

Sedbergh & District
LOOKAROUND

November 2010

Issue 283

Donation £1

Oh dear, what an error. Last month, we omitted the 'uk' at the end of the new e-mail address. It should be editor@sedberghlookaround.org.uk.

Next month will be our Double Full Colour issue. Please get you Event

Adverts and Christmas Personals into us as soon as possible.

This month, we have included another 'new feature'. Comments are invited, if you can find it.

Dennis & Jacky Whicker

SEDBERGH TOWN



BONFIRE &



FIREWORK DISPLAY

Saturday 6th November

- 6:30 pm Gates Open
- 7:00 Lighting of Bonfire
- 7:30 Firework Display

Games & Tombola Stalls ~ Food & Refreshments

Pumpkin and Turnip Lantern Competition



Adults 3.00 Children u16 Free
People's Hall Field

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

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

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NOVEMBER BIRTHDAYS

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

The recipient this month is:- Iona Stephenson who is 11 years old on 9th November

Please collect your vouchers from

Sedbergh Office Services
13 Kings Yard, Main Street,
Sedbergh

which can be used in any shop in

Sedbergh & Dent.

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!



<i>Day</i>	<i>Name</i>	<i>Age</i>
3	Kobe CRESSEY	7
9	Iona STEPHENSON	11
11	Logan COWIN	2
11	Maximillian GEUER-LEES	9
18	Adam SEN	4
18	James ABBATT	8
18	Robbie KENDAL	9
22	Ben FERGUSON	11
24	Melissa SPROUL	9
28	Toby GREENSMITH	4
29	Denim FOSTER	8
Nonagenarian & Over		

PERSONAL & SMALL ADS £1

CAPSTICK

Congratulations mam and dad (Norman & Lilian) on your **Diamond Wedding Anniversary** on November 4th 2010. Love and Best wishes Rob and Syl. X

=====

CAPSTICK

Congratulations Nana and Grandad on your **Diamond Wedding Anniversary** all our love Michael, Hayley, Joanne and Sophie. X

=====

COWIN/COUSINS



Paul, Clair, Chloe & Zoe would like to thank everyone for the lovely cards & gifts received following the Birth of Holly on 9th September 2010.

=====

DODDS

I wish to thank everyone who came to my assistance or who offered transport etc, when I fell recently at the bottom of Joss Lane. A couple of visitors whose names I do not know; Kay Whittle; Jane Storey; Gilma Andrade; Dr Hunt; Thomas Gorst. There were probably others whom I failed to notice, please feel included in these thanks! There was no very serious damage done, and I am now nearly back to as normal as I ever am. Thank you all. What a privilege to live in Sedbergh! Martin Dodds

FOSTER

Happy 8th Birthday Denim on 29th November. Lots of love & kisses fomr Mummy XXXX

=====

FOSTER

Happy Birthday Denim. 8 years old on 29th November. All our love from Nanna & Grandad XXX

=====

FOSTER

Happy Birthday Denim. 8 years old on 29th November. Love from Uncle Martin XXX

=====

FOSTER

Happy 8th Birthday Denim (Turnip) on 29th November. Love from Uncle Michael & Aunty Roxanne XXX

=====

KIRBY

I would like to say a massive Thank You to all my family & friends for all the wonderful gifts I received on the occasion of my **40th Birthday**. Even though I did not want a party, may I say what a fantastic night I had & great memories to mark the day. Many Thank. Lorraine.

=====

HUNT

Richard and Susa are sad to announce that Richard's mother, Antonia Hunt, died on October 9th in her care home in Seaton, Devon. We were with her at the end and she was very peaceful. Antonia's years in Sedbergh were some of the most contented of her life and we would just like the many friends she made here to know of her passing.

PERSONAL & SMALL ADS £1

LONGLANDS

Steven and Sandra would like to thank friends and family for celebrating with us our **Silver Wedding Anniversary**. We had a great night. We would also like to say a big £1,113.90 thank you for the donations to M.S. Research and M. S. Society and all the great cards and gifts given to us. You are brill. Love Steve and Sandra XX

=====

WILLIAM (BILL) SEED

My dad has been fortunate to have lived an independent life in Sedbergh until almost the day he died. He had been able to do so because he had wonderful neighbours and friends and shopkeepers who were always helpful to him as the years rolled by. I wish to express my sincere thanks to everyone who helped him over many years. I would particularly like to thank Margaret Todd for being the best neighbour and friend he could have wished for and my grateful thanks also to his great friend Sid Woof for many years of sincere friendship and to Frank Woof and Bob Metcalfe for their many visits, and of course the long term support by the Wardens of Gladstone House and lately the team of Carers. As I said at the funeral "where would Dad have been without you?". We would also like to thank everyone for their telephone calls, card and letters and words of comfort received following

the death of Dad. We also had tremendous support arranging the funeral from Brian Goad, Rev. Alan Fell, Andrew Allan, John Moore and David Cowperthwaite who carried out our wishes with great caring. Thank you everyone. Dorothy and Malcolm Blair and their family.

=====

SOWERBY

Jean, Amanda & Neil would like to thank Family, Friends & neighbours for their kindness, cards & messages on their sad loss of Bob. Thank you for all the donations which were for St John's Hospice, Lancaster.

=====

FOR SALE

Due to a change of printer: 3 compatible hi-capacity Black ink cartridges suitable for the following Canon printers: PIXMA ip2200 MP150; MP160; MP170; MP180; MP450; MP460. £5 for the lot. Tel: 21455.

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FOR SALE

Boxes of wood kindling. Various sizes £3 to £8. Tel: 20440.

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FOR SALE

Double extension aluminium ladder in good condition £35. Benbo Trekker Tripod with Manfrotto B/Socket head in carry bag. Perfect Condition £70 (cost over £150). 8 x 32 Waterproof Binoculars (hydrogen filled) in case £40. Tel: 21799.

PERSONAL & SMALL ADS £1

FOR SALE

M&S Mattress topper £40 as new. (Cost £55). Carlton carbon classic graphite Badminton Racquet as new £25 (Cost £45). Zemberland Biafo 4 season winter walking/climbing boots with Yeti gaiters fitted. Size 8. As new £100 (Cost £155, Gaiters Cost £48). Bargain. Dunlop Powerlite tennis racquet £10 in vgc. Tel: 015396 21898.

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FOR SALE

Joiner-made Dolls House in immaculate condition £60 ono. Small Football Table £10. Full size Table Tennis table, bats & net £20. Tel: 20069.

=====

FOR SALE

Garsdale Jack Russell puppies. Due 22nd November, ready to leave at New Year. Last litter were Tri-coloured, 4 girls & 2 boys. Lovely friendly temperaments. Mum & Dad can be seen. Tel: 20309 or 07977 553341.

=====

FOR SALE

Cross-cut mitre saw. Brand new DW703 1600w £170. Tel: Mark 07896 679263.

=====

FOR SALE

Kindling Sticks £3.00 per Bag (Farm Feed Size) Free delivery in and around Dent/Sedbergh Tel: 015396 25004.

AUDIO & LARGE PRINT LOOKAROUND

COFFEE MORNING

Wednesday 24th November
10:00 am to 12 noon
U.R.C. Rooms
Home Baking ~ Raffle
All Welcome



Dent Village Heritage Centre

Male or Female
Heritage Centre Assistant needed
11 am to 4pm
20 flexible hours per week
Hourly Rate to be agreed

To join our small team.
We are looking for someone that enjoys meeting people and has an interest in history.

Apply to Jim & Margaret Taylor
High Laning Farm, Dent
015396 25239

JOB VACANCY

A paid Toy Library
Co-ordinator is required
on the first and third
Thursday of each month
from 1:15 to 4:45 pm
to oversee everything.
If you are interested,
please contact Victoria Sayner
on 015396 20935.

DENT PARISH COUNCIL

A full account of the October council meeting is contained in the minutes, published on www.dentdale.com (follow the parish council link) and obtainable as hard copy on request from the parish clerk. A selection of the current issues that the council is dealing with are outlined below. (Note: there was no Parish News for September owing to holidays.)

Broadband Coverage

Would you like fast broadband coverage for the whole of Dentdale? The government is keen to improve broadband speeds nationally, but as usual there is the danger that some rural areas will be left out. Two parish council representatives attended a recent conference on the subject organised by Rory Stewart, the MP for Penrith, and as a result, Anne Fleck is currently gathering a group of interested people together to explore the possibilities for Dentdale. If you would like to join this group, please contact me (details below) or Anne at anne@annefleck.co.uk.

Community Play Project

At the October meeting Carole

Nelson, from the Sedbergh and District Community Play Project, outlined the aims of the Sedbergh and District Play Project. She explained that it was hoped to put on a community play with professional support, and that the project was in the process of applying for Lottery funding. The council offered its support in principle.

Benches

Three of the dale's public benches are in such a bad state that the parish council has decided to repair them. When the work is done, twelve benches throughout the dale will have been renovated by the parish council in the last few months. From time to time the council is contacted by people who want to place a commemorative bench in the dale. In view of this, the council has decided to offer those who contact us in future the opportunity of adopting one of the existing benches and having a commemorative plaque on it.

Tourist Signs

When the Business Forum ended, it gave its remaining funds of just under £3,000 to the parish council. The



Come to the Village Hall at 7.30 on
Friday November 5th

ELECTRIFYING KILLINGTON

Food - local!
Problems - solved!
Welcome - guaranteed!

Come and hear about K-SET's latest hydro plans

Bring your energy problems and
Solutions and join in the discussion

money was designated for tourist signs, and so the parish council is currently supporting an attempt by the Heritage Centre to obtain some brown tourist signs to direct visitors to the dale.

Housing Sites

Following lobbying by members of the public and by the parish council, the National Park has been consulting Dent residents and the parish council about the two options for developing the field adjacent to Glebe Fold. The parish council felt that Option B (the site along the side of the school playing field) was the better one, as it would be less costly to develop and would have less impact on the existing houses, and this response has been conveyed to the National Park.

Neighbourhood Watch

The parish council has recently bought some new Neighbourhood Watch signs, and these should soon be appearing in the dale. Over the past two months, the parish council has been trying to improve the Neighbourhood Watch scheme by making better use of emails, and about 130 households have now signed up to receive crime alerts by this method. The more alert to crime our community becomes, the better protected we will be, so if you haven't yet joined the network and would like to, please send your name, address and email address to dentparishcouncil@btinternet.com.

Parish Clerk

Tracy Fletcher, the parish clerk, has decided to give up her post in order to

spend more time on other commitments. She will be leaving us early in December, and an advert for her replacement appears elsewhere in this Lookaround. If you think you might be interested and would like to know more about what is involved, please contact me or any member of the council.

Next Meeting

The next meeting will be held at 7.30pm on December 6th in the Sedgwick Room. As usual, the public are welcome to attend and to raise any matter that concerns them during the public forum at about 8pm.

Jock Cairns, Chair Tel: 25655

e-mail:

dentparishcouncil@btinternet.com

WhyNot Alpacas

are appearing at
Holker Hall Christmas Fair
On 6th and 7th November.
We shall be taking
some live alpacas
together with a selection of our
Cumbrian-grown Alpaca products.
WhyNot give us a visit?



Our Shop at Ghyllas
will be open from
12 noon to 4 pm on
Sundays 21st and 28th November and
5th, 12th and 19th December for
Christmas gift ideas;
or otherwise by Appointment
on 015396 21246.

Barbon Inn

& Restaurant with rooms

BOOK YOUR CHRISTMAS PARTY at the BARBON INN

Seasonal menu from £12.95 for 3 courses
Why not make a night of it? BOOK A ROOM
special discounts for party goers

Diamond Diners
Luncheon Club for the 60+
Mon - Fri 12 noon - 2pm
Starters from £1.95, main courses
from £3.25, puddings £1.95
Special Festive 3 course meal
£6.95 for bookings of 4 or more,
available from 20th Nov - 24th Dec 2010



COUNCILLOR CORNER

Since I became one of the district councillors for the joined ward of Sedbergh and Kirkby Lonsdale my greatest surprise has been how the two main towns, Kirkby Lonsdale and Sedbergh look on each other as very different – genuinely two places apart. This has been all the more surprising because there has always been the strong link that Sedbergh teenagers who passed the 11+, especially the boys went to QES as a matter of course.

This “two-ness” showed up again in the early meetings of the LAP, Local Area Partnership. I do hope this is breaking down and I believe

absolutely that all the parishes of Upper Lunesdale have a wide common interest. I was furious a couple of months ago to see a trivial quarrel between Sedbergh and Dent as to whether a road-sign was directing potential visitors away from Sedbergh to Dent. From a tourism point of view I have absolutely no doubt that Sedbergh, Dent, Kirkby Lonsdale and all the places in between should work together. We should direct our efforts to ensuring that those who stay in Dent visit Sedbergh and Kirkby Lonsdale; that those who stay in Kirkby travel around the Lune Valley and so on.

I was delighted at the most recent

Barbon Inn

& Restaurant with rooms



See our website for
special offers and menus:
www.barbon-inn.co.uk



Tel: 015242 76233
Barbon, Near Kirkby Lonsdale,
Cumbria LA6 2LJ
Email: info@barbon-inn.co.uk



LAP Meeting that we were all able to agree to projects throughout the area, a picnic area in Cautley to the Devil's Bridge riverside walk in Kirkby Lonsdale. From very shaky beginnings our LAP has made great progress and is now seen as the one LAP which has got its act together. With something over £22,000 to spend and a little more promised we have given our support to projects totalling over £11,000 distributed throughout the area.

One item of spending was £2,000 to purchase ten grit bins for the LAP area. Ten might not seem many but it is "ten more" rather than just ten. There are complications believe it or

not – it is a lot easier for roadmen when they are delivering salt just to throw it in a heap. For once, I have put a bid in for one of the ten for Dowbiggin following a strong request from members of the public. Likewise I will probably be supporting one in Mansergh, again following a long-standing public request. The meeting where we will be doling out these extra grit bins will be on November 1 so if you email me quickly you might just be able to get a request in before the deadline. As I guess there will be more demand than bins available a request in the form of proposer, seconder and supporters will probably carry more weight.

As well as this there will also be a dole of salt to each parish. That was a really good idea which came at the end of last year's cold spell. This time it will be delivered at the start of Winter – and hopefully never used !

By now all the major roadworks in the Sedbergh area are complete. There is still one major project in Kirkby Lonsdale Town which is somewhat short of funding. This year's South Lakeland Highway's Schemes total £1,387,000, which works out at about £77,000 per division. All the works on the road from Kendal to Sedbergh have come out of other county-wide budgets and those of previous years. However, it

is worth looking at the various Garsdale schemes; West Little Town £8,411; Knudmaning £65,100; Farfield Mill £50,183; Langstone Fell £42,246; (Garsdale) New Bridge £40,295; Mill Bridge £33,272; Hallbank £23,437; Hollands (i.e. Ing Heads) £13,230 – Grand Total £276,174 ! That figure does not include either the riverside works at Low Smithy or the tar and chipping surface dressing at the very top of the dale of course.

