

Sedbergh & District

LOOKAROUND

December 2010

Issue 284

Donation £1

Last month, we introduced a table of Advertisers which has been very well received. It is more work but we think the end product is beneficial.

Thank you for all the continued contributions, support and comments

of what must be one of the best Newsletters in the country.

A very Merry Christmas and a Happy, Healthy & Prosperous New Year to everyone.

Dennis & Jacky Whicker

Sedbergh & District Chamber of Trade
present the ...

2010 FAMILY FESTIVE EVENING & LATE-NIGHT OPENING

Wednesday 8 December, 5.15 – 8 pm

Santa's Grotto

Behind Howgills Bakery
1.30 – 4.30pm & 6pm onwards
Tickets (for the evening session)
£1 in advance from TIC

A warm welcome

Everywhere!

Christmas Lights

Switched on by the Gala Queen at 6pm

Charity Hog Roast • Astral Circus

Cautley Carollers 5.45pm

Sedbergh Town & School

Combined Band 7pm

Raffle & Best Premises prizes 7.45pm

Thank you to our sponsors: **JM Pratt, The Bath House, The Roof Box Co., RS Morphet, Cobble Country, Christopher Whelan and Cautley Garage**

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

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

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DECEMBER BIRTHDAYS

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

The recipients this month are:- Isabel Abbatt who is 10 years old on 5th December

and

Sophie Waller who is 10 years old on 14th December

Please collect your vouchers from

Sedbergh Office Services
13 Kings Yard, Main Street,
Sedbergh

which can be used in any shop in
Sedbergh & Dent.

NONAGENARIANS

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

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

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

The recipients this month are:-
Joshua Dodd who is 10 years old on 19th January

and

Jazmin Dodd who is 10 years old on 19th January

Please collect your vouchers from

Sedbergh Office Services
13 Kings Yard, Main Street,
Sedbergh

which can be used in any shop in
Sedbergh & Dent.

NONAGENARIANS

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

Day	Name	Age
3	Rebecca MASON	10
6	Arnold HODGSON	6
11	Abraham CARNEY	10
12	Lee CAMPBELL	11
13	Elizabeth COWIN	4
16	Charlie COLTON	2
16	Sam GORST	10
17	Nicholas PIKE	11
19	Joshua DODD	10
19	Jazmin DODD	10
25	Hannah MARSDEN	1
25	Zoe CRAGG	10
26	Bryony LEDDY	11
31	Liam MASON	11
	Nonagenarian & Over	

PERSONAL & SMALL ADS £1

BATEMAN

Happy **90th Birthday** to Dora Bateman on 31st December. Love from Terry, Sue & Family.

=====

BRACKEN

Christine, Maureen and families would like to thank everyone for their kind words, cards and flowers after the sad loss of Mam (Hilda), we will all miss her so much. Donations received for Cumbria Air Ambulance and Macmillan Nurses amounted to £520.00, Mam would have been so pleased. Big thanks to Brian and Dot Goad for the caring funeral arrangements and buffet afterwards, to Canon Alan Fell for the lovely service and all the support of the District and Macmillan nurses. Lastly to all those who came up to see her for a cuppa, she thoroughly enjoyed the chats. Thanks to Jean Moore and Rachael Cowperthwaite for their weekly visits and help with the care of Mam.

=====

COWIN

Happy **40th Birthday** Angie!!! Lots of Love The Horners and The Swallows
xxxx

=====

DONALD CARTLEDGE

Wishing Donald a very Happy Birthday on the 4th December. Also Happy Christmas and best wishes for the New Year. You are never far from our thoughts. Love from all your friends in Dent & Sedbergh.

FLINDT

The Flindt family would like to thank everyone for their kind thoughts and commiserations at this sad time at the loss of Michael. We are very grateful for the care shown by the doctors, district nurses and staff at the Sedbergh Health Centre, Marie Curie and Macmillan Nurses and the St. John Hospice Outreach Service team of nurses. Their support was very much appreciated.

=====

HOGGARTH

Jim Hoggarth would like to thank everyone for their kind donations. £470 was donated to Alzheimer's Society in loving memory of Brenda who passed away on 11th August.

=====

MASON

Jim & Rosemary Mason recently celebrated their **Diamond Wedding Anniversary** and wish to thank family and friends for all the cards, presents and best wishes they received. To celebrate the occasion, their three children, five grandchildren and two great grandchildren plus other family members enjoyed a meal out at The Cross Keys Hotel, Cautley followed by cake and champagne back at their home.

=====

SYDNEY CHARLES McLENNAN

Syd's family would like to thank everyone for their help & support during the months preceding Syd's death on 29th October. The kindness

PERSONAL & SMALL ADS £1

shown to Syd and us all can never be measured except in the exceptional friendship Sedbergh residents offer to each other. A helping hand & a kind word was always there when needed. Grateful thanks for help in organising the funeral arrangements go to Brian Goad & Vic Hopkins without whose guidance we would not have been able to arrange the tribute as we wished. Our thanks go to the Doctors & support staff at Sedbergh Health Centre for the continued care of Syd over the past 2½ years. Finally our thanks to all of Sedbergh & surrounds. You welcomed us when we arrived & have supported us when we needed your help.

=====

REYNOLDS

Congratulations Laura and Dylan on the birth of Connor Nicholas born on 6th November. All our love and best wishes from Steven and Lesley xxx

=====

REYNOLDS

Congratulations Aunty Laura and Uncle Dylan on the early arrival of our new cousin, Connor. He's so cute! Love and hugs from Chloe and Lewis xxx

=====

REYNOLDS/SCARR

Congratulations on the birth of a beautiful grandson Connor Nicholas born on 6th November weighing 5lb 14oz. Lots of Love from Mum (Grandma) xxx

RYCROFT

The family of the late Tom, would like to thank everyone for their cards, messages of sympathy and generous donations which amounted to £352 to be divided between the Great North Air Ambulance and North West Cancer Research.

=====

SKILL

Elizabeth Skill would like to say a big thank you to family & friends for the gifts, cards & flowers received on her recent stay in hospital. A special thanks to those who took Zander to see her. Love to you all.

=====

TODD

Congratulations Mam & Dad on your **Ruby Wedding Anniversary**. Love from Janet & James, Linda & Wayne. Congratulations Grandad & Nanna. Love from Emma, Angie & Leanne. XXX



PERSONAL & SMALL ADS £1

TODD

Congratulations Thomas & Brenda on your **Ruby Wedding** on 2nd January 2011. Best wishes Mother, Audrey, Brian & Family.

=====

TODD

Congratulations Thomas & Brenda on your **40th Wedding Anniversary**. Love & best wishes from Mother.

=====

TODD

Andrew and Hayley Todd would like to thank everyone for the lovely cards and gifts they received on the birth of Oliver Joseph Todd.

CHRISTMAS GREETINGS

AIREY

John Airey would like to wish all family & friends a very Happy Christmas and a Healthy & Prosperous New Year.

=====

BERRY

Carl The Window Cleaner would like to thank all his customers and wish them a Merry Christmas and a Happy New Year.

=====

BOMBERS BIN WASH

Bomber wishes all clients a Merry Christmas and a Happy New Year.

=====

BROOKS

Rowly and Jean Brooks wish all family and friends a Merry Christmas and a Happy New Year.

CAMPBELL

Raymond Campbell would like to wish all his friends & relations a Merry Christmas & a Happy New Year.

=====

CAMPBELL

Sorry no cards but Jack and Maurice Campbell wish all relations and friends a Merry Christmas and a Happy New Year.

=====

CAPSTICK

Sheila & John Capstick would like to wish all their family & friends a Very Merry Christmas and a Healthy New Year.

=====

DAWSON

Jennie Dawson sends Christmas Greetings to family & friends with every blessing in the New Year.

=====

FARRER

Ronnie Farrer would like to wish all his relatives and friends a very Merry Christmas and a Healthy and Happy New Year. Also a big thank you to everyone that has helped and looked after me over the past 12 months, it is greatly appreciated.

=====

FOSTER

Doris Foster sends Seasonal Greetings to all her friends in Dent, Cowgill & Sedbergh.

PERSONAL & SMALL ADS £1

GIBSON

Terry and Doreen Gibson would like to wish a Merry Christmas and a Happy New Year to all their friends in Sedbergh.

=====

HARRISON

Jenette Harrison would like to wish all her relatives and friends a Merry Christmas and a Healthy & Peaceful New Year.

=====

HAYGARTH

Doris Haygarth wishes all relatives & friends a Happy Christmas. Best wishes for a healthy peaceful New Year.

=====

HAYGARTH

Christine & Brian Haygarth wish all relatives & friends a Happy Christmas & a Prosperous New Year.

=====

HAYGARTH/MACDONALD

Margaret, Eric and John wish friends and neighbours a Merry Christmas and a Happy New Year.

=====

HILL

June Hill would like to say thank you to all those who helped her when she fell recently. June feels much better now and wishes everyone a Merry Christmas and a Happy New Year.

=====

HOGGARTH

Jim Hoggarth wishes relatives & friends a Merry Christmas & a Happy New Year.

HIRST

Christopher, Sara, Victoria, Catherine and Emily thank the Sedbergh town community for all the kindness and support shown to them during their 15 very happy years in Sedbergh. We wish you all a very Happy Christmas and best wishes for 2011. Should anyone wish to contact us our new address is The Old Rectory, Angle, Pembrokeshire SA71 5AN

=====

HOWGILLS HARMONY

Howgills Harmony, Lakeland Voices and the Slovenian Cultural Exchange would like to wish all our singers and friends a very Merry Christmas and a Happy New Year full of harmonious happiness and melodious merriment. David Burbidge.

=====

J.J. MARTIN

We would like to thank everyone for their custom over the past year and wish them all a Merry Christmas and a Happy New Year.

=====

MARTIN

Margaret Martin would like to wish all her friends a Happy Christmas and Good Wishes for the New Year. Also a big thank you to her visitors for their continued support.

=====

MASON

Merry Christmas and a Happy, Healthy New Year to friends and neighbours from Norman Mason.

PERSONAL & SMALL ADS £1

MIDDLETON

There will be no cards this year - we shall be donating to the North West Air Ambulance. Therefore John, Margaret & family wish all family, friends & neighbours a Happy Christmas & all the best for 2011.

SKILL

Zander & Elizabeth Skill wish all friends in Sedbergh & Garsdale a very Happy Christmas & best wishes for the New Year.

STOKER

Eve Stoker sends Seasonal Greetings & every good wish for Christmas & the New Year 2011 to all family, friends & neighbours.

SARAH'S CARE

To past and present clients a very Happy Christmas from Sarah Woof.

TODD

Maggie Todd would like to wish all her family, friends a very Happy Christmas and a Prosperous New Year.

TOOBY'S/WINN

Tooby's and Paul Winn Domestic Appliances would like to wish all their customers, old and new, a Happy Christmas and a Healthy New Year.

WOOF

George Woof would like to wish everyone a very Merry Christmas and a Healthy and Prosperous New Year.

TOMLINSON

George Tomlinson wishes all his friends a Happy and Peaceful Christmas and every Blessing in the New Year.

FOR SALE

Britax Eclipse Si Childs Car Seat vgc £30. 015396-20616 or 20069.

FOR SALE

Christmas Village. Illuminated houses, church etc + many accessories. Suitable for window display £120. Tel: 20382.

FOR SALE

Dolls House furniture and accessories from private collector. Various items. For more details contact Sarah on 015396-25212.

FOR SALE

12 ft Beachcaster with Penn fixed spool reel and spare spool. Both filled with 121B line and 60lb shockleader. Some hooks, weights and patternosters. Used four times from new £30 the lot. Tel: 015396-20151.

FOR SALE

Indoor Trampoline, as new £10. Carl Lewis Cross Trainer, as new £120 ono. Small Letter Box Cage, brand new £10. Tel Helen on 078762-64981.

PERSONAL & SMALL ADS £1

FOR SALE

Silver 19" Flat Screen television. Not digital. As New. £30. Tel: Sedbergh 21931

FOR SALE

Philips Juicer - maximum juice, minimum fuss. Award winning. Brand New in box. Cost £79 new, selling for £49. Tel: 015396-21400.

FOR SALE

Two Jack Russell pups (dogs), smooth haired, short legged - ready now. Contact Steven on 07500-443859 or 0115396-20548.

FOR SALE

PVC Loft access door and frame. Door 645mm x 545mm, frame outside 765mm x 665mm £15. Cast Iron hinged Gully/Drain Grate, outside frame 8¼" x 8¼" grid size 7" x 7" £8. Philips 120 watt, 2ft tubular heater £10. Frost Thermostat £6 unused. Older type 120 watt 2ft heater and frost thermostat £8. Bradley 50mm Trailer/caravan towing hitch, 10cwt double lock £10. Tel: 015396-20455.

FOR SALE

Antique dark Oak plate rack. £100. Tel: Dent 015396 25563 or 07889 510394

FOR SALE

Quantity & quality logs. Mainly oak & willow. £5 per large bag. Tel: 07917 711461 or 07817 665662.

FOR SALE

2 seater sofa & chair. Comfortable high backed, good condition. £200. Tel: 20984.

FOR SALE

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

FREE

To a good home. A large selection of dolls in traditional costumes from countries around the world. Please see Mandy Staveley 1 Castlehaw.

SarahM



Speciality Cakes for all occasions

Award Winning Preserves
predominantly made with
local grown ingredients



find her at the
Producers Market
on the last Wednesday of the month

Orders now being taken for
Christmas products

Contact *SarahM* on
015396 21896 or 07974 733902

SEDBERGH PARISH COUNCIL

The latest Council meeting was on 28th October at the People's Hall.

Current issues

- Purchase of Tennis Courts/
Fishing Rights – Frustratingly
SLDC have deferred a decision
on this for a further month.
- Acquisition of 72 Main Street -
The group has now met with
YDNPA and an application has
been submitted to defer a
decision on the sale until April
2011 to give more time for funding
proposals to be put together.
- Ghyllas Layby – With the funding
in place from the Local Area
Partnership tenders for the work
have been sent out.

Planning Committee

- There was one planning
application and the council did not
object. The Council also agreed to
support a proposal to divert a
short section of a public footpath
and to facilitate the crossing of
Crosedale Beck by the erection of
a footbridge.
- There were seven decisions six of
which granted planning
permission with conditions. The
seventh for the erection of 3
dwelling houses at Settlebeck
Cottages was withdrawn.

Full details can be obtained either
from the council office or by
application to the clerk.

Police Matters

FOLK CAROLS FESTIVAL

"Singing in the Season"

7:30pm

Friday 3rd December

The Gladly Solemn Sound

West Gallery Choir and

The Cautley Carollers

Plus instrumental breaks, Seasonal Story,
Mulled Wine & Mince Pies

Tickets £5

from Sedbergh TIC, Dent Stores or
on the door (if any left)

Also:- Saturday & Sunday Workshops
learning Carols throughout the ages

from near and far;

Singing Walk & Festive Meals.

Details at: www.lakelandvoice.co.uk

Or ring 015396 21166

Also our 2011 singing year including

Jiva, Slovenia, Lakeland Songline

and International Choir meets

Solve those Christmas Present problems

DENT

**CHRISTMAS
MARKET**

Saturday 4th December

10.30am - 3.00pm

in

St Andrew's Church Dent

Specialist Craft, Cake & Deli Stalls

Carols and Music

Mulled Wine and Mince Pies

Live Nativity through

the Cobbled Streets

Enjoy the atmosphere

In aid of the Village Clock Appeal



Barbon Village Hall
Bingo
Saturday 4th December
Eyes down 7.30pm
for Barbon Village Hall Funds
Good Christmas prizes

SCOUTS CHRISTMAS POST

The service this year will cover
Sedbergh town,
Millthorpe and Garsdale.



The cost of each card will be 20p.
Look out for the usual red postboxes
between 1st and 20th December

The meeting was addressed by Rachel Thomas from Cumbria Police. Problems with minor damage and litter at the People's Hall were raised and a nightly patrol is to be implemented. The matter will also be covered in school visits along with bike riding on footpaths.

Grants Agreed

A grant of £250 to Griffins Explorer Scout Unit was agreed towards the cost a new tent and other start up costs.

Sedbergh Townscape Initiative

A further meeting has held with the consultants to consider revised proposals and it is hoped that a final version will be available for public consultation which is planned to take place at the Community Office on 8th December.

Toilets

SLDC have included Joss Lane Toilets on a list of those that will be

closed by 31st March 2011 unless taken over by the Parish Council. It was agreed that an expression of interest would be submitted and Cllr Pearson is to investigate charging options as SLDC have advised that currently the toilets are costing £7,800 p.a. to run.

The next meeting will be on **January 27th** at 7.30pm at the People's Hall committee room. Members of the public are welcome and there is always an opportunity usually around 8.30pm for you to participate. The agenda will be posted in the Parish notice board and Community Office a week before the meeting.

For any further information please contact the Clerk Colin Robertshaw. (Tel 01539 730597 e-mail clerk@sedberghparishcouncil.org.uk or at the Community Office around midday each Wednesday)

Meadowside Cafe-Bar, Dent

Mexican Night Saturday 11th December

Arriba, Arriba, come to the perfect antidote to Xmas!

Four Courses including a shot of tequila for only £16.95 per head.

For fun, great food, mucho tequila, margaritas,

Mexican beers & South American wines

please book by 5th December by ringing 015396 25329 or

e-mail: info@holidaycottageskye.co.uk for a full menu



DENT PARISH COUNCIL

The November council meeting discussed the budget for next year and decided to defer a decision on parish council grants until next meeting. A full account of the meeting is contained in the minutes, published on www.dentdale.com (follow the parish council link) and obtainable as a hard copy on request from the parish clerk.

2011-12 Budget and Precept

For several years, the parish council's running costs have been subsidised by the income from the car park. However, the car park surplus has now halved because VAT is being paid on this income, and so if the council continues to run its

finances in this way it will use up all its reserves in a few years' time. The council therefore considered a number of ways of dealing with this: **Cutting expenditure.** Even if all discretionary expenditure was cut (all grants, all repairs, the newsletter, the Dentdale Show display stand and contingencies) we would still need to draw on the car park profits, and with inflation the amount would increase in future years.

Continuing to draw on reserves.

The council has only £7,750 of reserves that are not already committed. They would be used up in less than three years, and so this solution is not sustainable.

Increasing car park visitor



"Excellence through endeavour"

Sedbergh Town Band

Director of Music: Alan Lewis

Present their

ANNUAL

CHRISTMAS CONCERT

7.45 pm on Tuesday 7th December
at the
People's Hall Sedbergh.

Admission: £6.00 Under 16: £3.00



Sedbergh Town Band is a registered charity. Number 1086817

charges. The council rejected this option for the following reasons:

- In the past we have been keen to keep rates low to benefit local businesses
- Increased charges do not necessarily result in increased revenue.
- It would be likely to lead to even more on street parking, which is unacceptable and might even reduce the revenue.

