

Sedbergh & District

# LOOKAROUND

October 2011

Issue 293

Donation £1

For the next two months I am acting as what I believe more up-market magazines call 'guest editor' of *Lookaround* whilst the real editor gets himself fully fit to come back and tackle the bumper double issue in December; yes folks, Christmas looms!

Thank you to everyone who has offered to help in Dennis' absence. I would like to suggest three ways contributors can help with the next edition:

- 1 Use only the email address below. **I cannot access any other *Lookaround* address**
- 2 Submit articles in Arial 11, single spaced and without special headings. I noticed in preparing this edition that many people spend a lot of time and go to a lot of trouble to present items in a very attractive manner, only for the editor to change it all in order to fit the confines of the *Lookaround* format.
- 3 Please submit items as early as you possibly can. **NOTHING** will be accepted after the closing dates indicated below. This is not just

because I am less accommodating than Dennis, but because it will take me ten times as long to do what he can do with his eyes closed.

Won't you all be delighted to have your proper editor back? (Incidentally all the above would help Dennis too - he's just too nice to tell you!)

The only other thing left, on behalf of all *Lookaround* readers, is to give Dennis all our good wishes for his stay in hospital. Everyone's thoughts are with him and Jacky, and we hope that will be a source of support whilst he is in Christies: I'm sure Jacky will give us an update to include in next month's edition. *Janice Rusling*

The Green Door  
Sweet Shop



*Open 7 days a week for:*



sweets  
chocolates  
ice cream  
cards & toys



**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](mailto:editor@sedberghlookaround.org.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

## Table of Contents

Advertising Rates	77	Farfield Competition	39
Bed & Breakfast	76	FLu Clinics KL	6
Bus Time Table	73	Flying Officer Mounsey	46
Cartoon	74	Gala Group	28
Crossword	75	Kidzone Orphanage, Nairobi	41
Diary	78	Killington WI	22
Groups	74	Letters to the Editor	36
Religious Services	77	Local Transport	65
Sudoku	74	News from the Pews	64
<b>72 Main Street</b>	<b>60</b>	October Gardening	15
Askam Construction	71	People's Hall	62
August Weather	27	Pepperpot Instruments	57
Autumn & Winter Health	50	Police Report	30
Bookworm	49	Sedbergh - Town and School	58
Chippy Church	40	Sedbergh Calendar 2012	45
Christian Aid News	70	The Sedbergh Dog	38
Christmas Tree Festival	26	Sedbergh Methodist Guild	29
Community Office	17	Sedbergh Orchestra	25
Councillor's Corner	10	Sedbergh Swimming Club	18
Councillors' Corner	12	Sedbergh Tennis Club	16
Cumbria Wildlife Trust	42	Sedbergh Town Band	57
Cumbrian Poppy Appeal	48	Sedbergh Town Bonfire	40
Dales Pets	19	Sedbergh WI	24
Dent Football Club	53	Settlebeck School	54
Dent Gala	41	Shoe Boxes	72
Dent Gala 2011	66	Slovenian Students	52
Dent Parish Council	67	Tim Farron MP	8
Dentdale Christian Fellowship	53	What a Life	45
Dentdale WI	20	WI Howgill	21
Editors Update	29	Winter Tyre Safety	32
Family Musings	7	Women's World Day of Prayer	40
		worship@peopleshall	61

## Table of Adverts

Abacus	45	JE Wilkinson	65
Able Memorials	16	Josephine Lade	20
AMJ Plumbing & Heating	23	Julie Noble	69
Andrew Allan (Apple Mac)	69	June Parker	50
Austin Brown Computer	46	Kay Whittle	14
Brian Goad: JJ Martin Funerals	25	Kevin Bateman	27
Bull Hotel	6	Kitchen Installations	29
Capstick Insurance	54	Lakeland Home Visioncare	39
CDC	42	Malcolm Sedgwick	7
Chair Workshop	17	Mel Cragg	57
Chris Whelan	26	Middleton Head	30
Cobble Country	68	MK Conversions	61
Cross Keys Hotel	22	Nicky Ross	49
Cumbria Stoves	41	Oliver Higginbotham Logs	25
Dales Tyres	33	Oliver Higginbotham Contractor	43
Daphne Jackson	28	On A Roll	7
Dawsons Coal Yard	71	Paul Hoggarth	10
Docker Park Farm	41	Paul Winn	40
Edwin Middleton	46	People's Hall	47
Ellis Thompson	35	Peter Woof	21
Ellison Firewood	44	Philip Horner	41
Farfield Mill	52	Richard Hoggarth	37
Garry Chapman	47	Roger Winn	40
Garsdale Design	48	Sam Konczynski	23
Gary Allan	67	Sedbergh Health Centre	61
Gavin Charlesworth	70	Sedbergh Office Services	51
George Baines	32	Sedbergh School	28
Graham Moffat	18	Sheila Shuttleworth	37
Green Door	1	Stefan Kliszat	63
H & M Craftsmen	9	Stephenson & Wilson	17
Hayton & Winkley	58	Stramongate	8
Health Centre	61	Tooby	11
Heaps of Fun	18	Two Castles	39
History Society	19	Weaver's Cafe (Farfield Mill)	49
Holme Farm	62	Yvonne Cervetti	24
Ian Higginbotham	9		

# OCTOBER 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 :-  
Amy Harper who is 11 years old on 4th October and Ben Fiddler who is 11 years old on 11th October.

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



## 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	Christopher STAINTON	11
3	William BLACKBURN	4
4	Isabella WOOF	1
4	Cally LAWSON	7
4	Amy HARPER	11
6	Ben GIBSON	8
7	Ross HORNER	2
7	Abbi WOOF	9
7	Alice HOLTON	10
9	Jed HARPER	3
9	Emily LISTER	6
10	Rosie NEWBOLD	7
11	Phoebe HALL	6
11	Ben FIDDLER	11
13	Dillon OVERSBY	11
15	Kelly Ann SCOTT	3
17	Aaron TROUGHTON	10
19	Edward WILSON	7
20	Rosie HODGSON	5
25	Alex SAYNER	4
25	Charlie BROWNBILL	7
25	Robbie ALDERSON	11
27	Sam WILSON	5
<b>Nonagenarian &amp; Over</b>		
9	Jennie DAWSON	90
14	Mary CARGILL	95

## PERSONAL & SMALL ADS £1

### DAWSON

Happy 90th birthday Great Gran.  
Lots of love from William and Thomas Dawson.

=====

### THE GREEN DOOR SWEET SHOP

Andy and Jeanette would like to thank all staff past and present for their support over the last six years. Many thanks for the loyalty of all our customers come rain or shine! It has been a real pleasure serving and knowing you. We wish Kath and Bob all the best in the future.

=====

### THE GREEN DOOR

Robert and Katherine Mason would like to thank everyone for their support in their new venture. We hope everyone will continue to support us and would like to wish Andy and Jeanette all the best for the future.

=====

### LAW

Val, Janet, Duncan and family wish to thank everyone for their cards, flowers and words of comfort at the sad loss of David on 1 September. Also for the donations for St Andrew's Church and North West Cancer. Special thanks to Vic Hopkins for a lovely service and to Brian and Dorothy Goad for all their kindness and funeral arrangements.

### STANTON

Stewart and Glenis are delighted to announce the safe arrival of John-Lukas Hodgson on 29 August, weighing 8lb. A lovely little brother for Myles and Ellie-Ann. We would like to thank all relatives, friends and neighbours for cards, flowers, gifts and messages received.

=====

### THANK YOU

I would like to say a big thank you to the first responders, and also to the paramedics Ian and partner and Tony and partner for attending and taking me to the Royal Lancaster Infirmary; also to the staff, the doctors and the people of Dent who have asked after me. Many thanks to all.

Eileen Lister c/o the Hartley Family at Dee View Dent.

=====

### FOR SALE

Trailer for car £50  
Tel 015396 20529

=====

### FOR SALE

Wii Bundle (white).  
Additional Nunchuck controller, blue/pink skins. Accessories include wheels gun, golf and tennis.  
Wii sports included and 7 games.  
Nearly new and in excellent condition.  
Wii in original packaging. £75  
Tel: 015396 25004.

**PERSONAL & SMALL ADS £1**

**FOR SALE**

X Rocker Gaming Chair with 2.1 sound system. Stereo speakers and powered subwoofer. Compatible with all major games platforms. £90 new. Barely used; £45  
Tel: 015396 25004

**FOR SALE**

Electra Deluxe 1200 washing machine in good working order. £25.  
Tel: 20980.

**WANTED**

Lady's mountain bike  
Phone: 07774 817333

**FLU CLINICS 2011**  
**For patients of the Lunesdale Surgery, Kirkby Lonsdale and West View Surgery, Hornby**

The NHS is being encouraged to reduce costs so we will not be sending individual letters to our patients this year. Flu vaccination clinics will be held at **Kirkby Lonsdale Institute** on: Tuesday 11 October and Wednesday 26 October 9.30am – 12.30pm  
**Hornby Institute** on Friday 21 October 9.30am – 12.00pm  
These clinics are for patients who are over 65 year old (or who will be 65 before 31/3/12) or who fall into a priority group entitled to free vaccination.

<p><b>bullhotel</b> restaurant, bar, accommodation</p> <p><b>servicetimes</b> Monday Breakfast Tuesday Weekends Bar  Holidays Daily Teas, Coffees &amp; Pastries Lunch from Sandwiches Cordon-Rouge Tapas &amp; Lounge Menu 10pm - 12pm Restaurant Menu</p> <p><b>specialoffers</b> Traditional Sunday Roasts Tasty Tapas 4 for £10 Kilnley 17th Oct 18th Nov</p> <p>WE SERVE FOOD ALL DAY EVERY DAY</p> <p>015396 20264</p>	<p><b>summermenu2011</b></p> <p><b>lounge menu</b> sample menu items Homemade Soup of the Day Bull Hotel Burgers Chicken Fajitas Lamb Shank 10oz Sirloin Steak Smoked Salmon Salad Grilled Goats Cheese En Croute Omelette</p> <p><b>Cold Sandwiches</b> Ham &amp; Cumberland Mustard Smoked Salmon Roast Lakeland Beef &amp; Horseradish Cream Cheese Savoury Tuna &amp; Red onion Mayonnaise</p> <p><b>Speciality Ciabattas</b> Bacon &amp; Brie Open Roasted Mediterranean Vegetables &amp; Goats Cheese Seared Steak, Onion &amp; Mushroom Tuna Melt Tomato &amp; Mozzarella</p> <p><b>restaurant menu</b> sample menu items <b>To start</b> Ham Hock &amp; Apple Terrine toasted bread, salad leaves &amp; truffle dressing <b>Pan Seared Queen Scallops</b> spiced shallot dressing <b>Smoked Haddock Fishcake</b> fried mackerel, fine bean &amp; a red pepper coulis <b>Roasted Cherry Tomato Tart</b> roquefort cheese, rocket &amp; balsamic dressing</p> <p><b>Main</b> <b>Twice Cooked Pork Belly</b> creamy mash potato, roasted shallot &amp; pork jus <b>Roasted Duck Breast</b> orange mash potato, glazed carrot &amp; juniper berry jus <b>Fillet of Cod</b> wrapped in pancetta, crushed new potatoes, conitl cauliflower with a red wine shallot dressing <b>Pan-fried Halibut</b> fresh noodles, tango bruschetta &amp; tomato dressing <b>Wild Mushroom Risotto</b> char-grilled spring onion, parmesan shavings &amp; poached egg</p> <p>We also offer a wide selection of daily specials &amp; desserts. Please see in house for details. The Bull Hotel was recently awarded maximum Food Hygiene Rating of 5 stars = Excellent by South Lakeland District Council.</p>
--	--

### FAMILY MUSINGS

This computer lark has lost its appeal as once again our machine is poorly and this was possibly sent via my mobile phone and an aching thumb or via a friends computer. It was first sent from my mobile then a wonderful chap got me my computer back. It's "had it" but does still work, sounds familiar does that, how hubby and I feel with our aches and pains, we keep going. With him, (hubby, not the wonderful chappie), it is his knees, with me it is my right arm and shoulders, so between us we make one good one!

Will we ever get used to Sedbergh main street without Martins shop! Is it not like cheese without pickle or black without white? In our village we have survived the loss of shops just need to ensure we keep the one we have. Reading a fashion mag, a free one which fell out of my newspaper or magazine (are there not such a lot these days?) tells me orange is one of the "in" colours this autumn, but it is best not teemed with grey hair which I have, so do I conform to fashion or "rules", if the latter it might just be a first! You will probably see me in orange. I saw a wispy

## On A Roll

46 MAIN STREET, SEDBERGH

Freshly Made  
Baguettes  
Soups ~ Cakes ~ Snacks  
Drinks  
to Takeaway  
Open 7 days a week

nondescript shade of everything at the Gala when a 10 year old lad wacked wet sponges at me, he bowls for cricket and is related to me so I guess it was just too great a temptation, bit surprised more folks didn't belt me with wet sponges or fire water pistols at me. Maybe they didn't realise that without my specs I could not see the participants and as my brother wandered off to the Dog Show with my glasses I had to have an announcement made over the tannoy to bring them back so I could see again! It was lovely to see little children having great fun with the wet sponges, worth every minute even the pain, but does someone have a nose guard for next year!? Sarah.

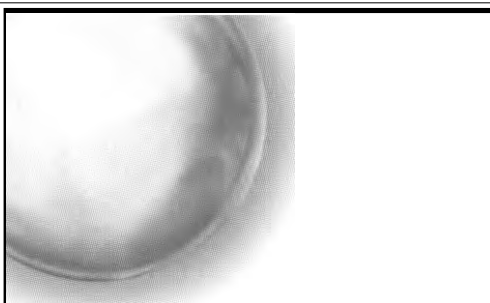


## Malcolm Sedgwick Joiner



*We are time - served local tradesmen undertaking all aspects of joinery work finished to a high standard.*

For free estimates or further information, please contact us on:-  
Tel: 015396 20609 Mob: 07527 237 599  
e-mail [sedgmjm@googlemail.com](mailto:sedgmjm@googlemail.com)



stramongate press

*printers*

*printers*

*of*

*Sedbergh Lookaround*

Stramongate Press Aynam Mills  
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448  
fax 01539 730253  
e-mail info@strampress.co.uk  
website www.stramongatepress.co.uk

### **TIM FARRON MP**

I had a great time at the County Show again this year, despite the weather! If you came over to have a chat thanks so much. I have been pushing my party, the Liberal Democrats, to remember that being connected with their communities and delivering what is wanted by local people, rather than what they think local people should want, is what makes Liberal Democrats different to other political parties. It is through people coming up to me at events like the County Show and my summer tour of the constituency that I really keep my finger on the pulse of what people care about. So please don't ever be shy.

We have launched our campaign for the next stage in our programme to improve the facilities for cancer sufferers in this area. The opening of the chemotherapy unit was of course a major step forward but we have always known that it was only one part of the plan. To really help patients we also need a radiotherapy unit at the hospital. Only with that in place will I believe that cancer sufferers around here are getting the treatment that the NHS should be providing for them. I know well how hard the journey to Preston (where people go for treatment currently) can be having walked it (largely in the rain) last year.

If you see one of our petitions, (it will be quite hard to miss one), please do sign it, and if you do somehow manage to avoid a form then simply drop me an email indicating your





*'quality work for the discerning client'*

Ian Higginbotham  
**PAINTER & DECORATOR**  
 Telephone 015396 21073 Mobile 07813 818958  
 e-mail: painter.ian@btinternet.com

support.

As with the chemotherapy unit ,the success of the campaign will very much depend upon the degree of support we receive from the community the hospital serves.

Whilst on the subject of the NHS, many people have contacted me to complain about the fact that when they try to return crutches, walking frames and other things that are no longer needed they are frequently told that they are not accepted back.

This must be massively wasteful to the NHS, never mind the excuse that "it is not cost effective to disinfect the items and reuse them" in these days of concern over landfill it is simply not acceptable for things to be thrown away like this. I have written to the Health Secretary, Andrew Lansley MP, to ask him to act on this.

Finally, I was pleased to see in the Government's proposals for the running of National Parks that they are going to pilot locally elected members of the park boards. This is something that I have long believed should happen. Sadly, the pilots are not in this area but if they are

successful then we can expect to see it introduced in the YDNP. It was interesting to note that one of the criticisms of the Yorkshire Dales National Park was lack of community engagement. I cannot see how this can be addressed without communities feeling more engaged in the management of the park.

As ever if you have any issues you wish to raise with me to keep me in touch with this community please do write to Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or email me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk).

Thanks for your support

*Tim Farron MP*



**H & M**  
 C R A F T S M E N  
 Beautiful homes deserve beautiful furniture

KITCHEN BEDROOM HOMESTUDY COOKSHOP

**Beautiful Kitchens & Bedrooms**  
 Home Studies & Lounge Furniture  
**Cookshop**  
 Quality Bakeware, Utensils, Knives, Pots & Pans & Lots More!  
**Wedding Gift Service & Knife Sharpening**  
[www.kitchensandbedrooms.co.uk](http://www.kitchensandbedrooms.co.uk)  
 015242 41535  
 Ingleton Industrial Estate, off A65 near Tooby's

### COUNCILLOR'S CORNER

The middle of September saw two announcements from central government concerning future electoral arrangements. One has filled the quality press and even made it into the Westmorland Gazette whilst the other, which could well affect Sedbergh, Garsdale and Dent more than the first has scarcely caused a ripple.

### MEMBERSHIP OF NATIONAL PARK AUTHORITIES:

The announcement about changes to the governance of national parks was so modestly made that you could be forgiven for not noticing. Privately, promises were made in opposition that changes would be made. However, I had feared that because we are a coalition and not a single party government they would not happen. In fact, in the short term, nothing will change in the Yorkshire Dales, but two adjustments to membership are going to be trialed,

### SEDBERGH GALA GROUP

### AGM

Monday 10 October

at 7.30pm

People's Hall Committee Room

*All members of the public are  
welcome to attend*

each in two national parks.

For the Lake District and for the North York Moors those appointed by parishes no longer need to be parish councillors or chairmen of parish meetings. With some reservations I am content with this. In fact it skirts around the serious problem with parish representations, the diversity of size of parish.

This was shown most acutely in the selection of a parish representative for the three South Lakeland parishes. They used to meet as an electoral college with each councillor having one vote. Thus Sedbergh with a population of 2,620 in 2001 had 11 votes, Dent with 790 had 9 votes and Garsdale with 250 had 5 votes. Whilst I have had no problem with recent results this cannot be right. Last year, seeing an aspect of the problem park members decided to make it one vote per council, thereby doing the almost impossible of making an outrageously bad system even worse.

For two other parks, the Peak District and the New Forest a much more promising change is to be made. Parish members will be replaced by directly elected

**Paul  
Hoggarth**



**Building Contractor**

**6" Wood Chipper For Hire  
Small Plant Hire**

**015396 21413**

**07968 977429**

members. This is a diluted version of a change I have been crying out for for fifteen years. I would like to see direct elections for all of the non-secretary of state members. This change has definitely set a cat amongst the national park pigeons. Unfortunately it is a very scrawny and timorous cat and the pigeons are already circling around with a view to pecking it to death.

**PARLIAMENTARY BOUNDARIES:**

The second announcement was of course from the Boundary Commission, the draft boundaries for parliamentary constituencies. The new rule that all constituencies should be within 5% of the target population is to me self-evidently right, just as it was for district council

wards in 2008. Given that and given the general rules it was clear that Cumbria would have to lose most of one seat. I had expected them to settle on 5.3 seats and therefore 0.3 of Westmorland and Lonsdale would have gone down into Lancashire. In fact they settled for all the five new Cumbria seats being somewhat over quota and no surplus going downwards.