*Councillor Kevin Lancaster –
015396 20800, 07980 844 695,
kjlanc@kjlanc.demon.co.uk, Fellgate,
Dowbiggin, SEDBERGH, Cumbria.
LA10 5LS*

DENT YOUTH CLUB



To be held on
Friday 12th November
Dent Memorial Hall



7pm



“Cake Competition”

If you would like to enter the Cake Competition, please bring your cake with you on the night when judging will take place

FOLK CAROLS FESTIVAL

Singing Settle to Carlisle
November 12th to 14th
on the trains, in the stations,
on walks near Ribbleshead

Concert

7.30pm Saturday November 13th
Chapel le Dale Church

Friday December 3rd

7:30pm

Concert with the
Gladly Solemn Sound
In Dent Memorial Hall

Saturday December 4th

10am - 1pm 2pm - 5pm

Workshops in Folk Carols
through the Ages

Evening Meal & Dancing in DMH

Sunday December 5th

10am - 12.30

Dentdale Slovenian Carols

12.30pm - 4.30pm

Carolling Walk via Whernside Manor

Further details at

www.lakelandvoice.co.uk

or David Burbidge 015396 21166



Hi, I have been in post for a few months now and I have really enjoyed visiting many of the groups and societies operating in both Sedbergh and Dent. All the groups I have attended so far have made me feel very welcome and I hope to visit many others over the next few months.

The Lunch Club hosted by the Red Lion is gaining members, we had 20 people joining us on the 14th October and I hope that we will gain a few more before the next one on the 11th November if you would like to know more please contact me

We have started a computer group in Dent Primary School for the over 60's on a Thursday evening and have 11 people enjoying a 1 ½ hour session. Thanks to Chris Wood, (Sedbergh Community Development Centre) and to Dent Primary School for their support with this.

I feel it is important to mention the Voluntary Car Scheme. Community Transport South Lakeland is a registered charity and we have Volunteer Drivers in Sedbergh who use their own vehicles to offer transport to the residents of South Lakeland. Examples of journeys include medical appointments, visiting relatives or friends in hospital, attending lunch clubs or coffee mornings, 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. Please contact our local Co-ordinator: Tony Dodgson on 015396 20869 for more information on this great service.

Thank you for all the support and enthusiasm for the Village Agent programme.

I can be contacted via the Age UK Helpline on 01539 728180 or at my monthly drop in sessions at the Community Office in Sedbergh on the first Wednesday of each month, and in Dent on the 2nd Friday of each month.

Linda Greensmith


SETTLEBECK PTFA


JUMBLE SALE

Saturday 13th November

2pm in The People's Hall 

Bric-a-Brac ~ Games & Toys

Raffle ~ Cakes & Refreshments

*Any jumble, bring to Hall on the morning
after 10am
or to collect,*



tel: Sandra on 07815 069394

COUNCILLORS CORNER

Following the decision by the SLDC Cabinet to withdraw from running a significant number of toilets throughout the District from the 31st October this year (including the Joss Lane toilets) the matter came before Full Council last night (14th October) to review this decision with a view to Cabinet taking another look at the matter. After an intense debate with feelings running high Council resolved to refer it back to Cabinet with a recommendation that none of the closures come into effect until 31st March next year so as to allow Parish Councils and other possible operators time in which to examine ways in which they might take over

the running of the toilets themselves. I welcomed this development (indeed I voted for it) as I think it only fair that Parishes should be given a reasonable amount of time to work up specific proposals for takeover. The only good news, if it can be so-called, is that SLDC officer support will be available to any group or organisation considering taking on the toilets together with a small amount of money for refurbishment, bringing up to standard etc. The same fate is being shared by Kirkby Lonsdale in that SLDC will continue to operate the Devil's Bridge toilets but close the Jangling Lane conveniences unless the Town Council or other organisation comes forward with

Clutterbooks and Clobber

The Community Fund Charity Shop at 86 Main Street, Sedbergh

Clutterbooks and Clobber, the Charity Shop, has now been open for two years and thanks to our team of dedicated volunteers and to your donations and support, it has raised over £30,000, to be used for the benefit of the communities of Sedbergh, Dent and Garsdale.

All the proceeds are paid into the Community Fund. 10% is then returned to help support the Community Office which administers the shop, and the Trustees of the Fund meet quarterly to consider applications for funding from the remainder.

The Trustees of the Community Fund will meet again in early December and requests for funding are invited from local organisations and project groups engaged in activities that support and improve the quality of community life, or preserve or enhance the local environment.

For further details and a simple application form please do not hesitate to contact David Ramsbottom via the Community Office tel. 20504: office@sedbergh.org.uk.

Applications to be submitted by Friday 26th November.

DENT PARISH COUNCIL

requires a

PARISH CLERK

We are a pro-active council with strong community support
And are currently implementing our Parish Plan.

We run a community playing field and
employ two part-time staff to manage the village car park.

If you are:

- organised, efficient and pro-active
- enthusiastic about the local community

We can offer:

- 40 hours per month (possibility of job share)
- good pay rate on the Local Government scale
- full training

Closing date: 30th November 2010

For more details contact Jock Cairns on 015396 25655
or email dentparishcouncil@btinternet.com

proposals to keep them open. It is very sad that any toilets have to close and whilst in a time of cut backs there are sound financial arguments for this happening it is particularly unfortunate at a time when Sedbergh is seeking to develop its tourist industry and at the same time increase the quality of the living environment and communications within the town itself. The same goes for Kirkby too, of course.

As far as the Tourism Initiative is concerned I chaired a further meeting of the Group on the 12th October and am pleased to report that excellent progress is being made. A designer has now been chosen to prepare the

proposed new leaflet to cover not only Sedbergh but also Dent, Garsdale and Middleton and real connections are being developed with Sedbergh School to enable our events calendars and respective expertise to be shared in ways which will optimise what both the School and the town have to offer. Running parallel to this is the ongoing work of the Sedbergh Townscape Initiative. On the 27th September the Project Board had the advantage of a very full presentation from the Consultants which we have appointed, bringing us up to date with their work so far – all of which will culminate in a further consultation process in which all of

the town's residents will be invited to participate.

You will remember that in my last article I expressed strong views about the way in which Sedbergh and District might lose its TIC and Community Office should the YDNPA decide to go ahead and sell the property 72 Main Street on the open market later this year if the town itself was unable to raise the asking price of £130,000. Well things have moved on apace since then and on the 4th October there was a very constructive meeting held between the User Group and David Butterworth the Chief Executive of the National Park chaired by our MP Tim Farron. This proved to be a frank and robust encounter with each side "telling it as it is". With the prospect of facing swinging cuts themselves the National Park is not at all optimistic about being able to help us financially in any way but the matter is being reported back to National Park members next month and in the meantime detailed submissions by the User Group are being prepared for consideration by members at that time. The other positive news is that the existing Community Trust is being expanded both in remit and membership with a view to taking over the running of the premises as and when they are acquired (upon whatever terms) from the NPA. As ever I'll keep you in touch with developments.

Finally you might like to know that following the retirement of the previous SLDC Chief Executive on

health grounds the Authority has appointed Lawrence Conway to be its new Chief Executive. Lawrence has been Acting Chief Executive during the interim period and he beat off very highly qualified external candidates to secure the post. Personally I have a great deal of confidence in Lawrence and know that he can be relied upon to do a very good job. I wish him well for the future.

As ever Peter Woof and I may be contacted at any time as follows:

Peter Woof: 015396 20857

Email: peterwoof@hotmail.co.uk

Ian McPherson: 015396 20648

Email: ianmcperson24@hotmail.com

Ian McPherson

1st & 2nd Fixing Painting
Doors Fitted DIY Rescues
Kitchens Outside Taps, etc
Glazing Small Plumbing Repairs
Locks Washing Machines Plumbed
 Tiling

**Joiner
&
Handyman**

"Special Rates for OAP's"
NO JOB TOO SMALL!

Steve Chadwick

015396 21581

*Prompt Local Service
All work of the highest quality & guaranteed*

**WESTMORLAND
YOUTH ORCHESTRA**

On Saturday, 27th November, the Westmorland Youth Orchestra, fresh from their success at the Aberdeen International Youth Festival, will be at Casterton School. You'll remember that WYO played excitingly to a packed and enthusiastic audience in June during the Sedbergh Music Festival too. The wonderfully rhythmic Shostakovich Jazz Suite is a highlight, but there is a real rarity in the programme. Cecil Coles. Heard of him? No, neither had I. He was a Scot, born in Kirkcudbright, bandmaster, pupil of Gustav Holst, shot by a sniper on the Western Front at Couy in late April, 1918. The piece

WYO will play is *'Behind the Lines'*.

Interesting history: when a shell hit the band of which Coles was bandmaster, most of the instruments were destroyed as were many of Coles manuscripts – he went on writing at the front sending stuff back to Holst for comment. However, in 2001, some of the original MS of *'Behind the Lines'* were found, two movements in full score and bits in short score. Martyn Brabbins edited them and sketched in a full score for them, and the middle movement *'Cortege'* was used as sig tune for a recent 1st WW TV documentary. The original MS is in Coles's handwriting, has blood spatters, ink blots, and Coles's own dedication on it. It is a finely evocative, gently lyrical piece very much in the pastoral tradition by a 26 yr old sorely and cruelly disillusioned by what he had experienced. There is a beautiful horn solo in the central *'Cortege'* section. The performance will be given context by a small selection of 1st WW poems and letters read by members of the orchestra.

WYO rehearses every Friday in Kendal at 7-9.30 p.m. Interestingly, at the moment, the double bass section of the orchestra is entirely a Sedbergh affair, with Mary Ormerod and Lottie Young, while a small unit of the first violins is from Casterton School, Zoe Craven is ex-Settlebeck and QES on percussion, and of course Noel Bertram the WYO MD runs the Music Shop on Back Lane - so plenty of home grown talent!

Stuart Manger

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 3rd November
Conscription in the First World War
The social & economic impact of World War I conscription with numerous examples from the Kirkby Stephen area.
Sydney Richardson

Wednesday 17th November
Slides of Old Settlebeck & area
Richard Cann

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

DENTDALE SHOW 2010

May I firstly apologise for a rather delayed write up of this year's show. The reason being is that I wanted to include a brief financial summary of our accounts and it has taken until now to receive all of the outstanding Invoices.

A reasonably dry start to the week certainly made the set up of the show much easier this year. The dryish ground conditions of the Playing Field meant the Marquees, Flooring & Stage became more manageable to erect. We should have known it was too good to be true, as once again the weekend brought with it some quite poor weather conditions. However, we did not allow this to

LINE DANCING
every Tuesday 8.00 to 9.30pm
White Hart Club, Sedbergh

dampen out spirits (pardon the pun!!) and a varied weekend of entertainment provided an enjoyable time for all those that attended.

As touched on earlier, I would like to provide a very brief summary of our 2010 Income and Expenditure. Income this year was just in excess of £14,500. Total Expenditure totalled £11,600. This was made up of Entertainment costs of £2,330, Marquee expenses in the region of £2,000, PR/Advertising - £716, Generator, Electrician, H&S, Venue Hire and Toilets which cost us more than a penny (£559.30 to be exact) and various other smaller expenses. So as you can see there are a lot of costs to deduct from our Gross Profit.

£3,000 may not seem a huge profit for a full weekend of events, but never has it been or will it be the prime aim of the weekend just to make money. Our committee all agree that the Show is about giving locals and visitors alike a generous slice of Dent hospitality and good family entertainment for free (which is rare today) and hopefully, at least break even at the end of all the hard work we have put in. We plan to put even more emphasis on our Entertainment for the 2011 Show.

In previous years we have made generous donations back into the community and we are yet to decide

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how much and to whom further donations may be made to. This will be decided in early 2011.

On behalf of all of our Dentdale Committee (Julie Bentham, Jim Burton, Matthew Clayton, Dorothy Goad, Angie Mason, Julie Middleton, Peter Rushton & Paul Sellars), I would like to take this opportunity to pass on our heartfelt thanks to **ALL** of those who helped in any way towards the success of this year's show. There are too many to name individually but whether you helped before the Show, over the weekend itself, and/or during the breakdown afterwards, we really could not have done it without you. We are blessed to have a community that pulls

together so well and this makes Dent such a wonderful place to live in.

Thank you to Dent Football Club, Dent Pre-School, Friends of Dent Primary School and the Reading Room for attending with their Side Stalls and helping give the showground more attractions. Special thanks also to Peter Knaption for organising the Senior Fell Race. Hope this, your first year hasn't put you off volunteering again for next year? We'd like to promise you some genuine August sunshine but our wishes have never yet been granted! Patience is a virtue as they say, so we'll continue being patient.

Once again, THANK YOU EVERYONE.
Julie Middleton

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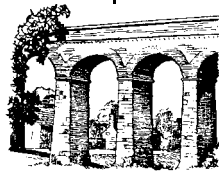
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FOLK CAROLS

Singing Settle/Carlisle & Slovenia

It always surprises me how quickly the season of autumn walks and carols comes round - every year a little faster as the year becomes a smaller percentage of my life.

So it is that our annual outing to sing on trains and in the stations of the Settle Carlisle Railway has rolled round the turning year to meet us in the middle of November. We will be gathering at the Old School opposite the Hill Inn near Ribbleshead on Friday evening to learn a few of the songs about the building of the railway, the men who built it and the railway in general - with songs from the likes of Dave Goulder, Mike Donald and the wonderful Ken Pope songs from the hit show Settle Carlisle. Some of these are arranged for choirs by the likes of Janet Russel who leads Settle



Voices - others we can enjoy in unison.

Ron at the Sportsman's Inn in Dentdale often says: "Here are those singers again singing to the viaducts." We're not exactly singing to them - though there is a kind of reverence for the men who built this line and the families who lived and died in its shadow - Artengill, Dent Head and Ribbleshead are just very atmospheric places to sing about the building of this magnificent railway.

If you don't fancy joining us to sing, you are also very welcome at our 7.30pm Saturday concert at the romantically situated Chapel le Dale Church with songs from our singers and the Cautley Carollers, We have also invited Ken Pope to join us and are keeping our fingers crossed that he can come. Afterwards we'll be singing in the Hill Inn.

David Burbidge



St. Andrew's Church
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SIGHT ADVICE SOUTH LAKES SEDBERGH GROUP

For people with sight problems

South Lakes Society for the Blind has recently changed its title resulting in the Sedbergh group now becoming part of Sight Advice South Lakes. The removal of the word 'blind' is because help is available for all visually impaired people, of whom only a very few are completely blind or likely to become blind.

The September and October meetings were extremely interesting and enjoyable. In September Cathy Lubelska, who teaches yoga as a hobby, lead a gentle session in which the advantages of good posture and balance were emphasised. Mild exercises were demonstrated which the group found useful and relaxing. Everyone left somewhat taller than when they arrived!

Linda Greensmith also came to the meeting and described her role as the Sedbergh representative for Age U.K. She was obviously very enthusiastic and full of ideas for the more mature



people of Sedbergh.

In October Freda Meakin organised a musical quiz which proved to be a wonderful success. It was based on popular songs old and not-quite-so-old. They had to be recognised from a small extract from the lyrics and then sung. Everyone joined in and the quality of the singing had to be heard to be believed (!?!).

Jenny Dawson reported that £600 had been donated to Sight Advice South Lakes. This was part of the contributions received at Jack's funeral, the other part going to a cancer charity. The gift was gratefully received and it was commented on how his presence was missed.

The group was delighted to hear that Dennis was feeling well after finishing his treatment in Preston.

On November 16th the Christmas lunch (yes, we always lead the way!) will be at the Barbon Inn. All new members will be welcome and transport may be available. Contact 01539742633 if interested.

Jennifer Levitt

SEDBERGH & DISTRICT HISTORY SOCIETY

The first talk of the winter programme was given by Professor Mike Huggins on sport in Sedbergh and its identity in a regional context.

Our attitude to sport is governed by factors such as gender, class and ethnicity but also by the area in which we live and its traditions. Until 1974 Sedbergh was in the West Riding of Yorkshire and the ideal sportsman of the urban part of the county was working class, professional, dour and with a will to win rather than play for enjoyment. The latter attitude was associated with southern amateurs but also with sportsmen in the more rural parts of Yorkshire. Sedbergh

town came into this category yet Sedbergh School despite its amateur ethos was more like the urban part of the county in its emphasis on playing to win.