Introducing a charge for residents' parking permits. This was also rejected, for the following reasons:

- Free parking is one of the main benefits for residents of leasing the car park from the National Park
- It is unclear how much a residents' charge would raise, as the number who would be prepared to pay is unknown
- It would lead to an increase in on-street parking

For these reasons, the council regretfully decided to raise the precept to cover the council's running costs, so that the surplus from the car park takings in future can be used for community projects. For a Band D council tax household, this will increase the parish council part of the council tax bill from £1.85 per month to £3.11 per month, an increase of £1.26 per month per household

Grants

The new application process for parish council grants has resulted in fewer applications than last year, but had also produced more information to take into account when deciding on how to allocate funds. The council

therefore decided that a working group of councillors would look at the applications in detail and make recommendations to the next council meeting in December.

Next Meeting

The next meeting will be held at 7.30pm on December 6th in the Sedgwick Room, and the meeting after that will be on February 7th as there is no meeting in January. The public are welcome to attend all meetings and to raise any matter that concerns them during the public forum which usually takes place at about 8pm.

*Jock Cairns, Chair Tel: 25655
e-mail:*

dentparishcouncil@btinternet.com

Young
Mums of
St Andrew's
Church



Christmas
Table
Top
Sale

Will be officially opened by Santa

9:30 to 12 noon

Saturday 11th December
People's Hall



Guess the weight of the cake

Everything £1 Table

New & Used Toys



Cheap homemade

Christmas & Occasion Cards

Homemade Cake Table

Tea & Coffee in Back Room

Raffle

*Come and have a look. You never know
what you might find!*

Killington Kids Christmas Party

DOMINO DRIVE

Killington Village Hall

Friday 10th December

7.30pm

Everyone Welcome



COUNCILLORS CORNER

Whatever one's Party or political persuasion, I think that most people would agree that for our District at least the provision of affordable local housing is an absolute number one priority, if for no other reason than that it allows local people to remain living and working in the area rather than being driven away because of the inability either to buy or rent a home at a price which they can afford to pay. Anything that can be done to enable this to happen is very welcome. Most of you for example will have heard of Tim Farron's "Home on a Farm" scheme which has recently been accepted as national policy by the current coalition government. In addition the current reshaping of planning policy through the medium of the evolving Local Development Framework (LDF) gives affordable housing a high priority and in particular requires that, in a Principal Service Centre, any new development of nine or more dwellings must have no less than 35% of them conditioned as

"affordable". Personally I have a strong interest in this topic and have recently been appointed to a new SLDC Task Group examining the whole question of affordable housing in our area and looking in particular at all possible funding options and ways of being innovative and creative in the sort of housing which it is possible to provide in both sustainable and economically viable ways. For a number of years I have been keeping an eye on the ways in which other European countries (especially Scandinavia) have been approaching this problem and have always been very impressed by the co-housing approach, particularly big in Denmark, which emphasises the sharing of certain community needs like a laundry, television and entertainment rooms, even guest bedrooms, whilst at the same time guaranteeing private space with the provision of self-contained units providing bedrooms, kitchen, living rooms etc. This provides double value in that not only is such accommodation cheaper because of the sharing factor but also provides a

DENTDALE

METHODIST CHAPEL

Afternoon Carol Service

Speaker: Mr Andrew B Woof

Tea to follow

Sunday 12th December 2pm

Everyone Welcome

sense of community which is also usually inter-generational (eg the older residents might double up as honorary grand-parents and at the same time have the younger people keeping an eye out for them).

Obviously this is not the only new option available (Community Land Trusts are also worth exploring) but could well have a significant part to play in a suite of other creative possibilities including more easily accessible ways to borrow and pay back loans. As a Task Group member I shall be pushing to ensure that as many new options as possible are considered. The other vexed question, of course, is the growing number of "second homes" and whether or not it is acceptable to introduce financial disincentives to curb this growing trend. No doubt the way forward is a combination of all of these different approaches. At the end of the day it is about having as much quality housing as possible for all those who want it at a price which they can afford to pay. As I said at the beginning, something which I think we can all sign up to. Any views



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that you might have on this whole subject would be much appreciated and I can then feed these back into the system via the Task Group which I mentioned earlier.

As a member of the Project Board I attended a further meeting of the Sedbergh Townscape Initiative on the 2nd November which as usual was very well attended by the usual statutory agencies and local councillors. The consultants updated us on their progress and showed us the latest plans etc. However we were particularly fortunate to have with us three representatives from the Commission for Architecture and the Built Environment. This is a prestigious national body whose advice and support has featured in many new developments countrywide and they gave us all valuable and constructive advice as to possible ways forward as well as providing



Malcolm Sedgwick



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**CHRISTMAS-TIDE CHURCH SERVICES IN THE LUNE PARISHES
FIRBANK HOWGILL AND KILLINGTON**

CAROL SERVICES

St John's, Firbank	Sunday 12 th December	at 2.00 pm
Holy Trinity, Howgill	Sunday 12 th December	at 2.00 pm
All Saints, Killington	Sunday 19 th December	at 7.00 pm

CHRISTMAS EVE AND CHRISTMAS DAY SERVICES

CHRISTMAS EVE	7.00 pm	Holy Communion at Holy Trinity, Howgill
CHRISTMAS DAY	9.00 am	Holy Communion at All Saints, Killington
CHRISTMAS DAY	10.30 am	Holy Communion at St John's, Firbank

feedback on the work that has been done so far. They will also be providing us with a written report and hopefully will continue to advise in the future. The only slight snag is that CABE are threatened with cuts or even complete abolition as a consequence of the Comprehensive Spending Review but we are all keeping our fingers crossed that this will not happen. I will continue to keep you informed of the STI's progress though it is hoped that there will be another public consultation in the very near future – most likely the second week in December.

I was very privileged to attend the Annual Remembrance Service in St. Andrew's as a representative of the Religious Society of Friends (Quakers). It was the first year that all local Christian denominations were present and actively contributing to the act of remembrance. It is one of the few occasions in the year when nearly everyone in the town seems to be present together and apart from anything else is a moment to acknowledge the wonderful sense of

community that we have here especially when we can cohere around remembering all those who have given up their lives for this country. I found it particularly moving when Dennis Whicker read out the names of all local people killed in both the First and Second World Wars – it was a very long list.....

Finally in case you haven't heard, our local MP Tim Farron has just been elected the new President of the Liberal Democrats. Even though this will give him even more to do than ever, he assures me that this will in no way reduce the amount of time he spends on constituency business especially in the Sedbergh and Kirkby Lonsdale Ward. I wish him well in his new role which I am sure he will fulfil with all the energy and enthusiasm he already brings to being an extremely active Member of Parliament.

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

Peter Woof: 015396 20857

e-mail: peterwoof@hotmail.co.uk

Ian McPherson: 015396 20648

e-mail: ianmcpherson24@hotmail.com

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7pm - Supper to follow

Sunday December 19th

Sunday January 23rd

All Welcome

SEDBERGH TOWN BAND

Coronation Celebrations 1902

A recent edition of *Lookaround* carried an article taken from a 1902 edition of the WG that recorded Sedbergh's marking of the Coronation of Edward VII, with special reference to the participation of the Sedbergh Town Band.

Further research of back numbers of the WG by Elspeth Griffiths has revealed that there were 'Deferred Coronation Festivities.' There had clearly been some earlier celebrations but 'the rejoicings and display on this bonfire night were even exceeded on Saturday evening.'

It appears 'the town was still in a gaily-decorated condition ... but the great feature was a brilliant torchlight procession.' The Sedbergh School Cadet Corps, 'shortly after nine o'clock, paraded in front of the gymnasium and then under the leadership of Mr. Lowry, took a lighted torch each and marched to the football field, where a few figures were formed.'

After processing through the town

the detachment 'returned to Harper's field, which is situated above the football field, where a dense crowd of people still waited for a continuation of the show. Here the corps, by means of their torches, gave a marvellously clever exhibition of, figures etc., such as "F.R", "E.A." and "E.VII."

It was at this point that 'Additional life was infused by the playing of the Sedbergh Town brass band.'

The Corps then marched back to the gymnasium and 'Mr. O.W. Gooch gave an excellent display of fireworks 'on the Cricket Field,' this being manipulated by Messrs. Pile and Woodhouse.

Gerry Blackwell

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 1st December

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Anthony Fitzherbert

Wednesday 19th January

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Trevor Avery

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COUNCILLORS CORNER

December 6th is a very important date for Highways – that is the date when the new method of working, the so-called “Better Highways” is rolled out in South Lakeland. After that date the highways service will be delivered by local teams whose job it is to look after their own areas. When they find a problem they deal with it. There will be no more of this endless conferring, referencing back and such like which we have seen for the last ten years. Hopefully the Highways Hotline will be a thing of the past, as will the numbered white lines around potholes. I think I can justifiably claim that there has been a significant improvement since I became your

county councillor and I think it would be fair to say that most of that was achieved by avoiding the Highways Hotline whenever possible.

After the fairly successful Local Area Partnership meeting in late September the more recent one was a great disappointment with very little constructive work done. I hope it is only a short-term problem but few of the works I was expecting to be progressed were and as yet nothing has been done about the salt bins. No doubt they will arrive but long after the roadside salt has been distributed. Sometimes it is hard to justify the bureaucratic complexities of local government – it certainly wouldn't be allowed in the private

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Talking Textiles: new work by textile group **EAST**
Frost and Fire: various art forms by the **Blue Tarn** collective
Shadowlands: haunting mixed media work from **Rosie Wates**
Images of India: collected textiles and photographs by **Laura Rosenzweig**

Weavers Café
Traditional Sunday Lunch: (12-3) booking strongly advisable.
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sector.

On a more positive note there has been a long discussion within Cumbria about continuing last year's scheme to give seven tonnes of salt to every parish which wanted it. It was proposed that this would be provided by the county centrally. Now it looks as if that is not going to happen but I am hoping that the South Lakeland Local Committee of Cumbria will provide it instead.

November was originally scheduled for a decision from YDNP on the future of the National Park Building at 72, Main Street which now houses our Sedbergh Community Office. It is of little remunerative value to the Park

and previous valuations have been totally unrealistic. I can see the advantage in taking the property off the NPA's books but remain of the view that that could be better done by a transfer to Sedbergh Community at a very modest consideration.

At Sedbergh we will probably be taking over Joss Lane Toilets and there are several ideas for improving traffic flow through the town. Also there are very exciting plans, now approved, for improvements to the People's Hall. So, I am really concerned that whilst we are fundraising for all these very worthy projects we will also have to find a large sum to keep the Community

Office available for the community. This does not show the National Park in a good light.

A prosperous farming community must be the bedrock upon which the rest of our intensely rural local economy stands. This last couple of years we have seen much healthier livestock prices and if farming is to go forward then we must hope that these will continue. Many years ago the Hill Livestock Compensatory Allowance was replaced by the Hill Farming Allowance. This was OK and seemed to work for maintaining a farmed environment in severely disadvantaged areas. The "Green Lobby", which always had a close hold on Hilary Benn's ear did not like it and so the "Upland Entry Level Scheme" was born. I voiced my doubts at the launch to Mr Benn himself and I know my words were not kindly received. The best, and most effective environmental scheme was the Environmentally Sensitive Areas launched in Dent by Michael Jopling our excellent Member of Parliament when he was Minister of Agriculture. That was a very cheap scheme to deliver and required very little administration. It worked upon trust and was a sound basis for going forward. The UELS has a manual over an inch thick and is keeping a small army of bureaucrats in work producing Farm Environment Plans. What it will not do is protect the environment as fewer than half of farmers are prepared to join.

If the weather chooses to follow last



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George Baines:
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year's there might well have been a full month of snow, ice and blocked roads before I write my next article. Therefore, as your elected representative responsible for Highways I wish you a Merry but not a White Christmas and a Happy, and frost-free New Year. All the best.

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

BOOKWORM

What I have been reading this month.

1) The Scarpetta Factor by Patricia Cornwell (Thriller)

Complex, heavily dependent on communications technology and Americanisms this the forensics world of Dr Kay Scarpetta with 'modern' relationship twists. An unsettling read I found it at times bizarre as well as compelling and needing my wits and a dictionary to hand! The book is the latest in a series of Scarpetta - don't think I will bother with the others!
2) The Love of a Good Woman by Alice Munro (Fiction - Short Stories)
Beautifully written prose and exquisite use of language to portray the characters though I found the endings rather unsatisfactory. This collection of 8 stories are mainly set in Canada and deal with life transitions - sought after or unwanted.

On the pain of loss '... you won't get free of it but you won't die of it. you won't feel it every minute but you won't spend many days without it. And you'll learn some tricks to dull it...' from 'The Children Stay'.

3) The Help by Kathryn Stockett (Fiction)

This is an extremely good, well written first novel based on the author's experience. The theme is on black maids raising white children in Mississippi 1962. The narrative draws you in through the lives of Aibileen, Minny and Skeeter all taking huge personal risks in writing a book about these maids' experiences and the complex subtleties of employee and

employer power relationships.

Ultimately, against a background of fear, things begin to change for the better.

4) A Week in December by Sebastian Faulks (Fiction)

It is the week before Christmas 2007 in London and several different people ranging from a lime pickle manufacturer to a hedge fund manager to a Polish footballer are invited to a new MP's dinner party. The greed of bankers, addictions to reality TV and internet games are the stuff of this novel. I found it a world I didn't know and glad I don't belong to ! the book is superbly written and is a galloping read.

RM Bookworm

Journey to Christmas

Christmas Shopping, Carol Services,
Family Gatherings, Work Party,
Christmas Cards, Nativity Plays, Cooking
and Baking, Decorating Trees
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10-11am

(Refreshments available from 9.30am)

A short, informal time of reflection and
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Everyone Welcome
(including children)



KILLINGTON WI

October

All upside down again! I have just finished writing the November report. Perhaps I could be smart and say that last month I was just testing to see whether you missed it. Or perhaps I had measles. Or maybe the dog had chewed it up. Are you getting the idea that I was adept at finding excuses for being late with my homework? That is certainly true and gave me a great advantage in my teaching career. I cannot even claim a Senior Moment, as I did not remember until the 25th that I should have sent off a report by the 19th at the latest. Let's call it a Senior Week!

Nevertheless, we had a splendid meeting in October. Unfortunately 8 of our members were unable to be with us. All the more tea for those who came! The business was swiftly dealt with. We decided to support Emma Watkins in her fund raising for the Girl Guide Gathering in Sweden next summer, in return for a report on her experiences when she returns. We planned to send a strong representation to the WI Quiz, being held this year at The White Hart. This has since taken place and although we did not win, a good time was had by all. One of our teams came third equal. I forget who won, but it was nobody local.

The highlight of our meeting was undoubtedly our speaker. Diane Elphick had come to show us slides



from the History Society's excellent collection of pictures of Sedbergh in days gone by. Every picture evoked comments and memories of past times. Where was this? Who was that? (As an aside can I beg anybody who has old photos to get in touch with the History Society who would be delighted to copy any pictures and add them to their collection). Valerie Cann expressed thanks on our behalf.

The competition for an old family photograph was won by me for a picture of my great, great, great, grandparents, Mary Blades and George Buck, both from Garsdale, who in 1851 had eloped to Gretna Green to be married there. This wonderful picture had been sent to me by a distant cousin whose family had emigrated to Canada in 1925. We had discovered each other after he had made contact with someone in

Ravenstonedale where the couple settled after their marriage. Sadly I never met him though we had enormous pleasure from our e-mail contacts. The raffle prize of some Penrith toffees was won by Maggie l'Anson who we later learned had spread the pleasure by giving them away. Such is the way with wonderful Sedbergh raffles.

I won't finish by recommending our next meeting because it has already been and gone.

Next report in February's Lookaround. Yes – really.

Wendy Fraser-Urquhart.

SEDBERGH (FROSTROW) WI

It has been agreed to rename our Institute from Frostrow to Sedbergh WI to take effect immediately. The decision was taken at the AGM. It was felt that the new name reflected where most of the members live, and would save any confusion for prospective members who may be moving into Sedbergh.

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CHURCHES TOGETHER

On a cold and wet Tuesday afternoon during half term week the People's Hall was buzzing with activity as Churches Together held a Heroes and Heroines Party for the children of the town. The children came dressed as many different characters from real life, fiction, film and TV, ranging from Spiderman to a Life Guard and there were prizes for the best dressed. During the

afternoon the children played a number of different party games and races as well as designing their own superheroes, decorating a biscuit and making a mask. There were hot drinks and biscuits for the parents and a welcome chance for a break and a chat during the half term week. The children also enjoyed some refreshments and party food. There were also songs, a video, quizzes and a superhero themed talk. All who attended said they had had an enjoyable afternoon and left looking forward to future opportunities to get together again.

Sunday 14th November saw the Churches join together for the Remembrance service at St. Andrews, Sedbergh. Many groups from the town were involved as a full Church paid respect to those who have given their lives for their Country. Young children also had the opportunity to make poppies and hear about why Remembrance Day is so important. The service ended at the war memorial with the laying of the wreaths.

Houses in Sedbergh will soon be receiving Churches Together Christmas cards with dates for the services taking place over the Christmas period, to which everyone is warmly welcomed. These will also be displayed on the Churches Together Notice Board on Main Street. We wish you a Happy Christmas and every blessing for the New Year.

NEIGHBOURHOOD FORUM

From the Meeting held on 15th September

TRADING STANDARDS

Angela Stott from Cumbria Trading Standards gave a very informative talk about a number of scams which have been brought to the attention of Trading Standards in recent months. Many of these involve very genuine sounding telephone calls from HMRC, the Police, Microsoft to name but a few. The sole aim is to gain access to your money, usually by requesting bank details to enable payment for goods or services, which of course never materialise. These types of scams target a specific geographic area but tend to fold very

quickly once the perpetrators know they have been rumbled. They then simply move on to another area. To stop many, but not all, unwanted telephone calls or junk mail make use of the Telephone Preference Service and the Mail Preference service. Registration for both is free. Unfortunately the Mail Preference Service does not stop mail from foreign countries illustrating the lengths scammers will go to get round the law and continue to target innocent victims.

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then the contract is not legally binding. You can report any problems to Consumer Direct on 08454 04 05 06. This is a national service which can offer help and advice on any matters relating to purchase of goods and services. Find out more at: www.consumerdirect.gov.uk.

Genuine organisations will rarely phone and ask for personal details – if you do give your bank details out you may find it very difficult to recover any money stolen from your account. In the run up to Christmas, take up any offer of a Gift Receipt. Normally only the original purchaser of an item has redress if there is a problem with a purchase – a specific gift receipt or even a written note on the original receipt is a way of conferring the purchaser's rights to the recipient.

