010 Fair. Policing is to be improved with 8 officers assigned and a police post installed at Strait Bridge. The local authority management, both at SLDC and CCC is to be upgraded with a senior official appointed to oversee the whole area and ensure the relevant legislation is fully applied. If there is any breaking of the law it will be strictly enforced by the police.

Different ethnicity or lifestyle does not give licence to break the law and or to ignore common decencies.

I am grateful to Elspeth Griffiths, former archivist at Sedbergh School, for the following 1965 article. Time for change?

Dr Gina Barney of CRAG

Last Year of Appleby New Fair? Abolition Move By County Council Committee

Westmorland County Council will be recommended at its meeting today to abolish Appleby New Fair.

The Roads and Bridges Committee had been urged by its Standing Sub-Committee to consider restricting the area and duration of the fair, but reference was made to possible difficulties in enforcing such restrictions.

The Roads Committee then

ACUPUNCTURE



"Acupuncture benefits low back pain"

JCM News, Feb 2009

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June M. Parker

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discussed an alternative suggestion that the County Council should abolish the fair.

The clerk emphasised that it would not be possible to enact either proposal before this year's fair.

"POLLUTION OF COUNTRYSIDE"

The Committee held that abolition would be in the public interest, because of the present pollution of the countryside due to the lack of sanitary facilities and traffic congestion near the Fair Hill itself and on the approaches to the A66 road.

The horse fair was originally part of a more general stock market held many centuries ago in the centre of Appleby, but horse dealing was

eventually moved up to the site known as Gallows Hill or Fair Hill.

The ancient charter fair is supposed to be restricted to two days, but, in fact, it extends to between a week and ten days. It is estimated that 2,000 to 3,000 people attend it each year in June. These include gypsies, tinkers, general dealers and horse dealers from all parts of the north.

Dr Frank Madge, the North Westmorland District Medical Officer, in his annual report de-scribed the fair as "a serious nuisance" as a result of road- side camps on the Roman Road and the Long Marton and Dufton roads.

Westmorland Gazette 30 April 1965

Yorkshire Dales Housing Development Plan

Second call for Housing Sites in Grassington/Threshfield, Hawes/Gayle, Reeth & Sedbergh

In January the National Park Authority invited landowners to submit expressions of interest to develop land for housing. Whilst there was a good overall response, the range of suitable sites submitted in the four main service centres of Hawes/Gayle, Grassington/Threshfield, Sedbergh and Reeth, was rather limited.

These four centres have the widest range of services available in the National Park to support new affordable and local needs housing. The Authority considers that there may be further sites to investigate and would like to hear again from landowners. It may be that you missed the opportunity in January so this is a second chance to submit a site for consideration.

The Authority expects 50% of each site to be developed by housing that is affordable to local households. This will be delivered through partnership with a housing association or some other mechanism that will secure its affordability in perpetuity. The remaining 50% will not have to be affordable, but will still be restricted to occupancy by households that need to live inside the National Park. The Authority does not anticipate permitting any new wholly unrestricted open market housing.

The Authority is looking for additional sites that are located within or on the edge of Hawes/Gayle, Grassington/Threshfield, Sedbergh, Reeth and which are large enough to accommodate at least 2 homes. Sites will also need to meet a number of other planning requirements such as impact on the surrounding landscape, safe highway access, and availability of essential services.

If you think you have a suitable site for consideration please go to the Authority's website for submission details www.yorkshiredales.org.uk

If you have already submitted a site please do not resubmit it. It will either already be under further investigation or may already have been dismissed. The Authority's website has a list of the sites that are currently going forward for further investigation.

Please note that submissions cannot be treated confidentially as the Authority will be inviting public comment on all sites received. Submitting a site will not constitute a formal commitment by a landowner to sell or release land.

Peter Stockton, Yorkshire Dales National Park Authority, Yoredale, Bainbridge, Leyburn, DL8 3EL
or e-mail to peter.stockton@yorkshiredales.org.uk **before noon Friday 11th December 2009.**

CONCERT AND CEILIDH IN DENT

December 4 and 5

Once again we are delighted that the **Gladly Solemn Sound choir** will be singing their west gallery carols in Dent to start off the season. We have some cracking carols this year, many of them from local manuscripts found in people's attics throughout Cumbria and the north west - as well as a small west gallery band who will play alongside the singers during parts of the concerts, and a Thomas Hardy story illustrated with fiddle playing from Penny Legat and her Settlebeck violin students. The Lakeland Fiddlers led by Carolin Francis will also be providing some festive music from

local tunes before some mince pies and mulled wine.

We are also delighted that the **Celebrated Garsdale Street Band** will be playing for our ceilidh on Saturday night. As on previous occasions, previous experience of the folk dances is not necessary as Clare Pope will be calling out the steps as you go so the dancers don't get too tangled up. And so invigorating is their music that once the band start play it's unlikely anyone will wish to remain seated.

Roger Bush and Ken Pope might also share the odd anecdote along the way. Roger was telling us the other day how Ken Pope's disabled

badge slipped down out of sight in his car leaving Ken being fined by some over-enthusiastic traffic warden. He then told Ken that something similar happened to another driver whose disabled badge faded with the sun so that he was also fined. When he complained, the council wrote back that he should "stick his badge where the sun doesn't shine." Which is no doubt where Ken also thought the Council should put their fine.

During the evening there will also be lots of opportunities to sing carols in between dances - but if you just want to come to dance and listen you'll be very welcome. We are hoping to have a bar and other refreshments will also be served. If you want to come for the whole evening there will be a festive meal with both meat and vegetarian dishes - last year some people said they would come again just for the food.

On Sunday afternoon there'll also be an opportunity to join a singing walk from Dent and hear how the Cautley Carollers sound when they take their Christmas harmonies round the cottages of Cautley, Farfield and Frostrow. We'll also be singing in a small wood, by the river and round the fire with afternoon tea.

You can book for any of these events at the Sedbergh TIC, by ringing 015396.21166 or at the door if tickets remain.

And if you'd like to learn some of the carols to sing in harmony you might want to join some workshops in the Dent Memorial hall. I can send the written music in advance along with a

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learning CD which has all the parts being sung. For the west gallery carol workshop there is also some free Noteworthy software available which allows you to hear your part being played on the computer - making sight reading easier than it's ever been. And for those who see Christmas as a time of peace between all nations we have an opportunity to learn carols from other countries including Slovenia and Poland.

Even if you can't join us, on behalf of all the singers may I wish you all a very melodious and merry Christmas, and a happy and harmonious new year.

David Burbidge

SEDBERGH HEALTH CENTRE

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

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



GARDENING ANSWERS (P36)

- Pentstemmon: Pent - as in pentagon or pentangle = five, stemmon = stamens.
- Pulmonaria: as in pulmonary - related to the lungs. The spotted leaves were believed to resemble lungs and the plant therefore used to treat lung complaints.
- Ranunculus: from Rana = frog. The plants usually grow in froggy (damp) places.
- Acris: acrid. Bitter tasting.
- Davidia: after Mr. David, a French missionary.
- Campanula: A little bell - as in campanologist.
- Agapanthus: from Agape = love and anthus = flower.
- Dahlia: after Mr Dahl.

- Gloriosa grandiflora; a glorious flower with very large flowers.
- Pteris (bracken) : wing shaped leaves – as in Pterodactyl.
- Osteospermum: from osteo = bone – as in osteopathy and sperm = a seed.
- Pyracantha: from Pyr = fire as in funeral pyre and akanthos = a thorn.
- Scabiosa: from Scabies = itch - the plant being a remedy for skin diseases.
- Hepatica: from hepar = the liver- as in Hepatitis. Leaves were thought to resemble the liver.

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RAIN RAIN RAIN

It rained and rained and rained
The average fall was well maintained
And when the tracks were simple
bogs

It started raining cats and dogs
After a drought of half an hour
We had a most refreshing shower
And then most curious thing of all
A gentle rain began to fall.
Next day but one was fairly dry
Save for one deluge from the sky
Which wetted the party to the skin
And then, at last - the rain set in.