Sporting identity is shaped by competition against teams and individuals and where one lives. Originally sport took place on a county basis. Events such as horse racing took place at county court sessions. However, the team sports that developed in the nineteenth century depended upon having opposition to play against. Because of its geographical position Sedbergh had to look to Westmorland for games rather than the West Riding. Even when the railways came it still

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took considerable time and expense to travel for matches in addition to the problem of possibly having to lose pay on a Saturday morning. As a result the school rather than the town played matches more regularly. Also with the ability to train more the standard of sport was higher in the school than in the town. For information about games one is reliant upon reports in three local papers, the Westmorland Gazette, the Craven Pioneer and the Yorkshire Dalesman. Usually only the scores were given but when comments occurred they could be biased as they often came from the club secretary.

In terms of social class the sports

could be divided into three categories, the traditional country sports of the generally better-off residents, the sports of the townspeople and the sports of the relatively wealthy pupils and staff of the various independent schools in Sedbergh. Grouse shooting took place on the fells and fishing in the local rivers. Hunting was done by visiting packs but by the beginning of the twentieth century Sedbergh had its own pack. This died out after the First World War but in 1936 the Lunesdale Pack was formed which was based in Sedbergh.

The school's sporting prowess was developed by its headmaster, Henry George Hart. He brought with him

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the values of athleticism which thrived in public schools in the 1870s. He started rugby at the school and soon it was playing adult sides in addition to other school sides. In 1895 a split occurred in rugby over the issue of payment to players to compensate them for pay lost as a result of playing matches. Many clubs in the north formed the Rugby League and this left the school without as many adult sides to play and so it concentrated more on inter school matches. Its importance was shown by the fact that in 1904 it was given a seat on the executive committee of the Yorkshire Rugby Union. The standard of cricket also improved and the school started to employ a

professional coach. Baliol girls' school also played cricket and in 1902 played a match against a Sedbergh ladies team. It was most unusual to find a ladies team at this date and rare in that several were married women.

Sport in the town started to thrive in the last quarter of the nineteenth century. The cricket team was strong in the 1870s and played against places like Shap and Kendal. Over the years friendly matches were played against other towns but when leagues were formed in the 1890s Sedbergh could not join them because of the problems of travel and cost. They did join the league at a later date. The 1880s and 1890s saw

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the founding of rugby, soccer, tennis, golf and cycling clubs. The soccer team joined the Kirkby Stephen league and won the cup in 1906. After the Great War the various sports suffered different fortunes with tennis thriving but soccer having to withdraw from the league. However, women became more involved and the hockey team was successful in the 1930s. After the Second World War the fortunes of the various sports varied with the soccer team joining the Westmorland league but the cricket team not playing for a long time. After his talk Professor Huggins answered a variety of questions from his audience and was then thanked by the Chairman. *Richard Cann*

BROADBAND

The Race to Infinity is a nationwide competition run by BT whereby members of the public and local businesses can vote to get superfast fibre broadband, BT Infinity, in their exchange. The top 5 exchanges with the most registered interest as a % of the total telephone exchange size on 31st December will be added to BT's fibre rollout plan.

Need I say more? Can we all get as many people as we know who are attached to the Sedbergh exchange to vote? I'm sure they have a few get out clauses but we have a big enough exchange ...

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COMMUNITY PLAY

project kicks off with workshop for budding playwrights

Renowned playwright Stephanie Dale ran a superb session at the People's Hall as the first of what we hope will be a continuing series of exciting events leading towards the Sedbergh & District Community Play.

The event was organised by John Rice as part of the Write Idea Festival in mid-September and attracted participants from Sedbergh and as far away as Leeds. During the session we explored the challenges of making dialogue real. Part of the process was to take part in 'improv' sessions where we created characters and scenes and acted them out to the class. While our acting skills left a lot to be desired, we all agreed it was a lot of fun and it allowed us to focus on real dialogue.

The Steering Committee has now agreed that Stephanie will be the playwright who works with us to create the final Community Play.

Talking Shop

One of the questions the Steering Committee is often asked is how the Community Play will dovetail into school activities? An example of this can be illustrated through an initiative called 'Talking Shop' which we hope to run at Sedbergh Primary School. The children will be looking at shops from 100 years ago in Sedbergh and the shops today. The idea is to encourage the students to build their own shop and take part in a play with actors and teachers. This kind of project – the fusing of history and

contemporary issues – chimes perfectly with the overall ethos and aims of the Community Play.

More support from local interest groups

Our Steering Committee meeting doubled in size this month with the addition of new members taking an interest in the project. We were delighted to welcome John Rice, Guy Ayling from Sedbergh School, Ben Maunder who runs the local youth group and Sandra Gold-Wood. Members of the Steering Committee have been visiting different groups in the area such as WIs, the Parish Council, schools, and the History Society to let everyone know about the project. We're delighted to report

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that Sedbergh School and Sedbergh Primary School have pledged their support: the district's other schools are currently being approached. Support and enthusiasm for the Community Play are growing daily thanks to the efforts of a very strong and determined Steering Committee.

Fundraising

Our bid for funding from the Heritage Lottery Fund has been sent in for consideration. So keep your fingers crossed and we'll keep you posted. Applications to Sedbergh Parish Council and the Community fund have also been submitted.

How can you get involved?

If you'd like to get involved, we're actively looking for people to help

with research, story ideas, publicity, planning and all manner of different tasks. A project of this size can only succeed if people get involved, so we hope you will think about how you could contribute. To register your interest, you can drop into the Sedbergh TIC and leave a message for the Community Play Steering Committee. Otherwise you can communicate with the Steering Committee via:

<http://sedberghanddistrict.wordpress.com/>

Facebook page: Sedbergh & District Community Play

Email: thecommunityplay@gmail.com

Jackie Harris

CHRISTMAS FAIR
in aid of Sedbergh Playgroup

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Saturday 27th November
10am to 12 noon

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NEIGHBOURHOOD WATCH IN DENTDALE

Over the past few weeks, Dent Parish Council has been working to improve Dentdale's Neighbourhood Watch scheme by encouraging households with e-mail access to join a network and so receive police crime alerts relating to the South Lakeland area.

The Neighbourhood Watch scheme was introduced in Dentdale over 20 years ago. The basic aim of the scheme was, and still is, to provide a two way flow of information between the police and the community to help reduce crime. For their part, the police send out information to volunteers in the community who

undertake to pass it on to their neighbours. This could be a warning about bogus telephone calls, an alert to the presence of rogue tradesmen operating in our area or perhaps a warning that thieves have been at work in the locality targeting particular items.... cars stolen to order for example. Sometimes the police ask the community to provide information about a particular crime. Something we saw and to which we attached no importance can become significant when we know of a criminal outcome.

As we said earlier, the flow of information should be two way. So, even in the absence of a police alert, if we see something suspicious, we should let the police know by calling

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the dedicated telephone number 0845 3300 247 or telling our local Neighbourhood Watch volunteer. Most of us, at some time, have probably seen that unmarked Transit type van cruising slowly around the dale and occasionally stopping to look at an open door of a barn that might just house the farmer's chain saw or the quadbike with the keys left in the ignition. We may have been approached by strangers offering to tarmac our track or insulate our roof "while they are in the area". This can be a cover for criminal activity or a distraction tactic to keep you occupied whilst an accomplice snoops around. The police need to know about these and other suspicious activities and the details we give will almost certainly fit into a jigsaw of information that the police can build up to apprehend criminals. It is important to remember that you would never be criticised if the circumstance you reported proved to be harmless. Indeed the police would be grateful for your vigilance.

Even when the Neighbourhood Watch scheme started, there were insufficient volunteers to cover all households in Dentdale. With the passage of time, some of those volunteers retired from the scheme so the number of households receiving Neighbourhood Watch alerts dwindled to just a few dozen. Hence the decision of Dent Parish Council to try and improve things.

MAKING NEIGHBOURHOOD WATCH WORK BETTER

One big change that has occurred

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since the Neighbourhood Watch scheme was first introduced has been the advent of the e-mail system. The police now broadcast all alerts using both recorded telephone messages and the e-mail system. Consequently Dent Parish Council has established a small Neighbourhood Watch team which will manage a database of household email addresses and will send out police alerts to all who chose to join the network. If all households in Dentdale with e-mail access 'sign up' to receiving Neighbourhood Watch information, there will be a significantly improved distribution of police alerts and an increased awareness of potential criminal activity.

This, of course, doesn't help the households **without** e-mail access. However, if those with e-mail access and receiving police alerts would agree to pass on the information, even to just one immediate neighbour known to be without e-mail access, then we would see a further improvement in distribution. The police frequently remind us that, in respect of telephone fraud, cold

calling scams and the activities of rogue traders, it is elderly people who are most frequently 'conned'. If you have e-mail access and can inform an elderly neighbour without e-mail access when a police alert is received, then that really would help to strengthen the security of our dale.

Since Dent Parish Council started this project, 130 households have joined the scheme by adding their e-mail address to the database. Why not join them? It is in your own interest to know about criminal activity in our area so, **if you have e-mail access and live in Dent Parish**, please e-mail your name, postal address, e-mail address and telephone number to Dent Parish

Council at dentparishcouncil@btinternet.com.

This information will only be used for the distribution of Neighbourhood Watch alerts. It will not be passed on to others or used for any other purpose. When e-mail alerts are distributed, your e-mail address will not appear for other recipients to see. If you already receive alerts by e-mail, there's no need to do anything.

(Note: Some home insurers offer a discount to those in Neighbourhood Watch schemes.)

This article is published at the request of Dent Parish Council's Neighbourhood Watch Team.

John Sibley



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HOWGILL W. I.

We met at Firbank Church Hall for the A.G.M., time to reflect on events and happenings over the year. President Mary Silva welcomed 15 members and our guest W.I. Advisor Gillian Price. Members were reminded of forthcoming events, The Pub Quiz, Howgill Hikers Walk, The Pantomime at Burneside and our Domino Drive. Names were taken for our Christmas meal which will be held at the Barbon Inn.


On to the business. The Treasurer reported our finances are healthy. The Secretary reported a happy and active year full of memories.

Next came the vote for President. Gillian guided us through, resulting in Mary for President. Mary is happy to serve again for the coming year. The committee were re-elected en bloc. A string of thanks followed. Mary thanked everyone who helps the W. I., to function, committee and members. In return Mary was thanked for her hard work and dedication. Gillian continued the meeting by giving us a humorous talk on the time she attended a course on Rhythm and Song at Denman College, believing she had no singing quality and unable to read music. Three days with a strict tutor changed all that. She left having had a fun time and hitting the high notes. This was followed with a humorous poem keeping us entertained. Mary thanked Gillian for coming and standing in at short notice.

The winner of the Appleby Cup for Most Competition Points throughout



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the year was Helen Beare. Barbara Axfords Ideas for a Competition Entry won the evenings competition judged by Gillian. Maggie l'Anson went home with the raffle prize. Bridget Postlethwaite solved the Railway Quiz devised by Tanya Hoare. An enjoyable evening was rounded off with time to relax over tea and cake.

We meet again on November 4th at Howgill Village Hall when Val Corbett will be showing Gardens of the Lake District.
Audrey Hoggarth

farfieldmill

arts & heritage

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Exhibitions in October

Residency Work: felted textiles by Jeanette Appleton (to 10/10)

Lines of Healing: paintings by Delcia McNeil

Allegory: new work by renowned textile artist Alice Kettle

Surface: surface decoration by Maggie Berkowitz & friends

Traces: textile hangings by Cas Holmes

Weavers Café

Traditional Sunday Lunch: (12-3) 3 or 2 courses – groups welcome, booking strongly advisable on 015396 21159. **Lunchtime Special:** (12-2) soup & sandwich, £5.95

Teatime Special: (2-4) home-made cake and tea, £3.50

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Just one mile outside Sedbergh - local residents enjoy FREE entry on Mondays



St ANDREW'S PARISH CHURCH Sedbergh



The highlight of October was the Harvest Festival which took place on Sunday 10th. The church had been magnificently decorated with beautiful flower displays which were shown off to their best effect when the sun burst out during the morning service and the church was bathed in the rich yellows and gold so redolent of early

autumn. The richness of the decoration complemented the joyful singing of the Harvest hymns and our thanks for the fruits of the earth. In the evening the choir sang choral evensong which included Mary Hamilton's setting of the Magnificat and Nunc Dimitiss which she composed especially for Saint Andrew's.

November promises to be a busy month in the run up to the Christmas season. Our first event is a boon day on Thursday 4 November when we hope to clean some of those parts of the church that our dedicated band of volunteer cleaners are not able to get at routinely, or need a deep clean to

make sure that the church is at it's best for the Christmas celebrations. The cleaning session starts at 9.30 am and will end at lunchtime when there will be soup and rolls for all those who have helped. If we have enough able bodied volunteers we will extend the work into the churchyard where the borders on the South side need some heavy digging. During the past three years we have managed to clear all the borders on the North side of the churchyard and we are determined to bring the whole of the churchyard up to the same standard. So if you have a free morning please come and help.

Michael Mudd has repaired and replaced broken and missing railings surrounding the churchyard and Steve Chadwick has started to paint them. We are very grateful to the Community Fund, the Parish Council, the United Charities and Lookaround who have all contributed towards the cost.

On Sunday 14th we anticipate a full congregation when we remember the fallen of the two world wars and the many conflicts since. As always there

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be a very warm welcome to everybody and we are delighted that for the second year running the Settlebeck Primary School choir will be taking part in the service. The service will be concluded by the Act of Remembrance at the war memorial followed by the parade through the Town.

On Saturday 20th the Christmas Fair will be held in the People's Hall commencing at 11.00 am. Everyone has been working hard for some time preparing for the Fair and there will be something to buy for everybody; and coffee and home made lunches to fortify you on the day.

At the end of the month we will celebrate the beginning of the Christmas season with an Advent Carol service on Sunday 28th starting at 6.30 pm.

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SEDBERGH SWIMMING CLUB

Thanks for all the responses to last month's notes. Reminder: Saturday swims are now on every week until December 4th at the NEW TIME of 10.30 - 11.30. Under 8s and non-swimmers should be accompanied.

Not sure about swimming?

Remember that being active can help you live longer and feel better. It can improve your mood, help you sleep better and even reduce your risk of conditions like diabetes, coronary heart disease and some cancers. It can help you manage your weight and improve your balance.

Adults should aim for 30 minutes of 'moderate' activity a day for their

general health. Children need an hour a day. But any improvement on what you currently do is worth it – even small changes can make a big difference to your health and can make you feel great!

Why choose swimming?

You'll often hear people say that swimming is the best exercise. But just what is it that makes swimming such an excellent way to get and stay active?

Reasons to take the plunge?

- 30 minutes of steady paced lane swimming burns over 200 calories – well over 400 in an hour.
- Any swimming that makes you breathe more heavily counts as

'moderate' activity. Even treading water takes effort, so you are working most of the time you're in the pool.....But remember – chatting in the shallow end only works your facial muscles!

- The pressure and resistance of the water makes your body work that little bit harder. 30 minutes of activity in the water is worth 45 minutes of the same activity on land.
- The water takes your weight, so swimming can be great for those who want low impact exercise - women during pregnancy for example, or for people who have mobility problems or want to protect their joints.
- Swimming works your whole body for all over toning!
- Swimming is great for your heart. Because you are using your whole body your heart has to pump blood hard to your arms and legs, helping circulation too.
- It is also great for your lungs – length swimming in particular forces you to breathe in a deep and rhythmic way which gives your lungs a boost.
- Being in water can have great psychological benefits too – the pool

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can 'take you away from it all' and the feeling of being in water can be refreshing, relaxing, and liberating as the water takes your weight.