The decision to take so much of Westmorland and Lonsdale into Copeland is a surprise - I had thought they would have swung us at Sedbergh into Penrith and taken more out of Penrith on the western side. That Copeland and Windermere is an unwieldy entity is mainly a problem because they have chosen

**Domestic appliances, Digital TV and Radio, Small appliances**

**Approved retailers for Bosch, Toshiba, Panasonic, Siemens  
Hotpoint, Cannon, Roberts Radio, Liebherr  
Sky, Freesat, Belling, LEC and many more**

**Regular deliveries to the Lookaround area**



**ELECTRICAL STORE**

Just of the A65, Ingleton  
& main Street, Bentham

Tel: 015242 41224 / 42095 / 61259



[www.toobys.com](http://www.toobys.com)



**\*\*SEE US AT WESTMORLAND COUNTY SHOW\*\*  
THURSDAY THE 8TH SEPTEMBER**



Sedbergh and District  
Christian Aid Committee

### Coffee Morning

Wednesday 12 October  
10am – 12 noon

URC rooms Sedbergh

Coffee ~ biscuits ~ home baking ~ stalls

All welcome

**Christian Aid**  
We believe in life before death

not to create a single urban seat of Workington and Whitehaven towns and a rural seat of all the rest.

There is already some objecting, but the rules are so tight that apart from swinging around Allerdale and Copeland I don't think there is much room for manoeuvre. Nor should there be – equal constituencies are a necessary precursor for equal votes. By and large the changes should be welcomed by all democrats.

*Councillor Kevin Lancaster*

015396 20800, 07980 844 695,  
[kjlanc@kjlanc.demon.co.uk](mailto:kjlanc@kjlanc.demon.co.uk),

Fellgate, Dowbiggin, SEDBERGH,  
Cumbria. LA10 5LS

BARBON & MIDDLETON NW CANCER

### Hot Pot Supper ~ Barbon Village Hall

*An evening of songs and laughter  
with Sos and Dave*

Wednesday 12 October

7pm Tickets £10

To aid with catering booking essential  
on 015242 76343 or via  
committee members.

Bar

Raffle

*Proceeds in aid of North West Cancer Research Fund*

## COUNCILLORS CORNER

From Cllr Evelyn

The main event of the month was the meeting of Yorkshire Dales National Park Authority when the members considered the objections to the intention to sell the garden next to the Community Centre. I added my voice to the opposition in the public participation slot when I stressed the importance of the green space to the social well-being of the town.

Altogether the YDNPA had received 237 objections and members were clearly very affected by the quantity and quality of the submissions. In May a number of members seemed to view Sedbergh with a mixture of exasperation and tetchiness for not coming up with the shedloads of money they want for the building. At this meeting they seemed much more sympathetic to our cause although they deferred any decision until December when they will consider the fate of the garden together with that of the building.

The need to acquire the garden for the town is a fallback position in case the negotiations to buy 72 Main Street, which are still continuing, should fail.

The garden is, of course, a key element in the Sedbergh Townscape Project which is already delivering the first part of its plan with the new street signs that are now appearing in Sedbergh. At the beginning of the month the South Lakeland District Council's Streetcare team swept through the town in a cloud of dust and weed killer spray leaving the

## **KILLINGTON W I**

12th Oct 2pm  
People's Hall - Sedbergh

### **" The restoration of historic gardens"**

An illustrated talk by Tom Attwood  
of Halecat Nursery

**£3** to include delicious refreshments

**DO COME!**

streets pristine. The SLDC is also introducing a shop front improvement scheme with the Parish Council. Grants are available for small scale works such as exterior cleaning, painting and minor repairs through to major works such as a complete frontage replacement. And to complete Sedbergh's makeover and bring some colour to the town in the early spring some residents along with the Sedbergh in Bloom group are planning a spring bulb display in planters and tubs around the town. If you would like to help with the planting please contact me or Dorothy Blair on 015396 20807.

From Cllr Ian

In my last article I referred to the forthcoming meeting fixed for the 5<sup>th</sup> September to look at the ways forward by which Sedbergh and District might become a transport hub within the overall networking framework provided by the Dales Integrated Transport Alliance (DITA). The meeting took place and I am very pleased to report that all the participants (County, District and Parish Councillors, National Park

Members, DITA representatives, transport providers and the Community Office manager) were all extremely enthusiastic about the prospects for such a scheme being put into place in our area. A number of priorities were set, the most immediate of these being the preservation of the Dent Bus Service and the possibility of a new service being introduced to link the Lakes with the Dales through the provision of a bus serving Kendal, Sedbergh and Hawes. A steering committee was set up to oversee the development of the project and it will be looking initially at seeking funds to provide a part-time project manager and to commission a survey to seek

### **RAILWAYS & RELIGION IN THE WESTERN DALES**



A trail of some of the smallest chapels, churches and meeting houses in the western dales of Cumbria and how their existence is linked to the history of the railways.

**You are invited to  
the launch of the new trail  
at Dentdale Methodist Chapel  
Dent  
at 1:30pm on Thurs Oct 13th**

opinions and views on what the local needs in our area really are. The emphasis will be on sustainable transport and integrating services, so everything will be considered including car and lift sharing, a community bus service, cycling and even walking. DITA has just been awarded a grant of over one million pounds from the Sustainable Transport Fund and we are hoping that they will look favourably upon our application to them for grant funding. Anyone who would like to get more involved in this scheme please in the first instance contact Andi Chapple at the Community Office on Sedbergh 20504.

I was delighted to be able to spend the day at the Dentdale Show on the 27 August. Its success was a tribute to the hard work and effort put into it by all local people involved. My eye was particularly caught by the dry stone wall demonstration in which our

**THE GOSPEL  
OF MARK**

A DRAMATISED PRESENTATION OF  
THE BIBLE STORY

**SEDBERGH METHODIST CHURCH**

Friday 14 October at 7.30pm  
Saturday 15 October at 7.30pm  
Sunday 16 October at 5.30pm

TICKETS ON THE DOOR: £3

HELPING TO RAISE FUNDS FOR BIBLE TRANSLATION  
IN BURKINA FASO

## CHIROPODIST

*HPC Registered*

**Kay Whittle**

MSSCh DipPodMed MBChA

Surgery

Pedi-Care House,  
Howgill Lane,  
Sedbergh



**Tel: 015396 22122**

Appointments 10:00 - 4:00

Closed Mondays

*H.J.Hall "Softop" Socks up to size 15!!*

own National Park Ranger Paul Wilkinson played a leading role and I also very much enjoyed the Sheep Dog Trials. Such is now the importance of this local show that the Chairman and Chief Executive of the Yorkshire Dales National Park Authority attended and made themselves available to any member of the public who wished to chat about Park matters or indeed any issues of local concern. Naturally the subject of 72 Main Street came up in a number of these conversations! I spent the middle of last week in Windermere attending a training programme run by the UK Association of National Park



**ALL IRONED OUT?**

Any amount considered  
Collection available

Please call: 015396 20674  
07796 213560

Dent Pre-School

## JUMBLE SALE

Saturday 15 October 10am

Nearly new clothes, toys and books,  
home produce, cakes and savouries.

Bacon & egg butties

Tea, coffee and biscuits

Please bring good quality jumble from 8.30am  
on the day, or leave with Teresa Capstick on  
Friday 14 October at Roselyn, Dent: 25364

Authorities for new National Park Members across the country wishing to find out more as to how best contribute towards the running of their respective Authorities. It was a great opportunity to network with members from as far away as the Dartmoor National Park and as close as the North York Moors and the Lake District itself. The level of instruction was exceptionally high and I learnt a lot although I have to say that the highlight of the week was the opportunity to ride an electric bicycle at the National Park Centre at Brockhole. It was a thrilling experience and I would urge anyone who has not tried one of these machines to have a go. I am seriously considering investing in one next year and I'm sure also that electric bikes will have a part to play in the sustainable transport initiative. Evelyn and I may be contacted at any time on:

*Evelyn Westwood:*

email [evelyn@markwestwood.co.uk](mailto:evelyn@markwestwood.co.uk)

Tel. 015396 20148

*Ian McPherson:*

email [ianmcperson24@hotmail.com](mailto:ianmcperson24@hotmail.com)

Tel. 015396 20648

## OCTOBER GARDENING

This month is the time when everything suddenly slows down in the garden. In the second week of October, lawns slow their growth rate (so hopefully, no more mowing) and herbaceous perennials die back to basal leaves, or go underground altogether) This makes it a good time to lift and split certain plants so that they can settle in in time for winter. All types of primula – Primroses such as Primula 'Wanda' and Polyanthus, "Drumstick" *Primula denticulata* and moisture loving "Candelabra" primulas will benefit from being divided when the soil is still warm and moist. I usually take the opportunity to put some plants into a large pot or window box so that I can enjoy the flowers close to the house. Plants are usually easy to dig up and tease apart. Keep plantlets or sections of plant with a good root system, but discard older bare sections of stem and weak and weedy pieces. Whilst you are turning the soil over, look out for the small, creamy white grubs of vine weevil, which greatly favour primrose roots as a source of food. If you have a friendly garden Robin, you will find these go down very well – otherwise, the best way to dispose of them is to flatten them with a well aimed boot.

Other plants such as Phlox, Geraniums, Veronicas, Campanulas and Violas will all cope with division at this time of the year and if you do it now, whilst foliage is still intact, you will at least have a sure idea of what it is you are splitting!

*Elaine Home*

# ABLE MEMORIALS

Monumental and Architectural Masons  
New Memorials and Additional Inscriptions  
Showroom with over 30 memorials on display at  
**3 Wildman Street, Kendal**

Please call for a brochure or free estimate  
**on 01539 735583**

Home visits available by local mason Edward Waller

Tel: (evening) 015396 21338 or 07779 025745

## **SEDBERGH TENNIS CLUB**

The AGM of the Tennis Club will be held at 7pm on Tuesday, 4 October in the Tennis Club Hut on Guldrey Courts.

This year Sedbergh Parish Council has taken over the lease of the land from South Lakeland District Council, which should give the club more security in the future.

Membership subscriptions and donations towards parking on Guldrey are vital to maintain the upkeep of the club and would be greatly appreciated even though the peak season for tennis is at a close, our nets remain in place all winter and we hope the courts will still be used.

Membership fees have remained the same as 2010:

Family	£40.00
Adult	£25.00
Junior	£10.00

If fees could be put in an envelope with your name, address and telephone number and delivered to either: Graham Robinson, Underfell, Joss Lane, Audrey Carr, 11 Rawthey Gardens or the Green Door Sweet shop on Main Street.

If you have any interest in tennis and the future of our club please come to the AGM, new members are essential for our survival and we need your support.

*Audrey Carr*



## chairworkshop.co.uk

CANE · RUSH · SEAGRASS · WILLOW · ROPE

### chairseating & tuition

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

**99 Main Street, Sedbergh**

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

### SEDBERGH & DISTRICT COMMUNITY OFFICE, COMMUNITY FUND & CHARITY SHOP

Work has started on integrating and improving public transport in the Yorkshire Dales; this will take several years and begin with surveying people about their transport needs, how they get around at the moment and what kinds of service they would support in future. If someone asks you about it, please let them know! And if you would like to be involved in this work, do drop in to the Office at 72a Main Street for a chat. The Community Office (along with many other local organisations) is working with the Dales Integrated Transport Alliance (DITA) on this. Dent Parish Council is also working with them on the Dent Station bus service and [www.dalesconnect.net](http://www.dalesconnect.net) is the place to find out more.

### TO LET

2 bedroom house, central Sedbergh  
£550 PCM

Please call 07968 336254 for more details

The Community Fund is always interested in applications for large or small grants to help community organisations in the area. The next meeting has been put back for personal reasons; the deadline for applications to be considered at the next meeting has been extended to Monday 31 October and the Fund committee will meet around the middle of November to consider applications. You can get an application form by emailing [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk), phoning 20504 or dropping in to the Community Office.

Clutterbooks and Clobber, Sedbergh's charity shop 70% of whose proceeds go to make the Community Fund's grants possible – has had a very good summer. Please keep your donations coming. They are particularly keen on bric à brac and winter clothing at the moment. Anyone who would like to spend a very enjoyable half-day a fortnight serving customers or sorting stock would be very welcome; just drop in to the shop at 86 Main Street and say hello.

*Andi Chapple*  
(Community Office)

## Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

### General Builders

Plastering ~ Roofing ~ Extensions  
Fire Places Fitted

Paul Stephenson  
015396 21557  
07810 595543



Tom Wilson  
015396 20954  
07790 946578

# GRAHAM J MOFFAT



BUILDER  
PLASTERER  
ROOFER  
QUALITY WORK  
Tel: 015396 20907

## SEDBERGH SWIMMING CLUB JUNIORS' SWIMMING LESSONS

After two difficult years with several unexpected pool closures, Sedbergh Swimming Club bounces back!! Swimming lessons have just recommenced for a busy autumn term - there are a few places left in junior lessons - if interested contact us soon!

As many of you will know the club has been running for many years with the aim of providing good quality swimming lessons that are affordable and accessible because they are local. Our lessons are intended to give younger children the chance to develop confidence and technique throughout school years 1 to 4 when they do not swim with school, so that subsequently in years 5 and 6 they can really make the most of the lessons they are entitled to as part of the National Curriculum.

As with lessons at Casterton and Kendal, our teachers deliver lessons in line with the The National Plan for Teaching Swimming (NPTS) which is the national syllabus produced by the ASA to assist and support the

delivery of swimming lessons. (Visit [www.swimming.org/national-plan-for-teaching-swimming](http://www.swimming.org/national-plan-for-teaching-swimming)).

### TEACHERS

Katie May and Rachel Bainbridge are our younger teachers! They have been teaching since 2009 and are both strong swimmers and RLSS Bronze Medallion qualified.

Pauline Bainbridge, Lyn May, Heather Leaver, Claire Roper and Kate Thexton have been teaching swimming for 5 years and hold the ASA Level 1, and have done their RLSS Bronze Medallion more times than they will admit to! Jacqueline Smith has been teaching swimming for a very long time! ASA Level 2, she ensures our training is up to date and comprehensive, as well as being a talented former synchronised swimmer!

Terms are an average of 9 lessons (depending on Sedbergh School terms) and cost £18! Do the math, as they say - great value at £2 a lesson for all that experience and skill! If regular lessons do not fit into your child's life at the moment, we are holding an open swim on Thursday at

## HEAPS OF FUN

### Party Supply Shop

Waltons Yard, Market Street, Kirkby Stephen, CA17 4QT  
017683 74893



Helium Balloons and Party Supplies.  
Balloons, Banners, Party Bags, Badges, Invitations,  
Cards and lots more.



For all occasions.

Venue decoration and delivery service available.

7.30 for all members - juniors pay only £1! (as and when)  
Enquiries Jacqueline Smith 20760 or [kate574@btinternet.com](mailto:kate574@btinternet.com)  
**A LIFETIME OF GOOD HEALTH FOR 30 MINUTES A WEEK**  
Did you know that just 30 minutes once a week in the pool provides significant health and fitness benefits?

Research suggests that weekly 30 minute swims can cut the risk of early death in men by 50%, and that swimmers are biologically up to 20 years younger than their actual age! You can burn between 200 and 350 calories, great for swimming your way to a flatter tummy, and reduce your stress levels. Few people realise that 30 minutes swimming is as good as 45 minutes of gym-based cardio and combining swimming with a shorter gym session and a good diet should tone, build muscle and strip fat.

The message is clear, swimming is an all-rounder and delivers clear results whatever your age or ability. Still hesitating?!

Sedbergh Swimming Club has kept its membership fees down again this year so come and make the most of it, and see if any of us actually do look up to 20 years younger than our actual age! You can also join in this year's Swim the Channel team event.

#### **SWIMMING CAN HELP BEAT CANCER**

Macmillan Cancer Support's recent report has advised that cancer patients should be encouraged to take part in physical activity and

supports the benefits of swimming in maintaining an active and healthy lifestyle. Of the two million cancer survivors in the UK, around 1.6 million are not physically active enough. Swimming is particularly effective for patients due to its low impact and therapeutic qualities.

*Kate Thexton*

#### **DALES PETS**

I would like to thank all my customers and their pets who have supported my business over the last 2½ years, but due to personal circumstances I am no longer trading as Dales Pets. I'm sure I will see you out and about with your dogs in future

*Linda Greensmith*

SEDBERGH & DISTRICT

## **History societY**

Wednesday 5th October

### **AFGHANISTAN**

*Anthony Fitzherbert OBE*

An illustrated Talk of 180 years of British and other foreign involvement providing a somewhat different glimpse of the country.

Wednesday 19th October

### **Slides of Dentdale in times past**

*Graham Dalton*

A journey through the Dale.

**In Dent Memorial Hall**

All meetings in Settlebeck High School, start at 7:30pm unless stated.

Everyone is most welcome to attend any or all of our lectures

Chairman: Richard Cann 20771  
Secretary: Mike Beecroft 21878  
Treasurer : Marlene Mason 20509  
Member Sec: Richard Cann 20771

## NEWS FROM THE WI's

### DENTDALE WI

September and the start of the Autumn session. Quite a few members were away enjoying late summer holidays. Just hope they are finding the sun somewhere! However, I can report rain did not actually spoil the Dentdale Gala, where once again, WI was serving afternoon teas. The cake selection donated by members was as tempting as ever. The gala was well patronised and we were kept on our toes filling tea cups etc! Dale Smith and Jenny Pilgrim have been working on our behalf preparing a resolution which has received Federation approval and now has been sent to National Federation WI.

The resolution reads: The WI urges HM government to include emergency life support skills as a mandatory subject in the secondary school curriculum. We must now wait to see what reception it gets.

Too early to talk about Christmas? The Kendal College was put forward as a suggestion for a Christmas lunch and members were enthusiastic. More on that in the next month or two.

Federation Quiz Night at the Bull on 7 November will soon be upon us and surely we can find a team of four?

In July, Dentdale WI served teas from the Memorial Hall as a refreshment stop for the Rotary Cycle Race. The organizers were delighted with the service and have sent £50 for us to give to charity of our choice.

We decided to send half to Air Ambulance and half towards the work being done in Nairobi for victims of AIDS, orphans and an outreach to the poorest families.

Christine Wood our speaker, had been introduced to Nyumbani, the Home for AIDS orphans in Nairobi by her son a BA pilot on long haul flights. Members of BA have been raising funds and equipment for the Orphanage and when he asked Christine (a retired teacher) if she would like to go to Nairobi to help the children in the school, her interest in the project was kindled.

Christine has written a small book about the children, their delight in learning and enjoyment of life in spite of AIDS. She went on to talk about Kidzone Kenya, a charity supporting an orphanage, school and outreach also assisted by BA sponsors providing basic school fees, books uniforms etc. the aim being to help some of the poorest families with education and skill training.

Back/neck ache?  
Sports injuries?  
Sciatica?  
Repetitive strain?  
Stress/tension headaches?  
[www.reflex-om.com](http://www.reflex-om.com)  
Kendal, Hawes & Newbiggin-on-Lune

**REFlex** remedial massage

**REFlex** orthopaedic massage

**015396 24871**  
Josephine Lade LCSP (Phys)

Many different organisations are sending out sponsorship money, text books reconditioned computers etc. It was heartening to hear of the success of these projects, but of course, it is only the tip of the iceberg and there remains much more to be done. Christine had brought some necklaces and trinkets hand made by African women which were offered for sale.

The competition had been for an African artefact and there was a good entry. First place went to Catherine Sugden. Chris Taylor won a box of chocolate in the raffle.

Next meeting in the Memorial Hall on Wednesday 12 October when visitors are warmly invited to join us.