Many large organisations now also have dedicated departments dealing with scams and spoof e-mail, especially from banks to which you can forward any messages you are suspicious of.

UPDATES

Local Area Partnership

At a previous meeting of the Sedbergh and Kirkby Lonsdale Local Area Partnership a presentation was given about the work of the Sedbergh Townscape Initiative. The next meeting at Killington on 20th September will see presentations on a number of other projects.

Appleby Horse Fair

No date has been set as yet for the next RESPECT Group meeting. Councillor Lancaster is awaiting Appleby Horse Fair news on various items to be able to present them in

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full. Concerns were raised about insurance covering the boulders which have been left in place. There have also been criticisms and complaints about the knock on effect felt in Lancashire as a result of action taken in Cumbria ahead of this year's fair. Comments had also been made in places such as Milnthorpe which had also seen those en route to the fair stopping there for the first time in 40 or 50 years.

GRANT APPLICATIONS

Three applications for grants were made to the meeting and all were supported by those attending the meeting.

Emma Hopkins: Funding towards representing Cumbria Scouts at the World Scout Jamboree in Sweden in 2011. Requested: £150 Awarded: £150

Casterton Village Hall: Funding towards improvements to access for all hall users. Requested: £1000 Awarded: £800

Sedbergh & District Toy Library: Towards replacement of worn out toys and some new toys. Requested: £320 Awarded: £320.

THE WAY OF NURTURING LIFE

A few weeks ago, I participated in a "Health and Wellbeing Day" for the staff and students of Lancaster University. In preparation, I gathered together some of my favourite sayings of Chinese medicine. My absolute favourite, because I think it encapsulates the essence of good physical and mental health is attributed to the 7th century Chinese physician Sun Si Miao: "The way of nurturing life requires that one keep oneself as fluid as possible"

The first part of this phrase, "the way of nurturing life" is a very big concept, embracing not only personal health but also the way in which our actions affect other people and other living beings on the planet. What Sun Si Miao is pointing at, is that keeping ourselves fluid is necessary for our actions to promote health, not just for ourselves, but for all who might be affected by us.

Being fluid means ebbing and flowing, eddying and swirling, pushing the boundaries, constantly changing and never getting stuck. Chinese medicine uses the image of the flow of a river to describe health and disease. A river containing a moderate amount of water, flowing at a moderate pace, with no obstructions represents good health. Maintaining health is likened to regulating the flow of water in the river.

For our physical health, in addition to what we already know we should be doing (adequate exercise, proper diet, work-life balance and so forth)

we need to be aware of the little ways in which the body is getting stuck (tight muscles, headaches, irregular bowel movements or whatever else). Then study the problem, uncover the causes and do what we can to improve the situation. This is what I love about my work: acupuncture provides a framework for doing exactly that. The diagnosis will point to the cause of the problem, which in terms of the analogy of the river may be too much water, not enough water or obstruction of the flow. The treatment is designed to stimulate a response in the patient's physiology in order to resolve the problem.

More difficult to deal with, because to a great extent they define who we are, are psychological types of stuckness. We all have them: engrained habits, formulaic responses, blind spots, rigid beliefs, dysfunctional relationships. Our beliefs, expectations and habits filter

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the information available to us and make it fit with what we already think we know. On the one hand, this is beneficial because it protects us from the immensity of "out there". On the other hand we are ossified and prevented from experiencing all but a tiny part of what might be possible for us.

As an experiment, consider another of Sun Si Miao's pronouncements on health: "Vegetables are indispensable at every meal".

Now apply this principle to tomorrow's breakfast.

Did you experience a fluid response, or one which showed you to be set in your ways?

If you are interested in uncovering how your habits and beliefs shape your life, I suggest you tackle "The Book of not Knowing" by Peter Ralston. It could be quite an eye-opener.

I am always open to discussion on these or any other topics. To get in touch, please telephone, my number is 015396 20972. Or just accost me at late night opening.

June Parker

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SEDBERGH & DISTRICT SPRING SHOW

Saturday 2nd April 2011

We hope that you all have a Very Happy Christmas, and then, during the dark days of January and February, your thoughts may turn to crafts and may be you will be enthused to enter next year's Spring Show.

This year's show was a great success with some 762 entries, we hope to top that in 2011.

The list of classes for the Show is printed in this issue of Lookaround, so please look carefully and enter as many classes as you can.

PLEASE encourage all your family to take part, and maintain another of our Sedbergh traditions. Parents – please encourage your children to work on some entries at home in addition to those that we hope the schools will submit. Remember that you (adults) do not have to have produced your items in the last twelve months, as long as it is something *you* have made and has not previously been entered in the Sedbergh Show. Moreover you do not have to live locally to enter. We look forward to seeing you and your entries, on Saturday 2nd April 2011.

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

A list of the Classes appear on Page 62.

*Margaret Milburn - Chairman
Tel. 20610.*

*Linda Hopkins – Secretary
Tel. 21455*

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WERCA'S FOLK TOUR OF SLOVENIA

"There's no such thing as a stranger, just a friend you haven't met." Although this well known proverb has been mistakenly attributed to the likes of Kenny Rogers, Brendan Behan and even Marge Simpson of the Simpsons, it far more widely believed to come from the timeless wisdom of Trad Anon (who also found time to compose most of the best British folk songs.)

I first came across it a few years ago when I was visiting the Cross Keys at Cautley with five Slovenian singing farmers from our twin town. On

meeting them Alan Clowes warmly greeted them with this phrase. I heard it again recently when two friends I had made at the Slovenian embassy stayed at our house in Farfield for a couple of weekends. As well as taking them on walks around our many beauty spots and to meet town twinning officials, we attended the Quaker Meeting at Brigflatts, where they met many other Friends who weren't strangers.

I asked Samo and Magdalena to translate the phrase into Slovenian for me, and then added the prefix that "in Sedbergh we have this saying which we have also found to be true in Zrece." When we visited Zrece

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Proprietors: David and Elizabeth Martin

recently with the Northumbrian community choir Werca's Folk I was able to make a number of speeches in Slovenian thanking our hosts for their kindness to us strangers. Though as it turned out, many of the Werca's Folk singers weren't strangers to those we met in Slovenia. Werca's Folk and their sibling singers in Voicemale – both started by Bagpuss creator and folk legend Sandra Kerr - had all stayed with the Zrece singers when they visited Sedbergh for our International Choir Meets – and, by each paying a little extra, had paid for the visiting Slovenians expenses and flights. Werca's Folk had also been

extremely hospitable to the Zrece dancers when they attended the Alnwick International festival a few years ago, and had hosted the Pobje male voice choir (who we met again at the concert in Zrece) in their homes when they went on from Sedbergh last year to do a concert in Rothbury and Dunstanburgh castle. And some of them had come with their husbands in Voicemale to sing alongside and befriend the Zrece firemen's choir who we met again on this visit.

What made leading a tour for this community folk choir such a pleasure was just how much they appreciated what many of us have found to be

very special in our twin town – the open heartedness and hospitality of the people.

On one occasion we were with our friends the Pevke iz Brinjeve Gore in their home when Zdenka asked the choir to sing her favourite song, The Water of Tyne – which led to her and the entire choir weeping. One singer afterwards said it was because she was so moved by the hospitality and warmth of our friends that her heart just couldn't contain it.

There were other things which we saw which made us feel very welcome. The effort the good people of Zrece had gone to fly the union jack outside our hostel (making me remember with embarrassment how a local magazine here had printed a description of our visiting Slovenian dancers alongside a picture of the Slovakian flag!) The wonderful welcoming reception laid on in Zrece by their kindly Mayor Boris Podvrnik.

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And in the Tourist Information Centre, some of the photographic books we have given them over the years about Sedbergh and the Yorkshire Dales are proudly on display in the window – alongside a photo of Roger and Judith Bush, Dorcas Thomas and Penny Carruthers from the visit of the Cautley Carollers to Zrece.

We have had several visits from the Slovenian Ambassador to our concerts here in Sedbergh, but on this tour the British Ambassador joined our concert in Ljubljana alongside our choir and two Slovenian choirs who recently visited Sedbergh.

Ambassador Andrew Page made a wonderful speech congratulating us all on the many links we have made not just between Sedbergh and Zrece, but in other parts of Britain and Slovenia as well. He then went on to talk about the exchanges he had created between his old school at Lancing and an independent school in Slovenia – which included the children from both schools working together to help those in need in other countries. (There is a video of this speech along with other videos from the tour on our website www.youtube.com/Davidburbidge) Naturally, I sent him David Smith's reports about the Sedbergh/Zrece school exchanges.

All this activity shows that here in Sedbergh we know that Town Twinning is a verb, something you do, rather than a noun, just something you have.

David Burbidge

DENT MEDITATION CENTRE

Do you ever feel the need to stand back, take a deep breath, find a space for reflection or simply a place to be quiet.....

The answer could be on your doorstep! The Meditation Centre in Dent, housed within the former URC Chapel and Sunday school room, is a place of stillness and beauty that anyone can use for quiet reflection or meditation irrespective of faith or belief. Over the 12 years that it has been in existence, the building has been open daily and has been visited and appreciated by many people from near and far. Many simply come out of curiosity.

As well as adults, we have welcomed a range of local school groups to the Centre and over the years it has been used as a venue for special occasions such as wedding blessings, naming ceremonies and a funeral. In addition to this the children from Dent School attend a weekly yoga class at the centre.

The end of 2010 will see Eliza Harrison standing down as Director of the Centre, a position she has held since its conception. Eliza has taught meditation for over 35 years, and will continue to teach meditation and run courses at the Centre through her new venture, luna Meditation. (See www.iunameditation.com) Jane Caygill, who ran the Dent Post Office for many years, has been involved with the Centre since the beginning and has taken over the role of Centre Manager. The Meditation Centre is a registered charity with a board of

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Trustees, who oversee its vision and directorship.

Most importantly, the Centre is also available for hire. Private groups and businesses use it for day events, and individuals can also hire it for a variety of occasions ranging from wedding blessings to musical events.

For those of you who have not visited before, the Centre is found above the village green as the road heads up towards Flintergill. It is housed in the former URC chapel and Sunday school room. Do come and look around - visitors are always welcome - and see for yourself what this beautiful place has to offer.

For more details visit www.meditationcentre.co.uk or contact us on 01539 625141

A short candlelit meditation will be held in the Centre at 6pm on New Year's Eve. Anyone is welcome to join us. *Liz Weller (Chair of Trustees)*

PEOPLE'S HALL REDEVELOPMENT

You might have had the impression that I was a bit fed up with the lack of progress in our planning application, when I wrote for November's Lookaround. Well I was! Not this month.

The Hall Management Committee is very excited that we obtained planning approval (with conditions) as of 8 November 2010. Go and look at www.bit.ly/phplans.

Most of the conditions relate to meeting the requirements of the Cumbria County Council's Highways Department, which we will, and some standard conditions applicable to most YDNP approvals.

We owe a great debt of gratitude to Barbara Hartley of Garsdale Design, recently featured on a Page 3 (*sic*) feature of the Westmorland Gazette, dated 4 November. Without her efforts we would not be where we are now.

The Committee has decided to split the work, which has a total price tag of over one and one half million pounds (plus VAT), into three phases.

Phase 1 is to build the extension into the car park and the new small hall to the front. Phase 2 is the renovation of the existing main hall and grounds and Phase 3 is the western Annexe, which will accommodate the Band, Gym, Sports and Youth activities.

Phase 1 can be split into two stages. The first stage, Phase 1A, will be the car park extension comprising the new lobby, toilets, committee room, bar and bar store. We hope to start in 2011 and the work can progress with minimal disruption to the Hall's usual activities.

We have an active Management Committee and they will all play their part in the redevelopment – but we still require considerable help to see this project through to a successful conclusion. Also we need to ensure that the principal people undertaking the various redevelopment tasks have understudies in case of holidays, sickness, etc. So we are looking for volunteers to help in any way.

By splitting the project, our Fund Raising Subcommittee has a more manageable task. The cost of Phase

PULSE GYM

NEW YEAR'S QUIZ

Friday 14 January – Peoples Hall 7.30pm

Following on from the success of our last quiz in October 2010, we are holding another to try to boost our funds for the new People's Hall project. Why don't you come along and have a laugh to chase away those winter 'blues'.

It is £2 per person and a maximum of 6 people on a team.

There will be cash prizes and also raffle and spot prizes.

A Happy New Year to everyone from the Pulse Gym Committee



Barbon Show
Domino Drive
 Barbon Village Hall
 7.30pm
 Saturday 15th January



Barbon Village Hall
Domino Drive
 7.30pm Saturday 29th January
 for Barbon and Middleton
 Children's Party Fund

1A is about £300,000. The FRSC has a flying start as the Parish Council has put aside £50,000 and we could probably dip into our reserves of £20,000. So that's the VAT paid! Phase 1B will cost about the same as this includes the ground works.

Can you help with fundraising by organising small or large events? Or by joining one of the fundraising committees. Do you know where we can get funds? Have you any funds to donate? If yes please speak to the Hilary Hodge (20314) or Douglas Thomson (21747) of the Fund Raising Subcommittee. Are you a bookkeeper able to assist Sean Hobson, our Treasurer, (21833) by looking after the income and expenditure? We may need help with publicity.

Can you help with the planning and site construction aspects? Are you a structural or civil engineer able to help with the Building Regulations, or site supervision? What about heating engineers to advise? Can we have a heat pump? Any BREEAM assessors out there?

Finally, we would like to spend the money we raise locally. In general, the plans are not too complex and where they are, we would bring in specialists. Hopefully the builder we

select can deal with such matters as the CDM Regulations, so we may not need a CDM Coordinator. We want to hear from local builders or construction companies, who would like to join our pre-tender list. Contact me at 20790.

More news next time.

Dr Gina Barney, Hon Secretary
 (20790)

ENGLISH CHANNEL SWIM

Hopefully when you read this I will have finished my Channel swim. Not the real thing, but the same distance, in Kendal pool, over 11 weeks, to raise money for people who have spinal injuries, through the charity ASPIRE. I know it's not as tough as the real thing, I've really enjoyed it, (I don't think I'd enjoy the real thing), but I am quite a slow swimmer, so finding the time has been a challenge in itself. During half term I went to Scotland to 'The Bridge Over The Atlantic', just south of Oban, where I swam across The Atlantic! At the time of writing I am treading water 6 miles from France, I can almost smell the croissants. Thanks to all those who have donated. It's not too late if you either to 50 Bainbridge Road or online at <http://www.justgiving.com/>
 Mike-Hinson

Thank you

Mike Hinson

POPPY APPEAL 2010

The Launch of the 2010 Poppy Appeal was on Saturday 23rd October by the Sedbergh Branch of the Royal British Legion.

THREE CHEERS FOR SEDBERGH TOWN BAND & THE HOWGILL BAKERY & TEA ROOM!

Enormous thanks are due to Alan Lewis and The Town Band, Ian Davidson-Walton and The Howgill Bakery & Tea Room and to Dennis Whicker our superb Town Crier for helping to make our Poppy Appeal Launch in Sedbergh so successful. To mark the launch of the 2010 Appeal, a 'Golden Poppy', symbolic of the emotive Legion Poppy, would be escorted by members of the

Rider's Branch on a circuitous weekend tour of Legion Branches in Cumbria, finishing at Ulverston on Sunday 24th October. This Poppy was specially commissioned from a local silversmith and was available to be won a week later in a lucky draw.

Apart from the civic reception organized for their arrival in Carlisle later that day, the Riders said that the Sedbergh welcome was the most impressive and enjoyable they received. A wonderful reception awaited them as they revved into Joss Lane car park and pulled up in front of the awaiting players. As the engines fell silent the Town Band struck up appropriately with The Legion Anthem after which Dennis, in

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his inimitable style, rose to the occasion with an inspired greeting speech. The Band continued to entertain us for a full hour with such favourites as 'The Great Escape', 'Dam Busters' and 'A Bridge too Far', stirring emotions, memories and pride in what this occasion stood for.

Not only were the Riders sustained with food for the soul but they were also fortified with bacon butties, generously donated by The Howgill Bakery & Tea Room. In the somewhat inclement weather this treat proved very welcome and was also extremely popular with all those attending, so much so that we raised £320 towards the Poppy Appeal. Our grateful thanks to all who contributed.

Thank you also to those who offered willing hands, the use of an

indispensable garage and, last but not least, Steve Longlands, who turned up out of the blue and provided us with electricity right to the point of hot coffee. What a man! Without this fantastic team support, things could not have run nearly as smoothly.

And there is another happy ending to this story. The 'Golden Poppy' was won by an elderly, housebound lady from Barrow who had recently celebrated her golden wedding anniversary, and whose husband had served on the famous Dreadnought battleship. News of her win came just two days after the birth of a great grand-daughter, named Poppy. This 'Golden Poppy' was destined for her.

Rose Pease



NEWS FROM THE PEWS



November, traditionally the month for remembrance saw St Andrew's church filled with members from each of the religious groups in Sedbergh participating in the Annual Service of Remembrance.

A strong feeling of community spirit came through with young and old together taking their part in the service with sincerity. The rafters resounded to the wonderful hymns especially chosen for the occasion whilst the Primary School children singing "Peace, Perfect Peace" was delightful, and Keith Wood's playing of "The Last Post" and "Reveille" was very moving.

With dusters, brushes of all kinds and polish taken up with gusto a willing band swept and polished throughout the church one wet Thursday morning in November. Our menfolk came up trumps, reaching up to those high places where cobwebs like to settle, lifting heating grilles to sweep the depths below, even making and delivering soup and homemade bread to nourish the workers at lunchtime. They were worth their weight in gold! It was a real team effort that included the Vicar, the Roman Catholic congregation, plus those ladies who usually pop quietly into church to sweep and polish on a regular basis. One little snippet, the Vicar was

heard to say that the Churchwarden's pew was the worst one he had come across for dirt on the floor!

Christmas is on the horizon, with our Christmas Fair in the next few days and the Advent Carol Service on 28th November, both events in the past as you read this. The choir will be practising in readiness, the silver will be cleaned and with an (almost) cobweb free church we look forward to the Nativity Play being performed at 6pm on Christmas Eve, the Christmas Eve service at 11.30pm and all the other Christmas Services taking place, a hectic time for the Vicar and those non-stipendiary, and retired clergy who so freely give of their time and talents to assist in the parish.

How wonderful it will be to hear the rafters again resounding to those familiar words of our favourite carols, we do hope you will be able to join us at one of the services and we look forward to welcoming you.

A Happy Christmas to you all.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*



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MAIN STREET

I was saddened to read in last month's Lookaround that David Burbidge felt it was necessary to apologise on behalf of some young visitors from our twin town of Zreče for apparently disturbing some residents of Main Street.