- People of all different ages and abilities can enjoy swimming together – if you choose an activity you can do with friends and family you are more likely to stick at it.

Just starting swimming?

Start slowly and build up – if you have any concerns or any existing medical problem ask your GP before you start. Beginner? Contact Kate Thexton on 20574, mob 07752 748 929 or, preferably, kate574@btinternet.com

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FAMILY MUSINGS

When someone mentioned to one of my girls that their mum was putting her head through a hole and inviting folk to throw wet sponges at it, AND doing it from choice, they are reported as saying "Sounds like Mum!" Good to know that as well as surprising my family I can also conform at times to what they would expect! The Wet Sponges raised around £18 at Dent Gala and certainly raised a few laughs and comments, no other adults were prepared to take part, except to throw the sponges of course although my brother could not be persuaded to have a go, I saw he was taking pictures though!

Did you know that having Dandelions and Brambles in your garden provides food for visiting Deer? Piles of logs provide homes for various insects, piles of leaves and rubbish homes for Toads and Hedgehogs? I was really glad to read that in a mag, my garden is a wildlife haven, I can stop worrying (if I did in the first place, which I don't) about the state of the place, except that to date I have never seen a Deer in my garden, up the fields but not here. A minor point.

The caravan is off to Southport with us for the weekend then it will have to be put away for the winter and we look forward to holidays in her next year, I can hear hubby thinking, "Her?" and thinking I'll be giving it a name next. Mitts had to be named with daughter-in-law present so she (cat, not T) didn't get lumbered with

an unusual name, I do also call her Mrs Meeoow at times. Last night she came up to the village hall with us, waited outside then walked home with us, I commented that it was like having a dog to which hubby said, she is better than a dog, looks after herself. I agreed, BUT he need not think for one moment I have given up on having a Dog, No Sir. Just one problem, we struck a bargain a year or more ago, I bike from home through the village and around the back lane on my trike, and back home without stopping ..I really must have taken leave of all my reason when I agreed to that as last time I was on my bike I couldn't get back from Gowans Cross without an asthma attack and walking home! But I am not my mother's daughter for nothing, steely determination runs in our family and one day it will happen, just not giving any time limit!

Enjoy your pets.

Sarah



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NOVEMBER GARDENING

Last year, a very important anniversary in the horticultural world slipped quietly by with very little notice. It was the 200th birthday of the first Bramley Apple tree. Bramley's Seedling as it is correctly known, was grown from a pip, planted in a garden in Southwell, Nottinghamshire, by a young girl called Mary Ann Brailsford. The Bramley name comes from the local butcher who subsequently bought the house, garden and apple tree in 1846. The tree blew down in a gale in 1900 but managed to survive and still produces a good crop of apples over 100 years later.

There is no doubt that "Bramley is the best cooking apple available, although it does have one or two aspects to its character which make it less suitable for some places. Bramley apples are not self fertile, infact they need, not one, but two other apple trees nearby and in flower at the same time to pollinate them. They tend to make large, spreading trees so can be much too big for a small garden, and they are less resistant to canker, a disease which causes dieback in twigs and branches, than some of the other culinary varieties.

November is the traditional month for planting many fruit varieties – apples, plums, cherries etc which can be bought "bare rooted" and appreciate going into the ground whilst the soil is still relatively warm. Fruit trees from a good grower will

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always be available on a variety of rootstocks to give the correct size and vigour of tree but the dwarfing affect of the rootstock always has to be balanced with the type of soil and the growing position. In general, in a relatively shallow and stony soil in this area a semi vigorous rootstock is best – so go for M106 for apples, and St Julien A for plums.

If you wish to grow something a little different, very pretty, but rather less reliable then why not try an Apricot. The Sedbergh Apricot which grows on a south facing wall in a garden near the centre of Sedbergh had its best ever crop this year – presumably as a result of the hard winter A good cold spell always works wonders on fruit blossom buds. Perhaps this will be something bear in mind if the snow begins in November this year.

Elaine Horne

PEOPLE'S HALL

Some good news and some bad news. The good news first.

Kenny Bell was not able to play at the **Old Tyme Dance** on 9 October owing to ill health, but we were able to engage, at short notice, the Roe Valley group, who were delighted to "come back" to our Hall. The dance was very well attended with over 60 people attending adding much needed funds.

The **Redevelopment Fund** has benefited from three donations over the past month. A donation of £250 was received from the bar profits of Steve and Sandra's (our Chairman and one of our Committee members) 25th Wedding Party. Additionally Gift Aided donations to the value of £710 (giving a tax recovery of £200) were received from Gina Barney's (our Secretary) Birthday Party. And the former Sedbergh Theatre has donated £610.55.

The latter donation was from the "winding-up" funds of the now disbanded Sedbergh Theatre. These funds have been given on the understanding that they are used "... *to provide equipment to enable future dramatic productions to be staged more effectively in the People's Hall, eg: for lighting and sound equipment or for staging.*".

Very quickly our technical team indicated that they would be able to make almost immediate use of these funds as they were currently in negotiation for some second hand lighting equipment.



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"Regarding the **redevelopment plans**, we still await planning permission."

These are exactly the same words as the writer reported in the October Lookaround. "Frustration" describes the feeling we all have at this time, as we have been on this planning treadmill since March 2010.

The Hall Committee and our Architect have spent a great deal of time and effort progressing the application, which we believe ticks all the right boxes. Until we get permission, serious fundraising cannot commence. We had expected some expeditious support for this "big society" project from the YDNP planners.

The 5-piece band **The Atlantics** *The authentic sound of the 1950s dance music* will have played in the People's Hall by the time you read this. At the last count some 17 youngsters were enrolled for the Workshop that precedes the evening event. More news next month.

*Dr Gina Barney, Hon Secretary
(20790)*

VIRGIN TRAINS

On 20 September, representing Sedbergh Chamber of Trade I attended a presentation by Virgin Trains about the future of the West Coast Main Line.

If you go to Oxenholme station at almost any time of the day you will see quite clearly that a lot of people use that line in connection with their work, as we do, since we attend meetings in central London, Manchester and other cities. You will also see a fair number of people on leisure trips, not least the Japanese.

It is vital for the continuing economic development of the area that there is a frequent, speedy and punctual train service on that line, especially to the big cities.

The main reason for Virgin's presentation was that they want local support for their bid to retain their franchise when it comes up for renewal in April 2012. (Or might come up for renewal then; the Government has the franchising process under review and there's a long story to be told around this, not to be gone into here).

Other European countries have privatised their railways in a way that enables them to be more dynamic and forward-looking, and this especially applies to the German railways, Deutsche Bahn (DB). Virgin are particularly worried about competition from DB since DB are buying the Sunderland-based company, Arriva, which will give them quite a presence in the UK.

From our perspective the quality of

the service is foremost, not the colour of the carriages or who owns them. That said, Virgin have done a pretty good job on this line and their predicament at the moment might prompt them to develop more contacts with the communities that surround the line, which could only be to Sedbergh's benefit.

I suggested this to the business development manager of Virgin who was at the meeting and he seemed to treat it as rather a novel idea. Unfortunately the presentation in Carlisle was very poorly attended which did not set a good example for the region (does Cumbria not know the importance of good transport links?), but I shall continue where I can on behalf of the Chamber of Trade to promote the concept that contacts with communities such as ours would be a positive strategy for Virgin, or anyone else for that matter, to adopt.

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ARMED FORCES ABROAD

The Royal British Legion is asking for the public's co-operation in making sure that British Armed Forces on operations in Afghanistan and elsewhere have a good Christmas, surrounded by presents and mail from the people who care about them the most.

For this reason, we ask that you please do not send unsolicited goodwill parcels.

For the men and women in the Royal Navy, Army and Royal Air Force serving right across the world, Christmas is a time when members of the public wish to show their support for them the most.

Such support means a great deal to

our Service personnel, particularly those serving abroad in places such as Afghanistan. The generosity and heartfelt support of people at home is important in keeping up morale, often in very difficult conditions.

The Legion asks its members and supporters to show their support in ways which do not place undue strain on the Armed Forces postal and logistic system, particularly towards the front line, which involves helicopter flights or road convoys.

The Armed Forces mail system's main priority is to ensure that letters and parcels from families and friends get through in good time. If the system is swamped by the public's generosity in sending their own

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goodwill parcels to people they do not know, the all-important personal mail can be significantly delayed.

Although parcels from the public are well received, if it means that mail from family and friends does not get through, it can cause disappointment and heartache.

For this reason, The Royal British Legion joins the Ministry of Defence in asking people to support an existing charity with a donation instead of sending goodwill parcels. These include:

- The Operational Welfare Fund, run by the charity SSAFA Forces Help, which provides support direct to troops on the front line. Any money donated to this fund enables

commanding officers on the ground to bid for items which their men and women have asked for - <http://uk.virginmoneygiving.com/OperationalWelfareFund>.

- The charity uk4u Thanks! which sends a special gift box full of presents to every Serviceman and woman on operations over Christmas right across the world. Last year, they sent 23,000 boxes – www.uk4u.org.

- One of the many other Service charities providing valued support to our Armed Forces – including, of course, The Royal British Legion. More information can be found at www.mod.uk/publicsupportforourservicepersonnel

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This Team Leaves It Clean

CHRISTMAS TREE FESTIVAL

We are planning a Christmas Tree Festival to be held in the Methodist Church, New Street for 3 days, Fri 3rd, Sat 4th and Sun 5th December. We hope to fill the Church with lots of Christmas trees decorated to the theme of 'Song Titles'. We hope this will be a spectacular display that many people will want to visit and bring their friends along too. Our local MP, Tim Farron has agreed to come and switch on the lights at 3pm on Fri 3rd. Proceeds from the sale of programmes will be given to a CHARITY yet to be confirmed. The weekend will include an evening of Music and Song with Local Guest

Artists on Saturday at 7.30pm and A Christmas Tree service for all the family on Sunday Morning at 10.30am

WHAT HAS THIS TO DO WITH US?

We want this to be a real community effort - to stage a beautiful Christmas display, have an enjoyable weekend and in the process raise money for a good cause. We invite individuals, families, organisations, businesses and groups from the town to contribute to this festival.

WHAT CAN WE DO TO HELP?

There are a number of ways
i) **Sponsor a tree** - a £15 donation would give your business a mention on the Festival programme.



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Perhaps you would like just a few hours during the week, week-ends or some evenings to fit around your other life commitments.

To find out more, please contact Michelle for an informal chat, she will happily detail all of our current opportunities and will answer any questions you may have.

We look forward to hearing from you

All positions will require a full satisfactory enhanced CRB application.

Call Michelle on 015396 20303 or email at:
maw.bursary@sedberghschool.org

ii) **Decorate a tree** - you can decorate a tree to reflect your business and we will find a song title to fit eg a dentist could depict '**All I want for Christmas is my 2 Front Teeth!**', a clothes shop could be '**Lady in Red**', other possibilities are '**Please, Mr Postman**', '**The Candy Man**' and '**My Hometown**'

All trees will be provided but you are asked to provide the decorations and lights if required. A qualified electrician will be on hand to connect lighting to mains electricity.

iii) **Come to the Festival and bring your family and friends.**

YES, WE WANT TO BE PART OF THE FESTIVAL, WHAT DO WE DO

NEXT?

Festival Opening Times

Friday 3rd:- Preview from 1pm with switch on of lights by Tim Farron at 3pm. Open until 6pm

Saturday 4th:- Viewing from 10am until 6pm. Musical Evening Concert at 7.30pm

Sunday 5th:- Tree Service for all the family at 10.30 am followed by Coffee and Mince pies

Sunday 5th:- Viewing from 2pm until 6pm

Coffee, light lunches, teas will be available throughout the Festival.

For more details contact Nora Alderson Phone 01524 276256 or email nora@highgreenfarm.com

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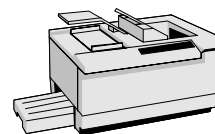
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TIM FARRON MP

Well we are certainly living in challenging times. When we were fighting the General Election in May I think we all realised that there were problems with the economy but I am not sure anyone really realised quite how significant these problems were. I for one certainly did not know that we were facing the largest spending deficit since the end of World War II (incidentally when records began). Clearly something had to be done and as a result we have seen the introduction of a range of measures to reduce Government expenditure and in the New Year we will see the increase in VAT.

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measures make me happy, they are just a very unpleasant but necessary medicine that is needed after the excesses of the last Government. However, to extend the metaphor, we need to ensure that as soon as the economy is better and back to full health the worst of the measures we have seen can be relaxed. I believe that we need to be a positive, vibrant economy where people can expect to receive the health care they need, children can expect a good education and those in need of help are properly looked after.

One of my major concerns has been and will continue to be ensuring that the cuts fall fairly across the country. Under the previous Government I became increasingly annoyed by their unfair urban focus. Anything that worked in London was automatically assumed to be OK for rural communities like ours. So we saw the budget for our hospital dictated by the finances of hospitals where patients only had to travel a couple of miles to visit. Even the agricultural policy seemed to be dictated by people who had never seen the fells let alone had

any idea of how hard it was to raise sheep on them. At least with the coalition Government we are seeing our area being treated more fairly. I have been promised that the budget for the new services at Westmorland General Hospital is unaffected by the plans added to which the spending review included the announcement of a 50% increase in spending on apprenticeships and the agreement to roll out 150,000 more affordable homes. These are all things we desperately need in this area.

On the subject of spending in this area, I was extremely pleased that Cumbria County Council not only completed their work resurfacing the A684 from Sedbergh up to the M6 but that they also took on board the problems with the blocked drain at the entrance to Lilymere that I and several other people drew to their attention. So now not only can people enjoy a smooth (and a fair bit quieter) drive along the road but they no longer need worry about encountering a flood or, as winter seems to be arriving rather early, some ice on that bend.

Even with the constrained Government budgets I will keep fighting for the needs of people in this area so if there is anything I can help you with then please do contact me by writing to Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me on tim@timfarron.co.uk or phoning on 01539 723403

Thanks for your support

Tim Farron MP

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FRIENDS OF FARFIELD MILL

Fundraising events of 2010

The Friends of Summer Raffle was drawn at Farfield Mill on 24th September. All the prizes were donated and over £1,200 was raised to support the development of the new Education Room.

Laura Rosenzweig is giving an illustrated talk '**Images of India from the Himalayas to the Bay of Bengal**' at Farfield Mill on Friday 26th November at 6.30pm to raise funds for the Friends. Laura recently visited India for the first time to explore the textile and craft heritage of West Bengal and Orissa and was inspired by all that she saw. The talk will complement Laura's exhibition of fabrics and photographs in Farfield Mill's Loft Gallery. Tickets are £4.00 (£3.00 to Friends of Farfield) and are available from either Reception at the Mill or Friends Committee members.

We are also working hard in the

garden – getting ready for next year's Plant Sale. We raised over £500 again this year and are planning to make this an annual May event so get in touch if you have any special requests (flowers, shrubs, vegetables) and we will see what our gardening Friends can do.

Anna Atkins (Committee)

WHY?

Why do you still march, old man, with all those medals on your Chest?

Why do you still grieve, old man, for those friends you laid to rest?

Why do your eyes still gleam, old man, when you hear those bugles blow?

Tell me why you cry, old man, for those days so long ago?