## **LOCAL TRADESMAN**

38 years in the  
Building Trade

Luxury Shower, Wet Room,  
Bathroom Installations  
Heated Floors ~ Tiling  
Plumbing  
All Electrics  
and more

Call Peter or Joan Woof  
and talk through your  
specifications/requirements

Tel: 015396 20857  
Mob: 07730 352218

**THE COMPLETE SERVICE**

## **HOWGILL WI**

We have been out and about over the summer months.

The weather was perfect for our summer outing in the Appleby area. We met at the home of former member, Hilary Wilson, for a Jacob's Join lunch. Next stop was Town Head Farm at Murton to see the vineyard and to enjoy some wine tasting in the winery. A browse in the shop tempted us to take home a bottle or two of the wines that tickled our taste buds. Back in Appleby we met for a walking tour of the town led by historian, Alice Palmer. Next came tea which was ready and waiting for us, made and presented perfectly by the ladies of Colby WI. Before leaving for home we visited Chantal Knights at 'Olde Oaks' a cottage-style garden. We all agreed that we had had a brilliant day.

The Howgill Hikers have been active with the monthly walks.

We have given a warm welcome to a prospective new member, Pauline Speake, and also to some interesting speakers.

In July Olive Clarke, a dear friend of Howgill WI and lover of the area, gave an interesting and humorous insight into some of the experiences she encountered during her role as Deputy Lieutenant of Cumbria.

The speaker in August was Cathy Birkenshaw, a member of *Harps North West*. The sound from a harp is very relaxing as we discovered when we were entertained with a mixture of dance and some medieval tunes. We were eager 'to have a go' under her guidance.

In September a warm welcome was given to Christine Marshall who has an extensive knowledge of crafts. She gave up a well-paid job to start her own business opening *Reticule*, her own shop in Kendal selling specialised handbags and textiles. We admired the bags she brought along - modern designer ones and several antique netted ones.

Looking ahead to October some members will attend the beaded poppy workshop at Orton. Also, the Council Meeting is coming up on Saturday 15 October at Castle Green.

Two members have accepted an invitation to join Thornton-in-Lonsdale WI to celebrate their 90<sup>th</sup> birthday.

On 6 October we meet at Firbank

Church for the AGM. WI Adviser, Margaret Hodgins will be attending to guide us through the voting.

*Audrey Hoggarth*

### **KILLINGTON WI**

The afternoon WI for the entire district

We had a new "Talking Head" for September's meeting, moi. From being a prop over x number of years there was suddenly a big void, no President Shirley and no Vice-President Wendy to lead the meeting as they both took poorly at the same time.

Two new members were welcomed, Vicki Aspin and Helen Wilberforce and one friend of a member who was visiting. Our song was sung with

## **The Cross Keys Temperance Inn**

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes

offer you a warm welcome



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

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

*Please note our opening hours.*

We are open each day Wednesday to Sunday inclusive and on Thursday, Friday and Saturday nights.

**Prior booking is essential for evening meals**

## SAM KONCZYNSKI



Carpets & Floor Coverings  
Supplied & fitted  
*Telephone*  
07771 97 00 96

gusto followed by a tuneful "Happy Birthday" to Elspeth who was celebrating her special day amongst us.

The "girls" as we call our members were all keen to hear the latest news of our patients before we got down to the business of the day.

Dawn and her team had a very successful car boot sale making another healthy donation for Thandi, the charity we help in South Africa. Dawn could sell fridges to Eskimos!

Pauline is to go along to the Federation's Annual Council Meeting in October. Initially her plan was to support her mother who will be receiving a certificate for 50 years membership of the WI. As they say, "the best laid plans". Now she will be attending as our delegate also with pen and paper in hand to take notes for our delectation in due course.

We decided to abandon one of our day trips but are still hoping to make the journey to Hoghton Towers near Preston for the Flower Festival.

Jan Hawkins had been invited along to tell us about "Pride of Cumbria", our Air Ambulance Service. Certainly

it is a service to be proud of and now we know more about it will follow its activities with pride.

Tea and chat followed and flowed as always, Anne Jones won the competition for flowers in a teacup; Mary Tallon won the raffle.

If you (gentlemen included) have an interest in gardens please come along to our meeting in the PH main hall on Tuesday 11 October at 2pm for a talk with slides by Tom Attwood of Halecat Nursery. Tom will be telling us about the restoration of Rydal Hall garden that he was instrumental in bringing about. There will be a charge of £3 to include tea and cakes.

We are a friendly lot and look forward to having you join us.

Finally, Shirley, Wendy and Marjorie: we look forward to having you back with us soon.

*Susan Sharrocks*

# AMJ

## PLUMBING



**Plumbing & Heating Engineer**

*Also Wood/Multi Fuel Stoves Installed*

*LPG Installations & Servicing*

*No Call Out Charge*

*No Job Too Small*

*Local Lad charging reasonable rates*

Tel: 015396 20464

Mob: 075906 588 30

## SEDBERGH WI

Summer seems to be over and we are now planning our winter programme of theatre visits, craft sessions and our Christmas lunch trip.

We loved John's cartoon in last month's edition featuring two 'elderly' women from 'Sedbergh WI' setting the pace for the Tour of Britain Cycle Race: Well John, you may be interested to know that at least three of our members have tandems, as I write this, another member is cycling in the Hebrides wearing a very fetching pair of padded cycling shorts!

Talking of active WI members, we also have several keen golfers and bowlers among us; and seven of us have just returned from a walking holiday near Scarborough, where we took a cottage for four nights. We enjoyed some good walks, covering some 35 miles in total, in weather much better than at home (oh how our men moaned when we rang them to say the sun was shining on us). So, not too much time for jam making this month!

Our book club has restarted for the autumn with 13 members looking forward to the new book; let us hope that the Library Service will continue the wonderful scheme of providing a box of books each month, for reading groups.

For our meeting this month we had a continental themed Jacob's Join where we tucked into Greek salads, lots of variations on cold meats and cheeses, mini croissants and spicy meat balls to name but a few, washed

down with wine and juice. Members were then in good form to talk about their holiday experiences, and enter a postcard competition for 'naming the resort.' I don't think that we will ever forget Sandra's description of the large German lady lying on her tummy, topless, with a boob hanging down to the ground on each side of the sun bed!

Talking of Sandra, our newest member, we are delighted that her short story entry has been one of three chosen from the Cumbria Westmorland Federation, to go through to the national final, well done to her.

Next month, Wednesday 12 October. Rosemary Holmes is coming to tell us about The Silk Road to Samarkand; if you would like to come along, you would be very welcome; we meet in The People's Hall Committee Meeting, 7.30 pm.

*Linda Hopkins*

## Yvonne Cervetti a natural touch

BA, PGCE, ACMT, CLM - 7 years experience

Advanced Clinical Massage & Myofascial Release for:

- Muscle & joint pain
- Soft tissue injuries (inc. Whiplash & Sports)
- Pre & Post Event work
- Post surgery & scar tissue release
- Pregnancy & Post-natal support
- Systemic conditions
- Deep relaxation

*(Specialist training & experience for working with patients with cancer & other life-limiting illness)*

Call Yvonne on 015396 21303 or 07795 063107

e-mail: [yvonnecervetti@btinternet.com](mailto:yvonnecervetti@btinternet.com)



## HARDWOOD LOGS

Large & Small Loads

Oliver Higginbotham

07815 899 994 ~ 015396 21073

### SEDBERGH ORCHESTRA

The Sedbergh orchestra is now almost a year old and it really is becoming part of the Sedbergh scene. The members met up again after the summer break and preparations are well under way for the third public concert with Peter Crompton wielding the baton. There is a great deal of hard work that goes on in rehearsals, but a lot of good fun as well.

If you would be interested in joining the orchestra - we are particularly looking for more string players - please contact Donald or Shirley Smith on 015396 21196 or email [yantethera@aol.com](mailto:yantethera@aol.com).

Contact us too if you would like to reserve tickets for the concert in advance. Tickets will also be available at the door on the night. (Adults £6.00/18 & under free)

The Springtime Café Concert at the People's Hall on the last day of March and the Summer Concert at St Andrew's Church in early July attracted good audiences and, by all accounts, went down well with those who came, but we think that there are people out there who have not yet experienced an evening with the orchestra.

The November Concert, at 8.00pm on the 10th of the month, is just the

opportunity for that to be remedied. Since the date is so soon after the 5th, we thought it would be appropriate to include Handel's 'Music for the Royal Fireworks' in the programme.

Another piece you will recognise is 'In the Hall of the Mountain King' from Grieg's 'Peer Gynt' Suite - an arrangement is used to accompany the Alton Towers advert! There will be two other pieces on the programme. These may be unfamiliar, as they were to us, but we hope that you will find them equally attractive and well worth getting to know.

Please come and enjoy the evening with us.

*Shirley Smith*

MUSIC at ST ANDREW'S  
SEDBERGH ORCHESTRA  
conductor Peter Crompton  
leader Val Snelling



#### NOVEMBER CONCERT

ST ANDREW'S CHURCH SEDBERGH

Thursday 10 November 2011 8.00pm

*doors open 7.45pm*

Handel Music for the Royal Fireworks

Elgar Mélodie from 'Sérénade Lyrique'

Holst Songs of the West

Grieg In the Hall of the Mountain King

Adults £6.00 18 & under Free

*Light refreshments will be available*

Any proceeds will be added to the Alison Armstrong  
Pepperpot Fund which supports the work of Sedbergh  
Pepperpot Club with

the Sedbergh Orchestra and young musicians locally

*Tickets from Sedbergh Pepperpot Club*

*tel no 015396 21196*

*email [yantethera@aol.com](mailto:yantethera@aol.com) or at the door*

**Auctioneers, Estate Agents  
& Property Managers**

70, Main Street, Sedbergh, Cumbria.  
LA10 5AD

Tel: 015396 20293 Fax: 015396 21650

Email [property@chriswhelan.co.uk](mailto:property@chriswhelan.co.uk)

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



**Residential & Commercial  
Property Sales**

**Residential Letting & Management**

**Caretaking Services**

**Property Finding**

**Negotiations**



**Advice on:**

- Preparing your property for sale or letting
- Free assessment of value for sale and asking price



**CHRISTMAS TREE FESTIVAL**

Yes, it's only October but Christmas is just around the corner and we are making plans for another Christmas Tree Festival. It will again be held in the Methodist Church, New Street on Friday 2, Sat 3 and Sun 4 December. We hope to match last year's wonderful display of 28 decorated trees with the theme this year being 'FILMS'

This will be a 'church and community effort' to stage a beautiful Christmas display, have an enjoyable weekend and in the process raise money for NORTH WEST AIR AMBULANCE CHARITY. The weekend will include a Musical Evening on Sat at 7.30pm, a Tree

Service at 10.30am on Sunday morning and a Songs of Praise to conclude the weekend's celebrations on Sunday evening.

Refreshments will again be served all weekend.

Please make a note of this date in your diaries and look out for more information nearer the time. In the meantime, if you as an individual, a group, a business or organisation would like more information, please contact Nora Alderson on 015242 76256 or email [nora@highgreenfarm.com](mailto:nora@highgreenfarm.com)

We need your support to make the Christmas Tree Festival a successful and memorable event!

*Nora Alderson*

**J J MARTIN**  
**Funeral Service**  
 (B Goad)  
**Established 1869**  
**Main Street, Sedbergh**

Complete Funeral Service  
 Day or Night

Chapel of Rest

**Day or Night**  
**Dent 25334**

**AUGUST WEATHER**

Another month that was hardly the height of summer. We had only 6 days when the maximum reached 70+F, with a high of 74.7F, and 3 days did not even reach 60F with a minimum of 38.3F!! With a breeze recorded on each day and a maximum gust of 19.5mph it was fairly blustery. There were only 9 days during the month when it did not rain leaving us with a total of 8.9 inches!! The mild weather and plentiful supply of rain ensured good grass growth, along with nettles, thistles and docks! A campaign is needed here I fear! I notice that there is quite a lot of ragwort about at present, including roadside verges. I trust it will be dealt

**KEVIN BATEMAN**

**TIME SERVED MONUMENTAL MASON**

**Tel/FAX 01539 723903**

**Mobile 07817 060619**

Manufacture, Lettering and Installation  
 of new Memorials

Additional inscriptions

Renovations

Cleaning and Re-paint/Re-gild service.

Free estimates

Home Visits

*Please telephone for a Brochure*

with before it seeds. Mentioning invaders Himalayan balsam has had a good season. It's a grand plant to introduce youngsters to seed dispersal with its exploding capsules.

The baby swallows duly hatched on the 9<sup>th</sup> and 5 sprightly youngsters flew on the 29<sup>th</sup>. As usual they returned to roost in the evenings being fed initially by their parents in the kennel.

At last we had a few butterflies. On one of the dry days, the 18<sup>th</sup>, I counted 7 peacocks and 4 red admirals in the garden. This was the most I've seen this year with very few tortoiseshells, a few small whites and no painted ladies or commas at all. Rabbits of all sizes are still around the garden and field. Badgers are digging vigorously for worms and even a stoat made a brief



appearance.

Our "resident" pipistrelles are still flying on most evenings, weather permitting. The bird feeders are being visited regularly with plenty of squabbling sparrows, blue and great tits, chaffinch, linnets, siskins, greenfinch, goldfinch, robin plus a new regular a nuthatch

*Brian Wright*

### **GALA GROUP**

The Gala Group will be holding their AGM on Monday 10 October at 7.30pm in the Peoples Hall committee room. Members of the public are welcome to attend.

The Gala Group exists to organise events for the community. The annual Gala which takes place in May, the Bonfire and Firework display which this year will be on Saturday 5 November and the children's party which is in January.

If the Gala is to continue we need new people to join the committee and to assist at the events. If you can help in anyway either with administration, physically setting up stalls etc. running a stall or serving teas please

come along to the meeting or ring the chairman on 22096 for more information.

All individuals and groups within the Sedbergh Community may apply for a grant by letter to the Secretary, c/o 12 Millthrop, Sedbergh by 7 October.

**Daphne Jackson**  
MSc (Ost) DO  
*Registered Osteopath*  
**BUPA Provider**

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

Please ring Kendal Practice  
for appointments  
01539 740452



## **SEDBERGH SCHOOL**



We have a variety of opportunities for employment, including career development

We may have a job to suit you, such as Matron/Housekeeper, domestic cleaners, pastoral care assistant, catering, laundry assistant & administrators.

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

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

We look forward to hearing from you

All positions will require a full satisfactory enhanced CRB application.

Call Michelle on 015396 20303 or email at:  
[maw.bursary@sedberghschool.org](mailto:maw.bursary@sedberghschool.org)

### EDITOR'S UPDATE

First and foremost, we would like to say a big Thank You to Janice Rusling and her helpers who have compiled this issue of *Lookaround* (and the next). This is due to Dennis having to receive some intensive treatment at Christies Hospital where he will be for about one month. Without Janice's assistance, there would be no *Lookaround* so she is a very valuable asset to Sedbergh. Please assist Janice by submitting Adverts by 15th and Articles by 19th of the month.

Secondly, can we thank everyone for their regular contacts, support and Prayers for us which is very much appreciated and gives us the strength to get better.

Lastly, *Lookaround* celebrated 25 years in existence this year. We had a Party in March in the People's Hall and invited all the contributors to join us. It was impossible to invite everyone from Sedbergh so in November, we have sponsored the Fireworks on Bonfire Night which we hope the whole community can attend and enjoy. Please support this event as, together with the Annual Gala, helps to keep Sedbergh on the map.  
*Dennis & Jacky Whicker*

### FOR RENT

Small two bedroom cottage  
Flintergill, Dent

*For more information call:*

*015396 25364*

*07792 835217*

## Kitchens

for Life .....

Kitchen Installations North West Ltd.

### German Kitchens by "Schuller"

A local family firm with over 15 years experience and our reputation built upon recommendations.

**Visit our showroom by appointment**

### **Mark Butler L.C.G.I.**

Unit 3, Low Mills, Mill Lane, Low Bentham, LA2 7DA.  
Telephone 015242 63388 or 07831 151839

email: [mark@kinw.co.uk](mailto:mark@kinw.co.uk)  
[www.kinw.co.uk](http://www.kinw.co.uk)



### **SEDBERGH METHODIST GUILD**

The winter session of the Sedbergh Methodist Guild commences on Monday 17 October.

These meetings are held weekly, on Monday evenings at 7.30pm (followed by tea and biscuits) in the Methodist Schoolroom and are open to everyone.

We have a variety of speakers, on a variety of subjects from devotional to literary. Why not come and join us – give it a try!

For more information, or to obtain a programme, please ring Mary Airey on 20616 or Barbara Gorst on 20471.

## POLICE REPORT

In the last month reported crime for the Sedbergh area has been very low.

There has been one incident of criminal damage and 2 suspicious incidents reported to the Police. However we urge you to continue to be vigilant and report these suspicious incidents to us as it assists with crime prevention.

From 20 September the Police and Fire Service in Sedbergh are joining forces by sharing office space in a bid to save money and maintain our presence in the town.

With both emergency resources sharing the facilities of one building,

the costs will be a reduction for both organisations, and the policing and fire service in Sedbergh will not be affected.

We are only moving next door, so the people of Sedbergh won't notice a difference in the quality of policing service they receive. Sedbergh is a low-crime area, and by maintaining the presence of police officers and PCSOs in the town, we can keep it that way.

All parts of Cumbria Constabulary are being reviewed to ensure that they are efficient and effective, which includes all police stations. Work is ongoing to identify other towns in which police stations and fire stations

<p><b>Starters</b></p> <p>Prawn Cocktail &amp; Marie Rose Sauce £5.50 Garlic Mushrooms on Toast £4.50 Pate with Garnish, Toast &amp; Butter £4.50 Soup of the Day £4.50 Egg Mayonnaise £4.00 Garlic Bread £3.75 Grapefruit Cocktail £3.60</p> <p><b>Extra Special Main Courses all £12.95</b></p> <p>Loin of Pork in Cider &amp; Apple Sauce Chicken with Basil, Port &amp; Dill Sauce Venison Casserole Supreme of Pheasant Chasseur in Garlic, Madeira &amp; Bacon Sauce</p> <p><b>Main Courses</b></p> <p>Mixed Grill £14.00 Sirloin Steak approx. 8oz uncooked £13.00 Barnsley Lamb Chops £12.00 Lamb Steak (8oz) Marinated with Wine, Rosemary &amp; Garlic £12.00 Pork Chop in BBQ Sauce £10.00 Half Roast Chicken £9.50 Steak &amp; Kidney Pie £8.50 Cumberland Sausage £8.50 Gammon &amp; Pineapple £8.50 Roast Dinner of the Day £8.50 Lasagne £8.50 Chicken Kiev £8.50 Tuna Pasta Bake £8.50</p> <p><i>All the above are served with either homemade chips or boiled potatoes, vegetables of the day and garnish</i></p>	<h1>THE HEAD AT MIDDLETON</h1> <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h2>Menu</h2>	<p><b>Rice Dishes</b></p> <p>Chicken Tikka Masala £9.00 Chilli £8.50 Vegetable Tikka Masala £8.50</p> <p><b>Salads</b></p> <p>Cold Meat Salad with Roll &amp; Butter £7.20 Prawn &amp; Rice Salad £7.20 Ploughmans Lunch with Cheese or Pate £6.50</p> <p><b>Sandwiches</b></p> <p>Prawn with Marie Rose Sauce £5.50 Toasted Sandwiches - Ham, Cheese, etc £3.70 Ham; Beef; Tuna, Cheese &amp; Tomato, etc £3.50</p> <p>Portion of Chips £2.50 Portion of Onion Rings £2.50 Mixed Side Salad £2.50 Portion of Mushrooms £2.50</p> <p><b>Jacket Potatoes &amp; Pizza</b></p> <p>Jacket Potato with the filling of your choice from £4.50 Freshly prepared and cooked Pizza from £4.50 Extra Toppings 50 pence each Pepperoni, Onion, Ham, Tuna, Sweetcorn, Mushrooms, Mixed Peppers, Cumberland Sausage, etc.</p> <p>Also</p> <p>Garlic Bread £3.75 Garlic Bread with Cheese £4.50</p>
--	---	---

could work together under one building.