I'm sure I'm not alone in saying that it was a delight to welcome the members of rock band *Pet Sto Metrov* to Sedbergh for a week, during which time they played numerous gigs in the area, including one at the People's Hall to help raise funds for the redevelopment of the Hall. You couldn't hope to meet a more friendly, gregarious group of young people who were excellent ambassadors for their town, their culture and their country. It was with sadness that we gathered in the Dalesman on that Sunday evening to bid them farewell and wish them a safe journey home across Europe.

Also in the pub that evening were a very well behaved group of Scots on a Stag Party who entertained us with a rendition of 'Flower of Scotland', so in return the Slovenians felt they

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should give us a song from their homeland. It was well before ten in the evening, and I will never forget the beauty of the 3 minutes or so standing outside the pub, listening to unaccompanied voices singing in perfect harmony on a still, quiet summer's evening. Indeed the only disturbance for me was at the end of the song, when a window was flung open somewhere along the street, with a raucous cry of 'Shaaataaap!'. I can understand how residents on the street would be miffed if there had been shouting and swearing and general unpleasantness, but honestly, 3 minutes of a song many people would quite happily have paid to listen to?

I've chatted to Janez Skaza, the leader of the band about all this, and his reply was "So, we are not welcome in Sedbergh any more?". I was glad to assure him that this is definitely not the case, and look forward to welcoming them back next year to get involved in Sedbergh FolkFest 2011.

Andrew Allan

DENTDALE WI

November Meeting and the AGM. A time to reflect on the activities of the year, most of which have been faithfully recorded in Lookaround! Catherine Sugden has been elected President for another year and we thank Catherine for agreeing to take the post. From the Business point of view, our finances are in good shape and now in the hands of our new treasurer, Kate Cairns. Dale Smith is taking over from Kate as Secretary. We welcomed two new members to the committee, Jean Haygarth and Chris Taylor.

Our Apple Day held on 31st October was a great success in that we are able to send a donation of £400

towards an ACWW project in the Ukraine which provides a home for orphaned children.

As I said last month, members have been out and about and we had very good reports about the 90th tea party in Carlisle and the Federation AGM in Ulverston. Apparently, we are to have a new Chairman of Cumbria Westmorland Federation who will be Ruth Rigg as Noreen Lease is standing down after the Carol Concert in Kendal Parish Church on 3rd December. A team of four attended the Annual Pub Quiz at the White Hart in Sedbergh calling themselves "The Dentdale Dollies".

They came sixth, but there were so few points between the teams! So

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lookDEC10

well done!

Several members are anticipating a good laugh at the Federation Pantomime and a whole mini coach full are going for some retail therapy to Boundary Mill in the middle of November.

So back to reporting the meeting which ended with Social Time and a Quiz - nothing threatening, as it could be done in pairs or one could phone a friend! Belle, Jean Haygarth and Ann Mason had the most right answers. We finished with tea and chocolate cake, carrot cake and sausage rolls etc. Well! we have got to keep up the WI image!! The competition for the longest sentence of three letter words was won by Pat Allen who also

managed to win the cup for the most competition points during the year.

Alice Ellison won the raffle prize. It had been a very pleasant evening. So, to the final event on the programme which will be the Christmas Dinner at the George and Dragon in Dent on 14th December and members were busy choosing their courses. I have to say, seeing Roast Turkey with all the trimmings and Christmas Pud makes Christmas seem very near!!

No more to report until the February Lookaround, and by that time, we will have started our new programme. New members always welcome!

Pat Allen


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**FAMILY FESTIVE EVENING &
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Wednesday 8th December

The annual Sedbergh Family Festive Evening/Late Night Opening event, organised by Sedbergh & District Chamber of Trade, will take place on Main Street on Wednesday 8th December. A high point of the evening for children is the opportunity to meet Santa in his Grotto, behind the Howgills Bakery. The grotto will be open in the afternoon from 1.30 to 4.30 pm, then again from about 6.00 pm. Tickets will be available from the Tourist Information Centre from 1st December and outside the Grotto on the day. There is a nominal charge of £1 per child and all children will

receive a token gift from Santa.

Afternoon tickets will not be numbered but evening ones will, and Santa will be pleased to see children in the numerical order of their tickets, to avoid the need for long queuing. This will give parents and children more time to enjoy the seasonal events and musical entertainment on Main Street. The current ticket number will be displayed conspicuously outside the Grotto (and hopefully relayed to a board on Main Street!).

The event will include the switching-on of Christmas lights on Main Street by our Gala Queen, Laura Woodfine, at 6.00 pm, when Santa will pass through Sedbergh on his motorised

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sleigh-mobile, *en-route* to his Grotto.

Shops on Main Street and adjacent streets will remain open throughout the evening to sell their usual goods and to offer seasonal hospitality to their customers. There will also be a Grand Raffle with generous prizes provided by Sedbergh traders, carol singing by the Cautley Carollers, Christmas music played by the combined Sedbergh School and Town Band, and street entertainment by Astral Circus and the Fiddling Green Jig Machine. There will be a hog roast in Steadman's butchers, with proceeds being divided between sponsorship of the Family Festive Evening and a chosen charity.

With mulled wine and other

seasonal fare available in abundance, this promises to be a great evening for all and we hope that all the good folk of Sedbergh and surrounding areas will come and join in the fun and festivities.

This event will be preceded by the Sedbergh Town Band Christmas Concert on Tuesday 7th December in the People's Hall (with more mulled wine and mince pies!). Together with the switching-on of Christmas lights on Main Street, these events will provide a fine start to the Christmas season in Sedbergh. We look forward to seeing you there!

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



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FAMILY MUSINGS

I really missed them when it was finished, more ideas came to me of where and what and how but the line was drawn and the story had ended .. for now at least but a sequel was already forming in my mind, meantime it was cause for celebration, stand by your beds folks, I have actually written a complete novel, not a part one although I have three of those around the place, but a complete one and finished it. Now it needs to be typed and checked and then the time will be here to investigate getting it published, no champagne just yet but a great achievement non the less. The characters had become special to

me, the antics of the teenagers, the gripes of the older folk, the family situations the twists in the tale, for now the door has closed. Watch this space!

When elder daughter asked me "If you could go anywhere for a holiday, where would you choose?" I replied, "Cornwall", She told me to be serious, "Anywhere?" she reminded me, I thought a few seconds and said, "Switzerland, Interlaken area, and go up into the hills and find Habkern, a little village Granny and I went to when I was about 10 years old and helped a family with their haymaking, the black and white photographs turn up now and then". "Really?" she asked laughing to which I replied "If

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just me, Cornwall!"

Thinking of that trip to Habkern, (do let me know if any one has ever been ?) the driver of the bus had only one leg and one arm and on opposite sides of his body just to make life even more interesting! A little boy helped him with the pedals he could not reach and took the money and opened and shut the door, it was a very memorable trip.

Hubby and I spent a weekend recently with the caravan in Southport and went to have a look at the site where one of our most memorable holidays took place, it is still there but very much upgraded now, somehow I don't think the guests will have to buy their own plugs for the basins or their

own Loo rolls! When we went with three extra youngsters as each of ours took a friend, some of us went by train and two plus hubby by car with the trailer full of tents etc, we who went by train caught a bus from Southport and arrived first to be told that as hubby had the "paperwork" they would not allow us on site until he got there, not even into the shop or the games room. It was before we all had a mobile phone so we trugged of and found a phone box and rang Granny, hubby had broken down in Barbondale, freewheeled to Barbon, enlisted Casterton garage and would be along later! Back to town on the bus we went, did some shopping including a folding table and seats

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which we took back on the bus, meantime hubby and two had arrived and had nearly got the tents put up when we joined them, I guess we got allowed in because he had shown them the paperwork! We went on to have a wonderful holiday and were meant to go back ten years later, possibly missed that date but am unsure we could afford it now, what do you think folks?

One of the things Granny used to do which I have carried on, and no, it isn't related to a daily Brandy (!) is to keep a little note of what I wear to 'special events', my Mum was always smartly dressed, she did after all have a dress shop so it was important to always look smart, holes however small in tights were not allowed, I remember when she and I used to attend the Women of Lakeland Luncheons, always a "smart affair" and one year there were pics on show of the event two years previous

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and there was yours truly wearing .. the same dress, one rather snooty lady told me it was time I went shopping to which my mother looked her up and down and asked "Could you even get into a dress you had two years ago? My daughter found the best and ditched the rest"! Good old Gran! She often said things which most folk would have got into bother over but people forgave Mum because of her great age, I hope to live as long and reap the same benefits. But just in case Jesus comes or calls me home before then could you indulge me now?? Wishing you all a lovely Christmas with those you love and remembering that for some of you this christmas will not quite be complete because someone is missing, wishing you all a Happy New Year when 2011 dawns, whether it comes with or without fireworks, we managed a few quiet fireworks up at "the seat" on Bruce's anniversary this year and like many of you, this time of the year carries memories of partings with loved ones, our lives are however richer for having known them and loving them. God Bless. Sarah



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SEDBERGH TOWN BAND

Remembrance Day Concert

In a repeat of last year the Town Band gave a concert on Remembrance Day, Thursday 11th November, in the United Reformed Church. Again, as in 2009, all the income from the concert was evenly divided and donated to the British Legion and the United Reformed Church.

A reasonable sized audience braved appalling weather (torrential showers driven by wind gusting up to 80 mph) and gave a most enthusiastic response to the music offered.

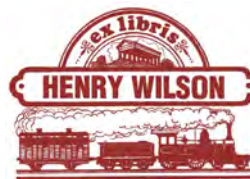
The programme had been carefully selected: the hymns 'Repton' and 'Eternal Father' were set alongside the excellent themes that accompanied the popular films of the war genre 'A Bridge Too Far', 'The Dambuster's March' and 'Hymn to the Fallen'. Karl Jenkins's mass 'The Armed Man', is celebrating its tenth anniversary this year and the Band recognised the occasion with a fine rendition of the 'Benedictus'. A lighter note was struck by '1914', a compilation of well-known songs forever identified with the First World War.

The colours of the British Legion were then paraded to the front of the church to the accompaniment of the organisation's own march. Laurence Binyon's poem 'For the Fallen' was beautifully recited receiving the traditional response from the audience of 'We will remember them' at its conclusion. This solemn, serious and dignified element of the evening terminated with Louis

Knowles's most impressive playing of the Last Post and Reveille.

Prior to the playing of the National Anthem tuba player Tony Playfoot switched instruments and gave a splendid performance on the bagpipes with a most polished and moving version of 'Highland Cathedral'.

Remembrance Sunday Members of the Band assembled at the War Memorial on Remembrance Sunday where Keith Wood played the 'Last Post' and 'Reveille'. They then joined up with the Sedbergh School CCF Band and followed by a large number of representatives of various organisations played and paraded down Main Street and Back Lane. *GB*



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SLOVENIAN DIARY

23rd to 30th October 2010.

Sunday 24th

On parade 1200 hours in carpark outside commune for Mayor's reception. Autumn colours magnificent. Feel slightly bleary-eyed after late night arrival. Quartet playing and speeches made. Reunited with old friends including Zdenka, Voyko, Urske, Boris, Peter, Katerina and of course Tadeja my co-conspirator from the Zreče TIC. Refreshments offered and gratefully accepted. Invitation to join Croatian choir on their coach to visit railway museum. A wise move? Plied with brandy disguised as fruit juice. Museum memories vague. Concert at familiar Gorenje youth

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centre by invitation of choir Jurij Vodovnik. Three others performing, including "Werca's People" choir from Northumbria. These ladies always wear purple therefore instantly recognisable. All very good. Followed by food and drink in generous proportions. Then chestnuts and inevitable dancing! Have compromising photos! Good to meet Emil again who hosted so many Settlebeck student exchange visits now sadly discontinued.

Monday 25th

Early start to Ljubljana. Heavy rain. Paddled around following excellent guide. Tales of Plešnik architecture and dragon mothers-in law. Cathedral



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of St Nicholas with pink marble interior and 1996 bronze door commemorating visit of Pope John Paul II. Hoped to hear purple ladies singing in Prešeren square. Not visible in downpour. Maybe purple puddles? Obligated to find hostelrys for refreshment. Highly convivial. Thence by coach to Lake Bled, top scenic spot! Soggy (potentially dramatic) views from 11th century castle ramparts. Jokily suggested swim but deterred by guide's tales of rapacious giant fish and vicious swans. Dutifully assembled by rowing boats straining at moorings on choppy waters for island visit. Latter dimly sighted through spray and rain. British

seafaring nation so sinews stiffened. Boatman refused to go! Indecent haste back to bus. Alternative activity? To Park Hotel for hot drinks (vroka chocolada) and cream cakes (crema rezina). Eased disappointment re white water boating. Presented with walking stick. Unusual as had hip flask and bicycle bell attached. Why??!

Tuesday 26th

Leisurely start. No rain! Invited by Mayor Boris to lunch. Fruitful conversations re teacher/student exchanges. Gifts presented. Splendid meal. Off in cars to Zlati Gric for wine-tasting. Viewing of new winery facility. Visit to deer farm cancelled. Fall of new snow. Alternative tourist farm

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visit. Snowy landscape. Efficient woodchip burner for heating premises. Inspected cosy rooms. Light refreshments. Stopped in Gorenje for blueberry brandy. Circulation booster! All Gorenje also heated by woodchip furnaces.

Wednesday 27th

Sunny! Off to Ptuj. New to me! Steep climb to church Ptujška Gora. Magnificent. Place of pilgrimage. Lady of Mantle. Unique 15th century misericordia. Detailed carvings of contemporary folk. Middle Ages built but modern stained glass. Brilliant colours illuminating interior. Traditional linden tree in forecourt plus views across river Drava to Ptuj town. Back in coach to old city.

Substantial Roman outpost 1st century AD. Centre of Mithraic cult. Climb again to Ptuj castle. Part 12th century. Ancestral home till 19th century of Scottish Leslie family with Austrian connections. Motto "Grip Fast". Patent glue? Excellent guide again. Splendid museum including "kurent" carnival costumes (sheep skins, long red tongues and cowbells. Earthy symbolism). Display of musical instruments and weapons. More wine-tasting. Unsteadily down though cobbled mediaeval streets to riverside fish restaurant Ribič for enormous meal of local delicacies. Back on coach. Post prandial snooze? No! Off again to Jeruzalem. Name origin uncertain. Knights

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Templar? Centre of wine growing district. Sun going down. Very cold baroque-style Church of our Lady of Sorrows. Hypothermic? Local guide leaping about (to keep warm?) Tales of unrequited love with evidence of bones (hers) and horse's footprint (his). Apparently locals particularly vivacious/fun-filled. Illustrated by subsequent visit to naughty potter. Highly blushworthy! Thence to further wine-tasting. Splendid sunsets on way home. (No connection!)

Thursday 28th

Free morning! More sunshine. Some happily waylaid by ladies of Pevke Z Brinjeve Gore in Brata. Family choir of several Sedbergh visits. More conviviality. Afternoon tour of local sites. First Francolova, site of WW2 atrocity. My fifth visit. Very moving as ever. Then Skomarje old house and thence to Rogla (ski resort). Banks of early snow. Toboggan ride very popular as were refreshments to follow. Cakes well up to standard! Magnificent views of Triglav (highest mountain) silhouetted against brilliant red sunset on way back.

Friday 29th

Early sunny start again to Postojna. Impressive cave system 25 km long. Train ride into heart past former Nazi fuel dump blown up by partisans. Perhaps over-speedy tour with Japanese party. Latter didn't understand no photos but guide reluctant to tackle as party included gigantic Sumo wrestler? Specimens of salamander-type creature "human fish" now housed in people-proof

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enclosure fortunately. Cave formations much admired. Excellent lunch in adjacent hotel. Then to Lipica home of famous Lipizzaner horses since 1580. Classical Riding School presentation first. Very grumpy photo of Her Majesty in foyer. Tour of stud in warm sunshine. Queen's stallion not on view. Has attitude problems apparently. Met his father. Quick visit to gift shop then snooze on way back to final dinner at our very comfortable Hotel Smogavc. Presented friendly coach driver with Sedbergh soap. Tried to explain gift in pidgin Slovenian. Seemed overcome. What did I say?!

Saturday 30th

Morning variously spent shopping, packing, last hot chocolate, swimming at spa with steady stream of customers to in-house masseuse. Met for relaxed lunch in town. Overfaced by "small" pizza! Eventually headed for airport. All Tadeja's arrangements for us went very well. A splendid trip in great company. Might even do it all again!

Susan Garnett

SEDBERGH & DISTRICT HISTORY SOCIETY

On 3rd November Mr. Sydney Richardson gave a most interesting talk on Conscription in the First World War. Mr. Richardson, a native of Kirkby Stephen, Oxford graduate and retired headmaster, had previously addressed the Society several years ago on the topic of the Napoleonic Wars: this time the subject matter was brought forward 100 years, with many examples drawn from Westmorland families from the Kirkby Stephen, Ravenstonedale, Tebay and Appleby areas. Many of the surnames (e.g., Cleasby, Cropper, Capstick, Mason) were familiar to several members of the audience.

Mr. Richardson explained that conscription had been introduced by an Act of Parliament in January 1916 only after other avenues of recruitment employed since the outbreak of war in 1914 had failed to meet the rapidly increasing demand for men to serve in the armed forces. Initially regular soldiers and reservists were called into battle, then the territorials (e.g., the Cumberland and Westmorlands) and, following the famous Lord Kitchener "Your Country Needs You" poster campaign, volunteers. But, with force numbers depleted, the Conscription Act made it compulsory for able bodied men between the ages of 18 and 41 to join the forces, with single men being

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called on first. Of course exemptions had to be made dependant upon a person's state of health - whether seriously ill or infirm; their financial 'clout' within a family, trade or business (whether indispensable or not) whether they were genuine conscientious objectors; and whether they had a key profession or role in the community, for example teachers, shepherds, thatchers. In the rural communities of east Westmorland this latter category caused a great deal of consternation: on the one hand the country desperately needed home-grown sustainability to bolster the war effort and was forcing farmers to attempt to grow more crops on ever-higher and poorer ground; while on the other had many large farming families with several sons could be decimated by the new conscription laws.

Inevitably local tribunals had to be quickly convened in order to assess and pass judgement on individual cases, and the first of these for the east ward of Westmorland rural district took place in Kirkby Stephen in February 1916, as recorded in the 'C & W Herald'. A Mr. R.B. Thompson presided, with there being 8 other local members of the panel (including some RDC members - though no, apparently proper working class representation, together with the recruiting officers. Some, such as a Stennersheugh's farmers son needed to help with the large acreage, and one Charles Brockhill, a groom's assistant 'necessary for the business', were granted exceptions;

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others, such as R. W. Robinson, a butcher from Crosby Garret, were not so lucky. In all 24 cases were heard that day; 111 were allowed exemptions (which could be absolute, conditional, or temporary - if needed to help with the imminent harvest, for example), 12 were refused, and one case was adjourned.