I'll tell you why I march young man,
with those medals on my chest,
I'll tell you why I grieve young man,
for those friends I laid to rest.

Through misty folds of gossamer silk,
come visions of distant times,
When boys of very tender age,
marched forth to distant climes.
We buried them in a blanket shroud,
their young flesh scorched and blackened.

A communal grave newly gorged in
the blood stained gorse and bracken.

And you ask why I March young man?

I march to remind you all
But for those Apple-Blossom Youths,
We may never have known freedom
at all.

Anon

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DENTDALE WI

Always such a busy time of the year and our Business Meeting reflected this with a very full agenda. Final preparations were talked through for the fund raising Apple Day on 30th October which is being held in the Memorial Hall Dent. Apple cakes, pies and chutneys will be for sale. Apple pie and cream with a cup of tea will be offered as refreshment! It proved a very good afternoon when we held the event a few years ago so we are hoping it goes as well this time! Freda Meakin has compiled a selection of members Apple Recipes to form a booklet which will also be on sale.

There are plenty of chances to be out and about with the WI during October and November. A group of members went up to Carlisle for afternoon tea and talks and demonstrations given by Cumbria Life in honour of the Federations 90th birthday celebrations. Still to come as I write, Pat Allen and Dale Smith will attend the Annual Council meeting in Ulverston on the 19th October when Ruth Bond NWF I Chair will speak as will Giles Brandreth, (broadcaster, author and so much more). We hope to have a team for the Federation Quiz to be held in the White Hart in Sedbergh on 1st November. A chance for a bit of retail therapy has not been forgotten with a planned trip to Boundary Mill by mini bus on Tuesday 23rd. So, plenty to suit everyone!

Our Speaker for the evening was Laura Harker, a very experienced

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cook! We couldn't believe how many items she packed into her demonstration of "Getting ready for Christmas" She made individual pork pies with hot water crust pastry, Salmon en crouete and mince pies in sweet pastry, all of which she cooked in the Memorial Hall oven at the same time she had a fig and cranberry relish cooking away on a portable ring on the table beside her. She filled filo tarts with spicy prawns and decorated a Yule Log and made *Mont Blanc in a Glass* with a chestnut puree and chocolate concoction! It all looked very good and enough for everyone to take something home by raffle. The little pork pies were among the first to be chosen!

Finally, at the end of the evening, we said goodbye to Judith Newsham who is moving to the Durham area. Judith has been our treasurer and she dutifully presented the end of year accounts at the meeting in readiness for the AGM next month. She hopes to join a WI near to her new home. Catherine Sugden gave her our signed card and present and offered our best wishes for her future happiness.

Pat Allen

OPERATION CHRISTMAS CHILD

Celebrates 20th Birthday

Thanks to the continuing generosity of the people of Cumbria thousands of gift filled shoeboxes were sent last year to children living in orphanages, in families in abject poverty and even street children in the Ukraine, Crimea and Romania. If you filled a shoebox last year THANK YOU.

Our Campaign dates this year are 1st - 18th November.

What Operation Christmas Child boils down to is one gift, from one individual to another. Can a skipping rope, tennis ball and a beanie hat and a few felt pens and paper really make that difference? Yes it can and does every year. To the children who have nothing, who have never received a gift in all their lives, it is almost unbelievable that this can happen to them. They smile, they laugh, they really cannot believe their eyes.

We are the world's largest children's Christmas project. From the U.K. alone 1.2 million shoeboxes last year. They went to children in need, regardless of their background or beliefs.

Operation Christmas Child intends, in this important 20th anniversary year, to make even more children happy.

Will YOU help to make this possible? Will you and a group of friends from work, school, church or club fill a few shoe boxes between you? Many people in their 20's and 30's say "Oh yes, I did that when I was at school." Please do it again. It

is not a job just for children. Young couples and people of all ages get a real joy, and that "feel good factor" from shopping for and filling a box for these very deserving children.

Leaflets are available in many shops already. On line put Operation Christmas Child U.K. into any search engine or go directly to our website www.operationchristmaschild.org.uk or phone 0870 011 2002.

Polly Robin

Daphne Jackson

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SEDBERGH SCHOOL LOCAL BOYS' FUND

The Committee of the Sedbergh School Local Boys' Fund will meet on November 23rd 2011 to consider any grant applications from local boys in the parishes of Sedbergh, Garsdale and Dent. The requests should be for any assistance towards the purchase of books, equipment or other expenses incurred at a primary, secondary or higher educational level.

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



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SEDBERGH GOLF CLUB

Junior Success At Sedbergh Golf Club

The junior section at Sedbergh Golf Club continues to go from strength to strength. The current crop of junior members have really shown their potential this year, with the majority drastically reducing their handicaps, notably; Jack Leddy 24 (from 28), Liam Mason 28 (from 36), Kieran Milburn 24 (from 32), Ross Sedgwick 24 (from 31), Rob Stafford 24 (from 28) and Jake Woof 10 (from 23).

There have been a number of fantastic individual achievements



throughout 2010. Jack Leddy achieved the incredibly rare feat of a hole-in-one (at the 2nd hole with an 8 iron). Kieran Milburn was the first of our juniors to win a club competition (competing against the men) when he won the Builders Supply Trophy in June. And Liam Mason and Jake Woof have represented Cumbria in the Cumbria Futures Tour and have both also been asked to train with the Cumbria Junior Squad over the winter.

Liam also won the 4th Division of the Junior Open at Penrith Golf Club.

The drive and dedication shown by our Junior members has been fantastic and we are proud to have them representing the club. We are looking forward to celebrating more of their achievements in 2011.

2011 Coaching

Next summer we will again be running the free coaching sessions for beginners and juniors, which have proved incredibly popular over the last two years. More details will be available in Spring 2011.

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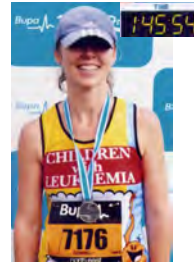

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GREAT NORTH RUN

There were many runners in this years Great North Run on Sunday 19th September and seven of them came from our area and finished in times between 1 hour 45 minutes and 2 hours 39 minutes..

One of them was Liz James who finished in a time of 1h 45m 54s. Liz was Sponsored and raised nearly £600 for Children with Leukaemia.

Liz is very grateful for all sponsorship and support she received in helping this worthwhile Charity.



Malcolm Sayner is another runner. Malcolm completed the run in 2 hours and 4 minutes and raised over £300 for Cancer Research UK for which he is very grateful for all the sponsorship.

Ian Cousins completed the course in 2 hours and 27 minutes and thanks everyone that sponsored him to raise £345 for Cancer Research.

Paul Sayner completed in 2 hours 39 minutes and raised an amazing £555 for the Sedbergh Toy Library who wish to thank him for raising this money for a very worthwhile facility.

Congratulations to all our local runners and to all those that participated to raise money for good causes.

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DENTDALE CHRISTIAN FELLOWSHIP

We came under "Alternative Service" in last months Lookaround but now we have a name, a big poster with our name on and logo which is an Eagle and the words; "In Jesus we have the victory to mount up as Eagles". Stepping out into that promise we were part of the recent event at Whittington village hall when ex-gangster Davey Falcus came from Newcastle to share his testimony and minister to the 60-65 people who gathered there. You might well ask, how did something in Dent get involved with an event in Whittington .. it was the first available village hall we found, those closer to home were booked on Oct 9th!

We are NOT a "church" we are a fellowship of born again believers who want to get together from time to time to pray, praise God and hear testimony to His love and grace from others of the same mind. We are not part of any denomination and everyone is welcome.

The main event is the monthly Sunday evening gathering in our home, we try for the 4th Sunday in the month but it sometimes changes so do ring to check, it doesn't put you under any obligation. Would you appreciate meeting for a coffee? Or know someone is praying for you? All in confidence.

When we gather we sing, listen and pray then chat over supper. Parking available. All free. We'd love you to come.

*John & Sarah Woof. "Rhumes"
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LUNCH CLUB

The newly formed Thursday Lunch Club which meets in the Red Lion on the Second Thursday every month had 20 to dine on 14th October.

Lunch is served from 1200 and there is usually a selection of meals to choose from.

There is no 'Membership' required but if you would like to attend and join in this new social venture, please contact Mary Gladstone on 20438 for more information.

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MULTIPLE SCLEROSIS GIANT TABLE TOP SALE

On October 9th in the Peoples Hall everyone woz buzzing about making the final touches to their tables before I said are you ready and at 9.30 the doors opened and people flocked in, buying, browsing and then having a brew and a chunk of homemade cake, yum. People were still buying when the stage curtains opened and the Sedbergh Junior Town Band played for us and the only thing to say about the Juniors was that they played brilliantly and we were honoured to have them come and play for us.

We sold items, bought things and listened to the Juniors. They were great. Thank You. There woz a giant raffle and some super bric-a-brac. People went away with some bargains and a smile because it was such a great friendly morning.

Later on when everywhere was tidy and at home adding the money up and donations, days after, it came up to a staggering £600 which is blinkin' brilliant, so many, many thanks to everyone who had tables, helped or

came and donated, and also to all who baked and donated raffle prizes. We could not have done it without you. Thanks XX *Sandra*



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DRIVING COMPLAINT

As a visitor to Sedbergh I was surprised at the speed of traffic proceeding down Main Street.

Mid afternoon today, young children were in danger of serious injury with drivers having little or no regard to their presence. 30 mph is unacceptable in such a closely confined environment with heavy pedestrian activity.

I would hope that action can be taken before a serious accident occurs.

Robert V Wright

Unfortunately, some people think that the 30 mph is the Minimum Speed and not the Maximum Speed, wherever they are.

Drivers, put you mum, dad, son or daughter in the road in front of you and see if you can stop in the distance you can see to be clear. When death occurs, it's too late!

Ed.

**SEDBERGH & DISTRICT
ART SOCIETY**

New season--new venue! The URC Room afforded plenty of space for a good turn-out at our meeting on 8th October to watch Catherine MacDiarmid fashion a charcoal portrait.

"Watch" was the operative word. Catherine preferred to answer questions during and afterwards rather than talk as she worked, and most of the time you could have heard a pin drop!

She started with a thick piece of charcoal on very smooth 220gm paper, simply smudging in areas of tone, while sussing out scale, size, and general shape. Throughout the session, her meticulous assessment of proportion and angles was impressive --- she said later that an understanding of the structure of the face was vital. Combining the use of

varying thicknesses of charcoal alongside judicious use of a rubber for highlighting, and enhancing tone, her aim was to work with tone constantly to create a non-outlined shape.

The final result had the power of a sculpture, and a remarkable likeness which captured something of the sitter's character.

An encouraging start to our winter programme, which of course includes the informal fortnightly portrait group, and the equally informal weekly Wednesday morning group!

The next demonstration meeting will be on 12th November at 7.30pm in the URC Room, given by John Sibson, subject "Large Scale Watercolour Landscape."

V. Finch

LETTER WRITING

I was most interested to read Sarah's 'Family Musings' in last month's *Lookaround*. I do have a writing case, as mentioned by Sarah, which was given to me as a gift by my Uncle Willie and Auntie Hilda (Bracken) when I was somewhere in the region of 10 years old.

It is still in regular use after more than 55 years! Unfortunately my writing pad is not Basildon Bond - a bit too 'posh' for me, but 'The Works' equivalent does the same job. Sadly letter writing seems to be a dying art, but I enjoy writing letters and enjoy even more receiving them!

Mary Airey

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MAIN STREET

Over the last few months I have seen many youngsters (10 to 16 year olds) playing on Sedbergh Main Street. "So what's the matter with that?" I hear you say.

A few times I have stopped and chatted to them, explaining how I thought it not a good idea, playing football or chase on the street.

Jumping on and off the wall outside the Information Centre onto the seats below. That seats cost a lot of money and were in memory of people.

Since then 2 of these seats have been damaged, 1 having to be removed. Other damage has been done in the grounds of Settlebeck School including a Memorial Seat to my parents and brother. This was done we think by Bored teenagers. A lot of elderly people enjoyed resting on this seat after a walk and it cost me a lot of money.

I wonder if you know where your children are when they go out? I think not.

Thank you for your time.

Ann Allan

This is not a new problem and rears it's head every now and then.

Generally, the children in our community are well behaved and have respect for themselves, others and property. There appears to be this minority that have no thought for anyone else, which includes their parents.

Parents and Grandparents, we have a great tradition in this town and it would be a shame to let it go for the sake of a few inconsiderate youths.



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BARNARDO'S

The Sedbergh Barnardo's Support Group would sincerely like to thank all who supported their October Coffee Morning, gave donations or helped in any way. We raised the wonderful total of £374.

A Metcalfe

SEDBERGH HEALTH CENTRE

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

Thursday 18th November
No Session in December
Tuesday 18th January
Wednesday 16th February
Thursday 17th March



BROADBAND 2

For about 10 days from September 7th to 17th many broadband users in Sedbergh and district experienced a painfully slow service often only a few percent of their nominal speeds. The problem was caused by a fault at Sedbergh exchange but it was ten days before BT admitted this.

The problem occurred with a variety of different ISP's including BT who have admitted that at least 40 of their customers had reported the fault. Each fault report, whether to BT or to other ISP's, was treated as if it was a one off, with tests being carried out on lines, and routers and hubs being replaced across Sedbergh.

On Wednesday 15th once we had realised the problems were not isolated, Dave Collier and I from the

Chamber of Trade carried out a survey to find the extent of the problem. That evening I submitted the results of the survey to my ISP Demon who the next day was then able to challenge BT. Even then BT initially denied there was a problem but 3 hours later finally accepted that there was a fault at the exchange. It was repaired by Friday evening. The most important lesson to be learnt from this is if you have a problem with your broadband, and have already reported it to your ISP who have not been able to fix it, then check with other users in Sedbergh to see if they are having similar problems. It is a good idea to identify other users who have the same ISP as yourself to check with them initially.

The Chamber of Trade also contacted the Westmorland Gazette and reporter Emma Lidiard was very helpful and had the excellent idea of reporting the matter to BT's Press Office. The Chamber has also submitted a complaint to Ofcom about the absence of any way for a group problem to be submitted to BT.

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BOOKWORM

..A history focus this month as one book lead into another in the quest to know more....

1. Nella Last's War edited by R Broad and S Fleming (memoir)

Starting in September 1939 and based in Barrow, Cumbria Nella's is a first hand account of the domestic side of the 2nd world war - turning the back garden into a hen run, volunteering with WVS, running a Red Cross shop, making do on rations plus the strain of bombing raids and infrequent contact with absent sons. I found this lively, intelligent, emotional diary writing in which tips to the Lake district especially Coniston were a solace.

The sequel is Nella Last's Peace edited by P and R Malcolmson (history).

These post war diaries are humbling and enlightening especially to those born after that time. I felt I was living at 9 Ikley Road so effective is the writing and the coverage of topics embracing the detail of 'ordinary' lives.

(The diaries are part of the Mass Observation Social Research Archive housed at Sussex university)

2. Austerity Britain 1945-51 and Family Britain 1951-57 by David Kynaston (history)

These 2 huge volumes are a mammoth, comprehensive, social and political history of Britain during these 2 periods (with more volumes to follow). Kynaston draws on many diverse sources and tackles eg

education, employment, architecture etc and identifies and tracks the origin of influences in the development of what we experience as life today in contemporary Britain. *RM*

CYCLE REPAIRS



Contact: Justin Kirk
Sedbergh 20213
After 6pm only weekdays
Any time Week Ends

DENTDALE

FOLK CAROLS WEEKEND

Then next month in December we have our celebration of village carols in Dent with carols from all the ages - and several different countries as well including Slovenia, Poland and the Gaelic speaking islands of Scotland. There are workshops to learn the songs during the day in Dent on Saturday, and also on Sunday morning in Dentdale - although at some of the workshops written music will be provided, most of the songs will be taught by ear so you are very welcome even if you don't read music. Those who only sing in the bath or along with the radio in their cars are very welcome!