If you are interested in joining Neighbourhood watch or Farm watch please contact us on the below details or register yourself on the Cumbria Community Messaging website.

The problem profile for the Sedbergh and Kirkby Lonsdale area is anti social behaviour at the Peoples Hall in Sedbergh, patrols continue with regular visits to the area at various times. if anyone has any information regarding any problems with antisocial behaviour in this area please contact the Police.

Please feel free to contact us on

0845 33 00 247 or email us on rachel.thomas@cumbria.police.uk or karen.dakin@cumbria.police.uk.

Or alternatively you can speak to us during our regular drop in surgery at Sedbergh Library at the new time and date of the 3<sup>rd</sup> Saturday of each month between 10:00 – 12:30 or the first Tuesday of the month between 12:00 and 13:00 at Dent stores. We are also at Gladstone house every other Friday from 13:00.

We would be pleased to meet you all to discuss any issues or simply for a chat.

*PCSO 5206 Karen Dakin and  
PCSO 5245 Rachel Thomas.*

## THE HEAD AT MIDDLETON

*Nr Kirkby Lonsdale, Cumbria*

*Tel: 015396 20258*

A Charming Country Inn in an area of outstanding natural beauty situated on the A683 between Sedbergh and Kirkby Lonsdale  
www.middleton-head.co.uk ~ e-mail: enquiries@middleton-head.co.uk

### **Accommodation available**

*Special Offer for 3 Nights or more*

Family Room From £75.00 ~ Double/Twin From £65.00 ~ Single From £35.00

*Prices includes Full English Breakfast*

All Rooms En Suite, TV, Phone, Tea/Coffee Facilities

BAR MEALS or RESTAURANT and an OUTSIDE EATING AREA  
ENQUIRIES WELCOME FOR GROUP PARTY MENUS & BUFFET PRICES

FULL MENU available for Take-Away

### **USUAL OPENING TIMES**

From 5pm Monday to Friday

From Noon Saturday & Sunday

Weekday Lunchtimes or any other time by Bookings only

**Crafts ~ Gifts ~ Fabrics ~ Plants**

*Bookings Advisable*

*Proprietors: David and Elizabeth Martin*

# G J Baines & Son

## Building Services

Plant Hire • Plant Sales • Ground Works

### General Building Services Inc

- New Builds
- Extensions
- Loft Conversions
- Garages
- Roofing
- Stonework

### Joinery Services inc

- New Windows & Doors
- New Fitted Kitchens

### Drains

- Unblocked/Cleaned/Repaired

### All Aspects of Plant Hire Arranged

### Plant Sales

### Ground Works

#### Contact George on:

Tel: 015396 21287 Mob: 07977514229

Email: [info@gjbainesandson.co.uk](mailto:info@gjbainesandson.co.uk)

Web: [www.gjbainesandson.co.uk](http://www.gjbainesandson.co.uk)

## .WINTER TYRE SAFETY

Last winter was the coldest for 30 years\* With another bad winter predicted this year, can you risk being without winter tyres?

\*source MET Office. Jan 2011

Dalesway Tyres are encouraging customers to pre-order their winter tyres early this year after specialist long-range forecaster James Madden, of Exacta Weather, predicts yet another cold winter. James correctly predicted the harsh

conditions experienced over the last two years and he predicts that this winter will "break all records" in terms of snowfall and freezing temperatures. He warns: "The UK is to brace itself for well below average temperatures and widespread heavy snowfall throughout winter 2011/2012, which will result in the fourth bad winter in succession for the UK.

We look on with envy at the European countries that manage to keep business going as usual in harsh conditions but when a few flakes of snow fall in our country, it brings us to a standstill. Across Europe this month, drivers will be getting their tyres changed to prepare for the forthcoming weather conditions. A number of EU countries have made the use of winter tyres a legal requirement and many offer specific winter recommendations. The UK has no such legislation in place so it is always going to be difficult to encourage people to change lifelong habits.

### Winter tyres explained

Winter tyres are not the same as snow tyres. Snow tyres are generally studded and are only really suitable when driving on thick snow and ice. A studded tyre gives greatly reduced grip on a clear tarmac road and damages the road surface as well as giving poor ride quality and poor handling. Some countries stipulate an additional tax for vehicles using studded tyres whereas others insist that these only be used during winter months when snow and ice is on the ground.



DALESWAY  
**TYRES** LTD

**MOBILE SERVICE**

for  
Tyre Supply, Fitting,  
Wheel Balancing & Puncture Repairs  
**All vehicles including  
Cars, 4x4's and Vans**



**Winter Tyres**

**Contact Tony on 07813 693355 or Julie on 015396 25004**

Because of the studs that these tyres contain it makes them unsuitable for most tarmac road unless there is a thick layer of snow and ice on the top (which generally speaking there isn't consistently in the UK). Most people when asking for snow tyres actually really mean "winter tyres".

Winter tyres are made of a soft rubber compound which means that even in very cold conditions where a normal tyre would be quite hard, they still offer good levels of grip and maintain their flexibility.

The tread pattern in winter tyres is also noticeably different as they are designed to give better grip in cold and wet conditions with much deeper

tread separations to repel water and give better grip. They are also typically narrower than conventional tyres which gives a greater resistance to skidding and aqua planning.

Tyres are a complex subject and without going into the full discussion of physics we are merely explaining that on snow and in the wet, narrower tyres allow the car to put more pressure on the road (think of it like a stiletto heel and the increased pressure over a smaller footprint) giving the car better grip.

**Why fit Winter Tyres?**


Tests carried out comparing winter tyres and standard tyres show that braking distances on snow from a speed of 30mph can vary as much as

8 metres. It is not just snow and ice where drivers will see the benefit. Winter tyres provide shorter braking distances and better grip when the temperature drops below 7°C. This is when the rubber on standard tyres begins to harden and lose its grip to the road.

**There is still a misconception in the UK that winter tyres are only designed for driving on snow and ice. This couldn't be further from the truth as the actual benefits are noticeable as soon as the temperature drops to 7° Celsius or below. For the majority of the UK, that's the typical average temperature from mid-November until at least mid-February.**

### **Snow Socks**

If you are planning on changing your vehicle in the near future or you do not want the expense of buying a full set of winter tyres, Snow Socks are a quick, cheap and convenient solution to getting you moving on the snow. They are only designed for use on snow and ice surfaces, not tarmac, and should be removed once driving on gritted roads. They are suitable for speeds of up to 40 Km/h (25mph) so are ideal for getting you off driveways and untreated roads. Easy to carry in the boot of your vehicle, the snow socks simply fit over the driving wheels of your vehicle and are fitted in 2 minutes, even for a first time user! Not only are snow socks quick






### **Sedbergh Dance Classes - every Wednesday in Settlebeck School Hall**

3.5pm to 4.45pm - Settlebeck Students  
Take advantage of this free class for all students  
Age 11 to 16 - FREE

4.45pm to 5.45pm - Age 6 to 11  
Come along and learn a dance to your favourite song £3.50 per class

6pm to 7pm - Adult Class  
A fab class to get fit, have fun, a giggle and a natter... £3.50 per class

**No need to book, just turn up!**  
**For further information contact Lucy Everett on 07834035443**



to fit, but they are also easy to remove. There is no working out which bit of chain goes where, they are very simple to slip on to the tyres! They are suitable for vehicles fitted with ABS/ESP, are machine washable and suitable for use with standard tyres as well as winter tyres. They are available in 10 different sizes and prices start from £49.95\* (\*based on a 205/55/16 Tyre). The package includes: 2 x Silknet Winter Traction Aids, Storage Bag, 1 Pair Plastic Fitting Gloves and Fitting Instructions.

**Pre-Order early to avoid disappointment**

Dalesway Tyres decision to offer a pre-ordering system this year follows unprecedented demand last year which saw panic buying and may retailers selling out within the first few days of snow fall leaving many customers disappointed. Last year saw prices of winter tyres soar at this point as manufacturers struggled to cope with the rise in demand and saw it as an opportunity of making more money on the limited tyres sizes that were available by taking advantage of a situation beyond our control. We are trying to avoid a repeat of this scenario by encouraging customers to think ahead and buy now whilst demand at this time is still relatively low. Quite often the bad weather has to arrive before we act and sometimes this can prove frustrating as stock has sold out and this could potentially leave you disappointed and struggling with your standard tyres on treacherous road conditions. Customers will pay a 50% deposit at

the time of ordering; with the balance due when the tyres are fitted. It is recommended that all 4 tyres are changed to ensure maximum performance. On average your Winter Tyres will last you 3 full winters. Some winter tyre brands/sizes are limited and most at this time are on an ordering system as full stocks have not yet filtered through but we will explain this to you at the time of your enquiry. We will provide you with prices to suit all budgets, and what's more, competitively priced! And after the winter when the warmer months return, we will re-fit and balance your standard tyres back on to your vehicle. (nominal fee applicable).

If you would like to receive a quotation for winter tyres, please contact either Tony (07813 693355) or Julie (015396 25004) for more details. Please have your tyre size information to hand. This can be found on the sidewall of your tyre. **Example - 205/55/16 V.** Offering a mobile service, we will fit the tyres at a location of your choice and at a time convenient to you.

Stay safe this winter with our help.

*Julie Middleton*

**ELLIS TOMLINSON**

Fully Qualified

Electrician

Rewires Sockets

Showers

Phone:

07883 515220



## LETTERS TO THE EDITOR

### RESPONSE TO TIM FARRON

Dear Editor,

Tim Farron is quite right to be dismayed at the performance of the RPA and the £500000 it had to pay the EU in fines.

What he didn't mention was the fact that the directors of the failing RPA have had very large golden handshakes for doing such a poor job! Furthermore many farmers are still awaiting their payments. Nor does he point out that the fines paid to the EU, for breaking their regulations, is simply 11 days worth of contributions to the EU by the UK!! We are paying fines on our own money as the UK is a net contributor to the EU. Without these monstrous contributions, supporting all the lame ducks of Europe, we would not have a financial crisis. This is confirmed by a report of the New York Federal Bank which looked into the issue. It just shows who rules this country and it is not the people elected to Westminster!!!

*Brian Wright*

### **SEDBERGH SWIMMING CLUB Session Times**

**Tuesdays** 6:30-8:30 Lessons  
8:30-9:00 Adult swim  
**Thursday** 6:30-7:30 Lessons  
7:30-8:00 Open swim  
8:00-8:30 Adult swim  
**Saturday** 10:00-11 am Open swim

**Annual Subs: £15 adult**  
**£ 8 junior**  
**Lessons: £18 per term**

### BLANKETS

Hi Folks

Some of our readers may know that I knit blankets for a children's charity in Kenya, Africa. My contact in Sedbergh is Christine Wood. As yet I have knitted and handed over 21 blankets and am on with the 22<sup>nd</sup>.

Sadly, I have almost come to a stop because of the lack of double knitting wool. I have very recently received letter of thanks from each of the 19 little Kenyan girls, addressed to 'Sho Sho Kath', the Swahili for Grandma. It's hard for some of us to believe it's being cold in Africa as we think of it as a hot country. The girls asked for a photo of me, which I duly sent. Their Headmistress had it enlarged and framed so I now hang in the girls' dormitory. Fame at last – I have been hung.

Anyway, folks, if you have any double knitting wool you'd like to donate for me to knit more blankets for KIDZONE Kenya please leave it at the Community Office on Joss Lane car park. It doesn't matter if the wool has been knitted up recently, I will cope.

A big thank you from 'Sho Sho' Kath Winn.

*Kath Winn, 33 Fairholme*

### DIAMOND JUBILEE

Dear Sir,

I don't know whether ideas have been muted regarding the Diamond Jubilee celebrations in Sedbergh, or

## **EXPERIENCED DRESSMAKER**

Made to measure  
Skirts, Dresses, Suits,  
Bridal, Ball Gowns, etc.  
Also alterations undertaken  
All made to the Highest Quality by  
SHEILA SHUTTLEWORTH  
Tel: 015242 - 74322

not. I have been wondering whether a picnic on the People's Hall playing fields on the Sunday might be fun. People would be responsible for their own food and drink, seating etc., perhaps the Hall facilities could be available and the Hall itself if the weather behaves in its usual Sedbergh manner !

At first I thought that this could be a free event, everyone very welcome and no organiser. The whole town having a great get together. However, on reflection it might be a golden opportunity for people to subscribe to the People's Hall Extension which is close to all our hearts. A nominal fee of say, £5 per party and more if people feel it is a good cause could

be paid in return for the use of the Hall's facilities and maybe the band could be persuaded to entertain us for half an hour !

Yours faithfully,

*Tessa Morris*

### **PLEA TO DOG OWNERS**

Dear Sir

I am a runner and also love dogs.

When I meet a dog running most are well behaved and their owners couldn't be more solicitous of their dogs behaviour. However should the dog decide to 'get under my feet' or worse decide to run up behind me snapping, a few owners do little to prevent the situation occurring in the first place or take active steps to call a halt to it. Some even stay steadfastly wedded to their mobile phones.

Whilst I accept that my welfare is primarily my responsibility, could I please ask that the very few dog owners who fall into the above category recognise how vulnerable we runners are, particularly to a dog coming at us from behind.

Many thanks

*Frank Williams*

## **R N and H E HOGGARTH**

### **Building and Repairs**

30 Years Experience



### **NO VAT CHARGES ON LABOUR**

Contact Richard

Tel: 015396 20805    Mob: 07799 420433



### THE SEDBERGH DOG

I am The Sedbergh Dog,  
 But no-one knows my name;  
 I guard my bench both day and night,  
 Through sun and driving rain.

Whilst basking in the sunshine,  
 One warm and sunny day;  
 Some felon grabbed me by the leg,  
 And snatched me clean away!

I barked and kicked and struggled  
 And tried to wriggle free!  
 But since some hoodlum stole my  
 leg,  
 I'm left with only three!

I found myself alone,  
 Completely overlooked,  
 I knew that I was for it then,  
 I thought my goose was cooked!

But lo, as all was growing dark  
 And death was drawing near;

A kindly vet came down the road,  
 And put me in her Kia!

The vets thought hard and rubbed  
 their chins,  
 The damage was extensive;  
 I looked forlornly at my stump  
 And thought 'That looks expensive!!'

I had a sleep, twas full of dreams  
 Of cats, I was a chasing;  
 When I awoke, a brand new leg!  
 The workmanship amazing!

My old coat had been shampooed,  
 My toenails had been clipped,  
 I'll never more go missing  
 'Cause now I have been 'chipped!

So now I'm on my holidays,  
 Recovering where it's warmer,  
 Don't worry folks...  
 ...I'll soon be back,  
 Guarding Morphet's corner

### WOODEN DOG

The wooden dog is alive but rather poorly. He is currently in kennels being looked after by expert veterinary surgeons.

Since he came to Sedbergh he has suffered rather badly. In addition to the absent leg he is in need of a new lead (preferably chain so that it can be used to tether him to the railings) and various treatments to his body.

Sadly it seems that his much needed treatments are somewhat specialized and are not covered by traditional veterinary skills. So any offers to treat him would be very welcome.



#### Flat to let:

Two-bedroom, unfurnished first floor flat at Flintergill, Dent

£82.81 per week

Applicants must be over 50 years of age and living or working within the Yorkshire Dales National Park Boundary

Contact: Lisa Chant or  
Karen Murdoch at  
Two Castles Housing Association  
3 Angel Yard, 21-23 Highgate,  
Kendal. LA9 4DA

**Tel: 01539 733319**



- A complete eye examination using modern & portable equipment
- Fully qualified & experienced male & female opticians
- A full range of spectacle frames
- Advice on a complete range of lenses to suit all budgets and lifestyles
- NHS Optical Vouchers accepted
- Individual spectacle fitting accompanied by a 12 month guarantee of product & manufacture
- Full aftercare & advice provided

For more information or if you wish to book an appointment, please contact us:

01524 230701

office@lakelandhomevisioncare.co.uk  
www.lakelandhomevisioncare.co.uk

### WIN

#### Tea or Coffee and Cakes for Four at Farfield Mill.

The first person to be drawn randomly out of a hat, with the correct answer to this simple question – ‘On which day of the week do LA10 residents enjoy free entry to Farfield Mill?’ will receive a voucher for themselves and three friends to enjoy tea or coffee and cakes in Weavers Café!!

Either e-mail your answer to [admin@farfieldmill.org](mailto:admin@farfieldmill.org), or pop it in the post: Farfield Mill, Garsdale Road, Sedbergh, LA10 5LW.

Deadline for Entries is 31 October 2011.

## M WINN & SONS LTD

(Established 1894)

### Sedbergh

**General Builders & Joiners**

Now

**Kitchens**

**Supplied & Fitted**

Contact R. M. Winn  
015396 20649



### SEDBERGH TOWN BONFIRE

In order to mark the 25<sup>th</sup> anniversary of the *Lookaround*, Mr Dennis & Mrs Jacky Whicker have very kindly offered to pay for the firework display on Saturday 5 November. In his letter to the Gala Group Dennis writes:

*In March 2011 we celebrated 25 years by inviting many contributors to a Party in the People's Hall. This event was limited and the general community of Sedbergh could not be invited for logistical reasons. We would like to think the people of Sedbergh for their continued support and feel that making a contribution to a Public Event would fulfil this. After much thought, we feel that sponsoring the Annual Bonfire Night Firework Display for 2011 would benefit the community.*

Dennis' gift will enable the organisers of Bonfire Night to continue this event in future years, despite the ever escalating cost of fireworks.

On behalf of the whole community the Gala Group would like to say a very big thank-you to Dennis for his generosity.

*John Davis*

### WOMEN'S WORLD DAY OF PRAYER

A date for your new diaries. The Women's World day of Prayer next year will be held at Sedbergh Methodist Church, and for the first time we are holding two services, one at 10.30 am and one at 7.00 pm.

Hopefully this will enable those with small children or those who work to attend. So book the date now, 2 March 2012 and we look forward to seeing you there.

*Janet Widdess*

### HAY & STRAW

FOR SALE



Top quality small bales  
& large haylage bales

Tel: 015396 20668  
07969 210336

### 'CHIPPY CHURCH'

Do you feel battered by life? Do you ever think about God and chips?

A group of the younger members of the St Andrew's congregation invite you to join them for 'Chippy Church' to held at 7.30pm on Thursday, 20 October, at the White Rose Cafe, Main Street.

Come along and enjoy some food and fellowship and join in the chat.

Look out for the posters for more information.

*Vic Hopkins*



Philip Horner  
**Fencing Contractor**

**Mob: 07855 349157**  
**e-mail:**  
**prhorner@hotmail.com**



**DENT GALA**

Well done everyone! A fantastic result. We are so grateful to all our helpers and sponsors and pleased so many people came and enjoyed the day.

It was good to hear from people where they come from and how they come every year in some cases. Do join in next year!

*S E Woof  
Gala and DMH Chair*

**Cumbria Stove Centre**

Supply and installation of  
wood, coal and gas stoves  
Flue and chimney lining services  
Inglenook specialists  
Fully qualified and experienced  
Hetas engineers

**01539 821061 (day)**  
**015396 25227 (evening)**

SHOWROOM:  
**34a Main Street, Staveley, Nr Kendal**

**DOCKER PARK**  
**BOARDING KENNELS & CATTERY**

New owners and totally refurbished  
Open all year. Heated in Winter  
Dogs walked as least twice a day  
Lots of Love & Attention for your pets  
Tel: Lisa Tamlin on 015242 21331

**KIDZONE ORPHANAGE, NAIROBI**

A lot of knitting wool, needles and crotchet hooks, have been handed in at the Community Office for the Kidzone Orphanage. Thank you all very much, everyone who has donated these.