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SPRING SHOW

Sedbergh's own Spring Show for the Town and local community

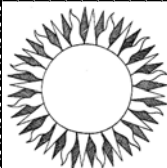
Yes! It's that time again! We hope that you all have a Very Happy Christmas, and hope also that some of those presents will provide you with items to make for the **SPRING SHOW**. Last year's show was a great success and we hope that this year will be even better. The list of classes appears on Page 44, so please look carefully and enter as many classes as you can. There are some changes in almost every section. **PLEASE** encourage all your family to take part, and maintain another of our Sedbergh traditions. Parents – please

encourage your children to work on some entries at home in addition to those that we hope the school will submit. Remember that you (adults) do not have to have produced your items in the last twelve months, as long as it is something *you* have made and has not previously been entered in the Sedbergh Show. Moreover you do not have to live locally to enter. We look forward to seeing you and your entries, on **SATURDAY 27th MARCH**.

Schedules and Entry Forms will be widely available in town from the beginning of February.

Margaret Milburn - Chairman. 21060

Wendy F-U. – Secretary. 21902



OPTIONS for health and well-being

Options are having some Taster Sessions in early 2009. Call in for details.

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Ian McPherson	Homeopathy and T'ai Chi	015396 20648
Melanie Missenden	Counselling, Aromatherapy, Remedial Massage, Reflexology, Hot Stone Therapy, Reiki, Indian Head Massage	015396 21058
June Parker	Acupuncture	015396 20972
Denise Williamson	Homeopathy and Bowen Technique	015396 20846
Daisy Lussierfigg	Aromatherapy, Reflexology & Hot Stones ...	01539 567579
Victoria Reed	Hypnotherapy	07803 047643
Peter Burridge	Counselling	07817 718793
Yvonne Cervetti	Aromatherapy, Hot Stone Therapy and Massage	015396 21303
Elizabeth Hilton	Light Therapy	015396 21800

Health practitioners in the local area

DENT INDOOR BOWLING

Our Wednesday evening and our Saturday morning sessions are popular with quite a number of people turning up to play against each other, luckily some have played before and/or know the rules and can help the rest of us. On December 19th we are having a Christmas Coffee Morning and Bowling for those who wish to play, there will be seasonal eats to enjoy and everyone is invited to purchase a gift costing a max of £2, wrap it up and they will all be mixed up and everyone will go home with a little pressie.

Everyone welcome, as players or spectators to Dent Memorial Hall.

We meet from 10am to 12 noon on Saturdays 16th January & 13th February and 7.15pm to 9.30pm on Wednesdays 6th & 27th January, 24th February, 3rd & 17th March and we hope to play a "friendly" with Barbon soon.

Further info from Sarah Woof
015396 25212.

BRIGFLATTS CAROL EVENING

December 19

After last year's successful carol evening at Brigflatts Quaker Meeting house, we are repeating the format on Saturday December 19 with carols at 5.30pm being sung by children, their adults and anyone else you enjoys singing the familiar carols sung at Christmas. We'll provide some carol sheets if you can't remember the words, and the Cautley Band will be playing their wind instruments to help you remember the tunes.

And then after minces pies (please feel free to bring some to share) and some non-alcoholic punch, you'll be able to sit back and enjoy the singing of the Cautley Carollers singing carols from near and far - both in time and distance.

As well as many English carols which date from Chaucer's ere to the present day, the Carollers sing carols in languages which include Slovenian, Spanish, Polish, Latin, Gaelic, and French. This reflects our multi national families with grown up children living in different countries or younger ones having dual nationalities, Dorcas' Polish father (who at 111 was the oldest man in Britain,) our visits to sing in our twin town in Slovenia, and Judith's teaching of Spanish.

And there will also be instrumental breaks to enjoy such as when Roger and Judith play the Neapolitan carol on the bagpipes and hurdy gurdy. It'll be lovely if you can join us - but do bear in mind that although you can drop off elderly or disabled visitors at the meeting house, there is very limited parking in the lane which leads down to Brigflatts - please park in the lay-by on the main road (or nearby) and walk down to the meeting house. The fresh air and exercise will help to improve your singing! And if you can offer a lift to Brigflatts or would like to receive one please give me a ring so I can help as many people as possible share transport - thus both easing limited parking and helping reduce your carbon footprint. 015396 21166.

David Burbidge

SEDBERGH BOWLING CLUB

On Friday 23rd October we met at the White Hart Sports and Social club for our end of season social. We enjoyed a delicious buffet supper, played dominoes and held a raffle. Many thank to the ladies who catered for us in Mary's absence and the Club for the use of the room.

The season ended on a high for our Kendal and District League team, under the leadership of Captain Carole Townson. We finished top of Division 4 and will be promoted next season. The last time we were Divisional Champions was in 1976. Congratulations to all who played for the team.

We hosted the Merit Playoffs of Division 3 in September and in August the League Knock out Cup Final was played at Sedbergh, where Netherfield A beat Holme C. The Coffee Morning on 11th November was very successful thanks to all who supported us. The AGM will be in February. We will be arranging some free taster sessions in the summer months. Please check in *Lookaround* for details.

Linda Killops



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SETTLEBECK IN ZRECE:

For the fifth year on the run Settlebeck High School visited our link school in Zrece, in March 2009, for an action packed week. Nearly all of Settlebeck's year 9 students attended the visit and besides two days of downhill and cross-country skiing they visited Ljubljana (the capital city), the Postonja caves (the most extensive and impressive cave system in Europe), the stunning Predjama and Celje castles, the Venlenje coal mine (descending deep into the largest mine in Slovenia) and the Franklovo museum a deeply moving experience on the site of a Nazi atrocity still commemorated yearly in the local area.

We were accompanied, during most of our activities, by our Zrece student hosts who did us proud with their drama, music and dance; their good humour and their generous support. Once again this was a trip to remember and even the 36 hour coach journey there and back proved a fun experience. This was certainly a trip which we'll never forget.

Dave Smith

HEALTHY STEPS

comes to Sedbergh!

Healthy-Steps, Moving You to Better Health with the Lebed Method, is a therapeutic exercise and movement programme with wonderful music designed to help you thrive! The programme is for everyone, from young adults to seniors, regardless of health, age or ability level and helps to improve overall wellness, range-of-motion, balance, strength and endurance, as well as emotional well-being and self-image.

The 27 year old programme was designed by cancer survivor and professional dancer Sherry Lebed Davis and her brothers, surgeons Dr. Marc Lebed and Dr. Joel Lebed. It is now being offered in over 700 locations worldwide.

Although, originally designed for breast cancer survivors, it has been found beneficial for other cancer survivors, those suffering with lymphoedema, individuals dealing with chronic disorders such as fibromyalgia, MS, Parkinsons, chronic fatigue syndrome, seniors, and basically anyone wanting to stay fit!



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www.peopleshall.org

The programme combines sound physical therapy practice with the freeing aspects of movement, incorporating music, positive reinforcement from a group, and empowerment from information and education. It is a potent package that addresses mind, body, and spirit. And, it is FUN!

The benefits are numerous and include but are not limited to:

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- Increased range of motion
- Increased energy
- Released frozen shoulder
- Reduced depression
- Assistance in structural rebalancing
- Promotion of positive self image and joy
- Stimulation of the lymphatic (immune) system
- Reduction and/or deterrence of lymphoedema
- Weight stabilization
- Emotional well-being & positive self-image

I have been teaching classes for St. Mary's Hospice for the last ten months, since training with London-



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based Julia Williams, the only UK trainer, and not only do the patients and carers love it, so do I! So I'm hoping that you will too!

Classes will start mid January with an introductory taster class; venue, date & time to be confirmed by poster but please call me in the meantime if you would like more information or would like to put your name down provisionally.

Call Yvonne Cervetti (certified Lebed Method Instructor (CLM)) on 015396 21303, Mobile: 07795 063107. Visit www.lebedmethod.com

SEDBERGH SQUASH CLUB

Sedbergh Squash Club has restarted junior coaching. The

sessions currently run from 7.00pm to 8.00pm on Thursdays and are run by Douglas Thomson who has recently moved to Sedbergh. Douglas is licensed by England Squash and has their Advanced Coach qualification. His qualification means that not only has he passed some rigorous training he is fully CRB checked and insured.

Junior sessions are primarily run for the children to have plenty of fun and opportunities to play the game but they include coaching to help them improve and hence gain more enjoyment from the game.

If children are interested in joining these sessions do contact Mrs Trish Cooling on 015396 20622 or Douglas Thomson on 015396 21747

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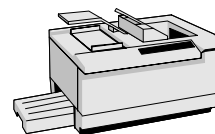
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SEDBERGH – THE TOWN IN OLD PHOTOGRAPHS

If you are looking for a Christmas present for friends or relatives or are interested in Sedbergh's past yourself then this book may meet your needs. It shows the town of Sedbergh in photos from the 1850s onwards. Starting from the old railway station it follows the road into Sedbergh and then works its way around the various streets. It shows the market square before the present library was built, how Main Street has changed over the decades, the old octagonal Methodist chapel, Finkle Street before it was widened and much more. The book has been produced by the local history society and it contains over 200 black and white photos in its 112 pages and has been printed by Stramongate Press of Kendal.

Copies cost £10 and can be obtained from the Community Office and various local bookshops. If you require it to be sent by post the cost will be £11.50 and cheques should be made payable to "Sedbergh & District History Society" and be sent to SDHS Book, 72a Main Street, Sedbergh, LA10 5AD

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THE MONDAY CLUB

Sedbergh has been specially chosen to host the first of a new type of Social Club which is being developed to provide support, advice and information to anyone in the local community. The Monday Club will be a friendly, safe place where people can meet to socialise and can also receive confidential support and advice on a one to one basis if they wish. It will meet in the Sedbergh Methodist Church Hall, New Street from 12 – 3pm every Monday Starting 11th January. Everyone will be very Welcome

Research shows that those living in a rural community can feel more socially isolated, have fewer opportunities and are unable to access services as easily as those in urban areas. South Lakeland Mind have been joined by Age Concern, Cumbria Mental Health Group and other organisations to help develop this unique project with it's focus on putting people in control of their own physical and mental well-being.

For more information please contact:- Tom Pitt, South Lakeland Mind, 01539 740591 or Gill Puncher, Cumbria Mental Health Group, 01539 737012.

**COMMUNITY TRANSPORT
SOUTH LAKELAND**

Transport Difficulties? Our voluntary Car Scheme may be able to help.

Community Transport South Lakeland is a registered charity and we have Volunteer Drivers in Sedbergh who use their own vehicles to offer transport to residents of South Lakeland who have difficulty making their journey by public transport.

Examples of journeys include medical appointments, visiting relatives or friends in hospital, attending lunch clubs or day centres, shopping trips or social events; and they can be short or longer distances. A fare is charged to the passenger of 40p per mile and no charge is made for waiting time.

Contact: 01539 742637 if you wish to make use of this valuable service.

Katy Handley

UNITED REFORMED CHURCH

It is all change at Sedbergh URC over the coming months! After eventually achieving planning

consent to update our facilities we are now ready to crack on! You will no doubt notice some changes happening and we wanted to let everyone know the plan.

Over the coming three months we will be creating a new, safer, courtyard entrance off Joss Lane. We will then block up the existing entrance and begin work on the hall. We will be adding a fully accessible toilet/baby change facility from the Hall and refurbishing the hall completely with carpet and a lick of paint.

We are doing the work now to avoid disruption but please bear with us as the changes take place. We are really excited about the revamp as it will make our Hall more user friendly and useful to everyone. It does however mean that there will be no coffee mornings from Christmas to the end of February. All other ongoing bookings, unless notified directly, will be unaffected.

We have been applying for grants and raising money over many months for this project and are grateful to the Parish Council and United Charities for their support. If anyone wishes to make a donation to our building fund please contact John Bannister or Carole Marsden.

Running up to Christmas we have a special Christingle service at 10.30am on Sunday 20th December to which everyone, young and old, is welcome.

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MULTIPLE SCLEROSIS

In October, I held a Table Top Sale for M.S. The morning of the sale I was up with the lark putting balloons up just to jog peoples memory of what was happening on the day. Then up to the hall, set up and stallholders came in and soon the crowds were waiting to spend their money and get some bargains.

Before we knew what was what it was time to pack up and put the hall back to just like we had never been there.

The sale made £461 and with donations later, and MS Charity tubs it came to £530 that I was able to send a cheque to M.S. Research. So a big thank you to those who baked, did posters, did the street banners and those who helped on the day. But also many thanks to you who supported the event. Thank you all and hope to see you all next year. Thanks again.

Sandra Longlands

PEOPLE'S HALL MEMORIES

As we all know the Peoples Hall are looking to raise funds for its re-building plans. I put forward an idea at the last funding committee meeting about putting together a book of memories from events at the PH over the years. I'm sure most people have a memory or two of parties, concerts, fairs, shows and even Wedding receptions they have attended at the PH. I would like to make the book a collection of photos and stories about the PH and the people it has served. I

am looking to talk to people about their experiences and memories of the PH. May be you remember a children's party or had your first kiss in the hall porch. Please give me a call 015396 21808 or sangold.kwood@virgin.net thank you.

Sandra Gold-Wood.



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DENT PRE-SCHOOL

Many thanks to all the people who turned out to the Domino Drive on a very wet and windy evening, with your support we raised £400.00 for Pre-School funds. Thanks to all the people who came to help out on the night and everyone who donated prizes and food for the evening, a great night was had by all which saw the most people we have had at a domino drive in a long time and a lot of new faces, in amongst our loyal supporters. My sincere apologies to Jane for the raffle prize William brought home, I did try to tell him but he thought it was a nice present for you.

Hope to see you all at the Christmas Fayre on the 5th December.

Liz Hoggarth

DENT MEMORIAL HALL

Trustees please note that we have a meeting on Wednesday 20th January 2010, 7.30pm in the Sedgwick Room. Any apologies to be sent please to the Secretary, Mrs Jean Haygarth Dent 25269.

We need to have a list of the names and telephone numbers of the person in charge of each of the various groups using the Hall facilities, ie who to contact in case of a problem after the use of the Hall, please bring this information to the meeting. It is not always possible or appropriate to contact the Trustee member.

S E Woof (Chairman)

BLOOD DONOR SESSIONS

The next Donor Sessions will be held in the People's Hall on Wednesday 23rd December with two sessions. 10am to 12 noon and 1.45 to 3.45pm.

If you wish to book an appointment, please ring 0300 123 23 23.

Dear Ed,

We wish to thank Sedbergh Town Band and Alan Lewis for the inspiring



service of remembrance in November at the URC Church. It was a fitting tribute to the fallen in all the wars since 1914. It was

truly a moving experience. The music, the atmosphere and the ceremony were wonderful.

2 URC Church members

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SETTLEBECK HIGH SCHOOL

Canoeing

Over the past few weeks 16 Settlebeck students have been working towards gaining a BCU First Star qualification in Kayaking and Canoeing. The course was organised by Mike Orme and the Sedbergh Canoe Club.

In order to gain the qualification, students had to demonstrate they could steer a canoe around a series of obstacles, get in and out of the canoe safely, how to correct a capsize and how to rescue another canoeist.

Imogen Clark (Y9) was one of the students who completed the course. "I thought it was great fun and I'm looking forward to doing more canoeing. Everyone enjoyed themselves, even Connie Hodgson, who spent more time in the the water than on it!" Rowan Hall (Y9) said, "I really enjoyed the course and learnt loads of really useful things." Sam Fearnhead (Y7) agreed saying, "It was really good! We were always doing something fun and you got play games in your canoe."

The course was only able to run

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because people were willing to give up their time and we would like to thank the coaches; Mike Hinson, Mick Hoffe, Claire Hendrickse, John Curry and Duncan Greene, also to Josie Hopps, Miss Nelson and Dr Greene for their assistance on the water. Particular thanks also to Mike Orme who worked on his day off. We are extremely grateful to them for giving their time so freely.

Outdoor Pursuits

A number of students have taken up the challenge of outdoor pursuits at Settlebeck. The after school outdoor pursuits club has included canoeing, ghyll scrambling and windsurfing. The trip up Hebblethwaite Ghyll was an exciting and very wet trip, with all the students completing all the big jumps into the deepest pools. After some flat water training, the canoeing group progressed on to some moving water and practised breaking in and breaking out and ferry gliding. Vicky Barnes and her sister Becky are showing a lot of confidence and have even progressed on to Eskimo rescues!

A group of Year 9 students have been following a programme of outdoor activities on Wednesday mornings. They had a great morning try to learn the basic skills of windsurfing which involved much falling off into a very cold Killington Lake. After a number of canoeing sessions they are now moving on to rock climbing and, after learning to tie various knots and how to belay, they are now ready to hit the crags.

The 2010 Norway Expedition is now full and the 12 students are eagerly

awaiting the New Year when we will start doing some training for the trip.
Year 7 Cross Country - Friday 16th October

Mr Trull took a year 7 team to compete in the Yr7 Cumbria Schools Cross Country Event at Queen Elizabeth Grammar School in Penrith. This is a big event where most Cumbria schools are represented. The boys course was over 2.5km and the girls course was 2.0km. The Settlebeck teams ran hard in a tough competition and were a credit to the school. The following students represented the school - Boys: Daniel Iveson, Sam Leaver, Calum Iveson, William Dawson, Sam Fearnhead and Sam Oversby, Girls: Angela Bateman,

Leanne Postlethwaite, Hannah Stephenson, Jasmine Iveson and Kim Cragg.

Rugby - Thursday 19th November

Settlebeck will be attending the South Lakes District Trials at Kendal Rugby Club. We will be taking 30 students from Y7 to Y11 to compete at minor, junior and inter-level.

Football

SHS has recently played football fixtures against Kirkby Stephen Grammar School, Ingleton and Chetwynde. Unfortunately we didn't notch up a win but both teams played with great spirit and determination. There are forthcoming fixtures versus Queen Elizabeth School, Kirkby Lonsdale for the Yr 7/8 and Yr 9/10

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teams.

Gifted & Talented

During the summer holidays I was lucky enough to attend the Gifted and Talented Summer School held at Lancaster University. The summer school is run every year for young people between the ages of 11 and 16 and provides a wide range of extra curricular courses for those attending and tries to give a flavour of what life as an undergraduate is like. This year I chose to take part in a creative writing course run by a tutor from the university who is also a part-time author. Other courses on offer included computer-generated topics, microbiology and law. There were 20 people on my course and around 80

in total at the summer school. We stayed in one of the halls of residence and had an en-suite room each.

During the day we did our various courses and met up at night for a range of fun activities such as a quiz night, a fashion competition (involving making clothes from rubbish and a talent show (no – I didn't take my hat and sing!). The course was really interesting as we looked at how to write a crime novel or screenplay and involved lots of role playing and independent writing. It was hard work but lots of fun at the same time.

This is the second year I've attended the summer school and it was nice to catch up with some familiar faces. I really enjoyed my

SEDBERGH & DISTRICT CHAMBER of TRADE

New and renewed subscriptions for 2010 are now payable, by cheque or standing order.

Membership is open to all businesses operating in Sedbergh and district – you don't have to be a shopkeeper or bed and breakfast!

One year's membership costs £55 (discount available for early payment). Membership and standing order forms are available from the Tourist Information Centre, 72 Main Street.

**Why
should
I join the
Chamber
of
Trade?**

time there and hope that I can go again next year. I'd like to thank Miss Davies for sorting out all my paperwork and would encourage others to take up the opportunity if they are offered the chance to go.

Toby Atkinson Year 11

Fundraising


We raised £183 for Comic Relief. A Non-Uniform day raised £230.10 for Jeans for Genes and Breast Cancer Research. Students are currently busy making up shoe boxes for the Operation Christmas Child Appeal.

Settlebeck Canteen

The canteen has been a busy and popular place since the start of the new term. Despite all the regulations that have to be followed to ensure the

meals are nutritionally balanced and are good value for money, we still manage to find plenty of different main meals to offer everyone from curries, pasta dishes, roasts and jacket potatoes along with various snacks such as hot and cold sandwiches, pasta salads and pizzas.

We are also able to occasionally enjoy special menus such as National Sausage week which we have incorporated into our Bonfire Night Special menu and Children in Need which is being arranged at this moment in time so keep your eyes out for posters around school, and of course our Christmas Dinner. So on behalf of all the canteen staff I would once again like to thank everyone for

	PRACTICAL ...	<p>The Chamber can't do anything without a strong membership: our activity relies on members' contributions of opinions, subscriptions, time and effort to help the community</p>
	A wealth of members' experience to draw on and good links to useful organisations	
	We run a cheap and efficient web server for members and run the town website with the Community Office	
	We helped organise the shops' Snowball Scheme	
	CIVIC ...	
	25% of members' subscriptions goes to the TIC	
	Brown tourist signs at M6 Junction 37	
	We organise Christmas Late Night Shopping and the Christmas Lights	
	Farmers' and Charter Markets (now shared) and town twinning	
	POLITICAL ...	
	We are the local body representing the interests of business to the Parish Council, the National Park and more widely	
	We are consulted on all issues important to the town and our response is listened to	
	We help make shops, services, tradespeople and accommodation providers visible in the community and valued by it	

their support throughout this term.

*Pat Eccles (Catering Manager)
New Chair of Governors*

I have always resisted being part of a group, preferring to take my own counsel and make my own decisions, so it comes as some surprise to find myself the new Chair of Governors at Settlebeck High School with a wider responsibility.

The educational and career landscape is very different today to when I was at school. In my day the path was very straightforward; A levels, university degree and straight into a job - doctor, engineer, teacher plus a few others. I became an engineer working for Rolls Royce Aero Engine Division. Within 3 years I

was bored and looking for something different. I changed track, gave up my job, house and smart car (5yr old Ford Cortina) and went to work for the Outward Bound Organisation, initially just for my board and lodging. If you complained about the deal "there were plenty more people where you came from" or so I was told "so count yourself lucky". For 8 years it was a fantastic experience; introducing young people to the outdoors, helping others become self reliant and self confident through the medium of challenging wilderness journeys. It changed my life! I still believe that students learn best when faced with real challenges alongside genuine support and high

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Sunday open all day 12 noon to 3 pm & 5 pm to 10 pm

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expectations

My view of education is that the student/ teacher relationship is key; there should be some fun and the main priority is to engage and excite students about the subject. My fear is that the educational process has become too structured, teachers have too little flexibility and freedom to be creative and teaching is focused on outcomes rather than learning. And in the outdoors challenging experiences are limited by an over-protective society and fear of litigation. My hope is that the pendulum will swing the other way.

Currently, we have two vacancies for governors so if anybody is interested in getting involved do get in:

touch. We all lead busy lives so don't let that put you off stepping forward. My own position is that I have one daughter, Jo, at the school in Yr 9 and another, Alex in Yr 12, who has just left to attend Queen Katherine. For work I have 3 roles, I coach/ mentor business owners and people in senior management positions. I have recently been appointed as Enterprise Coordinator at Kendal College responsible for encouraging enterprise activity from primary to secondary and further education. I also have small business, Zencabins that makes ecological timber frame buildings. My interests include fell running, cycling and swimming.

Mick Hoffe

<p><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £4.30 Garlic Mushrooms on Toast £3.90 Pate with Garnish, Toast & Butter £3.80 Soup of the Day £3.50 Egg Mayonnaise £3.60 Grapefruit Cocktail £3.60 Garlic Bread £2.75</p>		<h1 style="text-align: center;">THE HEAD AT MIDDLETON</h1>	<p><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><u>Extra Special Main Courses all £11.95</u></p> <p>Loin of Pork in Cider & Apple Sauce Lamb & Apricot Casserole Chicken with Basil, Port & Dill Sauce Venison Casserole Supreme of Pheasant Chasseur Pork in Pepper Sauce Cod & Prawn Crumble</p>			<p><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £7.39 Stilton & Vegetable Crumble £7.39 Vegetable Lasagne £7.39 Mushroom & Nut Fettuccini £7.39 Broccoli & Cream Cheese Bake £7.39 Vegetable & Pasta Bake £7.39 Vegetable Tikka Masala £7.39 Macaroni Cheese £7.39</p>	
<p><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 & Kidney Pie £7.39 Cumberland Sausage £7.39 Gammon & Pineapple £7.39 Barnsley Lamb Chops £10.99 Marinated Lamb Steak (6oz) £10.99 Pork Chop in BBQ Sauce £8.99 Cheese & Ham Pasta £7.39 Tuna Pasta Bake £7.39</p>		<p style="text-align: center;"></p> <p style="text-align: center;">Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h1 style="text-align: center;">Menu</h1>	<p><u>Rice Dishes</u></p> <p>Chilli £7.39 Chicken Tikka Masala £7.99</p>	
			<p><u>Salads</u></p> <p>Ploughman's Lunch £6.20 Cold Meat Salad & Roll & Butter £6.99 Prawn & Rice Salad £6.99</p>	
		<p><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.99 Ham; Beef; Cheese & Tomato; Cheese & 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 & Butter £0.65</p>		

CUMBRIA WILDLIFE TRUST

**THE HOLLY AND THE IVY, AND
OTHER CHRISTMAS PLANTS**

*The holly and the ivy, when they are
both full grown*

*Of all the trees that are in the wood,
the holly bears the crown*

*The holly bears the blossom, as white
as lily flower*

*And Mary bore sweet Jesus Chris to
be our sweet Saviour*

*The holly bears a berry, as red as any
blood.*

*The holly bears a prickle, as sharp as
any thorn.*

*The holly bears a bark as bitter as
any gall.*

The religious Christmas imagery is
entirely clear but what of the Botany?

The Holly tree is an evergreen with
hundreds of species, and probably
thousands of varieties, which bears
its berries (if you are lucky) right up till
Christmas, which makes it entirely
suitable for interior decoration. What
would be the delight in bare twigs?

The glossy and elaborately curved
leaves are not only a gift for making
decorative arrangements but
represent an advanced evolutionarily
adapted solution to survival in winter.
The thick cuticle prevents water loss
from the leaves during a period of
time when water is relatively scarce
due to being frozen or at least difficult
to transpire since it becomes fairly
viscous at low temperatures. In a
season when food is scarce, the

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prickles reduce the amount of foliage lost to herbivores. Earlier in the year small white flowers (presumably attracting their pollinators) precede the berry development. The religious symbolism of blood, crown of thorns, and perhaps a bitter bark – (I have found no scientific confirmation of this, nor am I prepared to brew the “tea”!) is entirely obvious. Of course, we must remember that most of the symbolism we now associate with the Christian Festival probably predates it by several centuries. The Celts had a Holly king and an Oak King who were twins who essentially took it in turns to rule the year with the Holly king coming to the end of his reign after the Winter solstice. For the Romans, Holly was used to honour Saturn, god of agriculture, during Saturnalia, another festival of the Winter solstice. The Druids furthermore believed that holly’s pointed leaves provided protection against evil spirits.

In the carol above “The Holly and the Ivy”, it is bizarre that so little mention is made of the Ivy despite it, too, being an evergreen plant that bears its leaves throughout the winter season. Naturally it is a ground hugging plant being very tolerant of shade used by gardeners to provide ground cover and to crowd out weeds. Again, their leaves are well covered by cuticle to avoid excess water loss. This is even more advantageous when one considers

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their success in climbing the “deserts” of our walls with relatively little stem to provide a xylem conduit to replace water transpired from the high surface area of foliage in times of drought. Judging by the activity of insects around my ivy covered wall, whenever there is a warm day, even in late autumn, the inconspicuous flowers retain their desirability by scent. Their berries also are retained well into the winter to disperse their seeds, to say nothing of increasing their decorative usage by Christmas florists. The North Americans view it as an invasive weed! Ivy has strong links to the God Bacchus who was undoubtedly involved in Saturnalia! Mistletoe is associated with

Christmas as well. It is a hemiparasite of many species which sends roots out to penetrate the tissues of its host drawing material from both its phloem and xylem. However, it also has actively photosynthesising leaves who provide nutrition. There are several species and most of the plants sold in our shops derive from the American species (*Phoradendron flavescens*) but the genuine British species (*Viscum album*) has the sticky white (and poisonous) berries and is normally parasitic on apple, and rarely on Oak. The Druids greatly valued the Oak derived Mistletoe. It bestows life and fertility, protects against poison and acts as an

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aphrodisiac. It is associated with the Goddess Frigga, the goddess of love. (As we know her son, Baldur, could not be killed by anything on earth until Loki realised that Mistletoe did not grow on the earth so could be used to fashion a dart to kill him with.)

Understandably with this range of attributes, kissing under it is likely to have great effects – so much so that in some cultures it has to be burnt on Twelfth Night, lest all those couples who have kissed under it are coupled for ever!

Christmas trees have a variety of botanical sources but are mainly Firs. These are yet another xerophytic group (plants who are adapted to cope with low water availability) who

show text book adaptations to water stress. A low surface area to volume ratio of their leaves is achieved by having almost circular cross section “needles” well covered by a waxy cuticle to further reduce water loss. Even their stems are covered by a layer of needles akin to the feathers or fur surrounding the limbs of cold climate animals. Even with all these adaptations, the interior of a centrally heated building is a bridge too far and most species lose their needles at an accelerating rate. You can reduce this by providing a humid atmosphere and some water for the stump/roots. Even those with roots have a low survival rate. A fir destined for the Christmas trade takes some 7 to 8



SEDBERGH SCHOOL

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- Sedbergh Junior School Pastoral Care – Monday, Wednesday & Friday – 5.15pm - 9.15pm
- Pastoral Care/Cleaning Assistant – Saturday – 8.00am - 2.00pm
- Boarding House Cleaner – Monday-Friday – 2 hours per morning
- Kitchen Assistant – Sunday – 8.30am - 1.30pm
- School Cleaner – Monday-Friday – 4.00pm - 8.00pm
- Early Morning School Cleaner – Monday-Friday – 6.00am - 8.30am

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years to grow into a 6 foot tall tree within commercial plantations having been sown from their seeds carried inside their cones. Many layers of pagan traditions are embedded in its current history, some of which have been replaced by Christian mythology. For example St Boniface cut down a local Oak tree worshipped by his potential congregation in their pagan rites, but in its place from within its roots grew a Fir tree to represent Christianity to his newly converted congregation. The tradition of erecting and decorating a Christmas tree seems to be earliest documented in the 16th Century in Germany (Alsace). This custom seems to have remained largely

German up until the early 19th Century when it began to spread via the nobility to other royal courts. Unsurprisingly with Britain's royal family uniting with Hanover the custom came to Britain and in 1832 Queen Victoria writes of her delight as a 13 year old with the two Christmas trees on display in the drawing room. In days of yore, the erection and decoration of the tree was confined to Christmas eve involving the whole family. In turn it was removed on the day after 12th Night (at the risk of bad luck). Unfortunately retail "necessity" sees Christmas decorations up as early as September.

M P Ripley

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This Team Leaves It Clean

**SEDBERGH & DISTRICT
ART SOCIETY**

On 13th November, society members enjoyed an entertaining demonstration by Frances Winder.

Frances emphasised that while she preferred local landscapes, she wanted to paint them with a "twisted" view rather than strictly representational, hence her favourite method of making a tryptych. This she proceeded to demonstrate.

She cut her chosen photo into three pieces, not all of the same size, and then arranged them in an off set way. Her prepared paper was divided into three with tape, and she proceeded to add patches of oil pastel to the panels in what at first seemed to be a rather haphazard way. It soon became clear that she knew precisely what she wanted, so that when she then added gouache, each panel successfully showed the essence of each cut up piece of photo, with sea, sky, light, dark, and liveliness. When Frances stripped off the tape, it was like looking out of three windows at different parts of the scene. Magic! In her words she was "searching for the gap between realism and abstraction."

Next Frances demonstrated water-colour painting, working with wet on dry at first, then as it dried, adding layers and layers of colour, with plenty of water to run down for reflections. Again in her words, "imagine transparent scarves with different patterns laid on top of each other."

Her approach to using acrylic was

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something of a surprise. She used a cloth to lay a wet wash of colour into the canvas, to give it a "key". She continued to use the cloth to define areas and add colour, which she mixed on the canvas to create a background. This was then ready for more detailed work with a brush. Frances also suggested cutting up credit cards (old ones!) to paint with, especially for sea, reflections, surfaces of buildings, and blocks of colour. A useful tip was to have a stay wet palette, either a commercial one, or home-made, using a container with wet blotting paper covered with greaseproof paper, covered with a lid. And her palettes were very messy---altogether an interesting evening!

Our next meeting is entitled "Powerpoint Presentation", with David Lyons --- different again! That's on 11th December at 7.30, in St. Andrew's Church Room. V.F.

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

The North-Eastern Railway 1854-1923 by Henry Wilson

Henry Wilson, who runs the specialist Main Street bookshop on railways and other forms of transport, delivered an authoritative and informative talk on the North-Eastern Railway from its conception in the mid-nineteenth century during the great railway building age to its final demise in 1923 when it amalgamated with other smaller companies to form the LNER (London and North-eastern Railway). During those seven decades it grew from operating 700 miles of track to over 1700 route miles, encompassing an area from

the Number in the south to Berwick-upon-Tweed on the Scottish border in the north, and from the east coast westwards to Carlisle, Kirkby Stephen and Tebay (this section of goods line being the closest the NER came to Sedbergh); and it also owned and ran 40 docks, numerous stations, locomotives, carriages (the passenger vehicles all carrying the NER's distinctive pale green livery) and wagons which, in the earlier days, had been the property of individual mines, quarries, steelworks etc.

In fact, from the time of the world-famous first railway line between Stockton and Darlington, built in 1825, throughout the remainder of the

Can we help you?

- Has a close relative recently passed away?
- Do you intend making a will, but never seem to get around to it?
- Are you considering moving or buying a new property?
- Are you considering making employees redundant, or have you been made redundant?

If the answer to any of these questions is “YES!”, we may be able to help.

Home visits in and around Sedbergh can be arranged if you prefer. Contact Naomi Fell or Kate Seymour on

01539 720136

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19th century it was goods rather than passengers that the multitude of early railway companies benefited from: iron ore, coke, coal, limestone and steel, for example, were key commodities in the north-east. By the end of the massive expansion of railways in the 1840s London was now connected to Bristol, Birmingham, Liverpool, Manchester, York, Newcastle and Berwick and in 1854 three of the larger northern companies, (1) the York, Newcastle and Berwick, (2) the Leeds Northern, and (3) the York and North Midland Railway joined forces to form the NER.

Under the initial stewardship of manager Captain O'Brien the NER

grew steadily, absorbing the Stockton and Darlington railway, for example, in 1865. Yet those early days were not without their problems: costs were rising, there was little departmental co-ordination, and there were disputes with Hull docks where the merchants felt that their rightful trade was being diverted away to the Tyne, Wear and Tees ports. It was only under Henry Tennant, manager from 1871 to 1891, and more especially Sir George Gibb (1891-1906), that the company made pioneering strides with its enlightened and innovative policies: graduates were recruited into its management structure which now had clearly defined responsibilities (the Traffic

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- * Craft Galleries and Shop packed with **seasonal goodies, stocking fillers & hand-made cards**
- * Plenty of **free parking** – no hassle
- * **Sun 6 Dec, 10.30-5 – FREE ENTRY ALL DAY, plus music, mulled wine and mince pies!**
- Exhibitions (from 9 Jan) Cutting Poetry into Paper; Farfield Mill Through a Pinhole (b&w images)
- Weavers Café, open from 10am

Traditional Christmas Lunches 3 courses £15 – groups welcome, booking on 015396 21159

Friday Specials: 12-2, soup & sandwich, £5.50; 2-4, home-made cake or scone and tea, £3.50

[Get Ready for Christmas...!](#)

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Department, for example, being divided into Operating and Commercial sections, with the latter sub-divided into passengers and goods). Under Gibb in particular American marketing systems were introduced with detailed research and studies being carried out into population statistics, catchment areas and passenger traffic, even to the point of making special bargain offers to passengers for selected trips. In addition, the NER was the first company to officially recognise Trades Unions, much effort was expended on recruitment and training, and bonuses were paid to staff: indeed, throughout its existence the NER never failed to pay an

annual dividend to its shareholders.

During these times of prosperity the company developed a distinctive corporate identity, its green liveried locomotives such as the 2-4-0 'racehorse', the 1886 Class E, the 1901 Class T and the 1906 Smith compound all withstanding the test of time; its grand architectural station designs such as Newcastle Central and Darlington Bank Top; its pioneering coaches, such as the 1904 'Open Lavatory Composite' which had end vestibules and gas lighting; the 1908 Dining Car; its own 20-ton hopper style wagons; and, in 1904, the development of electric trains (though these were not brought into full service until much later in the

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century). Meanwhile the company increased the size of wagons, introduced snow-ploughs, developed more efficient trans-shipment of goods, and encouraged larger loads through competitive pricing. All this was made possible not only through creative management but also as a result of a succession of long-standing chief engineers such as Fletcher (1854-83) and T.W.Worsall.

By the time that A.K.Butterworth became manager in 1906, introducing as he did a more popular management style, the NER was firmly established as one of the foremost railway companies in the country, but within a few years, from 1913, it underwent a period of 'Turmoil and Transition', as described by Henry Wilson. The onset of World War I on the one hand created great pressure on all railways for the movement of people and goods, yet on the other many lines, stations, and

above all ports in the north-east suffered from intense bombing; skilled manpower was depleted through recruitment into the forces (though 'womenpower' largely took over); and there was a lack of rolling stock. Then in the twenties, there were further problems with the coal strikes. By 1923, under the re-organisation of the country's railways into larger regional units, it became part of the new LNER - but certainly its largest and strongest constituent part.

Henry Wilson's thorough and fascinating illustrated talk revealed not only how influential and important the NER had been as a pioneering railway company, but also how it had evolved into a benevolent monopoly for its employees, shareholders, and the citizens of the north-east in general.

Michael Beecroft



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PHOTO CALL

Last month's feedback for the St John's Ambulance photo was disappointing. I did, however, have 3 people contact me. First was Alma Wilson nee Konczynski to say that her dad, Frank was in the front of the photo without uniform. I had a phone call from Ronnie Farrow but he was unable to help as he had joined much later and an email from Philip Hutchins who wanted a clearer copy which I sent but he hasn't replied to date. Anyway many thanks to those 3 for trying.



This month is another mystery farmhouse most likely in Dentdale. It may have almost gone completely by now. If anyone would like a clearer photo then do let me know.

Meanwhile I can be contacted by post - Shirley Tebay, Walnut Bungalow, Dent, Sedbergh, Cumbria LA10 5QT or by phone (015396) 25001 or email shirley.tebay@btinternet.com

COMMUNITY OFFICER

Over the previous month there have been a small number of incidents of anti social behaviour reported to the Police in Sedbergh. There has been

an incident of criminal damage, and 3 incidents of reported theft, enquiries are on going.

Concerns regarding the safety of Mobility scooters travelling the wrong way down Sedbergh Main Street, have been brought to my attention. Due to the narrow pavements at the Long Lane end of Main Street, the mobility scooters are forced to travel on the narrow road, this puts them in a dangerous position if they are travelling against the flow of traffic. I would like to urge owners of the scooters to refrain from doing this and adhere to the one way system.

As a result of attending Kendal Auction Mart we have managed to sign up more Farm Watch members and are working through visiting local farms to mark property with Smart water, please contact me if you would like to join farm watch and as a member receive a Smart water pack, or would like any further information on this.

On Friday 20th November a number of Police officers and CSO's are taking part in a sponsored walk to raise money for Children in need. We are walking 20 miles from Milnthorpe Police station to Sedbergh to show our support for Children in need.

Drop-ins for this month will be Dent Stores 10:00-12:00 Tuesday 1st December and Sedbergh Library 17:30 – 19:00 Monday 21st

December. Kendal Auction Mart 10th December.

Karen Dakin CSO 5206 Email karen.dakin@cumbria.police.uk Tel - 0845 33 00 247.

BUS SERVICES

Sedbergh to Kendal via Oxenholme					Blackhall Road, Kendal to Sedbergh via Oxenholme				
Monday to Friday					Monday - Friday				
0745		564	S	❖	0830		564	S	❖
0940		564	W		1030		564	W	
1005		564	S	❖	1050		564	S	❖
1015	Wed	564B	W	❖	1300	Wed	564B	W	❖
1240		564	W		1330		564	W	
1300		564	S	❖	1410		564	S	❖
1550		564	S	❖	1610		564	W	
1711		564	W		1625		564	S	❖
Saturday Only					Saturday Only				
1005		564	S	❖	1050		564	S	❖
1050		564A	A8	❖	1410		564	S	❖
1300		564	S	❖	1425		564A	A8	❖
1550		564	S	❖	1625		564	S	❖
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
Monday to Saturday					Monday to Saturday				
0900	M-F	564	S	❖	0710	M-F	564	S	❖
1120		564	S	❖	0940		564	S	❖
1440		564	S	❖	1225		564	S	❖
1655		564	S	❖	1515		564	S	❖
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945	Thu	567A	W	❖	1215	Thu	567A	W	❖
Sedbergh to Cowgill					Dent to Sedbergh				
1330	Wed	564B	W	❖	1000	Wed	564B	W	❖
0940	Sat	564A	A8	❖	1035	Sat	564A	A8	❖
1500	Sat	564A	A8	❖	1600	Sat	564A	A8	❖

Last Update: November 2009

M-F Monday to Friday Only
 Tue Tuesday Only
 Wed Wednesday Only
 Thu Thursday Only
 Sat Saturday Only
 Sch Schooldays Only (M-F)

All times are from and to The Dalesman Inn

W = Woof's of Sedbergh

S = Stagecoach in Cumbria

A8 = Apollo 8

❖ = Provided with Support from CCC

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

For Comprehensive up-to-date information ring :-

Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)

A.A.A.D.D.

Sound familiar???

I'm sure some of you can relate, and those that can't, well ... this might explain why we are the way we are.

Recently, I was diagnosed with AAADD. - Age Activated Attention Deficit Disorder.'

This is how it manifests:

I decide to wash my car.

As I start towards the garage, I notice that there is mail on the hall table.

I decide to go through the mail before I wash the car.

I lay my car keys down on the table, put the junk mail in the rubbish bin under the table, and I notice that the rubbish bin is full.

So, I decide to put the bills back on the table and take out the rubbish first.

But then I think, since I'm going to be near the postbox when I take out the rubbish anyway, I may as well pay the bills first.

I take my chequebook off the table, and see that there is only one cheque left.

My extra cheques are in my desk in the study, so I go to my desk where I find the can of Coke that I had been drinking.

I'm going to look for my cheques, but first I need to push the Coke aside so that I don't accidentally knock it over.

I see that the Coke is getting warm, and I decide I should put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Coke, a vase of flowers on the sideboard catches my eye - they need to be watered.

I set the Coke down on the sideboard, and I discover my reading glasses that I've been searching for all morning.

I decide I better put them back on the desk, but first I'm going to water the flowers.

I set the glasses back down on the sideboard, fill the container with water and suddenly I spot the TV remote.

Someone left it on the kitchen table.

I realize that tonight when we go to watch TV, I will be looking for the remote but I won't remember that it's on

the kitchen table, so I decided to put it back in the lounge where it belongs, but first I'll water the flowers.

I splash some water on the flowers, but most of it spills on the floor.

So, I set the remote back down on the table, get some towels and wipe up the water.

Then I head down the hall trying to remember what I was planning to do.

At the end of the day: the car isn't washed, the bills aren't paid, there is a warm can of Coke sitting on the

sideboard, the flowers aren't watered, there is still only one cheque in my chequebook I can't find the remote, I can't

find my glasses, and I don't remember what I did with the car keys.

Then when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day long, and I'm really tired.

I realise this is a serious problem, and I'll try to get some help for it, but first - I'll wash the car!!!!.

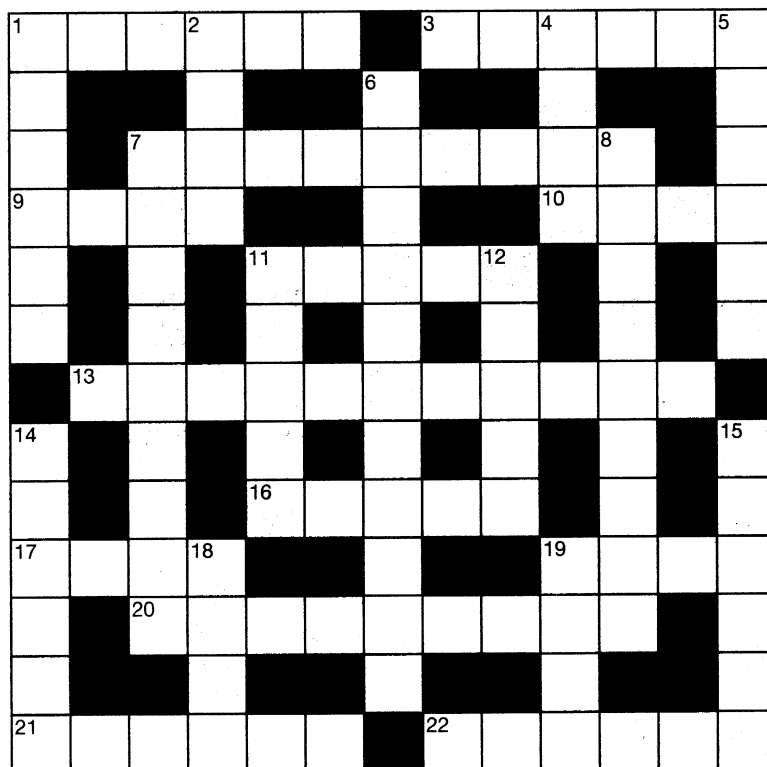
Don't laugh - if this isn't you yet, your day is coming!

GROWING OLDER IS MANDATORY.

GROWING UP IS OPTIONAL.

LAUGHING AT YOURSELF IS

THERAPEUTIC!



ACROSS

- 1 Show of respect (6)
- 3 Rat or mouse, eg (6)
- 7 Precarious (9)
- 9 Swindle (4)
- 10 Bestowed (4)
- 11 Vessel (5)
- 13 Irish county (11)
- 16 Soil (5)
- 17 British playwright,
Sir - - - Coward (4)
- 19 Garden plant used as
flavouring (4)
- 20 Closest relative (4, 2, 3)
- 21 Unbiased (6)
- 22 Band round a pipe (6)

DOWN

- 1 Cavalry soldier (6)
- 2 First man in the Bible (4)
- 4 Medicinal substance (4)
- 5 Mother - - -, nun (6)
- 6 Children's charity (2, 9)
- 7 October 31st (9)
- 8 Helpful person (9)
- 11 Scrounge (5)
- 12 Molars (5)
- 14 Lunatic (6)
- 15 Metal pin on which
meat is cooked (6)
- 18 Indecent (4)
- 19 Bottom part of a window (4)



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	e-mail: sangold.kwood@virgin.net	
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2010/09)	21529
	<i>ID(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2009/11)	20754
	<i>ID; 1T; 1S; TVL; CH; NS; NP*; P; DR</i>	
	Web Site: www.holmecroftbandb.co.uk	
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2010/09)	20447
	<i>ID (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*); Di (min 4 by arrangement)</i>	
	e-mail: kathryn.vigar@btopenworld.com	
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2009/12)	20309
	<i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; VB*</i>	
	e-mail: enquiries@theoldjoinery.com	
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2010/05)	21012
	<i>2D (4 Poster); 2D; 1T; 1S; All ES; TVL; P; CH; CW; FC; NS</i>	
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2010/11)	20360
	<i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i>	
	e-mail: ali@interact.co.uk	
Miss S Thurlby	15 Back Lane, Sedbergh (2009/12)	20251
	<i>ID; 1T; TVL; CH; DW; P; DR; VB</i>	

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Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2010/11)	20360
	<i>Self-Catering Sleeps 6-8</i>	
Waterside Farm Caravan, Firbank, Sedbergh (2009/09)		20616
	<i>4 Berth; H&C Shower; WC</i>	
Borrett Barn Flat, Marthwaite, Sedbergh (2009/12)		21175
	<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	
Sycamore Cottage, Lunds, Sedbergh (2009/09)		01969 667356
	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	

KEY

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

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

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 Holy Days 19.30

Rev. Dr. P Campbell Tel: 20918

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 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

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 Sunday 10.30

Mrs T Satchell Tel: 20005

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Church Wardens:

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 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723
 Dent & Cowgill

Rev. P Boyles Tel: 25226

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

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Articles etc. by 19th of every month
Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 14th December 2010

<i>"Lookaround Diary" What's missing?</i>		U R			
Entries marked (*) see Advert in previous Lookaround.					
DECEMBER					
1	1400	Spinning & Rugmaking	DCMH	22 1930 Christmas Domino Drive	HVH
1	1930	WIB Christmas Meel & Party	BVH	23 1000 Blood Donor Session	PH
1	1945	Town Band Christmas Concert (*)	PH	23 1345 Blood Donor Session	PH
2	1000	Coffee Morning LNFU	URCR	23 1900 Dent Carol Singing (22)	DCP
2	tba	WIF Christmas Party	tba	23 1900 Kinderly (23)	BF
2	1330	Father Christmas (1)	Grotto	24 1100 Town Band	
2	1800	Late Night Shopping (1)	Sedbergh	24 1800 Nativity Play	StAS
2	1930	HS Traditional Local Food (10)	SHS	24 1830 Christingle	SMC
3	tba	WIF Christmas Party	tba	24 2330 Christmas Concert & Midnight Mass	StAS
4	2000	Folk Carols Weekend (12)	DMH	31 1530 Afternoon Tea	DMC
5	1000	A Day of Prayer (11)	StAS	JANUARY	
5	1000	Folk Carols Weekend (12)	DMH	1 1430 Cinderella	CANCELLED
5	1100	Christmas Fayre (13)	StAD	1 1930 Cinderella	CANCELLED
5	1500	Flicks in the Fells (14)	PH	2 1430 Cinderella	CANCELLED
5	1400	Christmas at the Museum	DCMH	2 1930 Cinderella	CANCELLED
5	1800	Carols Ceilidh (12)	DMH	3 1430 Cinderella	CANCELLED
5	1930	Flicks in the Fells (14)	PH	6 1930 HS Slides of Old Sedbergh (10)	SHS
6	1230	Carols from Afar (12)	Dent	6 1930 WIF Folk Songs	PH
6	1400	Christmas at the Museum	DCMH	9 1400 Gala Children's Party	
7	1930	Parish Council Dent	DMH	12 1400 WIK Restoration of Historic Gardens	PH
8	1200	WIK Christmas Lunch	tba	12 1930 Domino Drive	FCH
8	1700	Senior Citizens Xmas Entertainment (15)	SHS	16 tba Flicks in the Fells	PH
8	1930	Domino Drive & Mince Pies	FCH	16 1930 Barbon Agri Society Domino Drive	BVH
9		SS Term Ends		18 2000 Chamber of Trade	PH
9	tba	Children's Party	PH	20 1930 HS History of Local Methodism (10)	SHS
9	tba	WID Christmas Party	tba	20 2030 Dave Savill Jazz Band (42)	G&D
9	1900	Christmas Cracker (16)	SHS	26 1930 Garsdale Ladies Social Evening	GVH
9	1930	SYF Domino Drive (17)	PH	27 1930 CWT DNA, Darwin & The Dales	SHS
11	1930	Art Society	StAS	29 1930 Parish Council Sedbergh	PH
12	1900	Amateur Musical Concert	StAS	31 1900 Prayer, Praise & Testimony (32)	DMC
12	1930	Carols by Candlelight	HJC	FEBRUARY	
13		Annual Dentdale Over 60 Xmas Lunch		1 1930 Parish Council Dent	DMH
13	1400	Afternoon Carols & Tea (18)	DMC	3 1930 HS Journeys of George Fox	SHS
13	1930	Christmas Concert	StMC KL	3 1930 WIF Copper Kettle	PH
15	1000	Benefits Advice	CO	5 1830 Save Money, Save Energy	PH
19	1000	Coffee Morning Dent Bowling Club (19)	DMH	6 tba Flicks in the Fells	PH
19	1730	Carols for Children & Adults (12)	BF	9 1400 WIK Spring Cookery Demonstration	PH
20	1030	Christingle	URC	10 1930 CWT Cumbria's Reptiles & Amphibians	SHS
20	1030	Christian Worship	PH	16 1930 Domino Drive	FCH
20	1430	Carol Service	StMCC	17 1930 HS The Edwardian Doomsday	DMH
20	1830	United Carol Service	StAS	24 2030 Dave Savill Jazz Band	G&D
22	1900	Dent Carol Singing (22)	DCP	28 1900 Prayer, Praise & Testimony (32)	DMC
MARCH					
				1 1930 FCH AGM	FCH
				3 1930 HS Woman in a Man's World	SHS

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

3	1930	WIF Discovering Lakeland Villages	PH	
5	1930	Domino Drive & Tattie Pot	HVH	
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	
15	2000	Chamber of Trade	PH	
18		People's Hall Memories	PH	
19		People's Hall Memories	PH	
20		People's Hall Memories	PH	
23	1930	Garsdale Ladies Massage	GVH	
27	1300	Spring Show	PH	
28	1900	Prayer, Praise & Testimony (32)	DMC	
APRIL				
3	0400	Coast 2 Coast Bike Ride to Sandside		
3	tba	Flicks in the Fells	PH	
3	eve	Coast 2 Coast Disco	WHC	
5	1900	PH AGM	PH	
7	1930	WIF Torpedoed: The Children's Ship	PH	
13	1400	WIK Is the father in?	PH	
21	1930	CWT Borrowdale, the Secret Valley	SHS	
27	1930	Garsdale Ladies	GVH	
MAY				
1	tba	Flicks in the Fells	PH	
5	1930	WIF Down the Decades	PH	
11	1400	WIK Resolutions + Either/Or	PH	
15	1200	Sedbergh Gala	Sedbergh	
18	1930	Garsdale Ladies Musical Evening	GVH	
JUNE				
2	tba	WIF Mystery Outing	tba	
9	1930	Town Band Music Festival	StAS	
4		Sedbergh Music Festival Starts		
5	tba	Flicks in the Fells	PH	
8	1400	WIK The way we were in 1940's	PH	
16	1000	Coffee Morning WIK	URCR	
Regular Meetings				
The Monday Club	1200	Every Monday	SMCR	
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	

DIARY KEY

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	= Fairfield 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
StMCC	= St Mark's Church, Cautley
StMC KL	= St Mary's Church, Kirkby Lonsdale
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



PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218

Repeat Prescription ☎ 015396 20239

Out of Hours ☎ 01539 781999

Bay Call ☎ 0845 0524 999

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

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

B = Joanne Batty

C = Anne Crome

L = Kay Lumb LB = Bloods

E = ECG Clinic

District Nurse

☎ 015396 21690

Health Visitor

☎ 015396 20979

A Collinge Optometrist

Friday only 0900 - 1300 1400 - 1730 *

* = By Appointment Only

DENTAL SURGERY

Finkle Street ☎ 20626

Mr I R Dawson, Ms G Turner & 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

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

e-mail office@sedbergh.org.uk

www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 01539 738772

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

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