We'll also have our annual concert of West Gallery Carols with the Gladly Solemn Sound choir in the Dent Memorial Hall on Friday evening

December 3, a singing session in the Sportsman's Inn on Saturday evening, and a walk on Sunday afternoon via Wherside Manor where Lord and Lady Johnson have invited us to sing. They have always - in true Thomas Hardy tradition - shown a great hospitality to us humble carollers. We'll finish with a slap up afternoon tea in Dentdale. I hope you can join us.

David Burbidge



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MICROSOFT SCAM

I wish to congratulate Judith Walsh on her good sense in not falling for the Microsoft Engineering Scam and on giving us all the benefit of her experience. I also was phoned by an alleged Microsoft Engineer speaking with an Indian accent about 10 days ago. I have had no contact with BT for a very long time but fortunately I too did have the nous to decline the offer. I had completely forgotten the article in "The Guardian" on 19th July '10 which I had put in my cuttings file. This explained that the scam has been around since 2008, is run from call centres in Kolkata (Calcutta) by

teams who are thought to have access to sales databases of hardware and/or software suppliers. This cannot be the only method of contact as the victim cited in the Guardian piece was using a computer not bought in his name.

I would recommend Zen as an Internet supplier; they are based in Rochdale you can talk to them, they are helpful, they will call you back if the call is lengthy although if you use their "Voice" feature calls to Zen will be free. The contract with Zen is monthly renewable so it is easy to move on if you wish but I am very happy to continue with Zen after 2½ years.

I have no connection with Zen other than as a customer. *F. Wright*

ZEBRA BAG2SCHOOL

Zebras are having a bag2school collection on Friday 19th November. Bags can be left at Sedbergh Methodist Church Schoolroom on Wednesday 17th November between 1pm - 3pm, while Zebras is on. If you would like any bags collecting please phone Trish: 07890 302038. We accept all clothes, shoes, bags and sheets. please help support the local toddler group. Thank you.

Trish Woolf

HEALTH CENTRE

Please note that the presentation of the information held on the Back Page of *Lookaround* has changed. Please familiarise yourself with the details. *Ed*

ROYAL BRITISH LEGION

The next Meeting of the Sedbergh Branch will be at 7:15pm on Thursday 4th November in the White Hart Club and this will be the AGM.

All Members are invited to attend and new Members are always welcome.

CHURCHES TOGETHER

in Sedbergh

November is a quieter month for the churches as we all prepare for Christmas activities, services and the rush that December brings. However Remembrance Sunday is an important event this month in the annual calendar as we have the opportunity to share worship at St Andrews. The service always aims to have all the churches involved and the speaker each year is from a different church to bring new thoughts and reflections on Remembrance.

This year the speaker will be Revd Carole Marsden from the United Reformed Church. In addition this year members of Churches Together will provide a childrens activity to run through half of the service for Brownies, Choir members and any other children who are there. This really is a chance to pass on the importance of Remembring to children without them having to be silent for a whole hour.

Whilst it is a quiet month the regular events continue such as the After School club on Tuesday nights at the Methodist Church and The Monkey House Youth Club on Friday nights for Yr7+ above the library. By the time

of this publication, the October 'Hero and Heroines' party will have happened and will be reported on next month. Till then God Bless!

Carole Marsden

DENTDALE MEMORIAL HALL

What a fantastic total raised at Dent Gala! £2865.67. This was made possible by a lot of hard work by a great many people and by the kind generosity of many local individuals and businesses who made donations to "Sponsor" various things which in the past have had to come out of the takings. The glorious weather helped too! We are arranging a get-together for all who helped on the day. We have challenging times ahead and I am very encouraged by the wave of support which exists for the Memorial Hall.

Sarah E Woof (Chairman)

SEDBERGH & DISTRICT HISTORY SOCIETY

Slides of old Sedbergh including Akay.

The book of photos of old Sedbergh produced by Sedbergh & District History Society proved popular with local people. However, it only contained a fraction of the photos that the society possesses. The collection started with slides but now they are all stored on computer. There will be a talk at Settlebeck School on Wednesday 17th November at 7.30pm to show some of the original slides at which non-members will be most welcome.

The thought that once there was a

large house in Akay Wood surprises those that walk through it and among the slides to be shown will be several of the exterior and interior of the house plus its extensive gardens, the remains of which still exist. In addition there will be slides of the gardens and exterior of Ingmire Hall before it burnt down.

Farming has changed out of all recognition in the last few decades and this will be shown by slides of farming in Howgill taken soon after the Second World War. Finally there will be some slides of old Sedbergh itself.

Members should note that the date of this talk is different from that shown in their winter programme. The talk on Afghanistan originally planned for that date will now take place on Wednesday 1st December.

Richard Cann

LATE NIGHT OPENING

We would like to use a photo of a previous year's Late Night Opening as the cover of December's issue. Do you have a nice colour photo of the Town Band, the Christmas lights, Santa in his grotto, customers in your shop or mulled-wine-bearing revellers on Main Street? If, so please contact the Lookaround as soon as possible.

Ed

St ANDREW'S CHURCH YOUNG MUMS

The Young Mums of St Andrew's Church, Sedbergh are holding a Christmas Table Top Sale in the People's Hall from 9:30am to 12

noon. If you would like to book a Table or to give any donations which would be gratefully received, please contact Donna on 20570.

TROTT MUSICAL FOUNDATION

A call to parents

Do you have a child who is, or might be interested in music in some way? The most obvious is learning an instrument, either at school based lessons or privately. The Trust is able to assist with the cost for anyone under 18, who was born, resides in or is being educated at a local authority school in the district.

The Trustees request parents to complete a simple application form. The funding can be long term subject to evidence of satisfactory continuation and progress, such as teacher's comments, being provided with applications.

Applications are considered each term.

20 youngsters are currently being helped. Forms can be requested by telephone 20365 or collected from the office of Dalton & Hague at 7 Main Street.

The next closure date for applications is Monday 6th December 2010, so please return the requests by then to Dalton & Hague, for grants for help in spring term 2011.

The Trust was established under the Will of the late Freda Trott of Sedbergh, who died in 2007. Approximately £10,000 has been distributed to date to help the young folk of the area as Freda planned.

GD

BEE LOCAL

Winter food 'emergency' service launched as clocks go back "dial-a-soup" among the range of goodies from Beelocal.co.uk

A Kendal business is coming to the aid of dozens of villagers in rural corners of South Lakeland as the clocks go back this winter.

Beelocal.co.uk delivers locally-made produce to people's homes and proved a lifeline for many after last year's extensive flooding in November, when a month of snow and ice cut off many isolated Lakeland hamlets in the worst winter for 70 years.

The extreme weather meant many people living across South Lakeland,

South Cumbria and the Yorkshire Dales, couldn't get to the shops.

This caused massive problems for the elderly living on their own in out-of-town locations or those without access to transport or unprepared to risk driving in the conditions.

Beelocal.co.uk based at Aynam Mills, Kendal, was inundated with orders and now to celebrate its first year in business, it is expanding its service as the clocks go back.

Traditionally, Beelocal.co.uk customers log onto its website to buy local food produce online – choosing from 1500 different products - and then have it delivered to their door. A new way of ordering is being introduced with an eye on the elderly



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who can be less comfortable with using and buying online.

It will give them or their families the chance now to **telephone** food orders to the company's Kendal headquarters to order goodies like warming soups, boxes of fresh locally-grown veg, delicious sticky toffee puddings, hot chocolates and even locally-brewed real ales and vintage ports.

Beelocal's fleet of 4x4s will go out and collect the food from the range of local food producers and shops across the area and then deliver it direct to customer's doors – whatever the weather. So a food shop that would have involved people struggling to get to six different shops can now be accomplished in just a minute.

The new system involves people getting a menu from the company (rather like a takeaway menu) where it lists essential items they need like fruit and veg, fresh meat and fish and bakery products. They can even telephone in for pies, cooked meats and even store cupboard items like cereals, tea bags, cleaning products and toilet tissue.

Beelocal.co.uk only charges £3 for making a delivery. Its patch is extensive and includes bigger towns like Kendal, Grange, Staveley, Windermere, Carnforth, Kirkby Lonsdale, Sedbergh, Dent, Kirkby Lonsdale, Lancaster and Morecambe, as well as many smaller villages in the area.

In the past, Beelocal.co.uk, has also won rave reviews from Westmorland MP Tim Farron for its work to unite

the area's rural businesses and helping residents support local food.

Tim Farron MP said: "**Beelocal.co.uk** gives our communities the chance to support local traders from the comfort of their home. It means that independent providers such as butcher's, grocers and brewers can compete against the might of the supermarket."

South Lakeland has a scattered network of independent food businesses but **Beelocal.co.uk** has helped them unite to get their produce out to customers in one-trip.

If you would be interested in the service and would like to know more information or request an ordering brochure, call John on 01539 737166.

After you've gone....

Making a will is the right choice for you and your family—don't put it off until it's too late.

Contact Nicola Steadman on 01539 720136

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CUMBRIA WILDLIFE TRUST

At the Water's Edge – Sir John Lister-Kaye

As part of the Sedbergh Festival "The Write Idea" it was a privilege to sit at the feet of Sir John and listen to him expound on themes of "wildness" initially prompted by his latest book. His book is themed on his observations during his daily walk around the same walk at his home in the Scottish Highlands. But the material he covered went far wider than that and proved captivating and I was sad to hear him draw his talk to a close, only for the fascination to build again as he responded to questions from the audience. As a doyen of Scottish Conservation he has been

appointed as a senior member of most, if not all, of the major Scottish conservation bodies and quangos. For a while he was Chairman of the Highland and Island Nature Conservancy Agency which brought him into contact with many other conservation leaders and projects. "It was a privilege to visit all these projects"; "it was a luxury to turn a passion into a career". Tying all this together he expounded on his concept of our search for wildness, reintroduction of UK extinct species and the potential for conflict between science and nature. He talked excitedly of the potential for biogeomorphological change occasioned by some of these species

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to remedy the actions of humans in some ecosystems.

One ever present strand in his recent life has been sharing the perception of nature through the eyes of his daughter. Once he realised that her view was as valid, if not more valid, as his, his daily walks became even more inspirational. His daughter was taking him back to his childhood and reawakening him to the naive but valuable point of view of a child with no "proper" scientific preconceptions. He realised that it was not him taking her out to teach her, but rather, he was being educated by her. He read extracts from his book to illustrate her

question "Daddy, can we do something dangerous and exciting today?". When asking his daughter at a slightly older age what natural experience she would most like to have, she responded with a request to see Polar Bears in the true wilderness (not scavenging on the rubbish dump at Churchill). He read an extract illustrating their mutual experience joining a group of Russian scientists working from a meteorology ship in the sea ice in the Arctic Ocean and the sheer privilege of sharing a moment with a polar bear and her cub.

Another quote recorded his interaction with a pine marten in

which he perfectly captured the apparent resentment of the marten at the intrusion into his personal space while engaged in the acquisition of his "dinner". He continually revisited the idea that nature is not just for the privileged few but that wilderness and wild nature are everybody's. His recording of the relative feelings of a concussed Goshawk and himself during the few hours while the bird recovered were spellbinding. I can do no more than lift a quote from his book to illustrate the richness of his writing.

"I left the dogs curled in their kitchen basket, pulled on my old jacket, my boots, had my gloves, grabbed my binoculars and stick and set out on

the circular walk I have done more times than I can count, I turned up the Avenue between the tall trunks of ancient limes and horse chestnuts, kicking the drifts of leaves across the path just for the reassuring swishing sound they make.

My walk takes me gently uphill, northwards with the sun at my back towards high, rocky crags and then round to face the lurching clouds of the Atlantic west by following the Avenue's parallel lines of lofty trees, precisely planted by Victorian landscape gardeners. Now, more than a century later, in the reassuring way that nature always does in the end, the trees have broken free."

His home has been converted into a

New Shop! New Shop!! New Shop in Sedbergh!!

Find us **opposite the public loos** and the turn into Joss Lane Car Park. We are called '**Patch and Fettle**' which has caused some amusement but which we feel is right for the times (Patch and Fettle = Make do and mend!). The idea is that we **re-cycle** useful and often beautiful **older items**: bric-a-brac, books, vintage clothing and jewellery, kitchen equipment, sewing aids, quilts and eiderdowns, pictures and small antiques, all at eminently **reasonable prices**.

We also intend to run a series of **fund-raising events** for charities. Since we don't have the facilities for making tea or coffee, the events will feature **wine and nibbles** with soft drinks available too. The next event will be on **19th November** (see our chalk board for details) on behalf of '**Children in Need**'. We have already (in our third week of opening!) raised over £170 for the **Macmillan Nurses** charity. Many thanks to all who contributed.

Avril and Barbara

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field studies centre from the 1970s and is now almost fully occupied the whole time. He is most proud of the fact that over 5000 children have visited over the last 12 months and that a full training programme for conservation rangers is based at Aigas Field Centre. It is also available for any individual to visit, stay or embark on one of their courses. It has certainly gone onto my "must visit" list. I must wholeheartedly recommend purchasing a copy of his book which makes compulsive reading.

MP Ripley

FROSTROW WI

We had a break from tradition (yes, the WI CAN change set traditions!!) at our October meeting. We heard our speaker first and had our business meeting afterwards. We had an excellent talk and slideshow by Susan Garnett who entertained us

with tales of her escapades on a holiday in Venezuela with her daughter. We were full of admiration for the way she'd coped with camping on the beach, sleeping in hammocks and encounters with scorpions! Thank you, Susan, for such an interesting evening.

The Book Club met at Linda Hopkin's to review "Chocolat". The story was set in a small village in France and recounted the effect on the villagers when a young woman moved into the village and opened a 'chocolaterie'. We had a lively discussion with mixed feelings about the book, although most people had enjoyed it. Our next book is "The Young Victoria" by Alison Plowden.

The Lunch Club went to Abbot Hall in Kendal. After an enjoyable meal they visited the Lowry exhibition. Next month's lunch stop will be 'Country Harvest' near Ingleton.

Denise Thomson



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SLOVENIA TOUR

At the time of writing I am packing my bags in preparation for a tour of Slovenia with a choir who came to Sedbergh for our International Choirs Meet in May. Wercas Folk, led by folk legend Sandra Kerr, befriended the Zrece women singers Pevke iz Brinjeve Gore and are looking forward to their day out together on the hill beside our twin town. Our tour which includes singing and dancing alongside several other choirs who have visited Sedbergh over the years - including the Crni Vrh male voice singers Pobje, the Zrece Jurij Vodovnik choir, the Skomarje dancers, the Lukovica male voice choir in the Ljubljana Waldorf School,

and Ljoba Jence and the Cerknica choir at the Vanishing Lake. We are also extending our network of choirs when we meet a choir from Croatia, the Skofja Loka singers at a castle near Ljubljana, and what I am hoping will be the crowning glory of our tour - a concert in the church on the island of Bled. We have already booked our gondolas to take the singers out to the island.