Christine Wood will take these for the girls to learn how to knit and crotchet, when she visits in November, along with legwarmers which are being made from some of the donated wool. The girls need these as the evenings get cold.

Also thanks to everyone who gave money over the last few weeks, and when the Friday Consort was busking in August. We have now raised enough money to get stacking tables and chairs, so that the girls won't have to do their homework on the floor any more. A cheque has been sent direct to the manager of the orphanage, Mary Kanini, for this purpose.

T shirts with the Kidzone logo are available, price £6 (£2.50 profit to Kidzone). Seven sizes from 7/8 yrs to XL. Ring 21286.

*Helen Beare*

### CUMRA WILDLIFE TRUST

So I'm settling down to write about my project at Cumbria Wildlife Trust. I'm on the sofa in my Burneside home and the scene outside is quintessentially Cumbrian - fields of sheep being rained on. In fact, I'm listening to Radio Cumbria, I had a Lakeland cheese and chutney sandwich for my lunch and I'm pretty sure that before this article is finished I will have opened the bottle of Lakeland IPA ale sitting in my fridge.

The milk in my cup of tea was delivered from a local farm, the Westmorland Gazette sits waiting beside me and I have spent a large

part of the summer at local shows sampling Cumbria's finest fare. Put a ring of Cumberland sausage on my head and crown me Miss Cumbria.

All of that, and I'm going to talk about fish. Hands up if you saw that coming? Always the element of surprise...But why, when talking about what our county has to offer, should we not talk about fish? Because seafood isn't viewed as a local product, that's why. Because unlike our meat, dairy, breads, puddings, ales and other local produce, Cumbrian fish is rarely celebrated for being Cumbrian.

Once landed, fish is sent away to



### Sedbergh Community Development Centre Autumn Courses in and around Sedbergh

Subject	Tutor	Wks	Day	Start	Times
Dry Stone Walling	Oliver Higginbotham	2	Sat	01/10/2011	10:00-16:00
Lowland Navigation Day	Tim Deighton	1	Sat	01/10/2011	10:00-17:00
Children & Baby Clothes Made Easy	Caren Threlfall	8	Wed	05/10/2011	09:15-11:30
Intro to Using a Computer	Chris Wood	8	Wed	05/10/2011	13:30-16:00
Silk Painting Workshop	Caren Threlfall	1	Sat	08/10/2011	10:00-16:00
Buying and Selling on eBay	Chris Wood	1	Sat	15/10/2011	10:00-13:00
Taking Photos for eBay	Chris Wood	1	Sat	15/10/2011	13:30-15:30
Upland Navigation Day	Tim Deighton	1	Sat	15/10/2011	10:00-17:00
Atmospheric Painting, Mood & Drama	Frances Winder	1	Sat	29/10/2011	10:00-16:00
Hill Farming - 3 Farm Visits	Rosie Dent & Viv Lewis	3	Sat	29/10/2011	10:00-14:30
Pilates & Stability Ball	Teresa Hill	7	Mon	31/10/2011	16:30-17:30
Pilates & Stability Ball	Teresa Hill	7	Mon	31/10/2011	17:45-18:45
Chinese Way to Winter Health	June Parker	6	Wed	02/11/2011	19:00-20:30
Yoga Morning Workshop	Deyna Hirst	1	Sat	12/11/2011	10:00-13:00
Winter Weight Control - Low GI Cooking	David Walton	2	Sat	19/11/2011	10:00-16:30

Places are still available on other courses including **French, Italian** and **Woodwork**

Many other courses available in Kendal and Kirkby Lonsdale.

Please look at our website for details.

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

email: [admin@sedberghcdc.org.uk](mailto:admin@sedberghcdc.org.uk)

Tel: 015396 21031

disappear into the fishy ether, unlabelled and unloved (violins please). Faceless fish without the glory given to a sausage shaped in a spiral. We Cumbrians take little pride in our local seafood, owing to our having little knowledge of its existence.

Shall I name a few species found off our coast? Come on it'll be fun! Here we go: cod (got to start with the most controversial, get that out of the way), haddock, pollack, coley and whiting to name the cod-like, flaky ones. A flatfish or two? No problem: dover sole, plaice, flounder (flooks anyone?), turbot, brill and dab. And that's not all, folks! Grey mullet, bass, some gurnard and bream. *"What about shellfish?" they roared!* Cockles and mussels (alive alive o!) clams, winkles and whelks are topped only by crabs, lobsters and squid, which add a bit of class. Phew! Well it's clear that the Irish Sea supports a huge diversity of seafood species, and Cumbria has an impressive 103 mile coastline, so I do believe a wealth of fishmongers is called for!

A butcher in every town, a fishmonger in... six towns spread across the whole county, supplemented with a few fish vans visiting some lucky villages. Thinly-spread, to say the least, and a large volume of Cumbrians are left with little choice but to buy anonymous fish from supermarkets.

Oliver Higginbotham  
**Farm & Garden Contractor**

Stone Walling - Fencing - Decking - Paving - Landscaping  
Strimming - Tree Surgery/Felling - Hedge Cutting - Hedge Laying  
Planting - Weed Control - Grass cutting

Pest Control

We are able to complete many tasks of which are not listed - just call/email

015396 21073 (Evening) - 07815 899 994 (Any time)

e-mail: [oliverhigginbotham@hotmail.com](mailto:oliverhigginbotham@hotmail.com)

**Hardwood logs** - Seasoned & stored undercover. Bags, large & small loads (always available - delivered)

**Woodchip** - Ideal for mulching (delivered)

**Manure** - Horse manure delivered

\*Garden machinery repairs and service\* - (Collection and return)

We offer a dedicated & reliable service. All work is guaranteed subject to acceptance of written quotation.

Competitive rates. Work tailored to a budget.

Metre pricing where applicable.

Photographs of relevant completed tasks - emailed.

**Insured**

Site visits + no obligation quotes. Ample references available.

What other doom and gloom do I have to impart? Well, there are not really 'plenty' of fish in the sea anymore, particularly of the favourites like cod. There are also methods of catching fish which cause a fair bit of damage to the marine environment. Oh dear. So what should we do?

Well, since you asked.... The Wild Oceans project encourages Cumbrians to do three easy things which may help the environment, the fish, the fishermen, the local economy and your wallet all at the same time. Unbelievable, yet believable.

Number 1 - look for locally-caught fish. Now that you know that it exists, don't be afraid to ask for it. If every person who reads this was to ask their nearest fish counter to stock locally-caught fish then it might happen - create the demand, guys! Buying 'local' supports our fishermen and our economy, the fish will be

fresh and never frozen, and you know just how far it has travelled from the sea to your plate.

Number 2 - look for line-caught fish. It is a pretty safe bet in terms of avoiding fishing methods which damage the marine environment and accidentally catch other species.

Number 3 - just try something different. Fish counters can be pretty confusing for the novice fish-buyer, so if in doubt, just get something that you haven't had before. We Brits really just eat five species: salmon (which is farmed), tuna and prawns (which are not British) and cod and haddock. So of all those Cumbrian species I listed, only cod and haddock are really eaten in any significant numbers. Take the pressure off those over-fished stocks by eating all the other fish instead.

So consumers, you have a part to play. Ask the Man at the Counter questions about where the fish is

## FIREWOOD

Dry Seasoned Wood  
Large & Small Loads

Call

015396 25268

from and how it was caught, ask for suggestions of alternatives, and if you can, use your fishmongers or fish vans, because if we don't we most certainly might lose them.

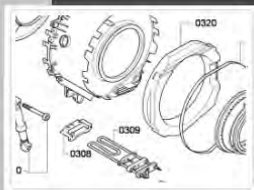
If you would like some more information or help with your fishy choices, or you're as mad as I am about fish, then have a read of my blog, which is a bit of a diary of my antics throughout this project; it's weird but it's all true! [www.cumbriawildoceans.blogspot.com](http://www.cumbriawildoceans.blogspot.com)  
*Lindsay Sullivan*

### APPLIANCE REPAIRS AND SERVICE

All leading brands

### DIGITAL TV AERIALS INSTALLATION AND REPAIRS

Sky and Freesat installation and repairs



**Tooby's**

**ELECTRICAL STORE**  
Incorporating Paul Winn  
Appliance Services



Tel 015242 41224 / 42095 / 61259 / 01539621699

### WHAT A LIFE!

Married for over 51 years to my dream girl, 3 children, 5 grandchildren and one great grandson, given a modest ability to use pencil and paintbrush, lived all my life in the giant watercolour that is Sedbergh? What can do wrong?

I've got 'bloomin' cancer that's what can go wrong. Doom or gloom? Doesn't have to be. It certainly cures you of 'I'll do it tomorrow'

There is a desperate need for a Radiotherapy Unit at Kendal as my treatment, along with many others from our area, involves a 4,000 mile 'Microwave Safari' to Preston. The government spends billions of pounds abroad in foreign aid - right or wrong? Does charity not begin at home?

However, my grateful thanks to the wonderful people at Rosemere Cancer Centre and to the equally wonderful people of Sedbergh for their support which helps so much. Also thanks for the kind help and support from Capstick's Insurance of Main Street.

Still rumbling on,

*Henry Sowerby*

### SEDBERGH CALENDAR 2012

After an absence of a few years, Sedbergh's very own calendar has made a welcome comeback! The 2012 edition is now on sale and features a selection of colour photographs depicting scenes of the town and surrounding area. There are images of locations such as Castlehaw, the Howgills, the Meeting House at Briggflatts, Main Street and Andy Goldsworthy's sculpture at Cautley Spout. Photographs of Dentdale Show and Sedbergh Folk Festival are also included. The Sedbergh Calendar for 2012 is not only ideal for visitors and tourists as an excellent advertisement for the scenic attractions of the town, but is also an ideal Christmas for friends and relatives! The calendar costs £6.99 and comes cellophane-wrapped with a large hardback envelope suitable for safe and secure postage. The 2012 calendar can be purchased at the Tourist Information Centre, Sleepy Elephant, Green Door Sweet Shop and at Duo Café where an exhibition of all the calendar photographs is currently on show.

**Abacus Communications** - a local business supporting your needs - [www.abacus-comms.co.uk](http://www.abacus-comms.co.uk)



Problems with your home telephone? Need to move an existing phone or network point?

Or are you a business looking to upgrade to a new phone system, or for someone to maintain your existing one?

Are you concerned about security at your home or business? CCTV could be the answer you are looking for.

Abacus Communications provide a range of solutions for all your telephony and CCTV needs including:



- o Fault finding and repairs for domestic customers
- o Supply, installation and maintenance of telephone systems
- o Network Data Cabling
- o Cheaper Line and Call Packages
- o CCTV installation - domestic or commercial

Why not call us today for free impartial advice and to discuss the services we can provide.

Telephone freephone 0800 228 9213, 01539 898048 or e-mail us at [Info@abacus-comms.co.uk](mailto:Info@abacus-comms.co.uk)

### **FLYING OFFICER WILLIAM NORMAN MOUNSEY**

I am trying to establish any family connections for this local RAF Bomber Command pilot, who was killed in action over Markelo in Holland in 1943.

It is believed that William Norman Mounsey's father, WHJ Mounsey, lived at that time in Main Street Sedbergh. His family were blacksmiths and worked in the Bull Yard, behind Main Street, and also had a hardware store in Finkle Street. William, whom I believe was known locally by his middle name of Norman, was a pupil at Sedbergh School from 1930 to 1935 and played

### **EDWIN MIDDLETON**

JOINERS



All aspects of site joinery work  
30 years experience

We design, manufacture purpose made joinery in our own workshop.

All your requirements fully fitted.

UPVC windows & doors

Free Advice and Estimate

Phone: 015396 25431 or 015396 20074

Mobile: 07779 049103 or 07814 149105

**COMPUTERS are wonderful –  
until they go WRONG!!**



- ◆ Cumbria Computer Systems
- ◆ Your LOCAL I.T. specialists
- ◆ 25 years of experience
- ◆ Microsoft certified
- ◆ Full range of Computer Sales and Service
- ◆ Very competitive call-out rates
- ◆ Complete PC systems supplied and supported
- ◆ Wireless/wired Networks for home or business
- ◆ Friendly, jargon-free advice
- ◆ Virus and Spyware/Malware removal
- ◆ Consultancy service

Call us on  
**07545 010542**

e-mail: [admin@cumbriacomputersystems.co.uk](mailto:admin@cumbriacomputersystems.co.uk)  
[www.cumbriacomputersystems.co.uk](http://www.cumbriacomputersystems.co.uk)

a School Prefect.

He was training for the police before the war. When he joined the RAF he was sent to Canada to train under the Empire Training Scheme. He had completed seven missions before his final one, which was to Dortmund on 24 May 1943; on the way home to its base at RAF Wickenby in Lincolnshire, the Lancaster bomber he was piloting was shot down near Markelo by German fighter ace, Oberleutnant August Geiger. Norman was 27 years old; four fellow crew members perished with him and two survived, becoming Prisoners of War.

My purpose is to contact any of his family as there is a big 70th memorial project planned in Holland for 2013 to honour Norman Mousey and the other 17 RAF men who died in three crashes near the town of Markelo. The town hopes to invite their families to Holland to attend and to be thanked for their sacrifice. A sculpture, which will sit next to the crews' graves including William's, is being made from a bomber motor and propeller.

**The People's Hall**  
 Howgill Lane, Sedbergh LA10 5DQ

Available for hire for  
 all kinds of functions...

❖ Parties ❖ Meetings ❖ Concerts ❖  
 ❖ Jumble Sales ❖ Dances ❖  
 ❖ Theatre ❖ Discos ❖ Lectures ❖

For availability and bookings –  
**Sedbergh Office Services** ☎ **015396 20788**  
 www.peopleshall.org

Thanks to assistance from Richard Cann and Diane Elphick of the History Society and Katy Iliffe, the Sedbergh School Archivist, I have been able to find out more about Norman and to contact his sister, Mrs Margaret Ogle, and her family. I also know he had a brother, George, now deceased; my hope is that there may be other relations in the area.

One of the survivors of his crew, Flight Sergeant Albert Dews, who recorded his experiences in the 1990s, tells of the huge responsibility his pilot, Norman Mounsey, had on his shoulders at 27 years of age. His was the responsibility to do everything possible to get his crew and his plane safely home, but on that night no amount of skill availed as luck was just not on their side, as it was not for so many other brave Bomber Command crews during the War. All were heroes, as William Norman Mounsey himself was - a hero of whom his friends in Markelo, his family, Sedbergh and England rightly should be very proud. To have done what they did at their young age

is outstanding.

Any assistance or direction would be greatly appreciated from anyone who could help me find members of his family so Markelo can extend its invitation and hold out the hand of thanks and gratitude. So far I have located the families of nine crew members and all are very pleased.  
 Regards

*Darryl Robertson (Artist),*  
 Bronte Art Gallery and Studios,  
 122 Bronte Rd East,  
 off Coastal Highway 60,  
 Rd1 Upper Moutere 7131,  
 Nelson, New Zealand, PH  
 Email: [robertson.art@xtra.co.nz](mailto:robertson.art@xtra.co.nz)  
 Web: [www.brontegallery.co.nz](http://www.brontegallery.co.nz)

**GARRY CHAPMAN**  
 Gas Service Engineer  
 24 Hour Call Out

Breakdowns  
 Servicing  
 Repairs

Landlords Gas Safety  
 Inspection

Natural Gas/LPG  
 Competitive Rates

015396 21951  
 07554 435654




**THE GREAT CUMBRIAN POPPY  
APPEAL RIDE**

**Saturday 22 October. - 11.30am.**

Members of The Royal British Legion Riders Branch will be passing through Sedbergh on Saturday 22nd October to mark the beginning of the County Poppy Appeal.

They will be escorted through Main Street at 11.30am, starting from the telephone exchange.

2011 marks the 90<sup>th</sup> Anniversary of The Royal British Legion and its function as a charity is still as vital as when it was formed. It has evolved from an organization primarily looking to the needs of men and women who served during two World Wars, to caring & campaigning for the present generation of service personnel, now very much in active front-line combat, 'standing shoulder to shoulder with all who serve'.

This year The Legion pledged £50 million towards the Army Recovery Capability (ARC's - based in Edinburgh, Colchester, Tidworth, Catterick, West Midlands and Germany) which offer care and support to soldiers from the point of wounding, injury or illness all the way to their return to duty or transition to civilian life. These ARC's are being built & run in conjunction with Help for Heroes and the MoD and were set up as part of the nation's obligation to honour the Military Covenant following a successful campaign which won the support of all party leaders at the last election.

Another Legion campaign led to larger compensation settlements for

those injured while serving and is one of a number of ongoing Legion pledges to fight for improvements for our military personnel.

But quite apart from this, The Legion is at hand to assist every serving service man or woman including dependants, over the period of their lifetimes, offering financial, legal and welfare support in times of need, even after they have left the Armed Forces. Their ability to do this is due in no small part to its loyal membership and strong public support during the Poppy Appeal.

**PLEASE** show your support for The Royal British Legion by turning up to welcome The Riders through our Town on Saturday 22<sup>nd</sup> October between 11.30 – 12 noon.

If you would consider becoming a member, each annual subscription of £13 helps to maintain the focus of this important charity. Contact – Rose Pease Tel. 015396 21575



**Garsdale Design Ltd**

architecture • planning • urban design • heritage



*We provide professional design services throughout Cumbria, Lancashire and the Yorkshire Dales for new buildings, extensions, conversions as well as assessments for listed and heritage buildings*

'High Branthwaites' Garsdale Road  
Frostrow Sedbergh LA10 5JR  
phone/fax/answer: 015396 20875  
email: [info@garsdaledesign.co.uk](mailto:info@garsdaledesign.co.uk)  
web: [www.garsdaledesign.co.uk](http://www.garsdaledesign.co.uk)

*GDL is an RIBA Chartered Practice*



## NICKY ROSS

All types of heating,  
including underfloor.

Bathrooms designed,  
supplied, tiled & fitted  
Gas Safe registered

Mobile  
07810 582345  
Telephone  
015396 20753



### BOOKWORM

What I have been reading this month  
1. 'The Hare with the Amber Eyes' by  
Edmund de Waal (non fiction)

A collection of over 200 small  
Japanese ivory and wooden  
sculptures (including the hare) -  
called netsuke - were inherited by de  
Waal. A netsuke was used to secure  
a purse in kimono. He was keen to  
trace their history and his own which  
takes the reader to Vienna, Odessa  
and Tokyo witnessing the unravelling  
of a rich Jewish family dynasty. This  
is an intense, different and patchily  
absorbing book which may stimulate  
your own approach to uncovering the  
past of an object you have inherited.

2. 'Trespass' by Rose Tremain  
(fiction)

A group of squabbling adults aged  
50+ who feel sorry for themselves  
because of what has happened to  
them in the past, are the main

## farfieldmill Weavers Café

Whether it's a weekday lunch to celebrate a  
birthday, Sunday lunch to toast Tracy's mag-  
nificent roast potatoes – or you're already  
planning the office Christmas lunch or dinner\*  
- enjoy a superb meal at Weavers **AND**  
**BRING YOUR OWN WINE!** (No corkage fee).

Advance booking essential.  
Phone 015396 21159 to reserve a table.



For group bookings or to receive the  
Christmas Menu 'phone Sara on  
015396 21958, ext 204

\*Depending on demand,  
Farfield Mill and the café  
will be open on selected  
evenings for **late night**  
**Christmas shopping.**

characters in this novel. The story is  
set in France and develops into a  
psychological thriller with a suspense  
filled surprising ending. (Not one to  
read if you are thinking of buying a  
property in the Cervenne!)

3. 'The Wings of the Sphinx' by  
Andrea Camilleri (crime fiction)

Another in the marvellous Sicilian  
detective series superbly translated to  
capture the local scenery plus vivid  
characters and a focus on food!  
Inspector Montelbano is called in to  
investigate the death of a young  
woman who has a sphinx moth tattoo  
on her body. Easy to follow, clever,  
enjoyable and humorous despite the  
topic; none in this series disappoints  
the reader.

*RM Bookworm*

### **AUTUMN AND WINTER HEALTH**

I am writing this in early September and autumn has begun, warm and damp. Damp weather can produce feelings of heaviness and lack of motivation. It can also have a slowing down effect on the internal processes of the body and this can particularly affect the lungs and the digestive system. Certain types of food, notably dairy produce, wheat flour and overly sweet or greasy foods can have a similar slowing down effect on the body. This can lead to digestive problems or excess mucous and is called "internal damp" in Chinese medicine. The same foodstuffs, eaten in a warm dry climate, would probably cause no problems at all. Living on bread, cheese and olives is fine on holiday in Greece, but not at all suitable in a typical Cumbrian autumn.

The autumn, in Chinese medicine, is said to be the time for regulating the

lungs. Healthy lungs can better withstand the colds, coughs and flu infections of the winter. There are two aspects of this. The first is to resolve any current infection, mucous, cough or other disharmony. The second is to strengthen the lungs to improve resistance to disease. These two principles form the basis of acupuncture treatment of the lungs. We can use these two principles for ourselves in movement and breathing exercises. In China this is known as Qigong.

Winter is a time for gathering our energy for the coming year. We can think of our available energy as having a component which is used up and replenished each day and a second component which is used for the longer term cycles of life. Anything left over from the daily component goes to augment the long-term component. Conversely, if we over-do things and our daily energy runs out, we must draw on our long-term resources. Rather like a current account and a savings account. Winter is an opportunity to build up our long-term resources.

Keeping warm in the winter is a considerable use of our available energy. We can help ourselves conserve energy by avoiding taking food or drink straight from the fridge and preferring cooked food to raw food. Raw food enthusiasts are often motivated by the idea that raw food contains more nutrients, vitamins in particular, than cooked food. However raw food must be warmed to body heat and "cooked" in the stomach

## **ACUPUNCTURE**

BACc Member  
[www.acupuncture.org.uk](http://www.acupuncture.org.uk)



Experienced practitioner  
Initial assessment free of charge.

Please phone for details.

**June M. Parker**

Dip Ac, MBACc

49 Bainbridge Road, Sedbergh  
Tel: 015396 20972

# *Sedbergh Office Services*

13 Kings Yard, Sedbergh Tel./Fax 015396 20788  
e-mail: office@sedberghofficeservices.com

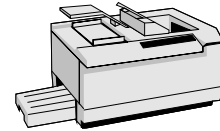
## **OPENING HOURS**

Monday - Wednesday & Friday 10 am to 4:30 pm (Closed Thursday)  
Saturday: 10 am to 12 noon

**All types of bulk photocopying available up to A3 size  
at low prices**



**Laminating up to A2 size  
Wide range of office materials  
Printer ink cartridges  
Labels a speciality**



**Fax service available 24 hours a day  
Plus much, much more!!**



**All your stationery needs always available**

before the nutrients can be absorbed. In the winter it is beneficial to eat warm, cooked food, particularly for people who feel the cold.

Chinese medicine divides the functions of the body between five main organs: lungs, kidneys, liver, heart and spleen. Each of those organs has a role to play in winter and we can help or hinder this process by our lifestyle choices. The study of this will be the core of the course, "The Chinese way to winter health", which I shall be facilitating at the Sedbergh CDC in November and December.

We shall also be looking at other aspects of winter health, according to the interests of the course

participants. Possible topics include:

- Winter depression (SAD)
  - Colds, flu and lung infections
  - Poor circulation, cold hands and feet
  - Conditions (such as arthritis) which are worse for cold and damp
  - How to eat well in cold, damp weather
  - Winter festivities
- How to maximise the benefit of the midwinter six weeks.

For more information about the course, please contact me.

Bookings can be made through the CDC (015396 21031).

My number is 015396 20972.

*June Parker*

### SLOVENIAN STUDENTS

Many thanks to everyone who helped with the visit of Maja Znidarsic and Miha Martinsek, two students from Slovenia who visited Sedbergh during the summer - and in particular Frank and Chris Williams and Dr. Clare Mingins who provided accommodation for the students during their visit, and Garth Steadman, Kevin Milburn, and everyone else who gave them paid work while they were here.

Also thanks to the St Andrew's parish church choir for taking Maja under their wing - as she sings in a church choir in Slovenia she felt particularly at home being able to sing with the Sedbergh singers.


The students won the hearts of everyone they met with their

respectful interest in our language and way of life, with their hard work, and with their extraordinary good manners.

I met both students' families while I was in Slovenia during the summer and they asked me to pass on their thanks to the good people of Sedbergh for making their son and daughter so welcome in our community.

If there are any students from Sedbergh who would like to spend the summer next year in Slovenia finding out about a different culture - and with a holiday job there to earn some pocket money and pay their expenses - please get in touch with either myself, or any other member of the Town Twinning Group.

*David Burbidge, Sedbergh 21166*



# farfieldmill

## October Exhibitions

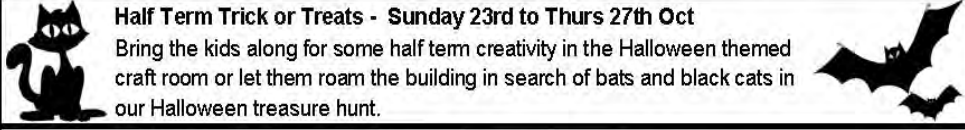
**The Read Threads - Emerging Talent**  
Site specific work as a response to the hidden aspects of the working heritage of Farfield Mill.

**Reveal - Unfolding Stories**  
An exciting mixed media exhibition from the Reveal group, using stitch, wire, paper, wax and collage.

**Mill Books**  
Opening in October

A new addition to Sedbergh's book town. Mill Books is a second-hand 'fundraising' bookshop. If you would like to donate any books please feel free to drop them in!!

**Half Term Trick or Treats - Sunday 23rd to Thurs 27th Oct**  
Bring the kids along for some half term creativity in the Halloween themed craft room or let them roam the building in search of bats and black cats in our Halloween treasure hunt.



## Weavers Café

 Open 10 - 5

Farfield Mill is open daily 10.30 - 5, £3.50/£3, under 16's free. Weavers Café 10 - 5 (No entry charge)  
Garsdale Rd, Sedbergh, LA10 5LW. [www.farfieldmill.org](http://www.farfieldmill.org) 015396 21958 reg. charity (no.1026293)

### **DENT FOOTBALL CLUB**

The Club is receiving lots of support this year from many quarters of the community.

The Under 10s are managed by Stephen Troughton and Adam Roberts, sponsored by JJ Martin (Dot and Brian Goad) for a new strip and Metcalfe Bros. Ltd, Cautley (haulage and plant hire) for the training tops.

The Under 12s are managed by Steve Alderson and Steve Fiddler, sponsored by Dalesway Tyres for a new strip and R Steadman Service and repair and JJ Martin Catering Appliances for the training tops.

Both teams will be playing in the

traditional Dent colours of green and yellow.

A big thank you goes to the four managers without whom there would be no teams.

*Karen Troughton*

### **DENTDALE CHRISTIAN FELLOWSHIP**

We meet once or twice a month, at 7pm.at Rhumes, and are a safe place where people can come with questions and find kind caring folk who love Jesus and will support them. We also share supper together parting. Why not come and join us?

*Sarah and John Woolf 25212*

## **Farfield Mill Workers circa 1909**

Are you related to any of the workers below or know anyone who is?  
If so we would love to hear from you!!



2011 is the 10th Anniversary of Farfield Mill, Arts and Heritage Centre. On the weekend of November 19th & 20th we will be holding a weekend of celebration, and alongside the community of Sedbergh we would like to personally invite any living relatives of the 1909 workforce. If one of your relatives is in the photograph above then please contact us on 015396 21958 or email [admin@farfieldmill.org](mailto:admin@farfieldmill.org)

# ***J N & E Capstick***

**Insurance Consultants**

**75 Main Street, Sedbergh LA10 5AB**  
**Tel - 015396 20124 Fax - 015396 20791**

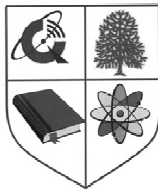
Market Street, Kirkby Stephen, CA17 4QT  
Tel - 017683 72285 Fax - 017683 72346  
e-mail - sales@capstickinsurance.co.uk

**HOME & MOTOR INSURANCE**  
**FARM & BUSINESS INSURANCE**  
**LET PROPERTY & HOLIDAY HOME INSURANCE**

**SMALL ENOUGH TO CARE, BUT BIG ENOUGH TO COMPETE**

*J. N. & E. Capstick Insurance Consultants*  
*are authorised and regulated by the Financial Services Authority*

Now open until 7.00 pm on Wednesdays to help with all your general insurance needs.  
Contact us on 015396 20124 or pop in and see us at 75 Main Street, Sedbergh



## **AN AMAZING YEAR FOR SETTLEBACK**

What an eventful and successful year it's been.

### **Outstanding Ofsted**

We began by being inspected and awarded the highest grade possible 'Outstanding'. The report was full of very complimentary remarks about the school and we were very proud that they had recognised the high quality of the education and activities we provide, as well as the care and personal attention we are able to give our students. Since the grades are widely considered to have 'gone up one level' since 2009 it is now especially

difficult to achieve the top grade and only 12% of secondary schools in the country have done so. We have summarised the report in an A4 leaflet which you should have had in the post – if you didn't get one please phone school and we'll get one to you.

### **New Academy**

We applied to become one of the new -style academies, basically an independent state school, and were successful. The criteria involved included having excellent exam results, the capacity to self-manage and being in good financial shape.



This has involved a lot of financial and legal work with the result that we can now make our own decisions in Sedbergh, rather than being run from Carlisle, who understandably have priorities other than small rural communities and their high-achieving schools.

#### **Excellent exam results**

Finally, the students who took their GCSE exams this year all did remarkably well. 73% of the year 11s got at least 5 high grade (C+) GCSEs, many of them achieving 10 GCSEs at this level. Since the highest target the government set up was 72%, they have really done well.

This year was the first year we had year 10s taking their main GCSEs and they too have proved that they were very much ready for the challenge and also did incredibly well. Many of the year 10 students achieved A\*s, especially in the sciences and are now taking a range of AS (A level standard) and GCSE courses in their final year. Congratulations to all the students who took exams – a list of the students and the number of GCSEs they achieved can be seen below. In addition, a number of students took extra qualifications such as NVQs and diplomas.

#### **Year 11**

Kristina	Armitstead	9	Damian	Kane	9
Tom	Bainbridge	2	Marybeth	Kirk	5
Rebecca	Barnes	10	Tom	Knevitt	8
Peter	Brown	1	Rosie	Mason	10
Emma	Capstick	6	Holly	McAllister	5
Charles	Dinsdale	7	Shannon	Mellish	10
Llana	Fearn	12	James	Middleton	9
Thomas	Fothergill	8	Natalie	Milburn	5
Beth	Game	6	Bethany	Orr	10
Lydia	Gill	10	Emma	Postlethwaite	10
Matty	Goad	8	Adam	Roberts	9
Samantha	Haigh	10	Evie	Rourke	10
Lewis	Harrison	10	Adam	Scarr	10
Amelia	Hunter	10	Rosie	Sowerby	7
Simon	Hunter	8	Amy	Thompson	8
Jordan	Iveson	10	Zoe	Underhill	11
Sam	Iveson	12	Laura	Woodfine	10
Stuart	Iveson	8	Martin	Woof	6
Louise	Jennings	12			

**Year 10**

Elisabeth Adams	10	Kimberley Jackson	8
Martin Bainbridge	12	Lochlan Kirkbride	5
Yasmin Ball	12	Harriet Klapproth	8
Thomas Bateman	8	Joanna Lavery-Hoffe	10
Imogen Clark	10	Jack Leaver	8
Alexandra Colton	10	Jack Leddy	9
William Cox	9	Kieran Milburn	9
Jordan Haddow	6	Leah Murray	10
Joanna Haigh	7	Daria Pawlak	10
Rowan Hall	10	Angela Postlethwaite	9
Thomas Harper	8	Gail Rennison	10
Laura Hartley	10	Ross Sedgwick	9
Rebekah Hendrickse	10	Lori-Joy Sharp	6
Richard Hindson	8	Rob Stafford	8
Connie Hodgson	10	Jennifer Stainton	10
Kelvin Hodgson	3	Ruby Sunter	10
David Hunt	10	Richard Thexton	9
Imogen Hutt	8	Jennifer Winn	8
Nicholas Inman	10	Jake Woof	8
Ariane Jackson	8		

There were some stunning individual performances;

**Year 11**

Shannon Mellish 5A\*, a Distinction, 4A, 1C

Amelia Hunter 3A\*, 2 Distinctions, 4A, 1B

Rebecca Barnes 2A\*, a Distinction, 5A, 3B

Thomas Knevitt 1A\*, a Distinction, 5A, 3B, 1C

and plenty of A\*s already in **year 10**;

Alexandra Colton A\*s Maths, Biology, Chemistry

Imogen Clark, A\*s Chemistry, Drama

Rowan Hall A\*s

Finally we have a new website; [www.settlebeck.org](http://www.settlebeck.org) so have a look to see more photos and information about the school.



## **SEDBERGH TOWN BAND**

### **Town Band at Silloth Gala**

August Bank Holiday, Monday 29th, saw the Band travelling to Silloth to participate as the marching band in their annual Bank Holiday Gala.

Although in its twelve years of existence the Band has performed at many diverse functions this was the first time that its marching skills were specifically called upon in addition to its well-proven musical expertise.

Leading the parade at the Sedbergh Gala lacks the intensity of performing before a totally unfamiliar gathering in a strange location.

To ensure the Band achieved a good marching standard a portion of the three Wednesday rehearsals prior to the Gala were devoted to practise under the tuition of Alan Lewis and Paul Grey. Playing can be difficult: marching can be difficult: to do both at once to an acceptable standard is exceedingly taxing. However, expert coaching and dogged determination saw remarkable progress and on the day in Silloth the Band acquitted themselves admirably to enthusiastic plaudits from all in attendance.

Several march tunes were rehearsed and all were played in the course of an extensive parade around the streets of Silloth. After a short rest the Band then gave a brief concert in the central arena appearing as one of a number of acts gathered together to entertain the large Band Holiday crowd.

All involved agreed that this was a most interesting addition to the Band's activities and although in

some cases the recently acquired patent leather shoes made marching a little uncomfortable, it was a memorable occasion.

### **Sponsorship Success**

The Band would like to congratulate Abbie Woof on raising £70 for the Youth Band. This magnificent achievement is much appreciated. Thanks are also due to her most generous sponsors who supported her walk.

## **MEL CRAGG BUILDER**

Plastering

Roofing

Block/Stonework

Tel: 015396 20162  
Mob: 07792 657453



## **PEPPERPOT INSTRUMENTS**

The Pepperpot Club is very fortunate in that it owns a number of orchestral instruments, many of which have kindly been donated. These are available to lend out. There is no hiring charge, but borrowers are simply asked to pay a sum equal to the annual insurance premium which does not usually amount to much. If there is a need for an instrument and/or a youngster needs help with lesson fees to learn an orchestral instrument, then please apply to Sedbergh Pepperpot Club by phoning Shirley Smith on 015396 21196 or emailing [yantethera@aol.com](mailto:yantethera@aol.com). Help in finding a teacher is also available.

## **SEDBERGH TOWN AND SCHOOL**

The relationship between Sedbergh School and the Town featured in seven submissions to last month's Lookaround. On the positive side, it was good to read about the Town Band, Sedbergh Girls Fund, the Choral Society and the Archive & Heritage Centre. On the negative side, I know all too well that the issue surrounding Loftus Hill Car Park has caused upset and concern.

I have decided to write to fill a vacuum of information in which misunderstanding is flourishing about the School plans for the future. It is the School's responsibility to fill that vacuum. We have tried to do so before and have had meetings with the Parish Council, the Chamber of Trade, the Sedbergh Tourist Group and the School has contributed to The Sedbergh Townscape Initiative. These meetings have all focussed on the development of the School and Town but from different perspectives. This means that I receive conflicting messages about "*what the Town thinks*". This piece seeks to set out the School's position on Loftus Road car park and the reasons why it is essential that it returns to School use, but it is also an appeal for the Town to agree about how it may best move forward in ongoing discussions with the School.

Like most similar schools, Sedbergh established a Junior School to secure its Senior School intake at a younger age. When Sedbergh Junior School moved to Loftus Hill 18 months ago it had 83 pupils, in September it opened with 125 pupils. It is growing

on a daily basis. The success of the Junior School is essential for the future of Sedbergh School so it is a source of pride and delight to all of us in the area that in these difficult times the school is doing so well. New jobs have been created for local residents, new families have moved into the area and the growth has created additional trade for local suppliers. It is essential that we support the Junior School to secure its long-term success in the interest of Sedbergh School. We expect 40% of our pupils to enter Sedbergh School through Sedbergh Junior School and it is true to say that it is the lifeblood of Sedbergh School and through it, the Town.

The growth of Sedbergh Junior

## **Did you know?**

**If you become incapable of dealing with your affairs - who will deal with them? Without the legal right to do so, even your closest family can't do this. A Lasting Power of Attorney can give you peace of mind. Contact us for more information.**

Home visits  
can be  
arranged if  
required.



**Hayton Winkley Solicitors**

Contact [Nicola.Steadman@hwlegal.co.uk](mailto:Nicola.Steadman@hwlegal.co.uk) or  
[Jean.Cowling@hwlegal.co.uk](mailto:Jean.Cowling@hwlegal.co.uk)

**Tel: 01539 720136**

<p>School does not simply assist the School at the expense of the Town, it protects the most important economic contribution to the Town.</p> <p>We have recently commissioned an independent study into the financial contribution that the School makes to the Town and immediate surrounding area. The study shows the economic benefit to be £9 million per year and the School directly employs 371 people.</p> <p>The growth of the Junior School means that it requires more space. Our youngest classes are flourishing as the school develops a growing reputation within the local area. We must meet the growing need for our service. As you will know, the Junior School site is split by the Loftus Hill car park and this brings immediate logistical and child-protection problems to the operation of the school as staff and pupils move between the sites. In the mid-term we will seek to develop the classrooms and facilities in a manner that is sympathetic to the Town and appropriate to a modern school in the 21<sup>st</sup> Century. Lighting, energy efficiency and sustainable building methods are important elements of a modern education and we would wish Sedbergh Junior School to showcase the very best of these features. This too will benefit the town.</p> <p>But all of that takes time and our initial use for Loftus Hill car park will be to provide much needed playground space for the children and to provide a secure perimeter to the School. We will open discussions with the YDNP about longer term plans for</p>	<p>construction.</p> <p>Every one of us recognises that changes come at a cost and that some changes may be disruptive and unwelcome to different people. Unfortunately there is no alternative to change. Sedbergh School must change in order to meet the demands of parents and to best prepare our pupils for the future. If we do not, they will not send their children to Sedbergh School and change will be forced up both the School and the Town. Change is inevitable in one form or another.</p> <p>Many of the letters I have received argue that the School has a responsibility towards the Town. I accept that responsibility. However, individual residents will not see the total list or the cost of services provided to the Town by the School. At present we are involved in 30 projects or community access agreements in the Town and we are progressing with plans to invest a further £20,000 in traffic calming measures on Loftus Hill. At some point the question arises "What is enough?" This is an important question which needs to be answered. If we cannot agree the scale of contribution that the Town considers reasonable on the part of the School, then requests which we are unable to satisfy create dissatisfaction. This is not in the interests of the School or the Town.</p> <p>I am resolute in taking the School forward and look forward to ongoing discussions that will enable this to take place.</p> <p style="text-align: right;"><i>Andrew Fleck</i> Headmaster</p>
--	---

**72 MAIN ST AND GREEN SPACE  
THANKS AND UPDATE**

At the September meeting of the YDNP Authority it was very noticeable that a sea change had occurred in the minds of the Members as to the way they felt about the sale of 72, Main Street and the adjacent open space. This change is undoubtedly due to the campaign, which we have been running and the large amount of support that the Town is giving to it. So a huge thank you to those of you who wrote in to the YDNP (237 in all with 14 more after the dead line) to object to the sale of the open space and to everyone who helped with the very successful open afternoon at the Community Office, Charity shop and TIC. This has DEFINITELY had an effect – so again many, many thanks.

In relation to the issue of the open space there was overwhelming support at the YDNPA meeting for us to retain it but the authority decided that it had to defer the vote until the December meeting for various legal reasons. So it looks as though one part of the campaign has been successful.

However, we are not there yet and there is still much to do. At their meeting on the 13th of December the YDNPA Members will consider any bids for the property and review the situation. We have been given an undertaking by the Chairman, Carl Lis that they will be consult with us

before that meeting.

The offer from the 'White Knight' group to buy the property for £60,000 and to hold it in trust for the community until funds can be raised to buy it from them is still on the table. It could be argued that YDNP should transfer the building for nothing but sadly in the current financial climate this is really not a possibility.

For the next two months maximum effort must be put into the Campaign to Save 72 Main St. We will be asking other organisations to support our cause, preparing presentations to be made to the Members and considering how best to involve the Press and our MP. With this in mind we need your help just one more time.

From now until the end of November we need the Members of the YDNP Authority to receive as many written objections as possible to the sale of 72, Main Street to anyone else other than to our community. Please write to tell them how critical it is for Sedbergh and the surrounding area for this building to remain for community use and to point out that the activities, which are undertaken within the building clearly help the YDNPA to achieve its own objectives.

*Hilary Hodge*

Chair Sedbergh Parish Council

*Douglas Thomson –*

Chair Sedbergh and District  
Community and Heritage Trust

**SEDBERGH  
HEALTH CENTRE**

will be closed for Training  
Purposes  
on the following afternoon:

Wednesday 19th October  
Thursday 17th November  
No Session in December



**worship@peopleshall**

Our service on 11 September was particularly well attended; which meant more voices for a really good sing.

Those marking the tenth anniversary of the 9/11 events were remembered;

we wondered how many of the victims were ready to meet God, and we were all challenged with the question; 'how ready would we be if disaster struck us today?'

Our speaker, Dick Gorst, spoke about the influence others have on us. When we spend a lot of time with someone we become more like him or her. Just as we grow to be like family and friends, so the more time we spend with God the more we become like Him.

We ended the morning with the traditional tea or coffee and general chat, and as always there was an opportunity to pray with for anyone who wanted it.

Next worship@ is on 9 October.



**M K CONVERSIONS LTD**

Four Lane Ends, Marthwaite, Sedbergh, LA10 5ES

**GENERAL BUILDING CONTRACTORS**

NEW BUILD - EXTENSIONS - CONVERSIONS - HERITAGE WORK  
RENOVATIONS - ROOFING - JOINERY

**WINNERS OF THE  
2010 YORKSHIRE DALES NATIONAL PARK AWARD  
FOR THE 'RESTORATION FOR RE-USE' CATEGORY**



Tel: 015396 22038 Fax: 015396 22039

info@mkconversions.co.uk

www.mkconversions.co.uk



# Holme Open Farm & Café



Come hold, touch and feed the animals on our guided tours, which run continuously during opening time.

## NEW INDOOR PLAY AREA



NATURE TRAIL  
PICNIC PLAY AREA  
CAMPING AVAILABLE ON SITE



Holme Open Farm, Sedbergh, Cumbria LA10 5ET  
Tel: 015396 20654 [www.holmeopenfarm.co.uk](http://www.holmeopenfarm.co.uk)

### PEOPLE'S HALL

#### **A 6,000 mile bicycle ride**

What a splendid performance and what an impressive attendance. As usual the Committee put out what they thought was a reasonable number of chairs – enough, but not too many in case not many folk turn up. But even as 7.30pm approached more and more people came in through the door. The Committee was reduced to issuing a chair with the entry ticket and making the entreaty “you find a place to put it”. Hugh and Pauline with the aid of music and an amazing number of slides took turns to narrate their adventures.

The event was held to enrich the

redevelopment funds. It did that handsomely by producing a £909 profit. Thank you Hugh and Pauline. They tell us they are off to the antipodes of New Zealand and Australia for more bicycling adventures in a week or two. We wish them *bon voyage* and when they come back they have promised to tell us all about it.

#### **Art Society Calendar**

As part of the recent Art Society exhibition they put their 2012 calendar on sale. This beautiful object sells for £6 with the profits going to the Redevelopment Fund. So far 75 have been sold. Thank you very much Art Society.

#### **Promise's Auction**

The **Promise's Auction** scheduled for **Friday 28 October 2011** is very promising. Many more Promises have now been received. A full prospectus is included in this edition of Lookaround and further copies can be obtained from Sedbergh Office Services and the other usual outlets. There is no charge for admission and there will be a bar.

**Redevelopment planning**

Not so much to report this month. Grants are still being applied for, including two more to assist the redevelopment of the changing facilities. Visit our blog: <http://bit.ly/SPHblog> where we have recently uploaded some pictorial impressions of what the Hall will look like.

An amazing event happens on **Saturday 26 November – Café Cabaret**. It will be "a feast of local talent". The famous 60s band the "Hellions" is coming out of retirement. There will be a saucy cabaret,

participation dancing and many other acts featuring local talent. Plus a hog roast. It may go on until midnight! Tickets on sale in November.

**DATES FOR YOUR DIARY**

**Dance Saturday 8 October 2011** at 7.30pm with music by the Roe Valley band. Jacob's Join, Admission £4.

**Friday 28 October 2011 –**

**Promise's Auction**

– see above

**Saturday 26 November – Café Cabaret**

More details in the November edition of Lookaround.

**Friday 9 December 2011 at 7.30pm – Holly and the Ivy**

A Touring Highlights music and song event, more in December edition of Lookaround.

We can publicise your event in the People's Hall - just email us: [SPHALL123@gmail.com](mailto:SPHALL123@gmail.com)

*Dr Gina Barney,*  
Hon Secretary (20790).



## Painting & Decorating

DOMESTIC & COMMERCIAL

**Interior & Exterior**

Excellent Rates • References Available

Call Stefan Kliszat  
for a **FREE** Quotation today on  
015396 20524 or 07971 666 785

## NEWS FROM THE PEWS



Continuing on the theme of the bells from last month you might like to know a little about the bells and bellringing.

St Andrew's tower originated in the 14<sup>th</sup> century and housed three bells that were recast into the present fine ring of eight for Queen Victoria's Diamond Jubilee in 1897. The lightest of the bells (treble), weighs a little over 4cwt and the heaviest; the tenor weighs in at a tad over 15cwt. The bells were installed on a steel frame and it is a marvel how they are all fitted in to such a confined space, unlike the belfry of Liverpool Cathedral that has space enough to drive a double decker bus around its 12 bells. As a point of interest, Liverpool has the heaviest ring of bells in the world, the tenor being a mighty four tons. One experienced ringer can ring even this huge weight safely.

Bells are the most valuable fittings in many churches, and a ring of bells hung in traditional English style is a complex musical instrument. Bells have been an integral part of church life for hundreds of years. By the 17<sup>th</sup> century rings of bells were to be found in many towers and were capable of being rung through 360degrees from an inverted position.

The bellringers typically stand in a circle around the ringing chamber, each managing one rope. Bells and their attendant ropes are so mounted that the ropes will be pulled in a circular sequence, usually clockwise, starting with the lightest (treble) bell and descending to the heaviest (tenor). To ring the bell, the ringer first pulls the sally towards the floor, upsetting the bell's balance and causing it to swing on its bearings.

The bell will swing around approximately 360 degrees, firstly unwinding and subsequently winding the rope onto its wheel so that the sally (tufted part of the rope) is now lifted towards the ceiling. This is the "handstroke". After a controlled pause with the bell on or close to its balancing point, the ringer will pull the tail-end, causing the bell to swing back towards its starting position. As the sally rises on what is now the "backstroke", the ringer will catch it to pause the bell at its balance position. During each swing, the clapper inside the bell will strike the soundbow, making the bell sound once. In change ringing where the order in which the bells strike is constantly being altered, it is necessary to time the swing so that this strike occurs with precise positioning within the overall pattern. Of course, precision of striking is important at all times. To ring "quickly", the bell must not complete the full 360 degrees before swinging back in the opposite direction, while ringing "slowly" means the ringer must wait with the bell held at the balance, before allowing it to swing back. To achieve



this, the ringer must work with the bell's momentum, applying just the right amount of force during the pull that the bell swings as far as required and no further. This allows two adjacent bells to reverse positions; the "quicker" bell passing the "slower" bell to establish a new pattern. Although ringing certainly involves some physical exertion, ringers rely more on this practised skill than mere brute force; after all, even the smallest bell to be encountered in a tower will be much heavier than the person ringing it and can only be rung at all because the bell is well-balanced in the frame.

I write this to give you a flavour of what is happening in the belfry when you see a group of ringers stood in the ringing chamber pulling away on very long ropes with brightly coloured fluffy bits.

You may rightly surmise that these musical instruments need to be in tip top condition and from time to time require attention, which does not come cheaply. St Andrew's bells have not had any major work carried out in the last 29 years and it is now time to make sure that all is in order.

Before the end of September the first part of the work will start when several clappers are to be removed, taken away and re-bushed by Tom who I mentioned last month and another ringer, Peter, from Ambleside will be helping.

There will be more to follow on this theme.

*Susan Sharrocks  
Tony Reed Screen  
Churchwardens*

## **INTERESTED IN LOCAL TRANSPORT?**

### **Volunteer needed to be part of a group to improve transport locally**

The Dales Integrated Transport Alliance (DITA) is an organisation which has just been awarded a government grant to further develop public transport in the Dales. Information can be found on DITA at [www.dalesconnect.net](http://www.dalesconnect.net).

The Parish Council and others have become part of a working group with DITA to see how to assess the local transport needs and how best to develop services.

What the Parish Council is looking for is someone with a passion for transport who is prepared to give up some of their time to be part of this group.

If you might be interested and want more information please contact Andi Chapple at the Community Office - 20504

## **J. E. WILKINSON**

**BUILDING CONTRACTORS**

*Quality Craftsmanship*

*New Builds • Alterations*

*Roofing • Plastering • Stonemasons*

**YDNP BEST BUILDING DESIGN AWARDS 2010  
WINNERS OF THE NEW BUILDING CATEGORY**

Tel: 015396 25531 Mob: 07989 197580



### **DENT GALA 2011**

August Bank Holiday Monday  
 The 2011 Dent Gala attracted a sizeable crowd onto Dent Primary School playground and field on August Bank Holiday Monday. The weather threatened rain but managed to stay fine for most of the day! Children and adults all enjoyed a wide range of fun activities and games from sports challenges, races and a Bouncy Castle, to assorted refreshments, stalls, sideshows and of course the annual Dog Show which proved to be an even bigger success than ever this year.

This fun day proved to be another successful fund-raising event for Dent Memorial Hall, thanks to the generosity of local residents in Dentdale and the many Bank Holiday Visitors. Over £2,700 has been raised which will support the ongoing upkeep and refurbishment of our much used village hall.

A special THANK YOU goes to members of the following businesses

and organisations who presented us with gifts, donations and sponsored events at this year's Gala:

Dent Stores  
 Sophie's Wild Woollens  
 Dent Women's Institute  
 Graham Dalton & Family  
 Dent-dale Christian Fellowship  
 Brian Goad, Undertakers  
 George & Dragon Hotel  
 Lyon Equipment, Dent  
 Mill Beck Camping  
 High Laning, Dent  
 Sarah's Care  
 Bibby's of Ingleton  
 Duo Bistro, Sedbergh  
 Robert and Rosie Gornall  
 Tooby's Electrical, Ingleton  
 W. Dawson Fuels, Sedbergh  
 Trevor Gardner, Heating Engineer  
 Christopher Whelan, Estate Agents  
 George Baines Builders  
 Cumbria Stoves  
 Meadowside  
 Stone Close

A big THANK YOU also to the many stalwart members of the Dent

Memorial Hall Committee, together with other local organisations and individuals who helped to make this year's gala such a success. Their cash donations, gifts, baking, prize donations and most of all their valuable time are immeasurable and very much appreciated.

*DMHC Chairperson: Sarah Woof*  
*01539625212*

*DMHC Secretary: Jean Haygarth*  
*01539625269*

### **DENT PARISH COUNCIL**

The September meeting had two visitors from the National Park: Michelle Clowes came to talk about improving the relationship between the Dent community and the planning department, and Paul Wilkinson spoke about his recent work in the dale. A full account of the meeting is contained in the minutes, which are published on [www.dentdale.com](http://www.dentdale.com) (follow the parish council link) and which are obtainable as a hard copy on request from the parish clerk.

#### **Saturday Bus**

The parish council has raised a further £3,750 for the Saturday bus project, in addition to the £4,500

raised previously. Kevin Lancaster contributed £2,000 from County Council funds, and the rest came from the Sedbergh and District Community Trust and the Sedbergh and District Chamber of Trade. This means that the service will now continue to run through the winter, and there have been further developments about its long term future.

At a recent meeting in Sedbergh, the Dales Integrated Transport Alliance, which has been awarded £1.1m to develop community transport across the Dales, invited the Dent representatives to apply for funding to develop the service into a permanent one.

#### **Dent Library**

About 30 people attended a public meeting at the beginning of September about the proposed public library in Dent Reading Room. The meeting heard from Bruce Bennison, who is managing Cumbria County Council's Library Service Review, about how the Reading Room could become a Library Link. The library service would provide a stock of books which would be refreshed each

## **GARY ALLAN**

*Welding & Fabrication*

*Structural Steelwork, Farm Equipment,  
Farm Buildings Erected or in Kit Form,  
Specialist Ornamental Gates & Railings,  
Fabricated Steel supplied to the Building Trade,  
On-Site Welding & Repairs.*

*Light Oaks,  
Killington  
Kirkby Lonsdale  
Carnforth  
LA6 3EY*

Tel: 015242 76426    Mobile: 07968 411787

week, and a computer terminal to link to the central records. Borrowers would then be able to borrow books by simply swiping the book and their library card and in the early stages, local volunteers would be there to help. Requests for books could be made, and there is scope for the library in the Reading Room to be open most of the time. The net result could well be much greater access to library services than the current monthly visit from the travelling library.

#### Planning Officer's Visit

The September meeting was addressed by Michelle Clowes, YDNPA Principal Planning Officer, who explained how the planning

department had been reorganised following the recent 30% cut in YDNPA staff. Michelle leads the North Planning Team, which covers Dent, and is supported by two senior planning officers, an enforcement officer and a planning assistant. She explained that she was keen to improve the relationship with the parish, and the meeting discussed a number of ways in which the planning department could be more open about their processes and decisions. These included regular visits by Michelle to future council meetings, copies of officer's reports and regular updates about ongoing cases, and council members expressed their appreciation that she was trying to

## *Cobble Country Property*

### **Sedbergh – what is it that keeps drawing people to our lovely Market Town?**

I'm often asked that when we are showing viewers around our clients properties for sale and rent and over the years my views from those who buy have consolidated into a '*Top Five*' reasons.

**Lifestyle choice** – Although with modern technology, work and business can now quite often be from a laptop anywhere in the world, some of the key reasons are these below.

**Location** – 5 miles from the M6 gives excellent road links and West coast rail access at Oxenholme / The Lake District and Settle Carlisle rail nearby offers speedy rail services across country.

**Education facilities** – Sedbergh School and our local highly rated state education network at Sedbergh Primary and Settlebeck High are highly motivating reasons for many incomers.

**Yorkshire Dales National Park** – To live in such a desirable area demands special restrictions by planning authorities who by and large act with the best motives as they see at the time of decision.

**People** – Yes, it is you, the people of our area who time and time again impress our potential buyers with your friendly outlook once they have experienced a short visit to the Town – and this is amply supported by their appreciation of the strong community here when they view all the regular happenings written about in 'our' **Lookaround magazine** by the many groups and clubs in the area.

Thank you for making our work easier from [\*\*www.cobblecountry.co.uk\*\*](http://www.cobblecountry.co.uk)

We are working very hard to achieve customer satisfaction in a challenging and difficult market place – and the results are showing.

**Call now** to talk freely and get the **BEST VALUE** with your deal.  
Cobble Country Property, 59 Main Street, Sedbergh. 015396 21000

**JULIE NOBLE GARDENING**  
Friendly and Efficient Gardening Services



Kendal 723774 or 07811 394938

tackle these issues.

YDNPA Area Ranger

Paul Wilkinson, YDNPA Area Ranger, gave a brief report to the parish council about his current work in Dentdale. As well as working with the Dales Volunteers to install the new seats on The Green, leading another successful walk with the children of Dent Primary School and training a number of local volunteers to survey the dale's footpaths, Paul continues to advise the conservation group that Jackie Foott, Monica Cleasby and Susan Johnson are organising about conservation projects in the dale.

Stone from the river

The build up of stone in the river upstream of Church Bridge has been causing concern recently because of the effect it has on the bridge when the river is in spate, as well as the possible impact on the drainage of the playing field. After a lot of negotiation with the Environment Agency and Cumbria Highways, the parish council obtained a licence to extract the stone during September. The amount of paperwork required was considerable, and so the council

arranged for the Environment Agency to run a registration session in the village for anyone who wanted to remove the stone.

Car park finances

The council was presented with details of the car park finances over the last few months. The takings for the period 1 April to 31 August were £11,629, a drop of 7.5% compared with last year, probably as a result of the wet summer. Expenditure in that period included £1,256 for maintaining and upgrading the ticket machine to accept new coins and the annual rent of £3,000, as well as staffing costs, utilities and grass cutting. In total the expenditure was £8,498, which left a surplus of £3,131.

Next Meeting

The next parish council meeting will be at 7.30pm on October 3rd in the Sedgwick Room, when there will be a public forum at about 8pm. This meeting, like all parish council meetings, will be open to members of the public.

*Jock Cairns, Chair*

Tel: 25655 Email:

[dentparishcouncil@btinternet.com](mailto:dentparishcouncil@btinternet.com)

**Apple Macintosh Help & Advice**

problem solving - upgrades - installations

**Video to DVD Transfer**

preserve those irreplaceable home movies

**Audio Cassette to CD Transfer**

**Digital Photographic**

**Renovation & Retouching**

retouching of scratches & tears -  
even remove that unwanted relative!

**Contact Andrew on 07788 688490**

or email [andrew-allan@virgin.net](mailto:andrew-allan@virgin.net)

**THIS TEAM  
"LEAVES" IT CLEAN!  
Charlesworth**

**Tree Care & Fencing Ltd**  
Domestic • Commercial • Agricultural  
Covering the whole of Cumbria & North Lancs.



- Agricultural & Garden Fencing
- Rustic & Panel Fencing
- Post & Railings
- Horse & Rabbit Fencing
- Stock Proof & Deer Fencing
- Fencing Materials
- Treated Timber

**Firewood for sale**

CALL GAVIN TODAY  
**015242 71840**  
OR WOODYARD ON  
**015396 20006**  
Mobile **07721 773135**

email: [gavin@g-charlesworth.co.uk](mailto:gavin@g-charlesworth.co.uk)

*The Woodyard, Old Railway Goods Yard,  
Middleton, Kirkby Lonsdale LA6 2NE*

C  
H  
A  
R  
L  
E  
S  
W  
O  
R  
T  
H



This Team Leaves It Clean

**SEDBERGH AND DISTRICT  
CHRISTIAN AID NEWS**

We're coming up to our last event for 2011 which is our Coffee Morning on the 12 October in Sedbergh URC Rooms to which everyone is warmly invited. The year has been very productive thanks to the generosity of all our local supporters. At our Annual General Meeting in July it was reported that over the year we had sent £5,276.27 to Christian Aid for its worldwide work which will have a dramatic effect of the lives of many. £4,668.29 of this total was raised from the events of Christian Aid Week. Once again Sedbergh and District's people demonstrated their

compassionate and generous hearted nature.

Sadly we are now without one of our stalwart committee members. Captain Ernest Cousins of the Church Army died recently. Ernest was a quiet and modest man who, unbeknown to many, had led a remarkable life being the pioneer and founder of Church Army Jamaica. He served there as the National Director for over thirty years. He had a dramatic effect on the lives of many people of Jamaica and the neighbouring islands helping many young people to explore and grow into strong Christian faith. People gathered from many parts of the world for his funeral service in St

Andrew's Church, Sedbergh to pay tribute to Ernest and to his work and influence on their own lives, including such notables as Captain Philip Johanson, International Secretary of the Church Army, and the Revd. Sister Rose Hudson-Wilkin, C.A. , Chaplain to the House of Commons. Our condolences and prayers are with Ernest's widow, Monica, at this time of major loss.

When Ernest moved in his retirement to Sedbergh he took the opportunity to join our little committee. If any of you reading this would like to follow his example we'd be happy to welcome you.

*The Revd. Anne Pitt*  
Christian Aid Committee

### **UPDATE FROM ASKAM CONSTRUCTION**

Askam Construction are progressing nicely with the Health Centre in Sedbergh. We are now half way through the programme and although being hampered by the ever-worsening weather conditions as we approach winter, the site team are making every effort to get the building watertight. The stonework is nearing completion, with the roof going on over the next week. The building is really starting to take shape.

The Health Centre will become an asset to the local community

## **W. DAWSON AND SON LTD**

### **Solid Fuel and Agricultural Feed Merchants**

Station Yard, Sedbergh LA10 5HP

Tel: 015396 20210

e-mail: [office@dawsonsofsedbergh.co.uk](mailto:office@dawsonsofsedbergh.co.uk)

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

**Crate of Seasoned Hardwood Logs - £65.00**

**Nets of Seasoned Hardwood Logs - £6.50**

**Zip Firelighters - £2.60**

**Kindling Sticks - £5.00**

**Plastic Coal Bunkers from £150.00 including VAT**

*We also stock a variety of dry dog foods starting from £8.50 for 15kg*

providing state of the art medical facilities for the doctors and patients. The building itself has great character and aesthetics and also blends in well with the local surroundings with natural stone walls and Burlington Blue slate roof.

The Client asked this job to be designed and assessed as a BREEAM Scheme. This brings strict regulations into play with regards to design and construction methods. Ultimately the aim of BREEAM is to provide sustainable buildings for the future. BREEAM assesses heavily the environmental impacts and performance of the building in question and provides a benchmark that is higher than standard regulations.

With all this said Askam's must give credit to Yorkshire Dales National Park Planners, Day Cummins Architects, Telford Hart Associates and all the subcontractor parties involved for all their co-operation and hard work so far throughout the project.

Sedbergh Spar is also progressing well, a little ahead of schedule. Drainage works are nearing completion, the steel frame is up and the floor slab is cast. Roof works are now well under way we are heading for an opening to coincide with the opening of the health centre.



### **OPERATION CHRISTMAS CHILD**

If that title doesn't mean anything to you think "shoeboxes"

It is time to start thinking about this year's shoeboxes, a project which Sedbergh has supported for a number of years.

If you have not been involved in the past and would like to prepare a Christmas present for an under privileged child abroad who is unlikely to receive any other gift, you will need a shoe box, Christmas paper to wrap it in and various goodies to put inside. There are various items prohibited (eg toy guns which would not be appropriate to send into war-torn areas) and suggestions of what may be included

Leaflets explaining exactly what needs to be done are available from Sedbergh primary school, each of the Methodist chapels in the dale and from Sedbergh Office Services. Completed boxes can be returned to any of these venues, but you are especially invited to special 'shoebox services' at Sedbergh Methodist Church or the worship@peopleshall services at 10.30am on Sunday 6 November. This may seem early, but there has to be time to deliver, transport them abroad and distribute them in time for Christmas.

More information is available on [www.operationchristmaschild.org.uk](http://www.operationchristmaschild.org.uk)



## 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)	<b>CANCELLED</b>				1625 (C)	1658	M - S	564	KLC
1827 (C)	1904	M - S	564	KLC	1745 (C, H)	<b>CANCELLED</b>			
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
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				
1300	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: May 2011									

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*

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

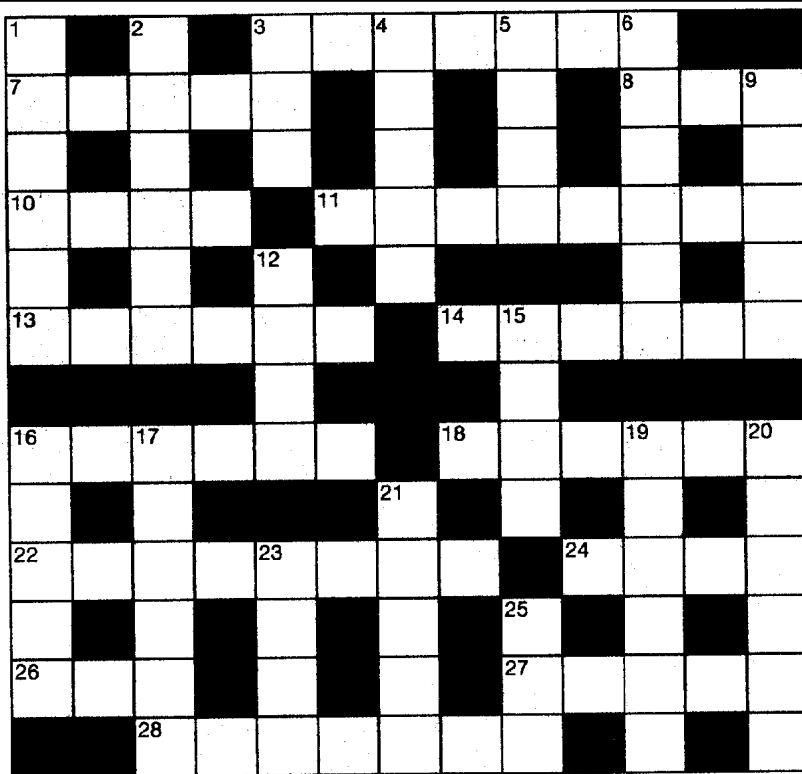


Visiting Sedbergh next year?  
 Absolutely NO worries about parking!  
 We're having a regular once-a-week  
 Park-n-Ride bus service from nearby Kirkby Lonsdale!

G	O	B	L	E	T		C	R	I	N	G	E
L			A		O		U		M		N	
I	M	P	R	O	P	E	R		P	O	O	H
T		G				T		E		C		
T	Y	K	E		C		A		D	O	C	K
E			R	O	U	T	I	N	E		H	
R	A	G		S		L		B	I	B		
	D		A	N	T	W	E	R	P			Y
O	M	A	N		O		D		H	U	L	A
	I		S		M		I					N
D	R	A	W		A	N	N	U	L	L	E	D
	A		E		R		O		B			B
S	L	U	R	R	Y		W	A	Y	L	A	Y

Regular Events/Meetings			
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	Library
1300	Every Tuesday	Knit & Natter	FM
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	Sight Advice Group	PH
1930	3rd Tuesday	Ladies NFU	PH
1000	Every Wednesday	Coffee Morning	URCR
1300	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebbras	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 (Frostrow) 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

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



## ACROSS

- 3 Make void (7)
- 7 Mediterranean island (5)
- 8 Fairy (3)
- 10 Trampled (4)
- 11 Incorrect description (8)
- 13 Concealed (6)
- 14 Charming and delicate (6)
- 16 Self-contained unit (6)
- 18 At an earlier time (6)
- 22 Kidnap to serve in a ship's crew (8)
- 24 Pressed woollen fabric (4)
- 26 Born as (3)
- 27 Loud cry (5)
- 28 Exact copy (7)

## DOWN

- 1 Variety of whisky (6)
- 2 Maintain (6)
- 3 Pinch, squeeze (3)
- 4 Easily understood (5)
- 5 Religious portrait (4)
- 6 Tower of London guard (6)
- 9 Convey goods or people (5)
- 12 Bobbin, spool (4)
- 15 Chopped (4)
- 16 Stone-worker (5)
- 17 Baby's nappy (6)
- 19 Wild American cat (6)
- 20 Extensive private property (6)
- 21 Minister of a synagogue (5)
- 23 Drink greedily (4)
- 25 Land of the Free (inits) (3)



### BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Gold-Wood	..... Number Ten Main Street, Sedbergh (2012/02) ..... <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 (2011/11) ..... <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs J Hope	..... The Old Joinery, Garsdale, Sedbergh (2011/12) ..... <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs A Bramall	..... Summerhill, 7 Highfield Road, Sedbergh (2011/11) ..... <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 (2011/12) ..... <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- wheelwright.cottage@homecall.co.uk	20251

### CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh (2011/09)	..... 01969 667356 <i>Sleeps 2; D; CH; TVL; P; NS; DW</i>
Mrs Durie	..... Crossthwaite, Garsdale, Sedbergh (2011/06) ..... 07900 531043 <i>Sleeps 6/7; D, F, T, CH, TVL, P, NS, DW, DR, CW</i>
Mrs A Bramall	..... Summerhill, 7 Highfield Road, Sedbergh (2011/11) ..... 20360 <i>Self-Catering Sleeps 6-8</i>
Mrs R J Garner	..... 2 Millthrop, Sedbergh (2012/06) ..... 01942 216058 07792 445257 <i>Sleeps 4; 1D; 1D (Soda Bed); CH; L; NS; DW; CW</i>

#### KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom  
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking; DA = Disabled Access  
 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  
**Tess & Philip 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](http://www.sedberghchristiancentre.co.uk)

**WORSHIP@PEOPLESHELL**  
 10:30 am Sunday 9 October  
 10:30 am Sunday 6 November  
**Beth & Sandy Roy Tel: 20785**

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

### Lookaround Advertising Rates

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

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

## DIARY OF EVENTS

*Dates are held up to 3rd June 2012*

Entries marked (*) see Advert in previous Lookaround.			
<b>OCTOBER</b>			
1	1000	Quaker Week	BF
1	0900	Flu Clinic	HC
1	0930	Multiple Sclerosis Table Top Sale (A)	PH
1	1000	Trees of Life Exhibition (till Oct 6th)	DCMH
1	1900	Flicks in the Fells (*)	PH
2	1300	Knitting in The Dales	DCMH
3	0900	Flu Clinic	DMC
4	1400	Spinning Demonstration	DCMH
4	1900	Tennis Club AGM	TCH
5	1000	Coffee Morning Dentdale Methodist	URCR
5	1930	HS Afghanistan	SHS
6	1930	WIH AGM	FCH
6	1930	Back to the Land Girls	DCMH
7	1930	Open Discussion Group	BF
8	1000	MS Table Top Sale	PH
8	1600	Professor David Webb	BF
8	2000	Old Tyme Dance	PH
9	0900	Flu Clinic	HC
9	1030	worship@peopleshall	PH
10	1000	SHS PTFA Jumble Sale	PH
10	1400	Meet a Ranger	DCMH
10	1930	Gala AGM (A)	PH
11	1400	WIK Restoration of Historic Gardens	PH
11	1930	Bingo & Tattie Pie Supper	FCH
12	1000	Coffee Morning Christian Aid	URCR
12	1300	Knitting in The Dales	DCMH
12	1400	KWI "Restoration Gardens"	PH
12	1915	WID Wild Argyll	DMH
12	1900	NW Cancer: Hot Pot Supper	BVH
12	1930	WIS Silk Road to Samarkand	PH
13	1200	Lunch Club	Red Lion
13	1330	Dent Railway Trail	DMC
14	1930	Mark's Gospel Dramatisation	SMC
14	1930	Pulse Community Gym Quiz	PH
15	0900	Flu Clinic	HC
15	1400	SHS PTFA Jumble Sale (A)	PH
15	1000	Dent Pre-School Jumble Sale	DMH
15	1930	Mark's Gospel Dramatisation	SMC
16	1730	Mark's Gospel Dramatisation	SMC
17	1900	Chamber of Trade AGM	L
19	1000	Coffee Morning Garsdale Church	URCR
19	1230	Health Centre Closed for afternoon	
19	1930	HS Slides of Dentdale	DMH
21		SS Half Term Starts	
21	1930	Pie, Pudding & Dominoes	KVH
23	1900	Homespun Fellowship (*)	Rhumes
25	1400	Dry-Stone Walling	DCMH
26	1400	Children's Storytelling	DCMH
28	0950	Dent Library Van	Dent
28	1930	HVH Domino Drive	HVH
28	1900	Promises Auction	PH
29	1100	Dentdale Monthly Walk	DMH
30		Clocks go Back	
<b>NOVEMBER</b>			
1		SS Half Term Ends	
2	1000	Coffee Morning Town Band	URCR
2	1930	HS Cemeteries of the Western Front	SHS
3	1930	WIH Fragrances	HVH
4	1830	Bonfire Night & Skittles Party	FCH
6	1030	worship@peopleshall	PH
8	1400	WIK AGM & Desert Island Discs	PH
8	1930	Domino Drive	FCH
9	1000	Coffee Morning Sed Bowling Club	URCR
9	1915	WID AGM & Members Evening	DMH
9	1930	WIS AGM & Jacobs Join	PH
10	1200	Lunch Club	Red Lion
10	2000	Sedbergh Orchestra (A)	St AS
11	1930	Killington Domino Drive	KVH
11	1930	Town Band Remembrance Concert	URCR
12	1900	Flicks in the Fells (*)	PH
16	1930	HS Cumbrians on the move	SHS
17	1230	Health Centre Closed for afternoon	
18	1930	WIH Domino Drive	HVH
19	2000	Howgill Church Dance	PH
21	1900	Chamber of Trade	L
23	1000	Coffee Morning StAS Bells	URCR
25	0950	Dent Library Van	Dent
25	1930	HS Annual Dinner	Bull Hotel
26	1100	Dentdale Monthly Walk	DMH
26	2000	Cabaret Evening	PH
28	tba	Promise Auction	PH
30		St Andrew's Day	
30	1930	HS Lowther Castle & Gardens	SHS
<b>DECEMBER</b>			
1	1900	WIH Christmas Party	tba
2	-	Christmas Tree Festival	SMC
3	1900	Flicks in the Fells (*)	PH
4	1030	Worship @ People's Hall	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 Editors.  
Whilst every effort is made to ensure that information is correct, the Editors cannot  
accept any responsibility for any inconvenience caused through errors or omissions.  
Copies are available from Sedbergh Office Services, Sedbergh Tourist Office,  
Green Door, Premier, Howgills Bakery, Post Office and Dent Stores.*

## COVER PAINTING

*By Henry Sowerby*

6	1930	Town Band Christmas Concert	PH
7	1000	Coffee Morning Ladies NFU	URCR
7	1800	Late Night Shopping & Santa	Sedbergh
8	1200	Lunch Club	Red Lion
9	1930	Holly and the Ivy	PH
10	2000	Old Tyme Dance	PH
11	1030	worship@peopleshall	PH
12	tba	WIS Christmas Dinner	tba
13	1200	WIK 70th Birthday Party	tba
13	1930	Domino Drive & Mince Pies	FCH
14	1915	WID Christmas Party	DMH
14		SS Term Ends	
21	1000	Coffee Morning Town Band	URCR
21	1930	HVH Domino Drive	HVH
23	0950	Dent Library Van	Dent
25		Christmas Day	
26		Boxing Day	
27		Public Holiday	
31	1100	Dentdale Monthly Walk	DMH
<b>JANUARY</b>			
2		Public Holiday	
10	1930	Domino Drive	FCH
18	1930	Stone Circles & Burial Mounds	SHS
<b>FEBRUARY</b>			
1	1930	HS Railway Navvies of Mallerstang	SHS
14		St Valentine's Day	
14	1930	Domino Drive	
22	1930	HS Packhorse Days, Packhorse Ways	DMH
27	1930	FCH AGM	FCH
<b>MARCH</b>			
1		St David's Day	
2	1030	Women's World Day of Prayer	SMC
2	1900	Women's World Day of Prayer	SMC
7	1930	HS Curiosities of Cumbrian Churches	SHS
13	1930	Domino Drive	FCH
17		St Patrick's Day	
18		Mother's Day	
21	1930	HS Ancient Kingdom of Northumbria	SHS
24	1900	HS AGM & Jacobs Join	SHS
25		Clocks March Forward	
<b>APRIL</b>			
6		Good Friday	
9		Easter Monday	
23		St George's Day	
<b>MAY</b>			
7		May Bank Holiday	
<b>JUNE</b>			
2	1930	Queen's Diamond Jubilee Ceilidh	KVH
3	1300	Queen's Diamond Jubilee Village Lunch	KVH
4		Spring Bank Holiday	
5		Queen's Diamond Jubilee	
17		Father's Day	

## S & D LOOKAROUND

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

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

### DIARY KEY

BF	= Brigflatts	
BFK	= Becksdale Farm, Killington	06
BVH	= Barbon Village Hall	
CDC	= Community Development Centre	
CO	= Community Office, Main Street	
CTIS	= Churches Together in Sedbergh	
CWT	= Cumbria Wildlife Trust	
DCMH	= Dales Countryside Museum, Hawes	
DCP	= Dent Car Park	
DMH	= Dent Memorial Hall	
DMC/S	= Dent Methodist Chapel/Schoolroom	
FCH	= Firbank Church Hall	
FM	= Farfield Mill	
GSC	= Garsdale Street, Chapel	09
GVH	= Garsdale Village Hall	
HC	= Health Centre	10
HJC	= Hawes Junction Chapel	09
HS	= History Society	
HVH	= Howgill Village Hall	
IH	= Ingmire Hall	09
JLCP	= Joss Lane Car Park	
KVH	= Killington Village Hall	
L	= Library, Main Street	
LHCP	= Loftus Hill Car Park	
NOL	= Newbiggin on Lune	09
PH	= People's Hall	
SHS	= Settlebeck High School	
SLSB	= South Lakeland Society for the Blind	
SMC(R)	= Sed. Methodist Church (Room)	
StJCG	= St John's Church, Garsdale	09
StAS/D	= St Andrew's Church, Sedbergh/Dent	
STO	= Sedbergh Tourist Office, Main Street	
TCH	= Tennis Club Hut	
URC(R)	= 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**

**Evening surgery by appointment only –**

**Monday/Tuesday & Thursday evening**

*Updated June 2011*

### 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](http://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 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 - 1400

Saturday \*

### LIBRARY Main Street & 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

### SEDBERGH TOURIST OFFICE

Main Street & 20125

Open every day 1000 - 1700

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

### COMMUNITY OFFICE & 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

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

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

### RURAL CITIZENS ADVICE BUREAU

Kendal Office

& 01539 738772

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

### PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600

& 01539 795000 or 0845 6060265

### Age UK SL @ Community Office

1st Wednesday every month

10 am to 12 noon

& 01539 742627

### COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

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

### POLICE

& 0845 33 00 247

### PUBLIC TOILETS

Main Street & Loftus Hill Car Park, Sedbergh

Main Street, Dent

### VETERINARY SURGERY

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