If an exemption was not received from a local tribunal, a County Appeals Tribunal could offer a second chance. One such was held on 1st April, 1916 (at Carlisle? Appleby?). However, with increasing pressure to recruit, few were successful - as the likes of R.W. Robinson (again!), Nelson Wharton (a Shepherd) and B. W. Bailey (a postmaster at Brough)

found to their cost. Among these was one 20 year old George Alderson, an uncle from Mr. Richardson's earlier generations, who was killed in action in 1917.

Further tales of farmers organising themselves to demand fairer treatment, of a vouchers system being introduced, of conscientious objectors, of the Voluntary Training Corps being joined in return for exemptions, and of a Robert Braithwaite being granted a conditional exemption for his vital work as a rabbit killer (!)...all these served to embellish what proved to be a fascinating and informative talk by Mr. Richardson.

Michael Beecroft

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SEDBERGH TOWN BAND

Bikers and the Band

On Saturday 23rd October some twenty five bikers arrived in Sedbergh just before mid-day to be greeted at the Telephone Exchange and then led by the Town Crier, Dennis Whicker up Main Street to the Joss Lane Car Park. Here, after an official greeting by Dennis, the Sedbergh Town Band, seated in their marquee, struck up the British Legion March to add their greeting.

The bikers were taking a break in Sedbergh in the course of their visits, spread over two days, to all towns and villages in Cumbria in possession of an active British Legion unit. Their circular tour of the county involved them carrying a specially commissioned Golden Poppy. This Golden Poppy Ride was intended not only to herald the start of the annual Remembrance period but also to emphasise the fact that this is not only a charity for veterans of past conflicts but is also very much focused on the needs of present day service men and women.

During the best part of an hour they were able to spend in Sedbergh besides being officially welcomed by Dennis and John Douglas they were able to listen to a fine programme of music played by the Town Band and fortify themselves for the next stage of their journey with excellent bacon sandwiches and hot drinks produced by John and Rose Pease and their helpers. Refreshments were also



available to the sizeable audience that, in spite of rather dull and damp weather, had congregated in a scene reminiscent of the recent inaugural St. George's Day celebrations.

As a prelude to their Remembrance day Concert in the United Reformed Church on Thursday 11th November the Band played a number of pieces

appropriate to the occasion which besides the Legions own march included the ever popular 'Great Escape',

'Dambusters' March' and 'A Bridge too Far'.

This was a most successful event and John and Rose Pease, together with their assistants, are to be warmly congratulated on all their hard work and thorough organisation that were instrumental in ensuring that all went so well.

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Watching out for wildlife this winter

Wind, snow and floods disrupt our lives every winter. Wind brings down trees blocking our roads and damaging buildings, water in our homes has forced us out and snow just brings our every day lives to a freezing halt. Wildlife has to cope with these ever changing weather conditions too and so Cumbria Wildlife Trust is urging you to help the wildlife in your garden survive the severe weather this winter.

Wildlife can suffer in harsh conditions in many ways. Water shortages are caused by frozen pools, ponds and lakes, and there is a general lack of wild food. Animals that hibernate over the winter can become confused by the swing from warm to cold weather. In particular hedgehogs, the UK's favourite garden visitor, can come out of hibernation far too early, then expend too much

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energy to take it through the rest of a cold winter. Shockingly, hedgehogs made it on to the list of UK endangered species last year for the first time. Animals that stay active such as small birds are susceptible to cold snaps. After the cold winter of 1963 it was estimated that 50% to 60% of our small bird population, such as robins and wrens, were lost. Want to know what you can do to help the wildlife in your garden?

Feed your garden birds

- Use good quality, mixed wild birdseed, peanuts or sunflower seeds.
- Buy fat balls or make your own by mixing leftovers such as cake, breadcrumbs or bits of meat into melted fat and let it set.
- Blackbirds love apples.
- Keep feeding birds regularly, they will often rely on your source of food.
- Water is vital for the survival of birds all year round so keep birdbaths topped up.

Watch out for mammals

- Hedgehogs will be deep in hibernation, so it is essential to



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- leave their safe areas alone. Do not cut back overgrown areas until spring.
- Ponds provide drinking and bathing water for all sorts of animals so keep a hole in frozen ponds.
 - Long grass and ivy provide valuable roosting and hiding places for small creatures
- Help your pond to breathe
- In autumn and winter it is important to clear fallen leaves to prevent garden ponds clogging up resulting in nutrient overload.
 - It is best not to clean out the pond completely as many eggs, grubs and larvae need old vegetation and silt in which to hide and survive the winter.
- A good depth of water is an important guard against freezing conditions, so if rainfall is low it is a good idea to keep your pond topped up.
 - Never smash ice or use chemicals to create a hole. Instead place a metal saucepan full of hot water on the ice to slowly melt a hole.
- Apart from saving hundreds of creatures from a difficult winter these actions will encourage wildlife into gardens and open spaces to provide an ever-changing cast of characters for us all to watch and admire.
- www.cumbriawildlifetrust.org.uk



Sedbergh Community Development Centre New Year Courses

Subject	Tutor	Day	Wks	Start	Times
Life Drawing	Judith Davies	Tue	12	11-Jan	19:00-21:00
Gouache & Watercolour Landscapes	Frances Winder	Sat	1	05-Feb	10:00-16:00
Photography & Image Editing	David Barrett	Wed	10	19-Jan	19:00-21:00
Intro to Excel Spreadsheets	Chris Wood	Mon	4	24-Jan	19:00-21:30
Wednesday Afternoon Computing	Chris Wood	Wed	8	26-Jan	13:30-15:30
How to Buy & Sell on eBay	Chris Wood	Mon	1	28-Feb	18:30-21:30
Intro to Microsoft Publisher	Chris Wood	Tue	4	01-Mar	19:00-21:00
Intro to Digital Cameras	Chris Wood	Mon	4	07-Mar	19:00-21:30
Pilates	Teresa Hill	Mon	6	10-Jan	16:30-17:30
Pilates	Teresa Hill	Mon	6	10-Jan	17:45-18:45
Italian Continuing	George Handley	Tue	10	11-Jan	10:15-12:15
Resurrect Your French	Helene Shovlar	Tue	12	11-Jan	15:45-17:15
Italian Continuing	George Handley	Wed	10	12-Jan	10:15-12:15
Italian Continuing	George Handley	Thu	10	13-Jan	19:00-21:00
Italian Improvers	Catherine Bond	Thu	12	13-Jan	10:15-12:15
Creative Writing	Janni Howker	Fri	12	14-Jan	13:30-15:30
Start Playing in a Ceilidh Band	Carolyn Francis	Wed	10	12-Jan	19:00-21:00
Play in a Ceilidh Band	Carolyn Francis	Mon	10	10-Jan	19:00-21:00
Basic GPS Navigation	Chris Wood	Sat	1	19-Feb	10:00-15:00
Feel Confident on the Fells	Tim Deighton	Fri	1	11-Mar	10:00-18:00
Lowland Navigation day course	Tim Deighton	Fri	1	18-Mar	10:00-17:00
Mountain Adventure Back o' Skidda	Tim Deighton	Sat/Sun	1	02-Apr	Meet 09:30

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KILLINGTON WI

November

This month it was the time for our Annual General Meeting when vital reports are presented and vital decisions taken. Would there be momentous decisions taken or would we chug along in our usual happy way? I do not know, but all will soon be revealed. Once a year the ladies of Killington WI sing "Jerusalem", which most institutes sing every month. And very tuneful it was too! One of the problems that I have is that as a youngster I learnt the words, "I will nor cease from mental strife ...", whereas the more usual line is, "I will not cease from mental fight". I am never quite sure which word is going

to pop out. Likewise, as a Northerner who spent 40+ years in the South, I'm never sure whether "grass", or "grarse", is going to come out. However, I digress.

The first report was our financial statement, from Margaret Denton, once again audited by Mike Fenton. Many thanks to him. The report showed an extremely healthy end of year balance, with plenty for our operating costs, and a healthy surplus once again accumulating to pay for meals for the children at our African school, part of the Thandi project. Anne Jones is at present in South Africa making the arrangements for the coming year. Our Thandi fund comes from several



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May we take this opportunity to wish our friends and customers

A Merry Christmas and A Happy New Year

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sources. We have a donation tin at our monthly meetings; Dawn and her team of helpers arrange regular bric-a-brac stalls offering high class bric and bric; Norma donates money from the sale of the cards which she makes; and our knitting ladies have a never-ending production line for blankets and teddies, and each give £1 every time they meet. It is pleasing how it all adds up. The main regular outgoings of our WI consist of the cost of the hire of the People's Hall, and the fees paid to our speakers. These vary from £25 to £75 a time, and when speakers do not charge we give a donation which they pass on to a selected charity. Also we support

local charities and individuals from time to time.

Next was our Secretary's report from Sue Sharrocks. It gave us all much pleasure to look back over the things we have done this year, which once again has raced away far too quickly. Sue arranges our programme almost single-handed and always provides us with variety and interest. Now that she has her report 'out of the way', she says that she can start to think about Christmas!

Our President, Shirley Richardson, commented on another happy year and thanked every member of the committee for their industry and

support, before we moved on to elect the same committee, en bloc, for next year. They do say that '*variety is the spice of life*', but we prefer "*If it ain't broke, don't fix it!*"! Sadly however, Shirley informed us that she will retire from being president next year. As always, Shirley asked whether the membership were happy for her to continue for another year, which brought forth the retort from one member (who shall be nameless but it begins with D), "We'll wait till we've tasted your sandwiches and then decide!". In the absence of Joyce Bird, our supreme sandwich supplier, Shirley had made them today. (Joyce – we are all thinking of you and wishing you well).

Oh, dear! The second part of the meeting hasn't started yet and already I'm over our revered editor's preferred word count of 500 per article. Sorry Dennis, but you know "with me, it's all or nothing ...". Chop it, if you must. Another digression cominghow different must be the editor's job now that we can all word process and e-mail our contributions. Perhaps they would be shorter if we had to use pen and ink.

Now, on to a little light entertainment. Killington WI were happy to introduce, "DESERT ISLAND DISCS", complete with all the authentic trappings. Our guest was none other than our own Shirley Richardson. We really had fun finding out about her life and her choice of music was both tuneful and reminiscent. It ranged from Christopher Robin to Mozart, from



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male voice choirs to Christmas sing alongs. Valerie was the technical wizard, and I, (due to my resemblance to Sue Lawley??) was the interviewer! The judgement on this on programme was, "more please", so we will probably do it again, and the speaker's fee was £ zero.

AGM means that the committee provide a 'party tea', and luscious it was. The competition for a *sunhat* was won by Wendy McLean with a cheeky little red number and the raffle prize was won by Elspeth Griffiths.

Christmas looms, and our celebration lunch will be at The Pheasant in Casterton on Tuesday 14th December at noon. Another occasion not to be missed.

And as the Readers' Digest always says, "A Happy Christmas to all our readers!"

Wendy Fraser-Urquhart.

PS. *To Howgill and Firbank WI.* We love the letter to the WI big wigs, of which you sent us a copy, objecting to the commercialisation of selling non-homemade cakes under the WI logo.

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find that again the body has a back-up plan: many nerves stimulate and monitor movement of each muscle and joint, therefore if one nerve becomes damaged we don't lose the control of that part. Not only that, the nerves don't originate from one isolated part of the spinal cord – they originate from a number of neighbouring parts of the spinal cord. This mechanism in many cases allows us to keep some control and function of body parts even when there is traumatic injury to a specific area of the spinal cord. The back-up plan is slightly different with the bones though – we don't have substitute bones floating about in the body but what we do have is many soft-tissue structures surrounding the joints which are designed to fail long before the bones themselves give way, therefore giving some protection to the skeleton when there is traumatic injury. What an amazing design!

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**SEDBERGH & DISTRICT
SPRING SHOW**

Saturday 2nd April 2010

Schedule

SECTION 1 HANDICRAFTS

1. A patchwork or quilted item. 2. A scale model, own design or kit. 3. A new item from something old (any material). 4. A wooden item. 5. A bag of any medium (not from a kit). 6. A cross stitch article (indicate if own design). 7. An item made from hand made felt. 8. Canvas work. 9. Any article costing not more than £3 (Cost of items to be listed). 10. A pincushion. 11. Beadwork. 12. A piece of handmade jewellery. 13. A metal item. 14. A hand made rug. 15. A hand made card. 16. A decorated Easter bonnet (any style or material). 17. Any craft item not included above.

SECTION 2 HAND MADE TOYS

18 A soft toy, knitted, sewn, or crocheted. 19. A glove puppet . 20. A toy made from scrap material. 21. A

dressed doll. 22. Any handmade toy not included above

SECTION 3 FLOWERS AND PLANTS

23. A house plant. 24. 'Rain forest', an exhibit featuring foliage. 25. 'Treasure', a petite exhibit. 26. 'Tropical Dawn', a contemporary design 27. 'Bon appetit', an exhibit to incorporate flowers, fruit and/or vegetables. 28. 'Spring delights', an exhibit for the dining table – (Novice class)

CHILDREN'S CLASSES.

29. A basket arrangement. 30. Flowers in a jam jar.

SECTION 4 GARMENTS

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

SECTION 5 HOME PRODUCE

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

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made. 59. A white loaf – machine made. 60. A brown or wholemeal loaf – machine made. 61. Speciality bread – sweet or savoury.

SECTION 6 ART

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

SECTION 7 PHOTOGRAPHY

Maximum size, including mount, for all classes, 10” by 12”. (255mm by 305mm) 67. Colour photograph of an animal(s) (including birds). 68. Colour photograph of a child or children. 69. Colour photograph of local landscape. 70. Colour photograph other than any of the above. 71. Any

sporting photograph. 72. Black and white photograph – not tinted. 73. Black and white portrait (including animals). 74. A photograph of Sedbergh or Dent. 75. Any photograph by a school pupil.

SECTION 8 CHILDREN’S SECTION

Pre-school: 76. A decorated paper plate. 77. A decorated toilet roll tube. 78. A picture of trees – any medium. (up to A4 size). 79. An Easter card. 80. A picture of a zoo by a group of children – any medium.

Reception Year: 81. An animal made out of vegetables, fruit, or foliage. 82. The face of an animal on a paper plate. 83. A picture of a dragon. 84. A mobile made of pasta.

Years 1 & 2: 85 Handwriting of a nursery rhyme, “Incy Wincy Spider”. 86. A decorated hard-boiled egg. 87. A drawing of a butterfly. 88. A bookmark

Years 3 & 4: 89. Handwriting of, “The Owl and The Pussy-Cat”. 90. A mosaic butterfly. 91. A decorated flowerpot. 92. An animal made from vegetables, fruit, or foliage.

Years 5 & 6: 93. A collage of sequins and buttons of a bird. 94. A picture of a motor vehicle or an agricultural machine. 95. A sewn design of a bird, animal, or flowers. 96. A birthday card for Grandma.

Year 7 and above: 97. A hand crafted article – any material, including wood or metal. 98. A congratulations card for passing the driving test. 99. A computer generated poster for the Sedbergh Spring Show. 100. A wrapped present (judged for decoration only).

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COMMUNITY

In these days of fractured families and a fragmented society, how lucky we are to feel part of a community - and a vibrant one at that! Many of us felt it very strongly on Remembrance Sunday this year when a very large congregation gathered in the Parish Church, to remember gratefully past members of our community and to pray positively for a peaceful future. This was the "family" of Sedbergh gathered into one place with a common purpose. Carole Marsden spoke about this sense of community, and others have since spoken to me about sensing it during the service. .

Our retired Community "Bobby" read

a long list of names of those who died in the two Great Wars, familiar local surnames, many of them our relatives, men from each of the surrounding valleys who never returned to the hills of home. That was our past community. As we thought about them, in the two minutes' silence it was good to be reminded by the uncomprehending happy shouts of young children that we do have a future as a community.

People of all ages represented *today's Sedbergh*. Some were folk whose families have lived here for generations, others were people who had moved to this lovely area in recent years. Some had returned in

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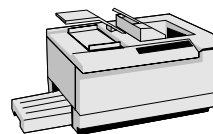
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later life to their "roots" in these dales.

We were joined in the service by people on whom our community depends so much - firemen, local police, and a number of our local councillors. Children from our schools made meaningful contributions including the singing of a lovely song about Peace. Everyone present committed themselves to strive for all that makes for peace and to work for human justice.

The great sense of unity we felt on November 14th needs to stay with us. This year, for the first time, officers of the Roman Catholic, Anglican, Methodist, United Reformed

Churches and the Society of Friends all took part. Many of those at the service were non-churchgoers, but we have one thing in common: we all want the best for our community. This good will, this love, we feel for others is central to Christianity. How wonderful that churchgoers and people who never normally go near a church could come together in a building that is, geographically and historically, the centre of our community, united in purpose, remembering the past and hopeful for the future. May that spirit of peace and good will continue as we enter the Christmas season!

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BORNEO APPEAL

Following on from my previous article in the October Lookaround about my trip to Borneo, I wanted to let all those who gave money towards my appeal know how it went.

On the 10th of October I (Robyn Lewes) embarked upon a month long trip volunteering in Malaysia with the organisation Raleigh International. Raleigh works in many places around the world (including here in England) encouraging young people to broaden their horizons whilst, in the process, making a positive contribution to a community.

My time out there took me to a very remote community called Maliau Pusat, in the Malaysian part of Borneo, where I and 13 others provided a water system. We laid pipe throughout the village so the locals could have taps outside their houses. The water came from a spring around 40 minutes from the village so it was not only cleaner but meant the villagers no longer had to carry litres of water from the river and washing was made a lot easier. We found out first hand how difficult it

was because we had to fetch our own water from the river at least three times a day and purify it with chlorine tablets! Even after this it would be murky brown.

The project itself did not take the whole three weeks so we had time to organise community days and an opening ceremony. This helped us integrate into the community and build confidence in our presence there. This was vital in an area which has had much experience of companies promising help and development to them but instead cutting down all the wood and leaving. At this point it is important to name our partner; the Asian Forestry Company. They support Raleigh's work out there and are working hard to create a sustainable way of harvesting the wood; focusing on building lasting relationships with locals before planting or cutting down any trees.

Being in such a remote community in such a different culture was eye opening and reminded me how lucky I am in all sorts of ways! It taught me how to get along without all the

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luxuries I've had my entire life and I met some amazing people. My team included people from all sorts of backgrounds and countries, including Australia, Holland and Malaysia.

If you would like any more information or are interested in Raleigh International yourself feel free to visit their website (www.raleighinternational.org) or e-mail myself (rlewes@hotmail.co.uk). Also, if anyone would like me to come and do a talk about my travels and experiences whilst on a Raleigh Expedition, I would be happy to - just send me a quick e-mail.

Robyn Lewes

YORKSHIRE DALES NATIONAL PARK

Facelift for footpaths

Two footpaths that will lead to a new development in Sedbergh have been given a facelift by the Yorkshire Dales National Park Authority (YDNPA).

Developers aim to build a Spar shop in association with a doctors' surgery on the site of the disused Sedbergh Auction Market and they provided £20,000 for the work to improve the

paths as part of a planning agreement,

The work was managed by the YDNPA Ranger Service using a combination local contractors and Ranger staff.

Paul Wilkinson, the YDNPA's Area Ranger for Cumbria, said: "Hopefully the improvements made to the footpaths will make it easier for people to get to and from the new development on foot.

"We would like to thank the developers for their contribution that made it possible for the work to go ahead."

On the footpath from Main Road to Howgill Lane, the work involved the construction of a new aggregate path surface, steps, handrails and gateways. This path had previously suffered deterioration at surface level and was proving difficult to walk on.

The footpath from Loftus Hill to March Hill, known as Church Walk, has been resurfaced in two sections in Tarmac and aggregate, with a section of railings refurbished.

Nick Oldham

SEDBERGH LADIES NFU

The October meeting on the 19th was well attended, when a talk by Jenny Farmer from Longsleddale, about learning to fly was very much enjoyed.

She told us her life long ambition was to learn to fly and after she retired decided to have lessons. So she just drove down to Blackpool Airport one day and said that was what she had come for. She was taken up in a light plane and her tutor showed her all the controls etc., and after a few lessons off she went on her own. She also told us about a scare when she was up in the air and the plane developed an oil lead, and how she was unable to see out of the front window. She rang Air Traffic Control who guided her safely down to land. She and her husband have a share in a plane and she often visits friends and family up and down the country.

Oliver Higginbotham

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CAUTLEY FLOWER FESTIVAL

*Advance Notice: St Mark, Cautley
Friday 20 May, Saturday 21 May,
Sunday 22 May, 2011*

It has been nearly six years since our last Flower Festival in 2005 and that was six years after the previous one in 1999. So we seem to be starting a tradition by holding our next event in 2011.

Besides all the flowers we plan an accompanying programme. On the Friday evening we will have a musical concert arranged by Roger and Judith Bush. We will close with a Songs of Praise at 6.30pm on the Sunday. In between the Church will be open for you to visit the flower arrangements on display. And there will refreshments continuously available at the old St Marks vicarage over the road from the Church. Things may happen on the Saturday too.

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**SEDBERGH & DISTRICT
HISTORY SOCIETY**

At a recent meeting at Settlebeck School, Richard Cann, Chairman of Sedbergh and District History Society, showed a selection of slides from the Society's large collection, which numbers over 2000 pictures, collected over the last 30 years. He began with photographs of farming practices in Howgill in the mid-twentieth century, and then showed photographs illustrating the histories of Akay House and Ingmire Hall. Finally, he had selected some old photographs of Sedbergh town, (including many not featured in the book recently published by the Society). He had also brought some prints of Settlebeck House and other documents of interest for people to see after the slide show. The meeting attracted a large and interested audience.

Judith Robinson

FARFIELD MILL

I am trying to name everybody that was at Farfield Mill in 1957 when Peter Holmes and myself were there.

The names that I have follow but if any readers have any further names, they would be appreciated (Via Lookaround).

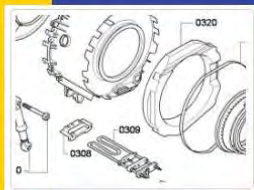
Men:- Bill Horn; David Howells: Fred Ryder; Harold Bradley; Hubert Ulbrick; Jock Cameron*; Joe Senegals; Les Wilson (Nimrod)*; Les Howard*; Peter Holmes*; Rex Metcalfe*; Tim Stainton; Tom Bingley; Tom Cornthwaite; Tom Sedgwick*; Tom White * Wilf Holmes*. Females: Barbara Harrison*; Dorothy Seed*; Isobel Harper*; June Rawlinson*; June Robinson*; Kitty Howard*; Lena Sedgewick*; Margaret Capstick*; Nancy Walsh*; Pat Hughes*; Pauline Gardener*; Rosemary Seed* & Violet Garnett.

Thank you in anticipation.

Les Howard

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Carnforth and Lunesdale Area

new course starts January.

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Perhaps your friends and family around want to help you, but don't know how to.

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We are a divorce care support group here to help you. We understand what you are going through.

A new 13 week course is starting on January 24th .We meet on Monday evenings from 7.30pm to 9.15pm in Carnforth. There is no charge. We have time to discuss and share our experiences and watch dvd based material which gives information and advice from Christian family and marriage counsellors, experts in their fields.

You don't have to be a Christian to come, and will find the resources and company helpful in both a practical and emotional way. There is no pressure to come to every session, come and try us out. What have you got to lose?

Here are some comments from participants from previous courses:

"It felt like being part of a family, where everybody spoke and understood the same language, surrounded by love, with God



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"Knowing that you are not alone and others feel the same"

"I felt enlightened and positive" by the experience.

"It helped me to address issues amongst friends with whom I could share my concerns and worries without fear of criticism and condemnation. When other friends have had enough of listening to my problems I know that my dc friends are always there to listen and offer support and practical help."

To contact us to show an interest, request a leaflet, or just to find out more information on our group:

Email : cfdivorcecare@live.co.uk or website <http://www.divorcecare.org>

Under" find a group", UK.

or Phone Sue Ellershaw 01524 730642.

Fran Parkinson

SLOVENIA - EXCHANGES OF CULTURE. .. AND SHEEP

Earlier this year I led a tour of Slovenia for local singers who were financially challenged which, by staying in the homes of those who had stayed with our singers and friends in Cumbria, cost just £95 for the week including the flights from Liverpool. Following the successful visit of Werca's Folk to the ancient town of Skofja Loka, we heard from our host the poet Agata Trojar that an EU funding bid for a partnership between Howgills Harmony and their cultural society is nearing success. This will allow for many more of those who have limited financial resources to join us on these cultural exchanges.

"LET'S HEAR IT AGAIN FROM THE THIRD BAA!"

Another project happening next year came about when Jozica Podrajsek, a Zrece singer and farmer living on the Brinjeva Gora, said she would love to have some Sedbergh sheep on her farm. At our party in her home Dorothy Pratt very kindly offered one of her lambs, and I have been in discussion with Andrew Hindson at Defra's Animal Health and Export Centre in Carlisle who has sent me the relevant forms which we will need for the transport of these sheep – and also explained that we are exempt from many of the regulations (such as needing a specialist licence to drive them) because we will have as many people as sheep travelling together and because our export is not for

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In order to make the journey even more worthwhile we will also be taking a quantity of local produce both ways – a move which has been welcomed by the Slovenian ambassador who suggested last year that we expand our links with some business and farming projects. If you would like to be involved please get in touch.

Finally, we have several more choirs, poets, puppeteers, and storytellers coming next year, including another family of Slovenian folk singers who will meet English family singers in Sedbergh.

It is sometimes said that nothing unites people more than having a common enemy and a common purpose. These meetings of community choirs and other artists allow for that unity with our shared hatred of war, sloth and greed, and our love of fellowship. And perhaps we will, to quote William Morris, "go singing to the fashioning of a new world."

David Burbidge, 21166

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DECEMBER GARDENING

I was pondering the other day, as I cut down herbaceous plants in the borders, on the number of members of the cabbage family that I grow in my garden. Cabbages (Crucifers) invariably have flowers which have four petals arranged in the shape of a cross (hence the name), but the plants on which those flowers are born vary considerably in size and habit (although most of them are herbaceous or short lived shrubs) and the petals come in almost every shade.

In my garden I have Honesty (*Lunaria*) – purple; *Erysimum* (perennial Wallflower) ‘Joseph’s

Coat’ – bronze/purple, *E.* ‘Moonlight’ – yellow, *E. x allionii* – orange and *E.* ‘Bowles Mauve’; Sweet Rocket (*Hesperis*) –pale mauve to white; *Pachyphragma macrophyllum* which has no common name but is well worth inclusion in a shaded border for its semi evergreen, glossy leaves and white spring flowers and *Cardamine* (Lady’s Smock) – pale pink, which grows wild in the lawn, *C. bulbifera* which rampages around the shrub border and *C. pentaphyllos* which behaves itself in the mixed border. Then there are the rockery plants, *Aubretia* – purple and pink and *Arabis* – white; *Alyssum and Draba* – yellow and *Iberis* (Perennial Candytuft)- white.

In the annuals department we grow Stocks – pink or white, double or “Night Scented” and mixed pink Candytuft.

In the vegetable patch we have Radishes and Broccoli (the free packet of Summer Broccoli that we planted this year having been one of the most successful plants in the patch), Kale (only two or three weedy specimens which the mice missed), Land Cress, Rocket, Swede, and Turnip.

In the pond we have we have watercress, and lastly, sprinkled fairly generously all over the whole garden we have the weed, Hairy Bitter Cress which is edible, but hopefully gets weeded out before it reaches worthwhile proportions to put in a sandwich.

Elaine Horne

SEDBERGH BROWNIES

On the 14th of July 1st Sedbergh Brownies held a Coffee Evening in the People's Hall. There was a raffle, bric-a-brac stall, cake stall and tombola. We would like to thank everyone who came along and supported the evening. Thank you to those people who donated cakes, raffle prizes and bric-a-brac. We raised £325.02 on the night and received £238.00 from Barclays Bank community fund, making a whopping total of £563.02! A big thank you to Linda Eccles of Barclays Bank for supporting our evening.

We are planning on putting some of the money towards a special Christmas trip out for the Brownies.

Thank you all once again.

Jacqui Earl

SEDBERGH WANDERERS FOOTBALL CLUB

Not a massive amount to report this

month but as this is a double edition of the Lookaround, we thought it wise to include a brief summary. We have now confirmed and booked a Queen tribute band for the Saturday evening (2nd July 2011) of the One Big Weekend next year. Dan Mason and I went to Preston a few weeks ago to watch them and they were excellent - we think they will be enjoyed en masse by the Sedbergh folk!

The Superhero Saturday is now fully arranged, however, please note that this will now take place on SATURDAY 18th DECEMBER instead of the originally advertised date of Saturday 11th December.

There are no further developments to report as yet with the ladies night in April 2011.

Much more to follow in February's edition.

Ben Close

For and on behalf of

Sedbergh Wanderers Football Club

VACANCY FOR HOUSEKEEPER

From the middle of January 2011 the George and Dragon are looking for someone to join our small but friendly team of housekeepers.

The position will be for 3-4 mornings per week from 7am.

Mondays & Fridays and possible Sundays will be included in these days.



If you think this may be of interest to you please call Susan on 015396 25256 for an informal chat and possible interview. Good rates of pay - must be able to get to and from Dent.

OCTOBER WEATHER

Another damp and blustery month during which we saw the first frost of the season. With the sun moving south this was reflected in the temperatures, though we did have a few pleasantly warm days during the early part of the month with a maximum of 67.5F. However the first frost on the night of 12th/13th was eclipsed by a low of 23.7F! It certainly was breezy with only 5 days when the maximum gust did not reach double figures. The maximum gust recorded was 26.2mph from the South East, one of only 4 days when the wind did not blow from the North West quarter. The windy month was also reflected in the generally low atmospheric pressure. It rained on 20 out of the 31 days giving a total rainfall of 5.56 inches, plenty to keep the water butts full and everywhere muddy!

The lowering temperatures heralded the first winter visitors with the first fieldfares arriving in the middle of the month. These were followed by many more before the end of the month. The number of birds visiting the feeders seems to have increased again. It is rare to see fewer than half

SEDBERGH HEALTH CENTRE

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

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



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a dozen blue tits having a go at fat balls or peanuts. The goldfinches are around in numbers eating niger seed as if it is going out of fashion. The two resident collared doves taken by the sparrowhawk have been replaced by two more that seem to like clearing up any niger seed the finches drop onto the tray below their feeder. The "residents" include house sparrows, chaffinch, great tit, coal tit, greenfinch, blackbird and robin. We have regular visits from great spotted woodpecker, longtailed tit, nuthatch, wren and the sparrowhawk. The mallard we raised returned to feed with our ducks and chickens, though only 5 on a regular basis. On the few nice days a few butterflies were on the wing. The first frost brought a colossal leaf drop over night with a carpet of leaves especially under the ash trees. By the end of the month the trees were practically bare. The blackbirds have been gorging themselves on windfall apples and have not touched the crab apples yet. The winter jasmine and viburnum have put on a colourful display whilst tulip bulbs have started sprouting, some before they were planted!! BW

CHRISTMAS AND THE CAUTLEY CAROLLERS

The Cautley Carollers will once again be visiting homes in the Farfield, Hallbank and Frostrow areas on the evening of Wednesday December 22 to wish everyone a very merry start to the season with our festive harmonies - we will be practicing for several weeks before our visit so we can give you our best. If we have missed your home in previous years and would like us to visit, please let us know. And although we won't be making a collection, if you would still rather we didn't come to your house (carols aren't to everyone's taste) please let us know on 21166. We'd far rather save our voices for the homes who like us singing there, than sing to a house where the owners are hiding behind the sofa!

If you need to go out that night, you can still catch us when we sing at the Dent Memorial Hall Folk Carols concert on Friday December 3 alongside the Gladly Solemn Sound west gallery choir. We sing a number of the same songs that they do (I sing in both groups!) so at the concert we'll be drawing on our extensive repertoire from other ages and countries including many of Judith Bush's mediaeval and Spanish carols, the contemporary Carol of the Bells, the lively Holly and the Ivy, and the lovely Polish carol Lulajze, Jezuniu (Sleep, Infant Jesus) with verses sung by Dorcas Thomas (whose Polish father at 111 was for a

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while the oldest man in Britain.) You may even get to hear Roger and Judith giving a few tunes on their hurdy gurdy and bagpipes - and following requests from folk who are coming, some of the beautiful Slovenian carols we have learnt from our twin town, some festive fiddling from the Lakeland Fiddlers... and of course there will be plenty of mulled wine and mince pies for everyone.

So if you are reading this before December 22, we look forward to seeing you at the Folk Carols festival and on our annual star-lit walk through the winter landscape. And if you are reading this after that date - many, many thanks for your support over the year and for your kind hospitality when visiting your home. A VERY MERRY CHRISTMAS AND HAPPY NEW YEAR TO YOU ALL!

David Burbidge

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

About fifty members of the society met in Dentdale Memorial Hall to listen to a talk by Andrew Lowe entitled "Wrestlers, Crucks and Mullions". He had been the conservation officer for the Lake District National Park Association and used the knowledge he had acquired in the job to give a most interesting and entertaining talk.

Vernacular buildings originally had A frames supporting the thatch on the roof with the walls not being load bearing. In order to prevent water penetrating the thatch the slope of the roof had to be about 60 degrees rather than the 30 degrees currently needed with slates. The crucks of the A frame were held together by the collar and tie beam. These were joined by putting square wooden pegs into round holes.

When slates were introduced this set up was sometimes adapted to cope.

Around 1650 the great rebuilding in stone reached this area. The classic design was to have three rooms downstairs, the firehouse, the parlour and the buttery. On entering through the door there was a partition protecting the firehouse. The fire was on a hearthstone, set against a wall, forming the base of an inglenook. Above this was a hooded chimney with a stone chimney-stack carried on wooden cantilevered beams. Some of these were round chimneys. The buildings were usually two storey.



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Originally the stones of these houses were rough and ready boulders but by the eighteenth century quarried stones were used. In the nineteenth century the technique of tilting the stones in the walls to shed water was introduced in some areas.

Wrestlers were interlocking slates used for the roof ridge but these were mainly superseded by sandstone ridge tiles. Mullions in windows were

structurally load-bearing in purpose with iron bars between them to keep thieves out. Before glass was introduced wooden shutters kept the elements

out. Initially the glass panes were small but they increased in size as technology improved. Mullions ceased to be used when sashes were introduced. These could be either vertical or horizontal sliding types.

After his talk Andrew dealt with several questions before being thanked by the chairman. The general view of the members was that this was one of the most interesting of recent talks.

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WE WANT YOU

Can you help? Gala needs you to keep the Gala, Bonfire and Children's Christmas Party going.

The next Gala will be the last if nobody comes forward to join the Gala Group. This year has been outstanding for the Gala and Bonfire, both being the best yet!

Thanks to the people that help year in and year out. We have had many people to help but now that we have members leaving, if they are not replaced the Gala cannot go ahead.

If you live in the community and have small children that benefit from these events could you give some time to keep things alive. If the events finish they will not then come back. The Gala has been going for over 40 years and it would be such a shame to lose it, so start thinking about what it would mean not to have these events any more.

Again many thank to all the members that do work hard every year keeping these important community-wide events going.

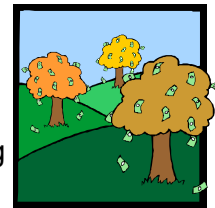
Gala Group

MIDDLETON TREES

Saturday 13th November saw a fine day and turnout of Middleton parishioners, children, grandchildren and clergy at the Church for the distribution of the trees donated by the Woodland Trust. The 105 trees - oak, birch, rowan, blackthorn, hazel and hawthorn - were soon claimed by everybody and are now planted across the length and breadth of Middleton.

The Reverend Shanthi Thompson, ably assisted by her son, Andrew, and Margaret Bownass, were first off the mark with their planting in the churchyard. Very

appropriately, Hazel Watson's three grandchildren were seen proudly bearing an oak each and will undoubtedly enjoy



seeing their trees flourish in the years to come. Thank you to the Woodland Trust and their sponsors for providing us with a new generation of trees from which we will derive much pleasure.

Michael Roberts

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CARERS SUPPORT GROUP

We have a new venue in Sedbergh, A Room With A View, upstairs in the Community Office next to Joss Lane Car Park, access by steps or the ramp, there is always someone around to welcome us, it is warm and cheerful and as a venue is working well. We meet on the 1st Tue of EVERY month (except one month in the summer when we go to Dent for Lunch) from 2-4pm, over the next few months we will be "Name That tune" (Jan) "Every Picture tells a story" (Feb) Slide show (March) "It works for me" (April). Home made refreshments with tea or coffee. In Dec one of the Support Workers from South Lakeland Carers will lead the group otherwise it is Sarah Woof one of the Volunteers of the organisation who runs it. All Carers are welcome, if you are no longer a Carer but would appreciate being part of the group this is fine up to around a year after you cease to care for someone, or for longer if this is felt to be beneficial for everyone.

For further details or if you need transport to the group please contact the office on 01539 815970.

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LADIES NFU NOVEMBER

The November meeting held on 16th November was well attended.

Mr. Gould from Kendal was the speaker who came along to show his wonderful slides of Birds all around our area. He has now gone digital and the pictures were really stunning. It makes you realise what a beautiful area we live in.

Mr. Gould showed a lot of birds that have recently come back to this area especially to the River Kent in Kendal.

Our Annual Coffee Morning is to be held on Wednesday 1st December in the URC rooms. The proceeds will be going to North West Cancer and NCH childrens charity. The Christmas meal is to be held at the Sedbergh Café on Tuesday 18th January, and the numbers for this will be taken at the December meeting. At this meeting on 14th December Mrs. Heather Askew will be showing us Christmas Table Arrangements. New members and visitors are always welcome.

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**SEDBERGH & DISTRICT
 ART SOCIETY**

Again a good turn-out in the URC room, this time to enjoy John Sibson describe and demonstrate his approach to a townscape in water-colour.

The subject was Alston. and John started by having prepared a delicate drawing of the main features, first in pencil, and then with pen and antelope brown ink, finally rubbing out the pencil. He felt that this just gave a subtle definition to the buildings. He had worked from a series of photos of shop frontages etc. to avoid including cars, which on this occasion he did not want.

He emphasised that the most important thing was to get the perspective, and was quite happy to use aids such as a T-square to drop verticals.

The next step was to establish the colour regime by all-over washes to dictate the ground colour, starting with the sky . He favoured ultramarine, and continued to use this with the addition of e.g burnt sienna and Naples yellow to place the

shadows on buildings and road.

The first detail to be tackled was the near buildings, so that later he could assess the weight of colour needed for the more distant buildings.

We gleaned several useful tips;-

- A flat palette encourages colour variation when mixing.
- A variety of brush sizes, including a flat one held with the wrist
- dropped for stonework
- Don't paint every stone, etc
- Put lintels and sills in first on windows
- Not too much detail in foreground

As you can tell from all this, John explained every step of the process, and when he finally stripped off the holding tape to leave a light surround, the resulting painting more than justified his efforts.

Our next meeting will be on 10th December at 1.30pm in the URC Room. NOTE the new time. The artist will be Fiona Lucas, subject water colour and mixed media.

We are still looking for more people to join our Wednesday morning group.!

V Finch

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QUEEN'S GARDENS

A **BIG** Thank-you to all those involved in making the "Haunting of Queens Gardens" such a great event at Halloween. Andrew Allan; Steve Longlands; Spellbound Theatre and the Bowling Club all did fantastic jobs. The trees were lit up whilst various ghosts and ghouls roamed the grounds and when it all got too much the bowling club provided a haven.... and cakes, to shelter.

Predictably it rained, so it was equally pleasing to see so many people make the effort to come down. Great to see the gardens alive, even with dead people.

Andrew really deserves praise, from our initial meeting he took on the project and enthused others, as Steve said 'typical gardener, plants a seed then disappears'. *Mike Hinson*

ZAK HALL

Well, it's that time of year again folks. For the kids, a time of wonder and excitement. For us alleged grown-ups, a time for togetherness and taking stock of what's important

in life...not to mention the odd chaotic shopping spree!

Christmas seems to bring with it many emotions, most happy, but some stark realisations that the gap between what's normal to the world, and what's normal to us is just getting bigger. While a lot has changed with regard to peoples views of disability, there is so much that still needs addressing. I continue to count

ourselves as extremely lucky to live in a community that is so supportive.

But even we have met with our fair share of obstacles along the way.

Many of our close friends will know how strongly I feel about involving Zak with his community. And that although his physical and mental barriers set him apart from his peers, I didn't expect to have to fight quite so hard for his basic rights. Something as simple as being able to go to School with those children he will be growing up with has been one drama after another. One though, I am thankful to say, has finally come to fruition.

Not only was it so important to me that Zak be looked upon as just Zak,

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not the poor boy in the wheelchair ... it was also important to us that he went to the same School his big sister did, and for that matter, the one I did. The one I moved back to Sedbergh for in the first place. One with such a strong sense of community and brilliantly dedicated staff who I know will look after my children as they would their own.

And to that end, it pleases me to tell you that, as well as attending Sandgate School in Kendal, Zak will also be doing one session a week in Sedbergh Nursery, along with his friends, and a couple of girlfriends.

All in all this year has been a positive one. Zak's had some ups and some downs, but through it all has managed to continue to beat the odds. We have enjoyed the big freeze at the start of the year, and had many good times with great friends and family in the Summer months. And it's these things I, and everyone, should hold close to our hearts. Family, be it through blood or friendship, is the single most important thing we all possess. It

costs nothing, and is always there to hold your hand through the darkest of times, and to share in our delight at a good belly laugh.

So for Christmas this year, I already have my wish. To have all our family round one big table, poking Grandad as he falls asleep during the Queens speech... Telling Granny to rest and let us do the Mothering for one day... Watching the faces of our children light up when they find what they were good all year for, waiting for them under the tree... and sitting back, feeling lucky to be part of it all.

Mags Hall

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SEDBERGH LADIES NFU AGM

The Annual General Meeting was held on Tuesday 21st September with a good attendance. Our Vice President chaired the meeting as the President was away on holiday.

The speaker for the evening was unable to attend due to illness, but agreed to come at a later date. The new Vice President was elected for next year after which we all enjoyed our usual Jacobs Join supper and a chat.



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DENTDALE MEMORIAL HALL

The total raised at Dent Gala this year was the amazing £2865.67, many thanks to all the helpers and sponsors and all who came along and joined in. For a little while we put the Gala "to bed" but not for long, when the Trustees meet on Wednesday 19th January 2011 it will no doubt get a mention. The indoor Bowling is gathering pace (not in the literal sense I hasten to add!) all the dates are booked for 2011, most Wednesday evenings and one Saturday morning a month, the Hall is also used for Choir, Keep Fit, Youth Club, Over 60's, WI, Table Tennis along with various fund raising events and private parties including wedding receptions when a marque lining can be fitted. It is hoped that along with the new pitched roof over our rooms (Sedgwick room, Haygarth Room etc) that there will be an upgrade of the kitchen in 2011. Should you or your organisation need any tables or chairs setting up for your event remember the Caretaker needs to know asap and NOT at the last minute, although most hirers do look after this themselves. We do not

charge for cleaning up time and hope hirers will put chairs and tables away and sweep the floor and leave the kitchen tidy and clean. Details of Booking Clerk, Caretaker etc can be found on the notice board outside the Hall and on the boards inside the building. On behalf of the Trustees I wish you all a Happy Christmas & Happy New Year.

Sarah E Woof
(Chair of Dentdale Memorial Hall
Committee) 25212

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SWIMMING CLUB

Reminder: all Saturday sessions are now 10.30 - 11.30! All members welcome! The last Saturday swim is 4th December, resuming January 15th. Fees for the spring term will be payable on the first lesson nights - Tues 11th and Thur 13th, £18 per student.

The voluntary lifeguards have recently passed the Bronze Medallion qualification again, and more teaching qualifications will be undertaken during Nov/Dec.

Finally, our 151 current members already know that swimming is probably the most nearly perfect form

of exercise. It is non-weight bearing and imposes no stress on the bones and joints; it improves cardiovascular conditioning; it is an effective weight-control exercise -- one hour of swimming burns about as many calories as running six miles in one hour; and it is a form of meditation that helps calm the nerves.

Swimming also uses most of the major muscle groups, and strengthens both the upper and lower body. Want to find out for yourself?

Any enquiries from new/potential members? Kate Thexton 20574 (kate574@btinternet.com) or Jacqueline Smith 20760.

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Dear Ed,

I would like to thank the Members of the Chamber of Trade for their responses to my article about Broadband problems which many of us experienced in September. At the time I was lucky enough to be kept up to date by neighbours and later informed, by Jennette Hardy of Duo, of the extent of the problem and the Action Campaign by the Chamber of Trade. Many thanks to all those who were trying to get the problem

resolved with BT.

Reading Lookaround shows just how much work many individuals are doing on behalf of our community and it is appreciated. Lookaround provides a lot of important information about issues which affect us all and yet we may be unaware of (Dave Collier's article about Virgin Trains) and Yes I have voted for Faster Broadband for Sedbergh but LOTS MORE PEOPLE NEED TO VOTE as it was a low count when I voted in early November!!

Judith Walsh

WORSHIP @ THE PEOPLE'S HALL

There is to be a re-launch of the regular monthly Sunday morning services arranged by Sedbergh Methodist Church supported by Churches Together in Sedbergh.

With a new name and by February 2011 a new time of the 1st Sunday of every month - **this is your invitation** - to come and share informal Christian worship for all the family. With coffee before and after the service, there are great children's activities, varied speakers and modern songs, you will be made most welcome.

It's a great way to start (or end!) the week. Look out for posters on the Churches Together Notice Board for future dates and times. Our next service will be Sunday 12th December 10.30am., followed by 16th January. We'd love to see you there.

If you require any further information, please contact Sandy Roy on 20785.

Rachel Pedley

COWGILL CHURCH

Kneeler Project

The small community of Cowgill has come up with a novel way to see them through those short, dark days of winter in Dentdale. They will be stitching a set of tapestry kneelers to brighten up the pews of St John's Church. The project is intended to bring the community together socially and allow people to learn a new skill whilst leaving a legacy for future congregations.

Would you like to get involved? We are looking for volunteers - both experienced and those that want to learn a new craft - to stitch and make up the kneelers. Perhaps you would like to host a working session either during the day or the evening. If you'd like to get involved but don't fancy cross-stitching then why not provide a donation towards the costs of the material and we will find a volunteer to make up a kneeler for you.

To get us started we plan to hold a workshop in the Church on January 15th from 1200 – 1400 with a 'soup and roll' lunch to keep everyone nice and warm. Samples of the kneelers will be available to view as well as a range of designs for you to choose from. We will also have some people who are experienced in the art of tapestry to help us on our way.

If you are interested in getting involved please call Rita Corpe (015396 25594), e-mail Heather Fraser at holmehill@btinternet.com or just come along and join us on January 15th.

Peter Boyles

SPELLBOUND THEATRE

Many thanks to all of you who braved a rainy Hallowe'en evening to wander round Queen's Gardens in search of spooks, ghouls and ghosts for our "Hallowe'en in the Haunted Gardens" event.

The Gardens were transformed with suitably eerie lighting, scary sound effects and a whole host of supernatural characters, from vampires to pirates to Queen Victoria herself! The challenge for the evening was to explore the gardens and seek out the answers to a list of 13 questions. The winning entries were from Rachel Hopkins and Omar Noir, who both win a pair of tickets to any Flicks in the Fells cinema screening, with a special prize of a box of chocolates going to Holly McComb and Rose & Sandra Longlands. Congratulations by the way to all of you who managed to write anything legible on your sopping wet pieces of paper!

It was lovely to see so many people visiting the Gardens, some of whom had never been there before, we are certainly planning to stage more events there! Grateful thanks to Sedbergh Parish Council for allowing us to hold the event, Steve Longlands for the many hours spent preparing the many metres of cabling and outdoor lighting we used, to the Bowling Club for providing the refreshments and letting us use their changing rooms, and to Ray King, the Queen's Gardener for inviting us to perform there in the first place!

Andrew Allan

SEDBERGH TOWNSHIP INITIATIVE EXHIBITION

The Sedbergh Townscape Initiative (STI) seeks to deliver improvements to the town centre environment. The Parish Council, working closely with key partners in the town, are keen to hear **YOUR VIEWS** on a range of opportunities to improve the quality of the town centre environment and, ultimately, help support the town's local economy.

Please come along and visit our staffed **EXHIBITION** in the Sedbergh Community Office, 72 Main Street, Sedbergh and will run from Wednesday 8th to Wednesday 22nd December from 11am - 3pm.

A comments form will be available. We look forward to meeting with you and hearing your ideas and comments!

Sedbergh PC

SEDBERGH TOWN BAND

December Programme

The days leading up to Christmas see the Band particularly busy. A series of Carol Playing engagements start at the Birdcage, Kendal on Saturday 4th at 12.30 until 2.00 pm. The following day the Band goes over to the Women's Institute in Arnside to provide entertainment for the old folks whom the W.I. are hosting. Tuesday 7th starting at 7.45 pm is the Annual Christmas Concert in the People's Hall - a wide selection of music including festive tunes and carols provide the musical content. The Youth band will be featured, Father

Christmas will put in his annual appearance, mulled wine and mince pies together with a multi-prized raffle will make up a packed programme. The following evening (Wednesday 8th) the Band will play in Main Street to entertain the Late Night Shoppers.

Following an eleven day break on Sunday 19th 12.30 to 2.30 pm, carols will be played at Asda and on Tuesday 21st from 4.30 to 6.30 pm at Morrisons'. A visit to the Sedbergh is yet to be arranged whilst definitely the final engagement before Christmas will be the playing of carols at the 'bus shelter' in Main Street on Friday 24th from 10.30 to 12 noon.

Gerry Blackwell

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Sedbergh Group

Our Christmas lunch was held at the Barbon Inn where we were looked after as usual with both skill and kindness. Traditional Christmas fare was followed by a raffle and a great deal of conversation. This is one of the most popular of our meetings and it is easy to understand why.

There is no meeting in December. In 2011 there will be a party on the 18th of January commencing at 2.00 p.m. and held at the People's Hall. This will be a 'Jacob's Join' followed by homespun entertainment – music, prose, poetry and jokes.

New members are always welcome and transport is usually available. Enquiries 01539 742633.

Jennifer Levitt

TIM FARRON MP

Normally at this time of year I find myself asking where has the time gone? But this year more than most I am bewildered by the speed that the months have flown by.

It hardly seems like any time since I was wishing you all a Merry Christmas for 2009 and here we are doing the same for Christmas 2010.

It has been an amazing year. Clearly personally the high point was being re-elected with my majority increased by nearly 12,000 votes. Something I never expected or even hoped for and for which I will be eternally grateful. As I said at the time it really sets me the challenge of working even harder to justify the belief that you have shown in me.

I have also, in the past couple of weeks, been lucky enough to win another election, in this case being elected President of the Liberal Democratic Party. I don't take on any tasks over and above being your MP without a great deal of thought and discussion, not least my wife Rosie. In each case one of my primary concerns is whether it will help me in representing the needs of people living in this area. In the case of becoming Party President I felt that the answer was a resounding yes. As a result of taking on this new responsibility I will be giving up some of the other responsibilities that the party whips have asked me to take on and I will now have more direct access to Government ministers, particularly the ones who are Liberal

Democrats. I have a long list of issues that I need to raise with them.

A couple of the particularly pressing issues that I have been working on recently have been the problem we have with broadband access in this part of the world and the price that farmers get paid for their milk. Both issues that have been with us for some time but that I feel we may be able to make progress on with the coalition Government.

Added to that over the coming months I will also be able to tackle Ministers again on providing VAT exemption for Mountain Rescue teams, the provision of teacher education by the University of Cumbria, ensuring that we get more community health services brought to the Westmorland General Hospital and many many other things that you will without doubt raise with me.

But that is for 2011. In the meantime can I thank you all for your most amazing support during 2010, I really feel humbled by the backing you have given me. As I said before, I will do all that I can to ensure that you feel I have deserved your confidence.

In that vein if you have any issues where you feel that I can help to add to my list please do contact me by phoning 01539 723403, writing to Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me on tim@timfarron.co.uk.

Thanks for your support and have a very Merry Christmas and a Happy New Year
Tim Farron MP

TOWN TWINNING VISIT

to Zrece for the Young People of Sedbergh and District

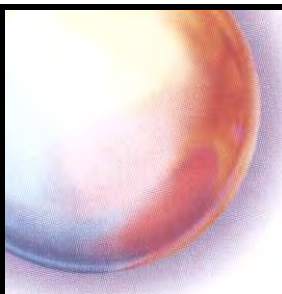
Good news for all the people who felt that our links with the young people of Zrece were on hold – we're on the move again! We are intending to take a group of young people to Zrece next August from roughly the period beginning the 31st July until the 7th August depending on when we can travel at the cheapest rates. We will be devising a programme of activities which include sports, culture, history, citizenship and language and we will be meeting other young people in Zrece to further develop the close links and friendships we've made over the last 6 years.

The Trip will be open to young people aged from 14 (next August) to 18 and the cost is likely to be around £350 – 450 for an 8 day trip (including travel days). We will be circulating letters after Christmas to invite young people from Sedbergh and district to take part and these will be circulated via Sedbergh Youth Club (the Monkey House), Sedbergh Scouts, Sedbergh School and Settlebeck. Numbers will be limited to around 20.

Letters will also be available directly from Dave Smith (tel. 20937) if you can't access one of the above sources.

A meeting for the interested young people and their parents will take place in mid-February.

*Dave Smith, Ben Maunder,
Susan Garnett and Adam Woof*



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SEDBERGH (FROSTROW) WI

This month's meeting was our AGM followed by supper and social time. Linda Hopkins gave the Committee's Annual Report and looking back we seem to have had a busy and successful year. The Book Club, Lunch Club and Walking Group are all still going strong which is good news. The Book Club has read a wide variety of books, some more enjoyable than others, but all of which prompted a good deal of discussion. The Lunch Club has visited some interesting venues, including The Strickland Arms, The Ice-cream Parlour in Kendal, Platos in Kirkby Lonsdale and Abbott Hall in Kendal. The Walking Group has had some excellent walks with members taking turns to organize and lead the walks. On the whole the weather has been kind!

Anne Petyt resigned as President after eight years at the helm. Linda Hopkins thanked her, on behalf of everyone, for all her hard work and dedication. Linda will take over as President and Pat Ramsden will take on the job of Secretary.

It was decided unanimously to change our meetings back to the second Wednesday in the month. It was also decided to change our name to 'Sedbergh W.I.'

Four of our members had attended the Annual Council Meeting in Ulverston. Jean Mitchell gave a report on what had been a very enjoyable day(made all the better because they had such good seats on the second



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row!) The speakers were Dulcie Lewis, Ruth Bond and Gyles Brandreth.

June Mudd led the Walking Group on a lovely ramble around Barbon. They had a very interesting lunch stop with geese, hens and a pony for companions! We called at Kirkby Lonsdale Golf Club afterwards and had a lovely afternoon tea.

The Lunch Club had a very enjoyable time at Abott Hall, taking in the Lowry Exhibition after lunch and staying so long that they had afternoon tea as well!

The Book Club met at Linda Hopkins' and had a very animated discussion about 'Chocolat', followed by tea and wonderful ginger cake. It's a constant battle with weight gain!!!

We entered a team in the Annual Quiz Night held at the White Hart. We didn't win, unfortunately, but it was good fun and the sandwiches and chips went down well.

We ended the meeting with a Jacob's Join supper, a glass of wine and a very amusing game of Call My Bluff.

Denise Thomson



PHOTO CALL

Last month I had a call from Mrs Jenny Dawson regarding November's photo. She thinks she was able to identify Tom Greasley on the left and Archie Hall and Teddy Dinsdale on the right so my grateful thanks are extended to her.

This month another photo from Sedbergh Theatre archives. I recognise Lester Haslam - far left and Marjorie Anderson and Michael Thornely on the right but who are the others and what was the production? Answers as always to Shirley Tebay, Walnut Bungalow, Dent, or (015396) 25001 or by email shirley.tebay@btinternet.com

DENTDALE CHRISTIAN FELLOWSHIP

Do you fancy something a bit different to whatever you have experienced as "normal church"? Why not come along to DCF, you will be welcomed very warmly, especially at this time of year when the

woodburning stove is in full throttle, seriously though, a warm sincere welcome awaits you along with comfy chairs and informal worship, we turn a blind eye should anyone doze off! Usually we sing along to CD's but do have a keyboard available, someone shares something of their walk with God and we have a buffet supper and there is time to chat, prayer together or one-to-one basis if required. We know we have aquired a bit of a reputation of being "hard sell God" but it just isn't like that at all, we, hubby and me, are living in a personal relationship with Jesus we have not what some call suddenly got more religious, it is possible for people to be very religious and not be in a personal relationship with Jesus! Not be filled with His Holy Spirit!. Want to know more ..? That is what DCF is all about, come and see us soon. See advert for dates and times or give us a call on 015396 25212.

*Sarah & John Woof. "Rhumes"
Laning. DENT. LA10 5QJ.*

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

CHRISTMAS LATE-NIGHT SHOPPING IN SEDBERGH



I ONLY POPPED OUT FOR 216 SUGAR.

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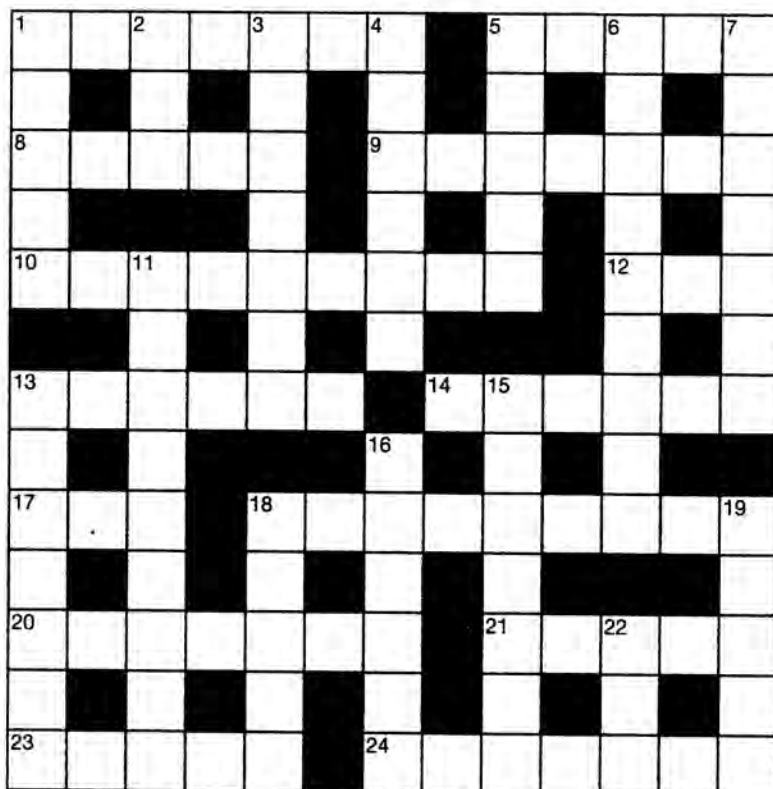
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Organisation	Update	Contact	Tel:	015396
Allotments Association (Dent)	08/09	Mr Smith	Dent:	25688
Allotments Association (Sedbergh)	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society (S & D)	09/08	Mrs Leigh	Sed:	20794
Badminton (Sedbergh)	10/08	Mr Wheatley	07816	437500
Beekeepers Association (S & D)	01/09	Mrs Whitton	015242	72004
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club (Queen's Gardens)	01/09	Mr Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club (S&D)	01/09	Mr Hinson	Sed:	20118
Caving Club (Kendal)	01/09	Mr Teal	Sed:	20721
Chamber of Trade *	12/10	Mr Chapple	Sed:	22045
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	01/09	Mr Beck	Sed:	20336
Cricket Club (Dent)	01/09	Mr Hyde	Dent:	25503
Cricket Club (Sedbergh)	01/09	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir *	09/10	Mrs Sugden	Dent:	25303
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent School (Friends of)	01/09	Mr Hartley	Dent:	25317
Dog Training (Sedbergh)	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/08	Mrs O'Neill	Sed:	21958
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders (Dent)	01/09	Mrs Pilgrim	Dent:	25589
Football Club (Dent)	01/09	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	06/09	Mr Kirby	Sed:	21214
Gala Group	04/10	Mrs Usher	07837	978626
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Garsdale Ladies Group	09/08	Mrs Ramsbottom	Sed:	21013
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions (Dent)	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Schoolroom	01/09	Mrs Stainton	Sed:	20665
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050

Kent Lune Trefoil Guild	01/09	Mrs Mitchell	Sed:	21144
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	01/09	Mrs Escholme	Sed:	20376
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Lunch Club *	11/10	Miss Gladstone	Sed:	20438
Methodist Church Hall	01/09	Mrs Jackson	Sed:	20530
Over 60's (Dent)	02/09	Mrs Burrow	Dent:	25203
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council (Dent) *	09/10	Mrs Fletcher	015242	72768
Parish Council (Garsdale)	01/09	Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	10/08	Mr Robertshaw	01539	730597
People's Hall	01/09	SOS	Sed:	20788
Pepperpot Club (Sedbergh)	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground (Sedbergh)	10/09	Mrs Rice	Sed:	22100
Playgroup (Sedbergh)	01/09	Mrs Gunning	Sed:	20226
Playing Field (Sedbergh)	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Rag Ruggers	01/09	Mrs Hennedy	Sed:	20899
Red Squirrel Group (Sedbergh)	02/09	Mrs Foott	Dent:	25453
Residents Association (S & D)	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	01/09	Mrs Storey	Sed:	21593
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
South Lakeland Society for the Blind	01/09	Mr Axford	Sed:	21019
Squash Club *	09/10	Mr Thomson	Sed:	21747
Slimming Club	01/09	Mrs Uttley	01539	722568
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Toy Library	11/09	Mrs Osborne	015242	61029
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Howarth	Sed:	20428
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	01/09	Mrs Sugden	Dent:	25303
Women's Institute (Howgill)	01/09	Mrs Hoggarth	01539	824683
Women's Institute (Killington)	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute (Sedbergh (Frostrow))	12/10	Mrs Ramsden	Sed:	20828
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	12/09	Mrs Wilson	Sed:	20238
Young Kidz	01/09	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	03/09	Mrs Woof	Sed:	21644

* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect,
please supply details to the Lookaround Office

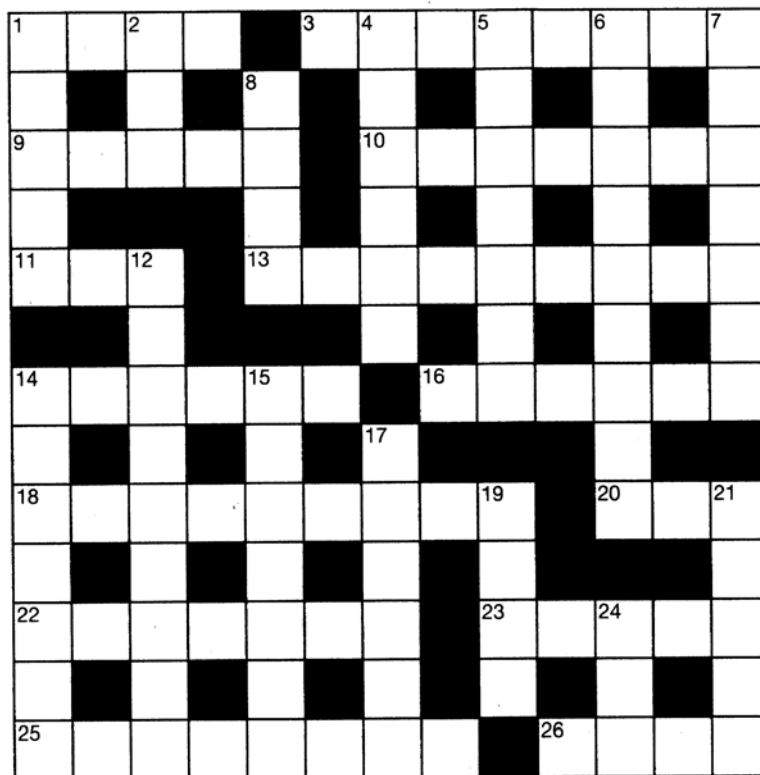


ACROSS

- 1 Decide (7)
- 5 Jocular (5)
- 8 Group of eight musicians (5)
- 9 Local government body (7)
- 10 An eye for an eye? (3, 3, 3)
- 12 Sicken (3)
- 13 Small and dainty (6)
- 14 Winter sport (6)
- 17 Age, epoch (3)
- 18 Foolproof (9)
- 20 Plant with large flowers (7)
- 21 Large African animal? (5)
- 23 Choose by voting (5)
- 24 Narrowed to a point (7)

DOWN

- 1 End prematurely (5)
- 2 Write briefly (3)
- 3 US car manufacturing centre (7)
- 4 Stimulate (6)
- 5 Combat between knights (5)
- 6 Very profitable (9)
- 7 Christmas cake (4, 3)
- 11 Private conversation (4-1-4)
- 13 Get ready (7)
- 15 Thick sauce (7)
- 16 Cartoon bear (6)
- 18 Sum of money used for expenses (5)
- 19 Fencing weapon (5)
- 22 For every (3)



ACROSS

- 1 Clown (4)
- 3 Elegant, stylish (8)
- 9 Black tea (5)
- 10 Guilty person (7)
- 11 Squeaky bark (3)
- 13 Labour leader (4, 5)
- 14 Putty-like substance (6)
- 16 Antenna (6)
- 18 Vital (9)
- 20 Point (3)
- 22 Show of boldness (7)
- 23 Nearby pub (5)
- 25 Searching look (8)
- 26 Water-surrounded land (4)

DOWN

- 1 Brightly-coloured aquarium fish (5)
- 2 Tree (3)
- 4 Modern (6)
- 5 Diameter of a tube (7)
- 6 Order (9)
- 7 From the sides (7)
- 8 Tidy (4)
- 12 Baby carriage (9)
- 14 Type of van (7)
- 15 Fleeting moment (7)
- 17 Signalling firework (6)
- 19 American university (4)
- 21 Swelling (5)
- 24 Variety of lettuce (3)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
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>1D; 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 (2011/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2011/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2010/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754

CAMPING, CARAVANNING & SELF-CATERING

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
Mrs Durie	Crossthwaite, Garsdale, Sedbergh (2011/06) <i>Sleeps 6/7 D, F, T, CH, TVL, P, NS, DW, DR, CW</i>	07900 531043
Borrett Barn Flat, Marthwaite, Sedbergh (2010/10)	<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	21175

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

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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 12th December 2011

Entries marked (*) see Advert in previous Lookaround.			23 1000 Journey to Christmas (23)	URCR
DECEMBER			25 Christmas Day	
1	Scouts Post Starts (13)	Sedbergh	26 Boxing Day	
1	1000 Coffee Morning Ladies NFU	URCR	JANUARY 2011	
1	1930 HS Afghanistan	SHS	11 1400 WIK Looking at Lighthouses	PH
2	1000 Journey to Christmas (23)	URCR	11 1930 Domino Drive	FCH
2	1930 WIH Christmas Party	tba	12 1930 Scenes from Sabah, Borneo	SHS
3	1300 Christmas Tree Festival	SMC	12 1930 WIS A Film Evening	PH
3	1930 The Gladly Solemn Sound (*)	DMH	13 1200 Lunch Club	Red Lion
4	1000 Christmas Tree Festival	SMC	14 1930 Pulse Gym New Year Quiz (34)	PH
3	1000 Folk Carols through the ages (12)	DMH	15 1300 Gala Children's Party	PH
4	1000 Free Entry into Farfield Mill (20)	FM	15 1930 Barbon Show Domino Drive (35)	BVH
4	1030 StAD Christmas Market (12)	StAD	17 1900 Chamber of Trade	L
4	1900 Flicks in The Fells	PH	18 1400 SASL Jacob's Join	PH
4	1930 An Evening of Music & Song	SMC	18 1230 Health Centre Closed for afternoon	
4	1930 BVH Bingo (18)	BVH	19 1930 HS Auschwitz to Ambleside (19)	SHS
5	1000 Dentdale Slovenian Carols & Walk (*)	Dent	23 1900 Dentdale Christian Fellowship (19)	RD
5	1000 Free Entry into Farfield Mill (20)	FM	27 1930 Sedbergh Parish Council	PH
5	1030 Christmas Tree Festival	SMC	29 1930 BVH Domino Drive (35)	BVH
5	1600 Dent Pre-School Christmas Fair	DMH	FEBRUARY	
7	1945 Town Band Christmas Concert (14)	PH	2 1930 HS Gunpowder Mills of Cumbria	SHS
8	1100 Townscape Initiative Exhibition (Till 22nd)	CO	8 1400 WIK The Ascension Islands	PH
8	1330 Father Christmas (1)	Grotto	9 1930 Kilimanjaro	SHS
8	1415 SS 1st XV Rugby v Millfield	SSBusk	9 1930 WIS Sedbergh Soap Company	PH
8	WIS Christmas Party		10 1200 Lunch Club	Red Lion
8	1800 Late Night Opening (1)	Sedbergh	16 1230 Health Centre Closed for afternoon	
9	1000 Journey to Christmas (23)	URCR	16 1930 HS Every Home is a Museum	DMH
9	1200 Lunch Club	Red Lion	22 1930 Domino Drive	FCH
9	1915 RBL Committee Meeting	WHC	28 1930 FCH AGM	FCH
10	1930 Killington Kids Domino Drive (16)	KVH	MARCH	
11	0930 StAS Young Mums Table Top Sale (15)	PH	2 1930 HS 3 Centuries of the Workhouse	SHS
11	Dentdale Over 60's Christmas Lunch	DMH	8 1400 WIK Rag Rug Making	PH
11	Eve Mexican Night (13)	Meadowside	8 1930 Domino Drive	FCH
12	1400 Afternoon Carol Service (16)	DMC	9 1930 WIS Inside a Lakeland Farmhouse	PH
12	1930 Vivaldi's Gloria Concert	SMKL	10 1200 Lunch Club	Red Lion
14	1930 Domino Drive & Mince Pies	FCH	12 1900 SS Choral Society	Ripon Cathedral
14	tba WIK Christmas Lunch	tba	12 1900 Lookaround Party	PH
16	1000 Journey to Christmas (23)	URCR	13 1900 SS Choral Society	SSPH
17	1930 Domino Drive	KVH	16 1930 HS & CWT Victorian Naturalists	SHS
17	Dentdale Over 60's Friday Club Party	DMH	17 1230 Health Centre Closed for afternoon	
18	1930 Sedbergh Wanderers Quiz & Disco	PH	21 1900 Chamber of Trade	L
19	1900 Dentdale Christian Fellowship (19)	RD	24 1430 Carry On At Mill!	PH
20	Scouts Post Ends (13)	Sedbergh	24 1930 Carry On At Mill!	PH
22	1000 Coffee Morning Town Band	URCR	25 1930 Carry On At Mill!	PH
22	1930 Christmas Domino Drive	HVH	26 1930 Carry On At Mill!	PH

*The S & D Lookaround is edited, published & distributed monthly by
Dennis & Jacky Whicker and is printed by Stramongate Press.*

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

COVER PICTURE
Main Street at Christmas
By Mags Hall

APRIL

2	1200	Spring Show	PH
9	1900	Sedbergh Wanderers Ladies Night	SSQH
12	1400	WIK Springtime Soups	PH
13	1000	Coffee Morning StAS Missionary	URCR
13	1930	WIS An evening with Joyce Grenfell	PH
14	1200	Lunch Club	Red Lion
27	1930	CWT Freshwaters of Cumbria	SHS

MAY

10	1400	WIK Resolutions & Musical Quiz	PH
11	1930	WIS WI Resolutions & Jacobs Join	PH
12	1200	Lunch Club	Red Lion
16	1900	Chamber of Trade	L
16	1930	Group WI Meeting	KLI
17	1230	Health Centre Closed for afternoon	
20		Cautley Flower Festival	StMC
21		Cautley Flower Festival	StMC
21	1230	Sedbergh Gala	Lupton Field
22		Cautley Flower Festival	StMC
25	1000	WIK Coffee Morning	URCR
28		Dentdale Flower Festival	DMC
29		Dentdale Flower Festival	DMC
30		Dentdale Flower Festival	DMC

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
1900	3rd Monday	Chamber of Trade	L
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
1400	1st Tuesday	SL Carers Association	CO
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 & 3rd Wednesday	History Society	SHS
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh (Frostraw) WI	PH
1930	1st Thursday	Howgill WI	FCH
1400	1st & 3rd Thursday	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
1930	Last Thursday	Sed. Parish Council	PH
1330	Every Friday	Dent Over 60's	DMH
1930	Every Friday	Monkey House Café	Library

?? 1830 Barbecue (Date to be announced) FCH

JUNE

8		WIS Mystery Outing	
9	1200	Lunch Club	Red Lion
14	1400	WIK Mums Junk	PH
15	1230	Health Centre Closed for afternoon	
29	1000	WIS Coffee Morning	URCR

JULY

1		Sedbergh Wanderers Big Weekend	Sedbergh
2		Sedbergh Wanderers Big Weekend	Sedbergh
3		Sedbergh Wanderers Big Weekend	Sedbergh
12	1500	WIK Tea Party	Cautley
13	1930	WIS It shouldn't happen to a Nurse	PH
14	1200	Lunch Club	Red Lion
14	1230	Health Centre Closed for afternoon	
18	1900	Chamber of Trade	L
27	1000	Coffee Morning Dentdale Methodist	URCR

DIARY KEY

BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC/S	= Dent Methodist Chapel/Schoolroom
FCH	= Firbank Church Hall
FM	= Fairfield Mill
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
KVH	= Killington Village Hall
L	= Library, Main Street
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)
StMC	= St Mark Church, Cautley
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
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

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