Our 27 singers will also meet another 25 English people who are visiting Zrece from Sedbergh at the same time - our concerts and dances will be truly international with both English and Slovenian performers and audience. And we may meet them in other places on our many

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PET STO METROV VISIT

In the other direction the Zrece rock band Pet Sto Metrov had a successful tour with several gigs in London, Lancaster, Kendal and Sedbergh. I was able to get them some fairly good fees for some of their performances, while at the others in the capitol where they weren't paid the venues boasted that at least they didn't charge their performances for the privilege of playing there! The Sedbergh gig at the People's Hall was as well attended as a mid week gig in the holiday period could be - lavishly lit by Andrew Allan with sound kindly produced by Ian Hutt and students and teachers Kendal College. Conversations outside the hall, where most of the audience gathered with our Zimmer frames to preserve what was left of our hearing, included reminiscing about how playing in bands over 40 years ago had produced noise related deafness. Dave Smith explained how this

expertly played music was mostly from 1970's British rock hits and possibly explained the near absence of anyone under the age of 30.

Many thanks to all who helped - especially Andrew Allan and Ian Hutt, Ernie Hailwood who let the band stay on his farm, Susan Garnet who invited all the young men for a shower in her home, and everyone else who befriended them. The band returned to Sedbergh unexpectedly at the end of their tour and took the opportunity to stumble out of the pub late on Sunday night and sing lullabies in the High Street. Quite rightly local people who work early on Monday opened their windows to tell them to go away! I explained to the youngsters in the band that I didn't spend months working on their tour just to alienate the good people of Sedbergh from our project, and they kindly wrote an apology to those they had disturbed - possibly helped by me withholding videos I had made of their tour until they did so.

I wish you all a very special autumn.

David Burbidge

ACUPUNCTURE

A different way of working

To celebrate ten years of acupuncture practice in Sedbergh, I went on a study trip to Hangzhou in China in September. I shadowed two doctors in the acupuncture outpatient department of a traditional Chinese medicine hospital. One of these was the head of the department and she was so busy that she sometimes ran from one patient to another. She often had ten patients at one time: most of them resting with the needles in place, some having heat treatment, one actually being treated and perhaps one waiting for treatment. The atmosphere was busy: patients and their relatives coming and going, one or two student doctors and two of us from England. Although the beds were in alcoves, everybody had their treatment in the same room and patients were chatting and joking with each other and talking on their mobile

phones. For me, this lively atmosphere was a real eye-opener, as I have usually (with the occasional exception of married couples and parents with children) only seen one patient at a time.

The other doctor was a specialist in treatment for people who had suffered a stroke. She visited the wards to treat inpatients who had recently had a stroke (the treatment for this was rapid, the needles were put in and out very quickly) and had many patients come to her to resolve longer standing symptoms of stroke, such as loss of movement in arms and legs, facial paralysis and difficulty talking. In China acupuncture is a treatment of choice for these symptoms. She used specific acupuncture points on the legs and feet to help prevent recurrence of a stroke.

While I was there, I saw many different conditions treated with



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acupuncture. These included: cervical spondylosis, frozen shoulder, back and knee pain, "table-tennis elbow", numbness of the fingers or sole of the foot, Bell's palsy (facial paralysis) trigeminal neuralgia, vertigo, hypertension, migraine, insomnia, chronic cough, irregular menstruation and myopia (children). A number of patients, who by our standards were mildly overweight, came for treatment of "obesity". Interestingly, the acupuncture doctors were against strict dieting as a means of weight loss because of the tendency of the weight to increase at the end of the period of calorie control.

For me, however, the most significant thing was the social



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atmosphere of the acupuncture clinic. Many of the patients knew each other from previous occasions and some patients came together: mothers and daughters, married couples, elderly people with their carers. I am motivated to make acupuncture more open and friendly here too. For this purpose I am offering lower cost "open clinics", where two or three people will receive acupuncture treatment at the same time (don't worry, I am not going to suddenly start treating ten people at once like Dr Bao in Hangzhou). Open clinics will take place on Thursday afternoons and occasional Saturday mornings, starting on 11th November. At other times, individual treatments will be available as usual.

If you think you might benefit from acupuncture treatment, I would be happy to talk to you on the phone about your situation. My telephone number is (015396) 20972. *J Parker*

MIDDLETON TREES

I am very pleased to confirm that Middleton has been awarded a Community Tree Planting pack by the Woodland Trust. In early November we will be receiving 105 trees (coincidentally, one tree for each person living in Middleton).

The mix is designed for wildlife and includes Hawthorn, Hazel, Birch, Rowan, Oak and Blackthorn. Several of you have already volunteered space and suggestions for the location of these trees but there are plenty more to go around. They can be planted by the roadside as long as they are at least 2 metres from the highway. The Woodland Trust is also keen that any planted on private land

are all visible to the community. As these will be bare root trees, we will need to plant them soon after delivery, so on Saturday 13th November at 1100 we will be gathering at the Church for coffee and biscuits to agree on the planting plan.

If you can also help with the planting, please bring with you a spade or fork and any wood that can be used for tree stakes. This will help not only with supporting the trees but with identifying their location in the summer when the weeds have grown around them. Please ring me if you have any suggestions for their siting.

Michael Roberts
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8	J.R Hopper & Co, Leyburn	22	5
9	Hackney & Leigh, Kendal	25	4
10 =	Cobble Country Property, Sedbergh	30	31
10 =	Fine & Country, Lakes and North Lancs	30	3
12	Michael C L Hodgson, Kendal	31	6
13	Pearson & Pearson, Kendal	33	1
14	Carter Jonas, Kendal	40	6
15	121move.co.uk, National	50	1
16	Davis & Bowring, Kirkby Lonsdale	71	1
17	Christopher Whelan, Sedbergh	73	30
18	Penrith Farmers & Kidds, Penrith	127	1
19	Sandra Forster & Associates, Bramton	164	1
20	Fisher Wrathall, Lancaster	176	1

SEPTEMBER WEATHER

The month started and ended being reasonably dry but in mid month it was truly wet. In fact, although we had 13 days without rain, we ended up with 4.96 inches due to some very wet days. The warm dry start gave us a top temperature of 77.0F but on the low side we had our first ground frost of the season with a minimum temperature of 34.3F. It was quite a breezy month with only 8 days when the maximum wind speed did not reach double figures. The maximum gust recorded was 23.7mph. Again on only 3 days did the wind not blow from the North West. Atmospheric pressure reflected the breezy month being generally on the low side.

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The dry warm start was accompanied by the noise of tractors as everyone seemed to be trying to get a cut of hay or silage. A hatching of butterflies also occurred during this period with small numbers of red admirals, peacocks and small tortoiseshells being on the wing. Fortunately we had some late buddleia flowering for them to feed on. I often wonder where the butterflies hide when it is raining hard as you never see them though bumble bees will fly in rain if it is not too heavy. The badgers are still continuing to dig for worms in the field. I lost a duck to a fox before I shut up so I shall have to be more vigilant. The baby swallows left on the 5th of the month. By mid month only a few stragglers were passing through on their way South. I think it is remarkable that these tiny birds, which have recently left the nest, should set off on migrations of thousands of miles. The first skeins of geese passed over late in the month. The mallard still drop in for their breakfast but have been less frequent towards the end of the month.

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BROADWOES

Following Judith Walsh's piece about slow broadband speeds in October's Lookaround here is a brief rundown on what happened and some thoughts for the future.

On September 6th about half of the telephone lines in Sedbergh started getting internet connection speeds so slow as to make them next-to unusable. It took ten days to get this fixed, primarily, it seems, because BT failed to acknowledge that the problem was in the exchange and not on the equipment of the individual users.

Why, when so many people were affected simultaneously did BT seem unable to put one and one together

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and make it 40 (the number of BT internet subscribers who reported problems to BT, and this not counting those who get their internet from other service providers and were reporting the problem to them)? Corporate arrogance maybe? Who knows?

In trying to get this resolved we were greatly helped by Emma Lidiard at the Westmorland Gazette who persisted in chasing the BT press office for comment and tried, without success, to raise the issue face-to-face with BT's managing director of New Generation Access (whatever that is).

Emma did eventually get a response

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from the BT press office that was so outrageous that I contacted the press office and in the strongest terms complained about their behaviour. My comments got escalated to BT's chief apologist and, possibly by coincidence, the problem was fixed that very day.

The lines that had been affected lost internet altogether on the morning of the following day (a Saturday) though by 5.30pm came back on again. So far all has been well since.

Tim Farron has written to the chief executive of BT on our behalf and quite separately the Chamber of Trade has received a response to its own letter to the chief executive's

office saying that they are looking into the matter further.

We want a mechanism whereby we as a community can make contact with BT other than via the press or parliament. I don't think we'll get it any time soon as it would involve BT in quite a culture change.

Should we experience similar problems in future we can be more nimble if the Chamber of Trade is informed as soon as a number of people identify that they are all being affected by an internet connection problem that started at about the same time. Then we as a community can act more swiftly than we did.

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RACKETBALL

Comes to Sedbergh

Sedbergh Squash Club has been awarded a grant by Cumbria Community Foundation of £900 for fittings and equipment. As the equipment money covers the purchase of racketball bats and balls this new sport is now available to enjoy in Sedbergh. Racketball is played with bigger headed rackets than squash and a larger, more bouncy ball. The game is particularly suited to beginners and those that are looking for longer rallies.

The revitalisation of the Squash Club is now well under way with junior and adult coaching taking place on Thursday nights. Settlebeck School is already benefiting from coaching sessions in its sports hall and it is planned that other schools in the area will soon take part in this programme.

The Club caters for all standards so if you are interested in playing squash or racketball do contact me.

Douglas Thomson 015396 21747
douglas@ddathomson.co.uk

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The next Sessions will be at the People's Hall from 2pm to 4pm then 5pm to 7.30pm on Wednesday 10th November.

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EDITORIAL

A few blunders made last month for which I apologise.

First is the event of the Apple Day on 30th October submitted by Kate Cairns which I completely forgot both in an Advert and the Diary.

The next is the Domino Drive for Dent Pre-School that was down as being on 12th November. This was changed to 29th October. I unfortunately put it into the Diary as 29th November.

OUR OWN new e-mail address should have been editor@sedberghlookaround.org.uk. It is no wonder I didn't receive many here.

In the September issue, Charlotte Gardner's Birthday was listed as being on 1st instead of the 21st.

Again, apologies to all. DJW

SEDBERGH WANDERERS FOOTBALL CLUB

As promised, it's time for an update on our latest fundraising plans. Since the end of the last one big weekend, we have gone full steam into preparations for next year's event, as well as some others in between. Next years 'One Big Weekend' will take place over the weekend of Friday 1st to Sunday 3rd July 2011.

A number of new ideas are in the pipeline but none are fully confirmed yet. However, we have secured the use of Sedbergh primary school's hall for the junior disco and party games on the Friday evening. This will be an evening of fun and games for primary school kids which will build on the disco's of the previous 2 years but which will now also contain games such as musical chairs, musical statues etc as well as face painting and a disco. There will also be refreshments on sale as well as tea and coffee for the parents. We have also agreed on buying a marquee for use over the Saturday and Sunday which we will use as a beer tent so the weather will not hamper enjoyment of beverages and barbeque as everything will be under cover, with tables and chairs outside should the weather behave itself. Dan Mason and I will also be heading out on a scouting mission to watch a Queen tribute band at some point in the near future to ensure the Saturday evening entertainment is top class.

Much more on the one big weekend will follow in coming months. Also on

the agenda is 'Superhero Saturday' - A quiz night and fancy dress disco which will take place in the peoples hall on Saturday 11th December 2010. As suggested by the title, the theme of the fancy dress will be superheroes. Posters will be around town hopefully by the time you are reading this. The quiz night is open to anybody. Teams can consist of a minimum of 2 and maximum of 5, come along and challenge your friends!

The final event we are organising is a ladies night which will take place in Queens Hall at Sedbergh School on Saturday 9th April 2011. Again, the clue is in the title here as we are putting on an evening's entertainment for ladies only which will include a three course meal and disco. The footballers will be at your beck and call all evening to ensure you are never without a drink and have everything you need! More info to follow. The next few months promise to be just as hectic in organising our events so we will keep you posted on our progress.

On a final note, everyone at the football club would like to pass on our huge thanks to Caspa who, after years of loyal service to the club, has decided it is time to step down completely from the football club. His effort, commitment and dedication will be missed and we wish him well in his new role with Kendal United Junior football. Cheers Caspa for everything and good luck.

*Ben Close for and on Behalf of
Sedbergh Wanderers Football Club*



PHOTO CALL

Last month our esteemed editor, Dennis, identified the lady in the centre as Jenny Hildrew. This was confirmed by Angela Jones who also identified the lady on the right as Katie Light but couldn't remember who the other lady was. So my thanks to Dennis and Angela.

This month's photo is an older Sedbergh Theatre one of the cast of Death takes a Holiday. Does anyone recognise anybody - I am not holding my breath on this one though. I can be contacted as usual at Walnut Bungalow, Dent, Sedbergh LA105QT or by phone 015396 25001 or by email at shirley.tebay@btinternet.com

FLOWER FESTIVAL

Dent Dale Methodist Chapel is to have a Flower Festival next year, Sat - Mon May 28th -30th in the

chapel on the theme of "In Living Memory". We will be remembering the weddings, christenings and special events held at the chapel within living memory. Home made refreshments will be served and on the Sunday evening we will host a Songs of Praise service.

Were you married there? Christened there? Or know someone who was who has now moved away? Do get in touch with us, we need photographs (to take copies) and other memorabilia. Did you go to "Hunters" or "Jungle Club"? Have you any photo's or anything from those days? were you part of the 150th Anniversary celebrations at the Chapel?

We would love to hear from you. Stewards; John Woof (25212) Jeff Allen 25477 Secretary Sarah Woof 25212 or any chapel member.

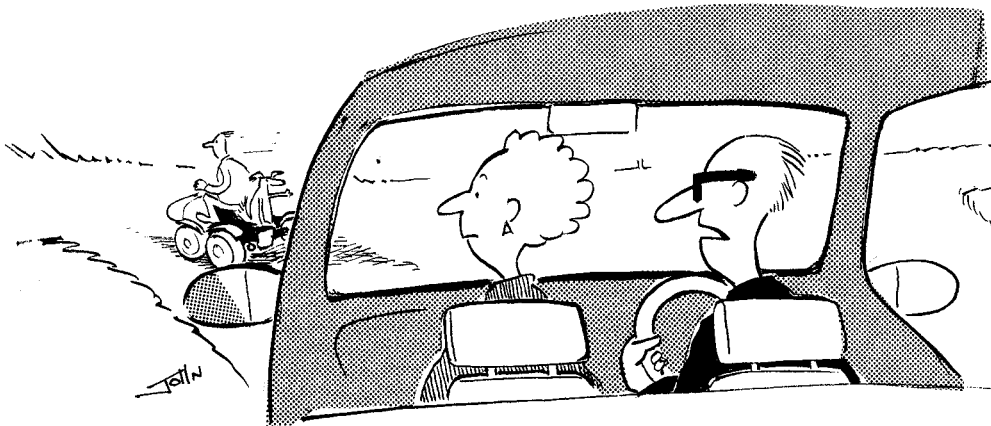


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5	9	4	1	3	2	6	8	7
7	8	2	9	5	6	4	3	1
3	6	1	4	8	7	2	9	5
6	2	7	8	1	9	5	4	3
1	5	8	3	2	4	9	7	6
4	3	9	7	6	5	8	1	2
8	4	6	2	7	1	3	5	9
2	7	3	5	9	8	1	6	4
9	1	5	6	4	3	7	2	8



TYPICAL! DOG INDICATES RIGHT AND THE FARMER GOES LEFT.

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0740 (C)	0817	M - F	564	KLC	0825	0858	M - F	564	KLC
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1007 (C, H)	1049	M - S	564	KLC	1055 (C)	1128	M - S	564	KLC
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	A8	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	KLC
1310 (C)	1347	M - S	564	KLC	1425 (H)	1500 (L)	Sat	564A	A8
1545	1620	M - S	564	KLC	1610 (C)	1640	M - F	564	W
1708 (C, H)	1745	M - F	564	W	1625 (C)	1658	M - S	564	KLC
1827 (C)	1904	M - S	564	KLC	1745 (C, H)	1818	M - F	564	W
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0858	0932	M - F	564	KLC	0705	0740	M - F	564	KLC
1128	1202	M - S	564	KLC	0940	1007	M - S	564	KLC
1443	1505	M - S	564	KLC	1235	1310	M - S	564	KLC
1658	1732	M - S	564	KLC	1510	1545	M - S	564	KLC
					1800	1827	M - S	564	KLC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Cowgill					Cowgill to Sedbergh				
1330	1355	Wed	564B	W	0950	1015 (L)	Wed	564B	W
0940	1009 (DS)	Sat	564A	A8	1020 (DS)	1050 (L)	Sat	564A	A8
1500	1530 (DS)	Sat	564A	A8	1545 (DS)	1615 (L)	Sat	564A	A8
1645	1715 (DS)	Sat	564A	A8	1735 (DS)	1805 (L)	Sat	564A	A8
Last Update: July 2010									

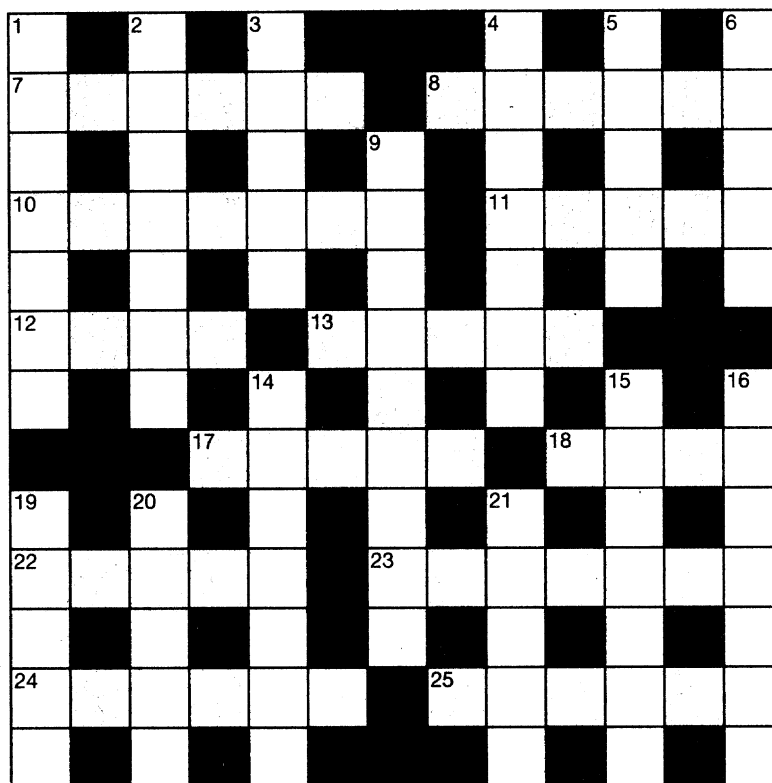
L = Sedbergh Library
 C = Via Kendal College
 H = Via Westmorland General Hospital
 DS = Dent Station

W = Woof's of Sedbergh
 KLC = Kirkby Lonsdale Coaches
 A8 = Apollo 8

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 0871 200 22 33 (Open : 7am - 8pm Daily)

All times are from and to Thorns Bank



ACROSS

- 7 Mythical monster (6)
- 8 Romeo's lover (6)
- 10 Turned up (7)
- 11 Thin strip of leather (5)
- 12 Mined fuel (4)
- 13 Royal (5)
- 17 Promiscuous woman (5)
- 18 Severe (4)
- 22 Madness (5)
- 23 Sir Walter - - -, explorer (7)
- 24 Style of pronunciation (6)
- 25 Suit maker (6)

DOWN

- 1 Lend (a sum of money) (7)
- 2 Golf area between patches of rough (7)
- 3 Explain (5)
- 4 Refuse collector (7)
- 5 Intolerant person (5)
- 6 Put on (an event) (5)
- 9 Opponent, enemy (9)
- 14 Able to float (7)
- 15 Largest breed of ape (7)
- 16 Bow and arrow sport (7)
- 19 Entrails (5)
- 20 Smooth (5)
- 21 Diminish (fear) (5)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2010/11) <i>ID; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2009/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2010/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh (2010/12) <i>ID; 1T; TVL; CH; DW; P; DR; VB</i> e-mail: wheelwright.cottage@homecall.co.uk	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2010/02) <i>ID (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2011/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529

CAMPING, CARAVANNING & SELF-CATERING

Mrs Durie	Crossthwaite, Garsdale, Sedbergh (2011/06) <i>Sleeps 6/7 D, F, T, CH, TVL, P, NS, DW, DR, CW</i>	07900 531043
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2010/11) <i>Self-Catering Sleeps 6-8</i>	20360
Sycamore Cottage, Lunds, Sedbergh (2011/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356

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 & Susan Sharrocks 20754

ROMAN CATHOLIC

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

Rev. Dr. P Campbell Tel: 20918

METHODIST CHURCH

New Street
 Sunday 10.30 & 18.30

Rev. T Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
 Sunday 10.30

Rev. C Marsden Tel: 22030

SOCIETY OF FRIENDS QUAKERS

Brigflatts
 Sunday 10.30

Mrs T Satchell Tel: 20005

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
 Sunday 11.00
 Wednesday 19.30

Rev. G Jones Tel: 01539 722079

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

CHURCH OF ENGLAND

Firbank; Howgill & Killington
 Cautley & Garsdale

Canon A W Fell Tel: 20283

Church Wardens:

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

Rev. P Boyles Tel: 25226

METHODIST CHURCH

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

Rev. T Widdess Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 20588 or 20503

www.sedberghchristiancentre.co.uk

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



Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£2.00
Postal Overseas	=	£3.00

All enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ
 Adverts by 15th of every month.
*Can all adverts please be
 accompanied with the correct money
 at the time of submission.*
 Articles etc. by 19th of every month
Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 8th December 2011

NOVEMBER			
1	1030	Cas Holmes 'Traces' till 14th	FM
1	1030	Alice Kettle till 14th	FM
2	1400	Friends of DCMH Spinning	DCMH
3	1000	Milk, Slates & Tourists (to 21st)	DCMH
3	1930	WIF AGM & Jacobs Join Social	PH
3	1930	HS Conscription in WWI (17)	SHS
4	1930	WIH Gardens of the Lake District	HVH
4	1915	RBL AGM Meeting	WHC
5	1830	FC Bonfire Night & Skittles Party	FCH
5	1930	Electrifying Killington (8)	KVH
6	1830	Sedbergh Bonfire Night (1)	PH
9	1400	WIK AGM & Desert Island Discs	PH
9	1930	FC Domino Drive	FCH
9	1930	Bridge Club AGM	WHC
10	1000	Coffee Morning Bowling Club	URCR
11	1200	Lunch Club	Red Lion
11	1900	RBL Band Concert & Service	URC
12		Singing the Settle Carlisle Line (12)	
12	1900	DYC Bingo (12)	
13		Singing the Settle Carlisle Line (12)	
13	1400	SHS PTFA Jumble Sale (13)	PH
13	1900	Flicks in The Fells	PH
13	1900	Dark Skies - Astronomy	DCMH
13	1930	Singing Settle Carlisle Line (12)	CIDC
14		Singing the Settle Carlisle Line (12)	
14	1000	Family History Workshop (Beginners)	DCMH
14	1030	Remembrance Sunday	StAS/StAD
14	1900	Dark Skies - Astronomy	DCMH
16	1200	SASL Christmas Lunch	Barbon Inn
17	1000	Coffee Morning Killington Church	URCR
17	1930	HS Slides of Old Sedbergh (17)	SHS
18		Health Centre Closed for afternoon	
19	1930	WIH Domino Drive	HVH
19	1930	Great Escape & Helena's Husband Plays	BIK
19	1930	Lost Schools of Bishopsgate	DCMH
20	1100	St Andrew's Christmas Fair (20)	PH
20	1415	SS 1st XV Rugby v Kirkham	SSBusk
20	1930	Great Escape & Helena's Husband Plays	BIK
20	2000	Howgill Church Olde Tyme Dance	PH
21	1000	Family History Workshop (Advanced)	DCMH
21	1900	Dentdale Christian Fellowship (21)	RD
24	1000	Coffee Morning Audio/Large Print (7)	URCR
24	1930	CWT The Solway and its birds	SHS
26	1830	Auction of Promises (26)	G&D
DECEMBER			
27	1000	Playgroup Christmas Fair (27)	PH
27	1300	SS Girls 1st XI Hockey v Barnard Castle	SS
27	Eve	Rawthey Ball	SSPH
27	1930	Westmorland Youth Orchestra	Casterton
30	1930	Neighbourhood Forum	PH
DECEMBER			
1	1000	Coffee Morning Ladies NFU	URCR
1	1930	HS Afghanistan	SHS
1	tba	WIF Christmas Party	tba
2	1930	WIH Christmas Party	tba
3	1300	Christmas Tree Festival	SMC
3	1930	The Gladly Solemn Sound (12)	DMH
4	1000	Christmas Tree Festival	SMC
3	1000	Fol Carols through the ages (12)	DMH
4	1030	StAD Christmas Market	StAD
4	1900	Flicks in The Fells	PH
4	1930	An Evening of Music & Song	SMC
5	1000	Dentdale Slovenian Carols & Walk (12)	Dent
5	1030	Christmas Tree Festival	SMC
5	1600	Dent Pre-School Christmas Fair	DMH
7	1945	Town Band Christmas Concert	PH
8	1415	SS 1st XV Rugby v Millfield	SSBusk
8	1800	Late Night Opening	Sedbergh
9	1200	Lunch Club	Red Lion
9	1915	RBL Committee Meeting	WHC
11	0930	StAS Yong Mums Table Top Sale	PH
11		Dentdale Over 60's Christmas Lunch	DMH
11	1930	Sedbergh Wanderers Quiz & Disco	PH
12	1930	Vivaldi's Gloria Concert	SMKL
14	1930	Domino Drive & Mince Pies	FCH
14	tba	WIK Christmas Lunch	tba
17	1930	Domino Drive	KVH
17		Dentdale Over 60's Friday Club Party	DMH
19	1900	Dentdale Christian Fellowship (21)	RD
22	1000	Coffee Morning Town Band	URCR
22	1930	Christmas Domino Drive	HVH
25		Christmas Day	
26		Boxing Day	
JANUARY 2011			
11	1930	Domino Drive	FCH
12	1930	Scenes from Sabah, Borneo	SHS
13	1200	Lunch Club	Red Lion
15	1300	Gala Children's Party	PH
15	1930	B&D Agricultural Soc. Domino Drive	BVH
18	1400	SASL Jacob's Join	PH

*The S & D Lookaround is edited, published & distributed monthly by
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*The content of The Lookaround does not reflect the views of the Editor.
Whilst every effort is made to ensure that information is correct, the Editor cannot
accept any responsibility for any inconvenience caused through errors or omissions.*

*Copies are available from Sedbergh Office Services, Sedbergh Tourist Office,
Green Door, Premier, Howgills Tea Room, Post Office and Dent Stores.*

COVER PICTURE
Weavers Yard, Sedbergh
By Dennis J Whicker

18 Health Centre Closed for afternoon
19 1930 HS Auschwitz to Ambleside SHS
23 1900 Dentdale Christian Fellowship (RD) RD

FEBRUARY

2 1930 HS Gunpowder Mills of Cumbria SHS
9 1930 Kilimanjaro SHS
10 1200 Lunch Club Red Lion
16 Health Centre Closed for afternoon
16 1930 HS Every Home is a Museum DMH
22 1930 Domino Drive FCH
28 1930 FCH AGM FCH

MARCH

2 1930 HS 3 Centuries of the Workhouse SHS
8 1930 Domino Drive FCH
10 1200 Lunch Club Red Lion
12 1900 SS Choral Society Ripon Cathedral
12 1900 Lookaround Party PH
13 1900 SS Choral Society SSPH
16 1930 HS & CWT Victorian Naturalists SHS
17 Health Centre Closed for afternoon
24 1900 Azda Empire Strikes Back PH
25 1900 Azda Empire Strikes Back PH
26 1900 Azda Empire Strikes Back PH

Regular Events

1000 Every Monday	Free Entry to Locals	FM
1200 Every Monday	The Monday Club	SMCR
1315 Every Monday	Howgill Toddlers	HVH
1930 1st Monday	Dent Parish Council	DMH
1930 Every Tuesday	Bridge Club	WHC
1930 Every Tuesday	T'ai Chi	URCR
1400 1st Tuesday	SL Carers Association	PH
1400 2nd Tuesday	Killington WI	PH
1400 3rd Tuesday	SLS Blind Group	PH
1930 3rd Tuesday	Ladies NFU	PH
1000 Every Wednesday	Coffee Morning	URCR
1315 Every Wednesday	Zebras	SMCR
1730 Every Wednesday	Sedbergh Juniors	PH
1730 Every Wednesday	Brownies (term time)	SMCR
1930 Every Wednesday	Sedbergh Seniors	PH
1000 1st Wednesday	Age UK	CO
1930 1st Wednesday	Frostrow WI	PH
1930 1st & 3rd Wednesday	History Society	SHS
1915 2nd Wednesday	Dentdale WI	DMH
1930 1st Thursday	Howgill WI	FCH
1400 1st & 3rd Thurs	Child Health/Baby Club	PH
1430 1st & 3rd Thursday	Toy Library	PH
1200 2nd Thursday	Lunch Club	Red
1915 2nd Thursday	Royal British Legion	WHC
1330 Every Friday	Dent Over 60's	DMH
1930 Last Thursday	Sed. Parish Council	PH
1930 Every Friday	Monkey House Café	Library

				5		7	
	9			6		2	1
			4				
8				4		5	2
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DIARY KEY

BF	= Brigflatts
BIK	= Burton in Kendal
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CIDC	= Chapel le Dale Church
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC/S	= Dent Methodist Chapel/Schoolroom
FCH	= Firbank Church Hall
FM	= Farfield Mill
GVH	= Garsdale Village Hall
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
RD	= Rhumes, Dent
SHS	= Settlebeck High School
SLSB	= South Lakeland Society for the Blind
SMC(R)	= Sed. Methodist Church (Room)
SMKL	= St Mary's Church, Kirkby Lonsdale
StAS/D	= St Andrew's Church, Sedbergh/Dent
SSHC	= Sedbergh School Heritage Centre
STO	= Sedbergh Tourist Office, Main Street
URCR	= United Reformed Church Rooms
WHC	= White Hart Club
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 Medical Practice

015396 20218

015396 20239 24hr Prescription line

Surgery and Dispensary Opening Hours

**Monday – Friday 8am – 6.30pm
(Doors open at 8.15am)**

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.30am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Dent surgery by appointment only - Monday

**Workers surgery by appointment only –
Monday/Tuesday evening**

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday

afternoons **(By appointment only)**

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

**Please telephone the surgery to make
appointments for all the above clinics.**

See our website www.sedberghmp.nhs.uk
for further details

**When we are closed please contact CHOC
03000 247 247 or 999 if appropriate.**

Collinge Optometrist

Friday only

0900 to 1300 & 1400 to 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

14 Long Lane

☎ 015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY