

Sedbergh & District

LOOKAROUND

October 2012

Issue 304

Donation £1

Wow. Another large issue which will take you at least a month to read. A big thank you for all the contributors to this bumper issue for your continued support.

As the summer draws to a close, we

can only reminisce at the warm dry summers we used to have and to feel for the people that are affected by the high winds, heavy rain and flooding that occurs round the whole country

Dennis & Jacky Whicker

QUAKER WEEK

28th September to 6th October

'Exploring Stillness'

with Liz Weller

10.30am on Tuesday Oct 2nd

'Why I am a Quaker'

with Peter Leeming

7.00 pm on Wednesday Oct 3rd

'Mining for Quakers'

with Martin Ashbridge

7.00pm on Friday Oct. 5th

A 'concern' regarding the transition between an 'innocent' trade and the 'ignominious' business of today.

The three talks/discussions commence with light refreshments.

**Brigflatts Quaker Meeting House
Sedbergh**

Small parking area on the main road.

Wardens:-

Tess and Phil Satchell 015396 20005

All are welcome.

Multiple Sclerosis



9:30 am

Saturday 6th October

People's Hall

Tables £8

*To Book a Table or make
donations of goods*

Please Tel:

Sandra on 07815 069394

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

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

e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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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 are:-
Alice Holton who is 11 years old on 7th October and
Aaron Troughton who is 11 years old on 17th 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.

Apologies to all the children who had a Birthday in September. I omitted to change their ages so consequently, they were all listed as being one year young than they really were.

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

Day	Name	Age
3	William BLACKBURN	5
4	Cally LAWSON	8
6	Ben GIBSON	9
7	Ross HORNER	3
7	Abbi WOOF	10
7	Alice HOLTON	11
9	Jed HARPER	4
9	Emily LISTER	7
10	Rosie NEWBOLD	8
11	Phoebe HALL	7
15	Kelly Ann SCOTT	4
17	Aaron TROUGHTON	11
19	Edward WILSON	8
20	Rosie HODGSON	6
25	Alex SAYNER	5
27	Jessica WOOF	1
27	Sam WILSON	6
30	Olivia HUBBARD	3
	Nonagenarian & Over	
14	Mary CARGILL	96
19	Ivy SCARR	90

PERSONAL & SMALL ADS £1

DORMAND

I wish to thank family and friends for the cards and gifts on the weekend of my **90th Birthday**. Also to the Cross Keys for the Sunday Lunch. Peter.

=====

ELVEY

Joe would like to thank his dear wife, his family and all his friends and relations for their good wishes and their lovely presents, one the occasion of his **90th Birthday**. Thank you again for a wonderful day.

=====

HARTLEY

Just a note to say thank you to everyone for being so kind recently, with Mum passing away. Catherine is back at Emily's. Tony, Catherine, James & Emily.

=====

LONGLANDS

Steve and family would like to thank everyone for their cards and kind words on the sad loss of Steve's father. Your support has been very much appreciated xxx

=====

RAMSBOTTOM

Congratulations to Jessica on qualifying as a Paramedic with Distinction. Also to Steve on his MSc. Good Luck in your continuing careers. Mum, Dad and family.

=====

FOR SALE

Morphy Richards Breadmaker. Good condition £30. Tel: 22541.

FOR SALE

Double bed with mattress and slidestore storage space. Used three times, as new £90 ono. Next Ollie & Mollie nursery curtains, tie backs, curtain pole with finials and framed pictures plus Mamas & Papas Height Teddy. All as new £30 ono. Black glass TV stand for TV's up to 42" with wiring tube. Used but in superb condition £30 ono. Ellie Bo 42" dog cage. Black metal with plastic tray. Good condition £20 ono. Occasional dining table with folding chairs which store inside. Superb condition £75 ono. Call Scott on 25185 or 07779-415985.

=====

FOR SALE

4 x 4 rear door spare tyre bike rack £20 ono. Dark wood oval drop sided table. Seats up to four £10 ono. Babybjörn Potty Chair £5 ono. Tel: 20187.

=====

FOR SALE

Bosch 500w CSB Electronic 15mm Drill. Perfect condition. Keyless chuck £15. Multi-range Electrician Meter. Perfect condition £12. Black Leather Briefcase. Takes Laptop and accs. As new £12. Ring Sed. 21799.

=====

FOR SALE

Office Chair: height adjustable, reclines, 5-star base with casters, black frame, blue upholstery, good condition £25. 015396 22551 or 07816 559599.

PERSONAL & SMALL ADS £1

FOR SALE

King size divan (5') bed. Very good quality. Matching headboard and valance in mid blue material. £150. Double divan bed, (4' 6"). New, still wrapped. Firm mattress, end drawer, dark brown fabric base so no need of a valance, (could buy a matching headboard). £290. Tel: 20360.

=====

FREE

Clean two seater sofa bed. Green colour but a little faded by the sun. Collect from Cautley. 07778-399020.

=====

WANTED

Garage or lock-up to rent for winter to store and maintain car belonging to responsible owner. Please contact 07840 - 019176.

=====

KEYS FOUND

7th September. Joss Lane Car Park. Apply to Community office.

CARERS DROP-IN

URC Rooms, Sedbergh

Tuesday 2nd October
Tuesday 6th November
2 - 4pm

Information ~ Refreshments

Details:- 01539 815970



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SEDBERGH & DISTRICT

HISTORY SOCIETY

**Wednesday 3rd October
St George & that Dragon**

An illustrated talk about
St George as Patron Saint.

Dr Sam Riches

**Wednesday 17th October
Kingdom of Northumbria**

An illustrated talk about
the rise of the ancient kingdom.

Sheena Gemmel

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



Informal evenings
with music and a short talk
first Sunday of each month
Commencing 7 October, 7pm at
Duo Café, Bar & Bistrot

Light refreshments free of charge.
Further items available to purchase.
in association with

Carnforth Free Methodist Church

KIDZONE

Our Coffee Morning on September 5th raised £271 50p for the orphanage in Nairobi, Kenya, which we support. A big thank you to all who helped, gave us their support and made donations. Special thanks to the anonymous donor who kindly left a generous donation in my trolley. This money has all been sent out to Kidzone to buy new school sweaters, replacing the ones the mice ate! It will also pay for their music lessons for the next two terms. We will put what is left towards an outing for them when I go there in November.

Some supporters have made later donations and these will also be used for another outing or for any immediate needs the girls may have. The girls live within the school all the time and only have a small playground for outdoor play. It is important they go out from time to time if only to a park.

Plea for keyboards Our music teachers at Kidzone would like some keyboards to help them teach the girls, which they are doing for a very reasonable price. We can get the

keyboards taken out to Nairobi free of charge, using our contacts in British Airways. If anyone has a keyboard they could donate, please ring me on 21750 or email me at cwtrans@tiscali.co.uk. They can be delivered by arrangement, to 7 Kings Court. Contacting us early in October may enable us to arrange transport later in the month to Heathrow. We reserve the right to donate to charity shops anything that may for any reason be unsuitable unless the donor indicates otherwise. The weekly music lessons are going well and the girls have already taken part in a concert at St Bridget's Primary school where the teachers come from.

The girls are still enjoying knitting and can make use of any spare wool. This may be left in the Community Office (box in corridor) or given to us (details above). We have been given a large number of blanket squares and I intend to show the girls how to crochet them together. Some of them, I'm sure, will enjoy crochet as much as knitting.

Christine Wood and Helen Beare

DENT PARISH COUNCIL

The September council meeting received reports on police matters and on the Western Dales Community Bus, reported elsewhere in this edition of Lookaround, and discussed the present appearance of Dent village. Full minutes will shortly be published on the parish council pages of www.dentdale.com as well as being available as a hard copy from the Parish Clerk.

Police Report

CPSO Karen Dakin gave her regular report to the meeting about police matters. The Police are continuing to monitor inconsiderate parking in Dent and asked that any incidents of obstruction be reported to them.

Karen also introduced CPSO Mandy Coleman to the council. Mandy had joined the local CPSO team and will be working with Karen in and around Dent as well as being involved in the monthly drop-in sessions at Dent Stores.

Music and Beer Festival Site

The meeting received a report from the committee of the Music and Beer Festival about the track that they had laid on the festival site at the bottom of the car park. Because of the torrential rain over the festival week-end, the committee had laid a short gravel track to enable vehicles to get off the site, but hadn't realised that this would require planning permission. After discussions with



SEDBERGH GALA GROUP NEEDS YOU!

The Gala Committee invites anyone who would be interested in taking on the role of Treasurer (for the year 2012- 2013) to talk to John Davis on 22136.

The role requires good organisational skills
but previous financial training is not essential.

Please help to keep this wonderful organisation going!

BURSARIES

Please note that all applications for grants and bursaries from the Gala Group will need to be submitted to

John Davis at Craiglands Joss Lane Sedbergh LA10 5AS
by 12 noon on Monday 8th October.

AGM

Please also note that our AGM will be held at
the People's Hall at 7.45pm on Monday 8th October.

SEDBERGH SWIMMING CLUB



Saturday morning open swim

New Time 11.00-12.00

Over 50s swimming £1

Open to non-swimming
club members

Friday 12.30-1.30

both the National Park Planning Department and with the parish council, the committee had decided to draw up an application for retrospective planning consent, and the parish council agreed to support them in this.

Caring for Dent Village

Some concerns about the current appearance of Dent Village were raised by a member of the public at the September meeting, and the view was expressed that parts of the village were looking less cared for than they had in the past. Members felt the issue of how to smarten up the village was a complex one and needed some thought, so they agreed to come back to the matter at the October meeting and to ask residents to if they had any suggestions as to how it might be done.

If you have a view on this issue, or thoughts on how the appearance of the village could be improved, please contact me at dentparishcouncil@btinternet.com or by ringing 25655.

Annual Audit

The meeting also heard that the external auditor had examined the Council's finances for the year ended 31 March 2012 and concluded that everything had been done in accordance with proper practices and that there were no matters of concern.

Next Meeting

The next meeting will be held at 7.30pm on October 2nd in the Sedgwick Room and, as usual, members of the public can raise any matter that concerns them in the public forum around 8pm.

*Jock Cairns, Chair Tel: 25655
dentparishcouncil@btinternet.com*

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THE SEDBERGH AND DISTRICT
CHRISTIAN AID COMMITTEE

COFFEE MORNING

Wednesday 10 October
10am – 12 noon

 **URC rooms Sedbergh**

Coffee, biscuits, homebaking & stalls

All welcome

KILLINGTON W I

The Afternoon WI for the entire district

By the time you read this it certainly will be the “Season of mists and mellow fruitfulness”, and we will be left wondering what happened to summer. It has been a great summer for celebrations and games which have passed off wonderfully well. I trust that you have all raided the garden shed for your bicycles though I will excuse you if you choose not to wear the lycra outfits. In fact, in order to maintain standards of common decency in Sedbergh, I had better beg you not to wear them.

Today it was most pleasing to be together again at our WI meeting. We had lots of news to exchange with each other and, like all the shops, start looking forward to the festive season. (I have been threatened with dire consequences if I mention the **C** word!)

Our meeting started with the usual business (which we tend to agree is not of overwhelming importance but necessary to keep things running smoothly), but our multitudinous

birthday celebrants for August and September certainly are important. Barbara Kooper, our faithful minute taker, was celebrating a -0th birthday but she still skips up Winder almost every day. She is also well able to consume birthday cake!

Because our last few meetings have been so busy, it was not until today that we were able to hear Sally Cragg’s lively report on last May’s AGM at the Albert Hall. Thank you, Sally for being our delegate even though you did arrive at the venue a day early!!

We were happy to welcome a guest, Lorraine Millington, and hope that she enjoyed our meeting.

Our speaker today was Robert Willan, who, although he hails from Orton, is the nominated Blue Badge Guide for Sedbergh. His talk encompassed the “Lake Poets”, - Wordsworth, Coleridge and Southey, who each had close links with Sedbergh, and then more modern contributors to literature, V.S.Pritchett, short story writer; John Arden, playwright; and A.N. Other -a talented modern poet (sadly, his name is in

P r e c i s e l y

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or call 015396 22551 or 07816 559599

one of my brain cells which has just died). Robert concluded with some fascinating and amusing tales of Brendan Bracken, a close confidant of Winston Churchill during troubled times. His talk was highly entertaining and most informative. I came home to dig out my Wordsworth, and with a list of interesting books to read. Certainly Robert is a speaker to be recommended and he thinks that we should try to make more of our literary heritage to attract visitors to England's Book Town.

Continuing our literary theme, today's competition was for "a favourite book", and it was fascinating to see each other's choices. The winner, with an old and much

thumbed atlas, was Valerie Cann. Her book took her back to her childhood when her engineer father roamed the world. Maggie l'Anson's book was a burgundy suede covered copy of "Daddy-Long-Legs", by Jean Webster, a charming story of a young girl brought up in a children's home. I remember reading this as a youngster and was very speedy to ask for a loan of the said item. I didn't go to sleep that night until I had finished it! Margaret Denton's choice was "Jamaica Inn", by Daphne du Maurier. I think that I have seen the film but not read the book so I have put that down on my list too. The raffle prize of a mini gardening gift-box was won by Margaret Denton.

farfieldmill

Exhibitions: free with admission to Mill

'Waterways' by Frances Winder - atmospheric coast, canal and river inspired work in various media;

'62 @ 50' by **62 Group** - the textile group celebrates, still at the forefront of creative art after 50 years;

Text by Page, Paper, Stitch - beautiful new work by this artist bookmakers' group responds to the word 'text' in their own individual styles.



Workshops: Sat & Sun 13 & 14 Oct £35/£30concs a day

Sat: Unusual Folded Books with E Shorrocks - make mini a series of books from a large sheet of folded paper and a box to put them in.

Sun: Japanese Stab Stitch Books with J Newall - make 4 books in the basic stitch method, then moving on to more adventurous Hemp-leaf, Kangxi and Tortoise-Shell binding.

 **Weavers Café** open 10-5 daily. Delicious 'All Day Breakfasts', home-made soups, specials, cakes and Sunday Lunches (book ahead). **No corkage** so bring your own alcohol. Free admission to café only.

FARFIELD MILL open daily 10.30-5: £3.50/£3(conc) FREE for 16s & Under

FREE PARKING www.farfieldmill.org **015396 21958**

Don't forget... free entry for LA10 residents on Mondays!!

In my wise presidential words to the meeting, this month I was trying to encourage **all** our members to enter the monthly competition. I suggested that it would be a good idea to go home at the end of each meeting and sort out a suitable entry for the next month. However, Shirley pointed out that the entry for the forthcoming month would be pretty withered if we did that!

Our next meeting will be on Tuesday 9th October at 2-00pm in the People's Hall. We are looking forward to a floral demonstration given by the ever popular arranger, Joan Bentley. Her title is, "With Christmas in Mind". All flower-minded ladies (and gentlemen) do feel free to join us as guests. You

would be most welcome. The competition item is "An Autumn Posy". Fresh please!

Wendy Fraser-Urquhart

SEDBERGH WI

Two years on from changing our name from Frostrow to Sedbergh WI we feel it was a good decision, and just reaffirms our place as the evening WI choice for ladies in Sedbergh and beyond.

At our monthly meeting members were joined by two visitors and two prospective members. Carole Marsden, from Kirkby Stephen, entertained us with a talk about Mum's Junk, she showed us part of an extensive collection of crested



H & M
C R A F T S M E N

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South Lakes Complementary Therapy Clinic

We are holding a taster day to raise awareness of our complementary therapy clinic that is held on 2 Saturdays every month at the Westmorland General Hospital, Kendal.

Our taster day is on Saturday 13th October

For a minimum donation of £10 for 30 minutes or £20 for an hour, why not try one of the following therapies:

Reflexology; Massage; Hot Stone Massage; Aromatherapy; Indian Head Massage; Cranial-Sacral Therapy; The Bowen Technique & Reiki

Sessions are available from 10am to 2:30pm. Advance booking is essential.

Please contact Hazel on 015396 25374 for an appointment.

All monies raised support the South Lakes Complementary Therapy Clinic which is held in the main, for people with Multiple Sclerosis or Parkinson's Disease and their Carers

china and linked each piece with a very amusing story of childhood visits to Blackpool.

Six of our walking group enjoyed a three night stay in Northumbria where members walked in wonderful countryside, managing a river walk from West Woodburn on the way to Alwinton, where we were staying, a high level walk above Alwinton, a moorland walk from Rothbury and finishing climbing Simonside, south of Rothbury, on our way home; the weather was sunny and dry all four days, how lucky were we? At the same time, two more of our group, Christine and Denise, were walking the Dales Highway, a tough 100 miles, well done girls! This month's

OLD TYME DANCE
at the **People's Hall**
with **Roe Valley** at 8pm
on **Saturday**
£4 Raffle **13th October**
Jacob's Join
Bar
Proceeds to
The People's Hall

day walk will be a 6 mile circular around Arkholme starting from Docker Farm where member Anne Symons lives, Anne tells us that she has researched the walk well, even getting up at 5am to walk it by moonlight!



Caring for Your Historic Building

Event for owners and occupiers of historic buildings (and anyone else who is interested!)

Saturday 13 October 2012
Memorial Hall, Dent

- Bats & Historic Structures
- The Buildings of Dentdale
- Dent Conservation Area Walk
 - Interactive Session
- Outdoors Practical Demonstrations

For information or to book a place contact:
Building Conservation Officer, Yorkshire Dales
National Park Authority, Yoredale, Bainbridge,
Leyburn, North Yorkshire, DL8 3EL

Email or phone:
herinfo@yorkshiredales.org.uk or
01969 652354

The bookgroup have been reading 'The Island' by Victoria Hislop, everyone agreed that it was a very enjoyable read and would give it 8+ out of 10 and recommend it to a friend.

Our 'crafty' afternoon in October will see member Sue Bateman lead a workshop making button holes, this will involve a rose, and carnation, a little greenery, wire, floral tape and plenty of patience.

We are planning a theatre visit and a card workshop as extra events in November.

Bon voyage to members who are heading away this month to Austria, Croatia, France and beyond, especially to Sandra who is

representing G.B. in Korea at a Book Fair; go for it Sandra, we are all proud of you!

There is a change of venue for the October meeting, when the Committee room will not be available, so we will be meeting in the Methodist Hall (behind the Methodist Chapel in New Street) to hear Susan Garnett talking with slides about the contrasts and change in South Africa: Those who have seen Susan's slide shows before will now we are in for a treat.

October is a very good month to join WI because you get 15 months for the price of 12 months subscription this is on offer to new members. Do join us, we are a very informal group

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and always welcome visitors and new members. October 10th, Methodist Hall at 7.30pm. *Linda Hopkins*

DENTDALE WI

Plenty to fill the Business Meeting as we heard that Dentdale WI had managed to raise £261 supplying teas for the Dent Gala on Bank Holiday Monday. This amount will go towards Memorial Hall funds. The Gala was very affected by rain, but spirits were high and people just kept arriving, enough to raise a grand total of £1550.

Our speaker for the evening was Anne Harrison, a working farmer's wife and mother, Chair of Denman College and also on the National

Executive. She told us a little of her busy life and then talked about Denman and showed slides of the College. The main buildings and grounds look beautiful. All bedrooms are en suite, and there are up to the minute lecture rooms. It all looked very inviting. Some members have been on courses, but plans are in the pipeline for members of Dentdale to go as a group in the next year or so. Kate Cairns is working very hard on applying for grants and we are all very hopeful it comes off!

The competition was for a memento of school days. Considering how many years ago it was for most of us, there was a surprising selection. From copies of school magazines to

Oliver Higginbotham

Farm & Garden Contractor

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

LOGS

Pest Control

LOGS

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Site visits + no obligation quotes. Ample references available.

the old school tie! Catherine Sugden's entry of a little autograph book caught the judge's eye.

Members have been saving coins in empty smartie tubes and we are hoping for a good sum to give to the First Responders. Dentdale first facilitated the First Responders when we chose it as a way of celebrating 60 years of being Dentdale W.I. Now nearly ten years on, it is an independent group and a much needed and treasured part of Dentdale life.

Dare we mention Christmas yet? It seems we must as there are choices to be made for the Christmas Dinner menu. The Federation Christmas pantomime tickets are available and

rehearsals will start for the Federation Choir singing at the carol concert.

The next meeting on October 10th is actually entitled *Getting ready for Christmas* and several of our own members will be giving demonstrations of Christmas crafts.

Pat Allen

HOWGILL W.I.

We met at Howgill Village Hall on September 6th.

We are now in the Autumn and Winter programme of Federation events.

Dates for our diaries the Annual Council Meeting at the Castle Green Hotel, the Table top Sale, Dabble Days and the Pub Quiz. Christmas



Sedbergh Community Development Centre Autumn Courses in and around Sedbergh

Subject	Tutor	Wks	Day	Start	Times	Town
A Guide to Working for Yourself	Jerry Bennett	10	Wed	03 Oct	Eve	Sedbergh
A Free Guide to Effective Small Business IT	Adrian Luckham	1	Mon	15 Oct	Eve	Sedbergh
Using IT for Your Small Business	Adrian Luckham	6	Mon	05 Nov	Eve	K'Lonsdale
Marketing Your Business Using Social Media	Justin Grammer	5	Wed	07 Nov	Eve	Sedbergh
Wednesday Afternoon Computing	Chris Wood	10	Wed	03 Oct	PM	Sedbergh
How to Buy and Sell on eBay	Chris Wood	1	Sat	10 Nov	Day	Sedbergh
Understand Your Digital Camera	Chris Wood	8	Tue	02 Oct	Eve	Sedbergh
Lowland Navigation	Tim Deighton	1	Sat	27 Oct	Day	Dent
Upland Navigation	Tim Deighton	1	Sat	24 Nov	Day	Dent
Reflections in Water (Mixed Media)	Frances Winder	1	Sat	27 Oct	Day	Sedbergh
Gesso and Mixed Media	Frances Winder	1	Sat	08 Dec	Day	Sedbergh
Festive Felt!	Gill Ferguson	1	Sat	01 Dec	Day	Sedbergh
Greenwood Stick Chairs	Mark Bamford	10	Wed	03 Oct	Eve	Sedbergh
French Beginners, Kirkby Lonsdale	Andrew Spiby	10	Mon	01 Oct	Eve	K'Lonsdale
Strictly Ballroom & Latin!	J & B Douglass	10	Mon	01 Oct	Eve	Sedbergh
Indian Head Massage	Mel Missenden	6	Mon	05 Nov	Eve	Sedbergh
Moving, Dancing and Relaxing	Mel Brierley	10	Fri	05 Oct	AM	K'Lonsdale

Places are still available on other courses in Sedbergh, Kendal & Kirkby Lonsdale
Please see our website or give us a call.

www.sedberghcdc.org.uk

email: admin@sedberghcdc.org.uk

Tel: 015396 21031

Celebrations will be held on December 6th at the Barbon Inn. Menus were passed around.

Several members enjoyed Dentdales Open Meeting when they were entertained by the Hand Bell Ringers. We took part in the Jubilee Walk hosted by Crook W. I.

The Howgill Hikers next walk will be led by Lyn Marsden around Firbank and Killington. The speakers table was occupied by animals and birds looking splendid and very lifelike being examples belonging to our speaker Simon Wilson one of the few taxidermists in the country. Simon was interested from an early age and learnt from his Grandfather. Casualties from road and motorway

accidents are brought to him to be preserved providing they are suitable. It is a painstaking job the preparing, stuffing and mounting of the skins to produce a lifelike effect. Mary Silva thanked Simon for teaching us so much on this subject and for continuing a family tradition. His work was admired by us all.

The competition for an animal carved from a potato was won by Mary. Pauline Speake went home with the raffle prize. Refreshments and a get together brought the evening to a close.

On October 4th we will meet at Firbank Church Hall for the AGM. A W. I. Advisor will be attending to guide us through the voting.

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TIM FARRON MP

Like many people, I am sure, I was horrified to hear the announcement by Cumbria County Council that some schools could see their budgets cut by over 30% over the coming 2 – 3 years. The Government is trying to simplify the way that it funds schools by reducing the number of factors that local authorities can take into consideration when deciding how to divide up the money they can give out from 37 to 11. The aim in doing this is to make the decision making more transparent, which is probably a good thing. However, yet again they are not being helped by Cumbria County Council. The Council announced their proposed response to the changes

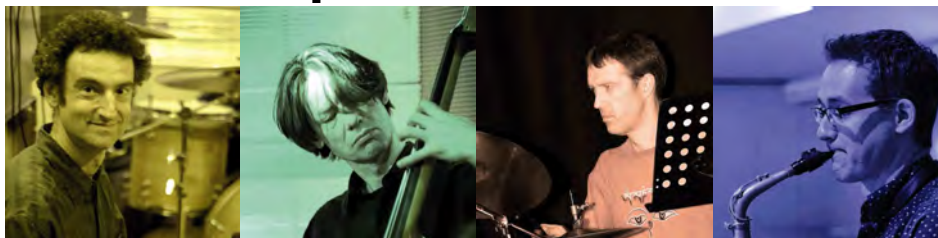
months later than many other councils.

The key problem is that under the fairness criteria it is smaller rural schools who suffer most. The County Council claims that up to 32 schools may close under their proposals. We have many excellent small local schools that are at the hearts of our communities and the risk of them closing will be yet another blow to the populations they serve.

I was pleased to hear that the head at Settlebeck was taking it all in her stride but I don't see why she should be facing any threat of budget cuts at all when she has an Outstanding rating from Ofsted.

It seems to me that this is yet

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another example of central Government in London failing to understand that the costs attached to running schools or hospitals in cities cannot be assumed to be the same as those for running them in rural areas, in this they have not been helped by our County Council. I have contacted Nick Clegg and asked for a meeting with the Department of Education, they in turn have asked for the Council to provide the figures so they can understand what the issues are before they act. As far as I know they are still waiting to receive this information.

This will be my major focus over the next few months we simply cannot afford for good local schools in this area to close.

Thanks to everyone who came along to meet with me as our tour of the constituency passed through Sedbergh, Dent and Garsdale. We had a great time meeting up with

people this year. We even had some good weather. By far the most important issue at the time was Virgin train's loss of their franchise which is something I am pursuing to ensure that whatever happens our services on the West Coast Mainline do not suffer. As a very regular user I will be in prime position to watch how things progress. Fortunately we are not alone in being concerned, there was a debate in Parliament on this issue the other week at which I was able to speak along with a number of MPs from all parties who have this line passing through their constituency and all of whom are worried by this change.

As ever if there is anything I can do to help please get in touch by writing to me Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at tim@timfarron.co.uk.

Tim Farron MP



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COUNCILLORS CORNER

Cllr Evelyn

The big event in town this October will be the Original Mountain Marathon which is taking place on the last weekend, October 26th-28th. Plans are in hand to give the 3,000 competitors a big welcome when they arrive on Friday 26th with shops and cafes staying open in the evening. The competitors are expected to spend £150,000 in the area but equally important will be the long term benefits, or to use a current buzzword – the legacy - from raising the profile of the Howgill Fells to potential holidaymakers. We are still looking for private accommodation for competitors so if you have a spare

room for the night of October 26th, especially if it has twin beds, and want to earn £40 please contact the Community Office.

In the next month or so all households in Sedbergh, Dent, Garsdale, Barbon and Casterton will be receiving a leaflet through their letterboxes *Your Dales Hub. Travel & Local Information*. It is designed to be a handy reference to both social and public transport in the area which you can keep by the phone. It has been produced by the Sedbergh and District Community and Heritage Trust with the help of funds from the Local Area Partnership and The Dales Integrated Transport Alliance. More detailed transport information

S.T.A.K. (Stop Turbines At Killington)

About us ...

STAK is a non-political group set up by local people, from Killington and the surrounding parishes of Firbank, Old and New Hutton, Mansergh, Grayrigg and Sedbergh.

We, and the many people who have contacted us, are concerned about the impact that the wind farm at Killington Lake will have on the landscape, the views from and to the surrounding fells, the lake and its wildlife, and the livelihoods of the region. We believe that this area must not turn into 'wind farm alley'.

We are all volunteers and give freely of our time to advise and help anyone in the community who would like to know more about the real effects that the wind farm will have. We are in a 'David and Goliath' situation, entirely self-funded, against a developer with great resources in money and manpower.

Banks Renewables planned to submit their application for the wind farm in September. For any further information, or advice about sending an objection to SLDC, please contact us:

Email: stak@killingtonwindfarm.co.uk
Phone: 07880 221275 or 01539 824043
Website: www.killingtonwindfarm.co.uk, for information / register support

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Winter season open Wednesday to Sunday 10.00 – 4.00

Thursday, Friday & Saturday nights open to non residents from 7.pm – *booking essential*

will be available from the relaunched Information and Resource Centre at 72 Main Street when it reopens in mid October. The Trust will also be employing a manager for the Information and Resource Centre who will help recruit and train volunteers to give out information and to research transport needs in the area.

You can also now follow me on Facebook.

Cllr Nick

No apologies for returning to the subject of invasive species in the River Lune and its tributaries. The Lune seems to be a linking theme for the whole ward: the small becks, the

upper tributaries and the main river can be seen as symbols for the remote farms, the small villages and the bigger towns. They are all connected and what happens in a small community can have an effect on a much wider area, just as what comes from high up in the fells will pass down through Sedbergh and Kirkby Lonsdale and on down to Lancaster and Morecambe Bay.

Since I last wrote about Himalayan Balsam, I have spent scores of hours down by Devil's Bridge in Kirkby Lonsdale pulling up thousands of plants, cutting off the roots and leaving them in piles to rot. It is a great way of meeting people taking

their regular walk and they are invariably interested in what is going on. Many of them have volunteered to help next year and it is amazing how much can be done if there are regular work parties through the summer, from May to August. By September the plants are in seed and it is too late to do anything other than survey work, noting down where there are patches which will need attention next year.

Sometimes I feel that taking on issues such as invasive species and making a noise about it is a bit like twanging a spider's web - before long every part of the web feels the vibrations and is aware of what is going on. Out of the blue I have had

emails and calls from people in Dent and Sedbergh, Middleton and further south into Lancashire, all keen to do their bit. Getting volunteer groups set up in Sedbergh is the most vital of all the tasks. It is here that the main northern tributaries of the Dee, the Clough and the Rawthey all join the Lune. Almost all of the highest occurrences of Balsam are located within 5 miles of Sedbergh, into Dentdale, up Garsdale, towards Cautley and up the Lune Gorge towards Tebay.

There will be liaison between parish councils, Cumbria Wildlife Trust, South Cumbria Rivers Trust and Lune Rivers Trust to co-ordinate efforts for next summer. We hope to find

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volunteers from many sources, whether it be schools or Duke of Edinburgh entrants, or retired people who can give an hour or two every month in the summer. It may take us five years but it is a real chance to show what communities can do when they pull together (yes, that was a dreadful pun!). Details of work parties will appear in Lookaround closer to the time.

Cllr Ian

In 2008 the YDNPA along with the Nidderdale Area of Outstanding Natural Beauty achieved the EUROPARC Federation's Charter for Sustainable Tourism. This is a prestigious award which puts our own National Park on a par with many

other wonderful National Parks in Europe. Every five years a re-assessment takes place to ensure that the Park continues to meet the criteria for the award. This is happening at the moment and has required a great deal of hard work from officers and Members. As Member Champion for this area of work I am presenting a Report to a meeting of the Full Authority next week which will include an updated tourism strategy developed by the Dales Tourism Partnership (DTP). The Partnership itself is a collection of all interested parties within the Dales and in 2010 it spawned the Dales Tourism Business Network and subsequently the Distinctively Dales

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project. This has received a considerable amount of coverage in the media particularly the highly successful Dales TV programme. But (I can hear you asking) how does this affect me as a Dales resident? In quite a number of ways actually. The sustainable tourism strategy is an opportunity for all of those involved in the hospitality and outdoor activities sectors to bring their businesses more in line with current thinking on the development and promotion of Green businesses and also gives them the opportunity of more effective marketing through the Business Network. The idea also is that the Dales will become known as a centre of excellence with the

added benefit of local foods and products becoming better known through the Distinctly Dales scheme. For all those interested in finding out more the proposed new tourism strategy is already on the Park's website and Park officers will be only too ready to advise on the other aspects which I have mentioned above. Or, of course, you can contact me direct. Nick, Evelyn and I also continue to work locally to promote the benefits of tourism and as you will have read above we have the prestigious Mountain Marathon coming to Sedbergh shortly. As someone with a strong interest in tourism it is always interesting to see how other areas go about promoting

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themselves. I have recently returned from a few days walking in Dumfries and Galloway and I was exceptionally impressed by the quality of welcome which I received from local people and tradesmen and the overall neatness and tidiness of the towns. The weather was also exceptionally good too but I don't think I can do anything about that.... One noticeable difference too was that parking in most towns was completely free. I know that the argument continues to rage in our own District as to the pros and cons of charging for parking but from a purely practical level it is very pleasant to be able to park, not have to scrabble for loose change, and not have to worry about

getting back on time when you have headed off for a walk into unknown territory. It is a beautiful area and I highly recommend it to those who have not been. A large number of people living there are retirees from south of the border as house prices are significantly lower than here as well.

I was delighted yesterday to attend my first meeting as a new Governor of Dent Church of England Primary School. I have been helping out with the morning Assembly there for some time and have grown increasingly impressed with the education which the children are receiving and with the high quality of the teaching and support staff generally. So I decided

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to volunteer my services as a Governor. I am looking forward to this new challenge and to working more intensively with all others involved with the school. I shall continue to report on this over the coming months.

Evelyn, Nick and I may be contacted at any time on:

Evelyn Westwood: 015396 20148

evelyn@markwestwood.co.uk

Ian McPherson: 015396 20648

ianmcperson24@hotmail.com

Nick Cotton: 015242 71477

red.pedal@virgin.net

My personal opposition to on-shore wind farms is long standing and I hope well-known, certainly to regular readers of my columns here and in AKL (Around Kirkby Lonsdale). In spite of that I do have some empathy with Barry Grimes, the Development Relations Co-ordinator for Banks Renewables. In spite of regular and consistent hostility for his audiences Barry is always pleasant and hospitable when he is addressing representatives of the local community concerning the proposal for a wind farm at Killington.

Personally, I think that must have gone about as far as it can and I will be surprised if it is not withdrawn before determination. Yesterday we

COUNCILLOR CORNER

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were told that the proposal is now for three turbines: it was going to be for five. Apparently they have encountered problems with the fields being traversed by microwave beams and other communications infrastructure. Also some of the ground is blanket bog. I guess both of these confirm what I and other opponents have been saying for a long time, the site is highly visible, hence the microwave paths and ecologically very precious, hence the peat moss. There are very few locations where masts such as these, significantly bigger than those at Lambrigg, could easily fit into the countryside. Definitely this is not such a location. It is landscape currently being considered for including within the Yorkshire Dales because of its exceptional landscape quality. Those of us who oppose the designation of this area do so, not on the qualities of the area but on the

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belief that pragmatically the landscape can and will be better managed outside without designation.

It is the nature of windfarm applications that they are surrounded by local community payback schemes. Two are being suggested for Killington, one about heating insulation and the other about broadband. The latter seeks to offer 2Mbit/s broadband throughout Killington and Firbank. That is a deeply unimpressive proposal as it does no more than match the national government's commitment for every domestic property in Cumbria by 2016. For this suggestion to be even worth thinking about it needs upping to 20Mbit/s at the very least.

Of greater concern was the intimation, apparently serious that if the application was turned down by the planning committee but gained upon appeal then the community payback would be significantly reduced. This puts undue pressure on members of a planning committee and is like holding a gun to members' heads. It will also affect parish councils which respond to the public

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consultation. I will be writing to Banks Renewables myself asking for an assurance that this threat be withdrawn immediately.

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There have been many discussions in the past about the long-term storage of the waste currently at Sellafield and all have been rejected. For a significant number of residents of this division the present proposals have been of sufficient concern for them to contact me and many of my county council colleagues. Naturally I am a supporter of Nuclear Power and always have been. However, I think these objectors are right in wanting this proposal to go no further in its

present form and I said as much at the last county council meeting. When consultation began three years ago it was arising out of the previous national government's legitimate but sometimes hysterical concerns about terrorism. Therefore they were proposing a big hole from which the material could never be recovered. That aspect was at the same time both dangerous and fanciful and that is why I am opposed to proceeding with the present consultation.

Councillor Kevin Lancaster
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The Community Charity Shop has had an excellent summer despite (or perhaps because of) the wet weather. Indeed we had our best week ever during the first week of August!

I was so excited I invited all the volunteers round for afternoon tea in the garden to celebrate. Of course the weather was not so enthused and the downpour that day meant it had to become an indoor event.

Nevertheless we kicked off with a glass of fizz to toast our continued success and enjoyed a very pleasant and sociable afternoon.

Many thanks to all who have donated such high quality stock over recent months, allowing us to achieve such good sales.



Now that the new term has started things are a bit quieter, but no doubt you will soon be clearing your wardrobes, toy cupboards etc. in readiness for winter and will send us all those things just needing a new home. We will particularly welcome donations of autumn/winter clothing, handbags, shoes, linens as well as



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We are fortunate to have a friendly and efficient team of volunteers who give so generously of their time, but if you would like to join us we can always use more help, especially on Thursdays, Fridays & Saturdays. If you are interested please call the shop on 21730 and leave your details so I can call you back.

Thanks again for your continued support.

Ellen Morrison, Shop Manager

*See also Community Fund Report
on Page 80.*

SEDBERGH TOWN BAND

Hardraw Scar Band Contest 2012

Under the aegis of the Yorkshire and Humberside Brass Band Association the 131st Brass Band Contest at Hardraw Scar took place on Sunday 9th September. The contest is highly famed in brass band circles, though lovers of all styles of music flock to the contest every year. It has gained wide television coverage over the last three years reaching an even wider audience. In 2009 a band rejuvenated, encouraged and trained by Sue Perkins took part as the culmination of a series of programmes entitled 'Band for Britain'. I.T.V., had no option but to give prominence to the contest in their series 'The Dales' and last year the B.B.C., returned and featured the Festival in their programme 'The Great British Countryside'.

Hardraw Force is the highest free fall waterfall in England and the Scar is a narrow gorge formed by the stream which runs over the Force. The cliffs on each side of the gorge form a natural amphitheatre which provides excellent acoustics for the

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music. A few years ago a seasoned and experienced adjudicator likened the acoustics to those experienced in the Royal Albert Hall.

The Sedbergh Town Band have not appeared at Hardraw before: the timing in September has often seen too many players with prior long term engagements. However the principal deterrent has been the fact that participating bands have been restricted to twenty five performers. As Sedbergh regularly boasts well in excess of thirty players for all their concerts it has been considered undesirable to have to 'drop' players from the Band for the concert, after all, members join, practise and attend rehearsals to play. However a change in rules this year permitted ungraded bands to exceed the twenty five limit.

Bands competing regularly are grade 1-4, with promotion and relegation being an annual feature based upon success or otherwise in various contests. Of the fourteen bands contesting Hardraw three were graded 2, four grade 4 and the remaining eight officially listed as

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'ungraded'.

Peggy Tomlinson, President and Colin Wormald, Vice President of the Yorkshire and Humberside Brass Band Association, in their preface to the official programme thanked the hosts, Mark and Yvon Thompson of the Green Dragon Inn, for inviting the Association to hold the festival in their grounds, a magnificent setting for the contest. They went on to thank the sponsors for the ninth year, T & R Theakston, together with all the other donors who in spite of current economic difficulties have generously supported the event.

Participation in any event by the Band is always regarded as a serious matter and considerable practise takes place on rehearsal nights to ensure the highest quality of performance commensurate with the talents of the players. A programme is selected that meets the criteria laid down by the organisers and rigorous attention is paid to minutiae - many seemingly insignificant elements but which in fact are vital for a satisfactory performance: starting and finishing together, attention to dynamics, length of notes, tuning, band discipline (raising/lowering instruments) etc.

A programme not exceeding twenty minutes was required and fulfilled by the Sedbergh Band: a march ('Men of Harlech'): a hymn ('Fanfare and Repton'): solo feature ('Georgia on my Mind' - Paul Gray - cornet) completions of the programme, light and popular music of the band's own choice ('Reet Petite' and selection

'Best of Bond').

Before setting out for Hardraw the Band gathered at 8.30 am in the Sedbergh School Band Room and tuned up under the guidance of Band Master Alan Lewis. A comparatively short journey saw the Band arrive and park adjacent to the Green Dragon Inn. Of late the weather has been so wet that there was a real fear that parking would have to take place in the Hawes auction mart with coaches laid on to transport the contestants, In fact Sunday proved to be the best day for weeks and the contest was bathed in warm, unbroken early September sunshine for the majority of the contest.

Sedbergh were drawn third and

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whilst the band drawn second were performing the players had individually countersigned a form sent in earlier declaring their participation. This requirement was made to guard against the late inclusion of 'ringers' in participating bands. The competition for the generous cash prizes, cups and, most of all, honours is fierce in this and other competitions. Total transparency is sought.

The Band duly took their place on the band-stand before an audience numbering several hundred and all the preparation and practise prior to the event was evident - a polished performance that revealed Sedbergh not just snapping at the heels of the

big boys in the Brass Band world but actually overtaking some of them. In a section of ten which included five grade four bands Sedbergh came Third - a most pleasing outcome, with the reward of a cash prize and the Banks Music Cup. Individual success came to solo cornetist Paul Gray whose rendition of 'Georgia on my Mind', backed by the Band won this fiercely contested section.

When the final band had completed their contestant programme all bands joined together in a traditional massed finale. Marches ('Colonel Bogey' and 'Punchinello') a song about the contest entitled 'The Old Bandstand' (hand written on manuscript this was recently found in a box in an attic though neither the origin nor the date when the song was written are known) and hymn's 'Love Divine', 'Take my Life' and 'Abide with Me'.

On completion of this stirring finale chief adjudicator Colin Hardy delivered the judges' verdicts. Golin Hardy has a remarkable history of a lifetime involvement with brass music at the very top. A fine trombone player he was a member of the National Youth Orchestra for five years subsequently playing with distinguished bands: Crossley Carpets, Brighthouse and Rastrick and Black Dyke Mills. He has successfully conducted and coached, worked in the music business and created his own band supplies business. Of late he has concentrated on a freelance conducting and adjudicating, and it is

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difficult to consider anyone better qualified to pass judgement on the Hardraw contestants. Thus the Sedbergh Band departed in the knowledge that their efforts had been recognised by an acknowledged giant of the Brass Band world.

Band Events

On Sunday 2nd September the Band met for a workshop. This bi-annual event featured a talk, full band rehearsal, practise and sectional instruction under the auspices of accomplished members. Lasting from 10.30 am until 3.00 pm much useful work was covered on detailed techniques that cannot usually be accommodated in the weekly rehearsals.

By 7.30 pm on Wednesday 26th September the Band will have given 'An Evening with Sedbergh Town Band' at the Barbon Village Hall. This was one of a series of events designed to introduce the Band and its instruments involved to a wider audience.

Following close on the heels of the Barbon event was a 'Blow -In', the playing of sponsored solos by members of the Band in the United Reformed Church. Held on Saturday 29th September this was a repeat of a similar event two years ago which, thanks to the generosity of sponsors enabled the Band to fund further the expanding Youth Band.

Gerry Blackwell



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WESTERN DALES COMMUNITY BUS

A new approach to public transport is being developed in this area. The Western Dales Community Bus is being set up to provide scheduled and private hire bus services for Sedbergh, Kirkby Lonsdale and neighbouring parishes, and link them to larger population centres and other forms of public transport. Its aim is not to compete with existing services, but to maintain services that would otherwise be withdrawn and seek to develop new ones that meet local needs. It plans to start operating in April 2013, with its own bus and a team of trained volunteer drivers.

Origins

This project started when Cumbria County Council announced the withdrawal of the supported Saturday service between Dent Station, Sedbergh and Kendal. Initially, funding was found from a variety of local sources to prolong the service for a year, during which time a successful application was made to the Dales Integrated Transport Alliance (DITA) for funding to convert this service into a community bus which can be used for other services as well.

Although the idea originated in Dent, it rapidly became clear that at a time when Cumbria County Council was cutting supported bus services, there were similar needs elsewhere. As a result, the project is aiming to provide a service to the whole of the local area, and future developments could include scheduled services to

connect a wide range of communities and population centres at times not currently covered by existing buses.

Who is involved?

One of the actions in the Dent Parish Plan was to see if a community bus could be set up locally, and so Jock Cairns, Chair of Dent Parish Council, brought together a group of ten local people to work on the project. The group includes those with specific skills in public transport, legal matters and project management as well as representatives from different local parishes.

The group is fortunate in having considerable expertise to draw on. Philip Ayers, a founder member, has

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for many years been a part-time Dent resident and has involved himself in many aspects of community life. As the former Managing Director of Southdown Motor Services Ltd., he has wide experience of public transport management, and has built up his extensive knowledge of community bus organisation in his current role as Director and Organiser of Cuckmere Community Bus in Sussex.

Cheryl Cowperthwaite, Cumbria County Council's Locality Transport Team Leader, is also supportive of the project and is able to draw on the experience of similar local schemes, such as the Fellrunner in the Eden valley and the Little White Bus in Hawes, as well as to advise on likely sources of funding.

Progress to date

So far, the group has:

- secured over £68,000 of funding, including a grant of £41,800 over three years from DITA
- increased the average daily number of passengers on the Saturday service between Dent Station, Sedbergh and Kendal by 50% in the first two months of this financial year
- introduced an improved timetable which connects with most trains at Dent Station
- provided a new summer Sunday service on the same route, to connect with trains from Lancashire and which has been used by organised walking groups as well as local people.
- extensively publicised both

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services over a wide area of West Yorkshire, Cumbria and Lancashire, and through organisations such as the Friends of the Settle Carlisle Line

- recruited 10 volunteer drivers and made arrangements for their training by Cumbria County Council
- formed a limited company with its own bank account, and made an application for charitable status

Next Steps

A number of developments are currently taking place. More people are being recruited to help with the project, and as well as volunteer drivers, people with specific skills such as accountancy and marketing are also being sought. Further finance is being applied for from the Big Lottery Fund, and the first steps are being taken towards the purchase of a suitable bus. When this is done, the requisite permits will be sought to operate it.

If you are interested in the project and would like to find out more about it or become involved, please contact Jock Cairns at jockcairns@btinternet.com or on 25655.

MAKING A DIAGNOSIS

The four pillars of Chinese medicine diagnosis (on which acupuncture treatment is based) are observation, listening to what the patient has to say, feeling the pulse and looking at the tongue. Some Chinese doctors have legendary powers of observation and pulse taking. It must seem magical when a doctor can make a diagnosis on the basis of the way someone walks from the car park or tell a person's life history by taking the pulse.

My powers are less spectacular, but nevertheless observation of the patient, taking the pulse and looking at the tongue can add useful information to what the patient tells me. More often than not, the pulse and tongue provide a confirmation of what the patient says. Sometimes there is the need to ask a few supplementary questions. On the odd occasion when the pulse and tongue seem at odds with the information volunteered by the patient, I know I need to enquire further to get a more complete picture. Very occasionally, observation and listening provide few clues and the correct diagnosis hinges entirely on the pulse and tongue.

On a basic level the pulse gives information about whether the complaint is one of deficiency (the patient needs strengthening) or excess (requiring a treatment to move a blockage or expel a disease). It can tell us whether a disease is predominantly external (superficial) or

internal (involving a dysfunction of the organs) and whether heat or cold are significant factors. It also gives information about the functioning of the internal organs.

Looking at the tongue is the nearest we get to inspecting one of the internal organs. A healthy tongue is a fresh mid-red colour and has a thin white coat. Variations in the colour and shape of the tongue and the thickness and colour of the coating give information about the good functioning or otherwise of the physiological processes. For example a swollen tongue is due to fluid retention in the tissues of the tongue. If an organ of the body were to be swollen in the same way, this would have a predictable effect on a person's health. Most often a swollen tongue, perhaps with a scalloped edge where the tongue has rested against the teeth, indicates

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disharmony in the digestive system.

To feel your own pulse in the Chinese medicine way, beginning with the pulse on the left wrist, proceed as follows. Place the right hand palm up with the fingers pointing to the right and put the back of the left wrist on the right palm. Now bend the right index finger to touch the pulse on the thumb side of the left wrist in such a way that the finger lies alongside the wrist crease. Now place the right middle and ring fingers beside the index finger on the pulse, to feel the pulse in three positions. The most important factors to look for are:

- Does the pulse feel strong or weak?
- Is it close to the surface or must you press more deeply to find it?
- Is it fast or slow?
- Does the pulse feel even between the three fingers or are there

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differences between the pulse at the three positions?

To take the right pulse, proceed in the same way but with the roles of the hands reversed. This gives a further point to notice:

- Is there a significant difference between the feel of the left and right pulses (obviously the rate is the same) or are they similar?

A healthy pulse is a moderate pulse: neither too strong nor too weak. It lies between being superficial and deep, the rate is moderate (between 60 and 80 beats per second in a resting adult), it feels even between the three positions on each side and the left and right sides feel roughly equal.

Taking a person's pulse and looking at their tongue repeatedly over a period of time, builds up a picture of the person's normal state of health. If changes in the pulse or tongue occur, indicating a possible disharmony in the body, this can be addressed, sometimes even before symptoms occur. This is what Chinese medicine understands by preventative treatment.

If you want to know more about diagnosis in the Chinese medicine system, or if you have questions about your own pulse or tongue, please get in touch. My telephone number is 015396 20972.

June Parker

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COURTNEY SAVAGE

*Call Up for Courtney Savage to
England U21 Netball v Jamaica*

On Thursday 20th September,
Courtney Savage (of Lupton House,
Sedbergh School), put an England
bib back on, though it will be her first
with the Under 21s Netball team –
playing Jamaica. She has since
heard that she has also been
selected for Northern Thunder Senior
Squad, who will appear on Sky Sports
TV, once the season begins. Northern
Thunder is coached by Tracey
Neville – sister to footballers Gary
and Phil.

Courtney started at Sedbergh
School this September and plays
Goal Attack. She says: “England are
putting an U21s squad against



Jamaica’s senior squad, who are
ranked 4th in the world – with
England seniors ranked 3rd. So it is
going to be an extremely tough game
as we are much younger and a lot
more inexperienced than the
Jamaican side but it will be a good
match to gain experience and
confidence.”

Courtney’s long-term ambition is to
play for the England senior squad but
to get this far, it has taken a great
deal of physical and mental strength,
many hours of fitness sessions for
strength and conditioning, along with
shooting around 300 shots a day and
training for around 16 hours a week! I
do a mixture of weights , core,
balance work, speed and agility, then
the actual ball handling. I have to
spend 20 minutes per day doing wall
work (just me, a ball and a wall,
working on passing and different
techniques).

Courtney plays with many different
teams, including Northern Thunder
and Tameside, and her role model in
the England team is Pamela Cookey.
Courtney says, “She is a GA herself

and is truly remarkable. I hope one day I can play netball as well as she can and make it look easy. I have trained with her on a few occasions at world class 7 days through England netball, along with other senior international players. At School, Mrs Sdao's coaching inspires me in many ways – her passion and love for netball is sensational and I feel grateful to have such a good coach, especially as she was an international player herself. I have someone to aspire to be like, all the time.'

After a few knockbacks, ripped ligaments and a knock to her confidence, and a move from Plumpton, Penrith to be in Sedbergh and so closer to Manchester for training sessions there, Courtney thinks her improvements might have been spotted in a two-week camp during both April and August. She says. "I think my shooting accuracy had improved and my agility and speed to get free for the ball. I think I'm able to read the game better as well, so I can draw space for other players instead of wanting the ball for myself all the time."

Courtney's first England cap was in March, when she competed with the England U17s in the Europeans, against Scotland and Wales. Then she had to retrain to get into the England U19 long squad and now her aim is to be a world class international player. She says, "I would love to go out to Australia or New Zealand and play in the ANZ league, which is the top league in Netball. New Zealand

rank number one in the world."

Courtney also swims – and used to swim for Cumbria. She gave that up for Netball but retains her interest in fell ponies. "I compete up and down the country at Shows and I also breed them. Some of them live up on the Howgills. After Sedbergh, I hope to go into a career in the Mounted Police, and obviously continue with my Netball. I'm studying History, Geology, Art and PE."

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LADIES NFU

Members of the Sedbergh Ladies NFU were entertained by the Rev. Carol Marsden from Kirkby Stephen at their meeting on September 18th. The title 'Is the Father in?' gave us no clue to the extremely entertaining and amusing talk that we all enjoyed. A Jacob's Join supper and the AGM followed.

The next morning an extremely successful coffee morning was held in the URC rooms where a profit of £286.50 was realised, which will be split between Asthma UK and North West Cancer Research. Thanks to all who supported it.

Caroline Sandys-Clarke

BEES

Few of our friends and acquaintances would claim that this has been a good summer - least of all our bees!

Summer 2010 has unfortunately been rather too like the summers of 2008 and 2009 - a good spring when the bees have been able to gather plenty of nectar and make and store large quantities of honey, only to be followed by a very poor summer, when, as nature evolved them to do if necessary, they had to eat 75-80% of their carefully stored honey to stay alive. The result has been that only a very small honey crop could be left for the beekeeper to extract and bottle at the end of August.

Sadly, some beekeepers that took off the large 'spring crop' of honey found themselves having to feed those colonies with sugar syrup; there have been many reports around the county of colonies starving to death

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where the danger was not recognised and the appropriate steps taken.

The rapidly changing weather, going from one extreme to the other, has had other very unwelcome effects, and has led me to coin a couple of new beekeeping terms - *the shock swarm* and *the sleeping queens*.

As most people know, a fine strong spring can encourage the colony to swarm - nature's evolved way of reproduction. For all the research work that has been done, we still do not really know how the colony decides that it will swarm, dividing the colony into two, with the fertile queen and some half of the workers going off to set up home somewhere completely new, and the remaining half rearing a virgin queen to hopefully be mated and eventually head the remaining half of the colony. Usually the colony gives some signs beforehand that it has taken the decision to swarm - rearing one or more virgin queens, for example. But sometimes, and here the weather seems to be playing a part, there may be no visible signs, and yet, especially if the colony has suffered



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some *shock*, it may be the disturbance of a detailed inspection of the colony by the beekeeper, or a sudden switch and switchback in the weather, and hey-presto, out they come. Most of us have suffered one or more *shock swarms* in the last three years. Secondly, and again we really do not know exactly why, the queen will stop laying her eggs, so within 21 days there is no brood in the hive and it appears 'queenless'. Of course, unless the situation is reversed, the colony is doomed, as there will be no new bees to replace the bees that die from old age and hard work in the normal way.

This year, as in 2008/2009, there have been many reports of colonies becoming apparently queenless, with no visible brood (eggs, larvae, or pupae), yet three, four, or more weeks later, suddenly it's all back to normal, with plenty of each type of brood visible. This can be very

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embarrassing (as a beekeeper) if a fellow beekeeper friend kindly offers to denote a fertile queen, only for you both to discover as you are about to introduce her to the colony that the colony's own queen is back laying her socks off again! It's happened to me twice this year!! Hence the term *sleeping queen*. It is as if the colony has decided the weather is just too bad and given up all thoughts of swarming and told the queen to take a long holiday instead! Then the weather takes another rapid change for the better, and she's told, "Get going, girl!" Who'd be a honeybee queen coping with climate change, as ours are having to?

So, a third very challenging year for both bees and beekeepers. Let's hope 2011 will give both us and our bees a break and a much more normal year. We'll see!

Malcolm Fraser-Urquhart

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OCTOBER GARDENING

I was driving home the other day from Silverdale and happened to notice a particularly good specimen of a shrub rose – *Rosa mosyesii* - in a garden. This species is most often grown for its large, scarlet, bottle shaped hips, which follow the attractive bright pink, single flowers. Our garden proved to be too cold for the fruits to set, so having given it a good 10 years to get its act together, it went the way of the *Pyracantha*, the apple trees and the Morello cherry – which also failed to get around to fruiting, and was dug up.

I now do most of my ornamental fruit viewing when I visit other people's gardens, and there I find many interesting shrubs and trees which people in more sheltered parts of the "Sedbergh and District Lookaround" area, may well be able to grow, and which others might like to look out for on garden visits to other regions.

In the "most interesting berries" group, *Callicarpa bodinieri* comes at near the top of the list. It bears violet purple fruits in dense clusters all along the woody stems. Berries are retained well after the deciduous leaves have fallen giving the appearance of a bush festooned with beads.

The "most tactile fruit" category winner may have to be Bladder senna (*Colutea arborescens*), a shrub which bears fat, papery white seed pods which beg to be squashed and exploded – hence it is affectionately known as the "Pop Tree". *Colutea* is in the Broom family and has clusters

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of yellow flowers in summer born amongst pale green pinnate (many leaflets) leaves.

The Strawberry tree – *Arbutus unedo*, has spherical berries with rough coated skins, about strawberry size and colour. These are born in Autumn or winter, alongside the current seasons creamy white, bell shaped flowers. *Arbutus* leaves are evergreen and similar in shape and size to bay leaves. Mature plants have interesting cinnamon coloured, flaky bark, though this feature is more dependable on the less hardy species, *Arbutus menziesii* and *A. andrachne*.

Lastly The "Indian Bean Tree" (*Catalpa bignonioides*) makes an interesting talking point. The panicles of beautiful white, bell shaped flowers are followed by foot long, green bean pods which hang down from the branches amongst the large green heart shaped leaves and persist after leaf fall. Fruits are usually only produced in warm summers (now what, I wonder, is one of those) so a trek south may be necessary to see one of these.

Elaine Home

NEWS FROM THE PEWS



The first Saturday of September saw it raining, no surprises there and not the brightest of starts to the wedding day of Charlotte and Mark. Happily as they left church as man and wife in the early afternoon the rain took a rest whilst the newlyweds and their guests were able to linger in the churchyard whilst photographs were taken.

I shall let you into a secret here. In St Andrew's we are so lucky as the bell ringers have the best view of the wedding ceremonies and we just love ringing for these special occasions. Our ringing chamber has one wall of glass overlooking the church whilst the majority of ringing chambers I have rung in are made of four stone walls with no windows into the church below so no way to see what is happening and when to stop/start ringing. They are quite oblivious of the comings and goings, relying upon a given signal to stop and start. It is much more fun when you can see what is happening.

Performing a baptism officiates have to be pretty adept at holding a strange baby aware it may give an unexpected wriggle or reach out for something you would rather it didn't. Jack Hailey was perfectly behaved in

Vic's arms at the font; it was Vic who knocked his service booklet and lavabo into the water. No harm done, just a soggy booklet to dry out. At her baptism baby Georgina was wide eyed during the ceremony then promptly fell asleep in her daddy's arms, a picture of contentment.

During the Interregnum we have a rota of services using retired ministers from our parish as well as those serving and retired from neighbouring parishes and further afield. This is going well and we are grateful for all the help and support readily available and cheerfully given. Each minister puts his or her stamp on the service they take giving interest and variety and something for us to take away and consider.

We shall be giving thanks for the Harvest on Sunday 14th October. Following Choral Evensong at 6.30pm a Harvest Supper will be served at 7.30pm in the Church Room for which tickets are available.

*Susan Sharrocks
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**ROYAL BRITISH LEGION
POPPY RIDE**

On Saturday 27th October, the annual Poppy Ride will commence from Ulverston at 9am where a group of British Legion members on motorcycles will circumnavigate the County to start the 2012 Poppy Appeal. They will travel to Millom (09:40); Whitehaven (11:00); Workington (12:00); Wigton (13:30) and arrive in Carlisle at 14:45.

On Sunday 28th, they will leave Carlisle at 09:00 for Penrith (09:45); Appleby (10:45); Sedbergh (12:15); Kirkby Lonsdale (13:30) and Windermere (14:45).

It is being arranged that they will be met at the lay-by on Long Lane when they arrive in Sedbergh then be guided to Finkle Street where it is hoped that they will be met by the Sedbergh Town Crier, the Sedbergh British Legion Branch Standard, a Scottish Piper and as many other people that would like to join in the welcome. They will then be paraded to Joss Lane Car Park where the riders will be treated to a warming mug of tea and a bacon Buttie to the sounds of musical entertainment. There will be a financial collection in aid of the Poppy Appeal and any donation, would be very warmly welcomed.

If anyone would like to join the Sedbergh Branch of the Royal British Legion which is growing in numbers every year, please contact John Douglass 20536 for further details.

Dennis J Whicker



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DENT GALA 2012

The 2012 Dent Gala, on August Bank Holiday Monday had, as most other events this year, rather inclement weather. Although the field was too wet to use for most of the day and many planned activities had to be cancelled, we had an enjoyable, successful event. We were fortunate to be able to use the school playground as usual and also were able to move some events into the Memorial Hall rooms. All catering events were well attended with hot breakfasts and morning refreshments with hot drinks and more, filling undercover seating outside. Plus of course, the well supported WI Afternoon Teas in the Hall.

Although the Gala raised fewer funds than last year, our final amount is in excess of £1,550, an admirable amount considering the weather. Thanks again must go to the generosity of local residents in Dentdale and the Bank Holiday Visitors, especially all those who braved the weather on the day! The money raised will, as always, continue to support the ongoing upkeep 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; George & Dragon Hotel; Brian Goad, Undertakers; Graham Dalton & Family; Dentdale Christian

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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 successful. Their cash donations, gifts, baking, prize donations and most of all their valuable time are immeasurable and very much appreciated.

*DMHC Chairperson: Sarah Woof
015396 25212*

*DMHC Secretary: Jean Haygarth
015396 25269*

FLU VACCINATIONS

Sedbergh Medical Practice will be running flu clinics on the following dates, if you are under 65 and in an 'at risk group' you will receive a letter inviting you to have the vaccination. If you are over 65 you are automatically eligible and you will NOT receive a letter.

Saturday 6th October 9am - 11am
Saturday 13th October 9am - 11am
Saturday 20th October 9am - 11am

Dent clinic at the Methodist Church Hall – Monday 15th October – Please ring the surgery for an appointment.

Pregnant women and children must ring the surgery to make an appointment, please do NOT attend the Saturday clinics.

*Sedbergh Medical Practice
Tel: 01539 718191*

KIRKBY LONSDALE FLU CLINICS

For patients of the Lunsdale Surgery, Kirkby Lonsdale and West View Surgery, Hornby, the following dates for vaccination Clinics will apply.

Tuesday 9th October

9.30am to 12.30pm

Kirkby Lonsdale Institute

Friday 12th October

9.30am – 12.00pm Hornby Institute

Wednesday 24th October

9.30am – 12.30pm

Kirkby Lonsdale Institute

These clinics are for patients who are over 65 year old (or who will be 65 before 31/3/2013) or who fall into a priority group entitled to free vaccination.

The priority groups are:

Asthma, Diabetes, COPD, Chronic Heart disease, Chronic Kidney disease, Chronic Liver disease, Immunocompromised, anyone undergoing Chemotherapy, Chronic neurological conditions (e.g. Stroke, multiple sclerosis), Registered carers & Pregnant women.

Healthy people under 65 years old do not need to be vaccinated.

MYSTERY TREE

Does anyone know anything about this tree?



There is an old Hawthorn tree growing on the West slope of Winder about half way up. It is by a stream and has a wooden post next to it with a metal plate on the top. The inscription on the plate is "AI" Does anyone know anything about the tree and the plate?

I think it is a very special tree and has a strong will to live, clinging on up there in all weathers, producing a few leaves and even fewer berries each year.

Please contact me on 21816.

Mary Macpherson

**NEWS FROM
SEDBERGH MEDICAL PRACTICE**

Sedbergh Medical Practice Patient Forum would like to invite anyone living in and around Sedbergh to join a new group 'Friends of Sedbergh Medical Practice'. The purpose of the group is to support the patient forum and the practice in organising activities and raising funds on behalf of the medical practice. There will be an inaugural meeting initially to set the agenda and terms of reference – if you are interested in joining this group please contact either Janice Rusling at Sedbergh Office Services or Tracey Thornton, Practice Manager at the surgery or just turn up - The date for the first meeting is 6.30pm Thursday 18th October at the Surgery.

A date for your Diary is Friday 23rd November People's Hall Sedbergh is a Ceilidh with the Sedbergh based Ceilidh band Common Ground led by Carolyn Francis with caller David Petrie. (Dr Hunt will be in the background playing fiddle!)

The price (to be set) includes a light supper and there will be a bar. All welcome. Further details next month.
STAFF CAR PARK

We have noticed that the staff car park behind the surgery is being used as a short cut through to Spar by pedestrians and cyclists. We are concerned that this could pose problems for the public as this is the access to the building for ambulances and delivery vehicles and is not a public right of way. In addition, the cleaner has had to clear up dog dirt

and lots of general litter from the area – not very pleasant given that it is not a footpath. We may have to put in fences if the littering continues and really do not want to have to take this action – so a heartfelt plea from us all at the surgery – please do not use the car park as a short cut.

CH

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will be closed for Training Purposes at 12:30pm on the following afternoons:-

Wednesday 17th October

Thursday 15th November

No closure in December

2013

Tuesday 15th January



**DENTDALE
CHRISTIAN FELLOWSHIP**

To celebrate our 3rd Anniversary we invited Mr Kelly France from Brookhouse to speak to us in August although our Anniversary was in July! Perhaps next year we will get the right date. Then we welcomed a group of Young People in Sept as they shared with us their holidays at Soul Survivor & Momentum, two Christian events held on Showgrounds around the country, it was a delight to see authentic living faith in Jesus. We held two meetings in Sept but are now back to the 4th Sunday evening of the month and are praying about one or two other events God has laid on our hearts. Do come and join us, at our home, "Rhumes" Dent. *John & Sarah Woof 25212*

DOMESTIC ABUSE

Help & support for victims of domestic abuse

What is domestic violence/abuse?

Domestic violence/abuse is any incident of threatening behaviour, violence or abuse between adults who are or have been intimate partners or family members, regardless of gender or sexuality. Including so called 'honour based violence', female genital mutilation and forced marriages.

- 1 in 4 women experience domestic violence over their lifetimes and between 6-10% of women suffer domestic violence in a given year. 2 women a week are killed by partners or former partners. It has more repeat victims than any other crime.

Did you know that in Cumbria?

- There are 19 incidents of domestic violence per day that are known about
- Domestic violence accounts for almost one quarter of all violent crime
- Over one third of all victims will be repeat victims
- On average women will be assaulted 35 times before reporting it
- 35% of children in contact with welfare services have domestic abuse as a contributing factor
- 40% of all female murders and 5% of male murders are domestic abuse related
- 90% of children are in the same room or next door when it occurs

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- 75% of mothers say that their children witness domestic abuse
- 33% of children see their parent beaten up
- 10% of children witness sexual abuse
- 70% of abusers who beat up their partners also physically abuse their children

Where can you go for help and support?

- Women's Aid 24 hr helpline: 0808 2000 247
- Let Go Service: 01229 582386 available Mon – Fri office hours only
- Cumbria Police non-emergency 101
- In an emergency call 999

The Community Office now has some leaflets available in the corridor that explain more fully the signs of domestic abuse and where to go for help. So just come and pick one up if you would like more information. The Community Office will not divulge information that is shared with it in confidence.

Mary Macpherson

PENDACOL DOGS

More success in July for Pendacol Dog Training as the trainees continue their progress through the classes.

Susanne Lloyd-Jones from Kendal is doing incredibly well with her Cavalier King Charles Spaniel having won out of the pre beginner level at their 4th attempt went on to enter beginner classes and narrowly missed the places on their first foray at that level. Undeterred, at their next show, Tower Dog Training club held at Blackpool they were placed 6th in a class of 38.

The next outing was Lune Valley Show at Crooklands where, on the Saturday they were 4th out of 36 and an even better result on Sunday when they were 3rd out of 46.

Debbie Simmonds from Grange over Sands with her Border Collie just missed the places at Tower show but gained 5th in beginners on Saturday and 2nd on Sunday at Crooklands.

Instructor Dave Banks' wife Penny has continued to do well with a 3rd place in Class A with Emmi (Border Collie) and was placed 4th in class C, the highest level at an open show with her other Border Collie, Kali.

A delighted local resident, Roma Singleton with her Border Collie "Beth" also took a rosette home from Crooklands coming 10th put of 38 in the pre beginner class, this was only their second time at a show.

Govan show was next, held in Glasgow where Penny competed in the championship class but Kali had her own interpretation on the word 'competing' so it was left to Emmi

who was placed 4th in class 'A'.

Final show of the month was Wigton Dog Training Clubs weekend show at Carlisle.

Held over two days, the 26th and 27th August, Penny won her second class 'A' of the year with Emmi and was 3rd in class C with Kali.

Corrie Bruemmer was placed 4th with Charlie, her Chocolate Labrador in pre beginners and Susanne was again placed (5th) in beginners with Bendle but perhaps the highlight of the weekend was Susannes first entry in beginners with her completely deaf Border Collie, 'Glen' who works on hand signals alone completed his tests extremely well.

He still needs to learn his retrieve properly but we are confident that with time and patience they will do nicely.

Pendacol Dog Training is running a competition day on Saturday the 29th September. The course was advertised in late July and all handler places were filled three hours later by people as far away as Wirral and Edinburgh.



The photo shows from L to R Susanne and Bendle, Fran and Samantha, Debbie and Moss, Roma and Beth.
David Banks

**SLOVENIA AND THE
INDEPENDENT TRAVELLER**

We've had a busy time with visiting Slovenian groups this year - the poets group from Skofa Loka, the Slovenian cultural representatives, the Zvedovca musicians who performed at the music festival, and then the wonderful Cerknica choir who sang in concerts alongside Lakeland Voices, Ambleside's "Amble Singers" and the Lancaster west gallery choir The Gladly Solemn Sound. At the time of writing we're preparing next week for an informal visit from the Slovenian Ambassador and the chair of the parliamentary group for British/Slovene relationships who are dropping in en route to Scotland for a

tour of the area.

Beyond Slovenia we still work with visits from other countries including the Caucasian republic of Georgia. Many of you will remember the wonderful Mzetamze Georgian womens choir who sang at Brigflatts a few years ago. This year we had visits from both the male choir Sakhioaba and the women singers Sathanao who stayed with our local singers and gave concerts and workshops. We're also delighted to announce that the extraordinarily gifted international folk choir Northern Harmony from Vermont are returning here next February.

I spent almost a month in Slovenia this summer - there are several photo

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albums on my Facebook. I'm finding I need more and more time just to get round visiting all the people who have come to Sedbergh, not just as part of town twinning, but also as part of the events organised by Howgills Harmony involving other towns in Slovenia, Scotland and the North of England. It was especially exciting to connect representatives of the Northumbrian town Rothbury, who came on the Voicemale tour of Slovenia, with the mayor of Lukovica to start a new twinning project.

Over the summer, I spent a lot of time in our twin town Zrece, where I have a small cabin in the woods on a hill overlooking Zrece, and everyone I

met told stories of the good times they had in Sedbergh and naturally send their love to all those they met here. I also met with the owner of the Slovenian equivalent of the Dent Brewery - the small brewery at Pod Rogla on the outskirts of Zrece. He is keen for his beer to come to our local beer festivals - and we are working out ways to get the beer, the brewer and translators to Sedbergh.

As well as all the groups who continue to visit from both countries there are many individuals who make the journey. I am often approached by people in Sedbergh asking about how to get to Slovenia. I thought it might be useful to put some of that

information here.

My personal preference is to fly to Ljubljana - or more precisely Brnik airport 20 km north of the Slovenian capitol. In the past this has involved flying with Easyjet from Stansted, but from October 28 there will also be flights with Wizz Air from Luton to Ljubljana. It's true you have a long journey to Stansted from Sedbergh - but it does mean you arrive in Slovenia, and can avoid the more difficult journey from Venice. It's then a simple bus ride to Ljubljana.

The budget flights are always much cheaper if you book them in advance. Some of them like Ryanair - who fly from Leeds to Venice and from Stansted to Graz just over the border in Austria - drop their prices in a sale about 6 weeks before departure. No-frills airlines are just that - Ryanair is usually the cheapest, but you can't change the names or dates on flights, the seats don't tilt at all, and you're only allowed 15 kg of baggage. But if you're prepared for some initial discomfort wearing most of your clothing during the flight and then decanting it into a large soft rucksack on arrival you can save yourself as much as £50. Many people from Sedbergh are now flying with Jet2 from Leeds to Venice which does allow name changes and has more comfort though is a bit more expensive too.

If flying to Venice, you then have to get to Slovenia and unfortunately there are no direct trains anymore (the night train leaving Ljubljana at 2am which I used to take no longer

operates.) You can either travel twice the distance via Villach in Austria, or take the country train from Venice to Gorizia, then catch the No.1 city bus over the border to the Slovenian station of Nova Gorica (takes about 15 minutes.) You can then travel on the wonderful Soca Valley railway past the Triglav mountains and Bled island to Ljubljana, with a change of train in Jesenice. The line is similar to our very own Settle Carlisle railway for splendid views and the feel of a local service. The train also has windows that open!

Once at Ljubljana station you are in the hub of Slovenian public transport. Just outside the station there are buses going in all directions at all times of the day. If travelling to Zrece, you can either get off at the Ulip pub and walk half a mile up the hill to the town. Or go on to Slovenska Konjice and catch a local bus back to Zrece.

I have now travelled to Slovenia on a couple of occasions by train - again booking in advance online in advance can save you several hundred pounds. The best place to start is the website "The Man in Seat 61," which

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has all the information you need for European train travel. Essentially there are four sections - Sedbergh to London, London to Paris, Paris to Munich and Munich to Ljubljana. Going by train to London I usually go from Garsdale - not only to enjoy the Settle Carlisle railway, but because it can be almost half the price of travelling from Oxenholme and yet only takes one hour longer. There is also free car parking. If you prefer to get to the station by bus, you can do this from Sedbergh to Kirkby Stephen.

When the Icelandic volcano prevented our group of singers from flying home, we hired a minibus and drove, bringing a Slovenian friend

with us to drive it back. We drove slowly with lots of stops and stayed in a mountain guesthouse in the Austrian alps, a Travelodge type hotel near Aachen, and a lovely seaside B&B in Dieppe - but our driver went straight home to Slovenia in 16 hours. It's worth remembering that German autobahns are free but you pay a toll in France. If taking your own car from England, you will need a Vignette which you can buy on the motorway at the border and stick on your window - it then allows you to drive on all Slovenian motorways and replaces the old system of tolls.

Accommodation in Slovenia now costs about the same as in the UK - but like here it is still possible to find



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very reasonably priced places. Urska Firer in the TIC in Zrece sends out details of discounts being offered by local hotels - and can also help you find somewhere to fit your budget. It's possible to rent a self-catering apartment for 4 people in the hills for as little as 30 euros a night. This summer Jurcek was offering B&B in his hotel in the centre of Zrece for 35 euros for a double room. The luxurious Pod Rogla hotel often does discounted packages. An excellent lunch there can be had from their self service buffet for under 5 euros if you don't mind eating a little early.

The tourist farms near Zrece are still some of the most pleasant places to

stay as you are right in the midst of a family, eating food which has been grown on the farm and is often organic. Prices are fairly similar to English guest houses. Our singers used to stay at Medved in Skomarje though Joze there now has the house full with his family. We've also stayed at the award winning Tourist farm Urska about half a mile from Zrece which is very luxurious with some of the best home made cooking, and a large sauna and plunge pool you can sit bay watching the snow fall beyond the picture windows. Arbajter and Locnika tourist farms near Skmomarje are also very comfortable - both Andrej and Peter

who live there came with the Zrece dancers to Sedbergh a few years ago.

Many of our singers have also enjoyed homestays in Slovenia, staying with singers from choirs who have been to Sedbergh with choirs. We are also trying to arrange wider system of homestay exchanges where you offer free accommodation to someone who has given it to you.

Public transport is similar to that in Britain - and you can spend half day travelling on buses and trains to get somewhere which would take only a couple of hours in a car. Strangely, the tourist information centres often don't know the bus timetables, being more concerted with finding accommodation and promoting tourism in their areas. There is a thick bus timetable for all buses which you can buy at Ljubljana bus station - for the local buses from Zrece up into the hills to Skormarje, Resnik and Rogla, the timetable is on the wall of the bus station near the Sedbergh Apple Tree which is growing very proudly in the centre of town. Bus times can also be found online. In winter there is a regular ski bus which goes up from Zrece to the ski centre of Rogla at the top of the mountain, even in deep snow.

If you prefer to hire you own car - you can get a small car for about 25 euros a day which you could pick up from Ljubljana airport or station. Book online for the best deals - economy car rentals is a good place to start. If you plan to be driving long distances, make sure you choose a diesel car -

fuel prices are fixed by the government in Slovenia and in order to boost the transport industry diesel is priced way below petrol. If travelling in winter, and travelling via Venice, beware of hiring a car there. All Slovenian cars - including hire cars - have to have winter tyres between November and March which make driving in snow much easier and safer. But in Venice this isn't the case and you'll need to hire snow chains as well, which can be a bother putting on and off.

Finally, as you probably know the local currency is, at the moment, the Euro. You hear the inter-bank rate of exchange on the radio every day and can also see it online. Banks and the Post Office often boast of not having a commission charge, but instead give you a much lower rate of exchange. So although you might hear that the exchange rate is 1.27 euros to one pound, the bank may only offer you as little as 1.17 euros per pound. One good way round this is to open an account with the Cumberland building society who give you the inter bank rate on all your euro conversions. You can then take your card with you and use ATMs to get euros, or pay most of your bills directly with the card knowing that you're getting the best rate of exchange possible. If you're travelling on your own you may think it's not worth the bother - but for a group or large family staying for a long holiday you can save several hundred pounds.

So...bon voyage...srecno pot!

David Burbidge



WINDFARMS

The Planning Process

Passing an idle half hour whilst visiting the Aged Parents, my eye fell upon the Banks Renewables publicity about the Killington windfarm proposal. Seeing some of the articles in the last edition of Lookaround, I thought it might be useful to set out some of the basics of the planning situation concerning the proposed windfarm. Apparently a planning application is imminent, with 3 turbines with a tip height of 132m. Even by modern day standards, these are large turbines for an on-shore windfarm, where tip heights rarely exceed 120 m and are often

much smaller (off-shore turbines are much larger).

The planning application will be decided, initially, by South Lakeland District Council. If they refuse permission, the developer has the right to appeal to the Secretary of State for Communities and Local Government. He will appoint a planning Inspector to decide the appeal. The Inspector will hold a public inquiry at which Banks and South Lakeland will advance their opposing positions with the assistance of legal representation and expert witnesses. Members of the public are entitled to attend and, if they wish, to speak at the inquiry.

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Indeed a properly organised local group is often given the status of a "Rule 6 party", entitling them to participate at all stages of the inquiry and to call their own witnesses and have legal representation (if they can afford it!). If Banks do submit in the near future, a decision might be expected from the Council by the end of 2013, with a public inquiry perhaps in mid 2013 and a decision late 2013/ early 2014.

The Inspector's decision will be based, broadly speaking, on national planning policy. This is now primarily contained in the National Planning Policy Framework ("NPPF") which was launched amidst much fanfare and controversy last March. National policy regards the issue of the whether or not man-made climate change is occurring, and whether or not wind farms are beneficial in combating climate change, as settled. Objectors who try and argue these points are wasting their time. Indeed, the NPPF states that the provision of renewable energy is "*central to the economic, social and environmental dimensions of*

sustainable development."

Accordingly, the Inspector will be required to "*approve the application if its impacts are (or can be made) acceptable.*"

The main issue upon which objectors can hope to succeed in demonstrating that the impacts are not acceptable is the harm to the landscape and visual impact. In cases where the sites are in, or near, National Parks and Areas of Outstanding Natural Beauty the developers have a more difficult task. The NPPF indicates that great weight should be given in the planning decision to conserving landscape and scenic beauty in National Parks. Consideration will also be given to the "cumulative impact" of the Killington windfarm in combination with the Lambrigg and Armistead windfarms. Whilst it is obvious from the location of this site, and as can be seen from the photomontages in Banks' publicity material, that there will be some impact on both the Yorkshire Dales and the Lake District National Parks, this does not mean that permission will necessarily be refused. Instead,

the Inspector will have to weigh up the benefits from the renewables scheme (which national policy presumes to be significant) against the harm to visual amenity and landscape character.

Objectors' groups often raise matters such as ecology, road safety, noise, the flickering effect of the turbines ("shadow flicker") and impacts on television reception. I have never seen an application fail on those grounds, particularly as



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planning conditions are usually imposed which mean that these effects are regarded as acceptable.

Anyone wanting to read further is advised to (a) get out more, (b) go to the "Planning Portal" website and download the NPPF and the "Companion guide to PPS22". The latter is a still extant guide to the planning and technical aspects of renewable energy schemes, including windfarms.

Andrew Fraser-Urquhart

Our disrespectful son Andy (Aged Parents indeed!!!) is a barrister in practice at 4/5 Gray's Inn Square, London. He specialises in Town & Country planning law and, in particular, in renewable energy projects such as windfarms.

NO THANKS, BANKS

Dear Editor

What a difference a word can make. That wind farm developers do not receive subsidies for BUILDING wind farms is not disputed. Thus, in last month's Lookaround, when Barry Grimes wrote that Banks Renewables do not receive a single penny in

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This Team Leaves It Clean

subsidies for *building* wind farms, he said this to mis-lead readers. What he didn't mention was the huge subsidies that they DO get – millions of £, not pennies - when electricity is sold to the National Grid – ON TOP of the wholesale price they get for the electricity.

If wind farms are so wonderful, why are Banks so afraid of the truth? Such statements also show how easy it is for wind farm companies to distort information in their publicity literature.

To get an idea of what the turbines proposed for Killington will be like, go and have a look at the monitoring mast. It is 80 metres high. The three turbines, at 132m, will be more than

half as high again, and the swept area of their moving blades will have the area of a football pitch.

It's time to say: No thanks, Banks!

Yours sincerely

T. Hoare

KILLINGTON WINDFARM

The Counter View

In the last edition of Lookaround, Mr Grimes from Banks Renewables 'introduced himself'. I would like the same opportunity. I am a local resident (Mansergh) but also was a founding, unpaid, director of the Renewable Energy Foundation (REF), one of the only truly independent sources of information

on renewable energy, and have been chairman (now President) of Friends of Eden, Lakeland and Lunesdale Scenery (FELLS) for much of the last 12 years. In that time, FELLS has played a major role in preserving the landscape between Penrith and Lancaster – a stretch of land that wind energy companies cynically call ‘wind farm alley’.

Although we assess each application on its merits (or lack of them) and do not object in every case, we are proud to have helped stop wind farms at Whinash, Hoff Moor (near Orton), Berrier Hill near Blencathra, Grise (Skelton), Shap, Sillfield (near Gatebeck), Longfield Tarn (Kirkby Lonsdale), Cragg Lot (Arkholme), Claughton Moor (Caton) and Brightenber Hill (Ribblesdale). Just think what our area would have been like without this long sustained effort. To fight Killington we have helped set up a local group STAK (Stop Turbines At Killington) with members from all round the local area, notably including Killington Parish itself.

Sadly, despite going all the way to

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the High Court in London, we failed to stop Banks Renewables getting permission for the Armistead wind farm near Old Hutton. Those turbines will be up by December, when you will be able to see just how damaging they are to the landscape and local amenity.

The article by Mr Grimes, is typical of the wind industry – all smoke and mirrors. He writes of Killington as a ‘sensibly sited onshore wind farm’. The Banks leaflets give their reasons. Two of them we can agree with – access from the M6 is easy so there will be little disruption of minor roads: and the site is not close to any village. Even Killington residents will not see it. Banks’ other reasons are either irrelevant or just incorrect.

Banks claim that the charities will benefit. We have no quarrel with the charities but wish to point out two things.

Firstly, Banks are meeting in secret with them, and many other organisations, talking about matters that are of major interest and concern to everyone – often with the implied promise of money to buy off

opposition. This risks perverting the whole planning system as it implies that planning consent can be bought.

Secondly, we feel the charities themselves have not thought through the consequences of their actions. They are dividing the community – hardly a charitable action. They perform a valuable local service, but that does not give them (or the Bradford Diocese who own some land) the right to degrade and violate an amenity enjoyed by thousands of people. Just look at the cover picture on this magazine and ask yourself if you think this is a good site for a wind farm, as claimed by Banks.

Another Banks claim is that the area boasts some of the best wind

resources in Europe. Then why is Lambrigg – just one kilometer away - the worst performing wind farm in the North West? Government figures show that in the last 8 years the output of Lambrigg has been under one-fifth of its full installed capacity - just one turbines-worth out of the five there. Even with their bigger blades, the Killington turbines will struggle to be much better as they are in a wind shadow. Paradoxically, a further Banks claim is that the site is well shielded by the surrounding landscape. They don't even seem to realise that if it is well shielded then it will also get less wind! In fact, it is shielded from the New Hutton, Kendal and Oxenholme direction but elsewhere will still be a massive carbuncle on the Dales National Park, the Howgills, on Middleton, Barbon and Casterton Fells, and parts of the Lake District.

This brings me to an important, if not over-riding, point. The Lake District is all about Lakes! People gravitate towards lakes. They add important dimensions to many landscapes; they bring them alive with reflections, ripples, contrasts and visual opportunities. They also provide leisure. Killington - a much loved reservoir for more than 200 years - is home for sailing, canoeing, kayaking, bird watching, fishing and walking. Just think how many motorway service stations have been built by lakes, or have constructed water features to enhance their utilitarian features. That is not an accident. It is because people love water, be it

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lakes, tarns, babbling mountain streams, waterfalls, reservoirs, or just the seaside. The magic of Killington Lake will be ruined if Banks get their way.

Mr Grimes goes on to talk about 'myths' and claims that Banks don't get a penny in subsidy for building a wind farm. Strictly speaking this is true. But then neither do companies building conventional power stations. The RWE gas power station at Pembroke is costing £1 billion (Google Pembroke CCGT RWE to see details). They are not getting any capital assistance but will make their profit when the plant is finished. The same applies to onshore wind farms – except that they get massive subsidies which more than doubles their income compared with coal or gas stations, and which we all pay for. By way of comparison, it would take 320 Killington wind farms to generate the equivalent power of this new Pembroke power station - but only when the wind blows. As most local people know, the wind rarely blows in the very coldest weather – just when we need the energy most.

Mr Grimes says that the average wind turbine in the UK will produce 'useful power for between 70 and 85% of the time'. Let's assume a mid-point figure that Killington will be produce something for 75% of the time. Turn that around. That means that it will NOT be producing for 25% of the time. That is 90 days or three months. So it won't power 1,900 homes unless they are willing to be without power for 3 months each

year.

He couples this with the issue of carbon dioxide savings. Do wind farms save any carbon dioxide? In answer to a House of Commons question in March 2012, the Government Minister (Charles Hendry) wrote that '*approximately 9.3 million tonnes of carbon dioxide was displaced by electricity generation from wind in the UK in 2011*'. How much CO2 does the UK emit as a whole? The official Government figure for 2011 is 598.1 million tonnes (UK Greenhouse Gas Inventory, 2012, Dept. of Energy & Climate Change). So ALL the 3,873 wind turbines operating in the UK (data from RenewableUK) saved

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about 1.5% of UK emissions, and probably a lot less than that when allowance is made for construction, maintenance, carbon emissions from peat and soil, and back-up by gas or coal fired power stations when the wind is not blowing. So, Killington's contribution is trivial.

On balance, we believe that no further wind farms can be accommodated in the South Lakeland area. In the specific case of Killington, the damage it will cause will far outweigh any supposed benefits. We are confident that the people of Sedbergh and the surrounding area will agree and resoundingly oppose this application

To learn more, see images, keep up to date and record your support for our campaign, go to the STAK web site at www.killingtonwindfarm.co.uk and click the tab that says 'Count me in'.

*Dr Mike Hall, Mansergh, LA6 2ET
(ex-Director of REF &
President of FELLs),*

KILLINGTON WINDFARM

Dear Sir,

In his letter to the most recent Lookaround, Mr Grimes of Banks Renewables quotes a poll by RBA Research in 2002, which apparently found that 74% of local people supported the wind-farm at Lambrigg.

When this poll was published, FELLs (Friends of Eden and Lakeland Scenery) asked RBA Research the following questions:

How was the selection of interviewees made?

Why had RBA not included parishes such as Whitwell, Selside, and Mansergh

What was the complete list of questions?

How did all the answers break down?

RBA (which has since gone into administration) refused to answer, claiming commercial confidentiality. That says it all.

Mr Grimes also claims that this RBA poll of local people was an independent one. His interpretation of the word 'independent' is remarkably generous: you will not be surprised to learn that this poll was paid for by National Windpower, the developer of Lambrigg.

Mr Grimes quotes the 2002 poll because he claims to set much store by the wishes of the local community. However, I can prove that Banks has no genuine concern for the views of the local community. On May 21st of this year I attended a Sedbergh Parish Council meeting, where Banks Renewables was making their presentation. I asked Mr Grimes the following question. "If an independently-monitored local referendum showed that the overwhelming majority of the local inhabitants were against the wind-farm; and if the overwhelming majority of elected local councillors were also against it, would you then defer to the wishes of the community by abandoning your project?" Of course his answer was 'No'.

Yours sincerely,

John Hatt

YORKSHIRE DALES NATIONAL PARK

Historic Buildings in the Yorkshire Dales National Park will be the focus of attention in a special event called 'Caring for Your Historic Building' and will be held in the Memorial Hall in Dent on October 13 from 9.30am to 5.00pm.

Gaby Rose, the YDNPA's Building Conservation Officer, said: "This event is very popular and, although it is aimed primarily at owners, managers and occupiers of historic buildings, there is plenty to interest people who just want to learn more about the architecture of the area or old buildings in general.

"Places are limited and it usually sells out, so I would advise people to book early."

Illustrated talks by leading specialists will cover the characteristics of the historic buildings in the area, how they have developed over the years, how they perform and how they are best cared for.

Other topics covered during the day will include design, repair, maintenance and energy sustainability issues as well as bats and building work. And there will be a guided walk through Dent to look at many of the architectural and historic features of this outstanding conservation area.

Participants will also have the opportunity to interact with the speakers and have their specific problems or questions regarding old buildings discussed as part of the

programme. In addition, there will be practical demonstrations showing how traditional lime mortars and plasters should be prepared and applied as well as using Limecrete – an innovative, eco-friendly alternative to cement.

Robert Bingham, the YDNPA's Member Champion for Conservation of Cultural Heritage, said: "Our architectural heritage is one of the glories of the Yorkshire Dales National Park. It helps to highlight the diversity of our landscape from patchworks of field barns and squat farmsteads to relics of the industrial revolution and of the railway age.

"Together they encompass building activities from pre-historic earthworks and Roman forts to Victorian schools and later structures like the YDNPA's 21st century offices in Bainbridge."

The historic buildings information day costs £15, which includes refreshments and a buffet lunch, and

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full details of the programme can be seen at www.yorkshiredales.org.uk/caringforyourhistoricbuilding2012.

Anyone wanting more information or to book a place should email herinfo@yorkshiredales.org.uk or phone Gaby Rose on 01969 652354.

YORKSHIRE DALES NATIONAL PARK

Business and community groups in the Yorkshire Dales National Park still have time to bid for cash to help them start local projects.

The latest round of applications for money from the Yorkshire Dales National Park Authority's Sustainable Development Fund (SDF) was launched earlier in the year and has already attracted a wide range of ideas.

And with the October 5 deadline fast approaching, organisers are hoping to hear about other great ideas that need a financial hand.

Clapham-based charity the Yorkshire Dales Millennium Trust (YDMT) has managed the fund on behalf of the Authority throughout the

10 years of its existence and has given out more than £1.75 million to 175 projects so far.

The successful projects either create local jobs or training opportunities, or improve the range of facilities and services available to local communities, at the same time bringing environmental benefits.

The SDF was launched in July 2002 and is funded by the Department for the Environment, Food and Rural Affairs (DEFRA).

Anyone wanting more information about the SDF can visit the YDNPA's website at www.yorkshiredales.org.uk or contact Gillian at gillian.muir@ydmtd.org to discuss project ideas.

There are many projects recently helped by SDF grants across the YDNP area. The one in our area is:-
Weaving looms large

Laura's Loom is a small, Sedbergh-based business creating bespoke woven products that has expanded over the last five years, in part thanks to SDF cash totalling £4,000.

The first grant in 2007 funded a pilot in which owner Laura Rosenzweig sourced a small quantity of Bluefaced Leicester fleece from six local farmers in Garsdale, Dentedale and Deepdale and sent it to a commercial spinner in Wales. It was turned into a fine weight weaving yarn and made into limited edition throws on the heritage looms at Farfield Mill in Sedbergh.

Laura hoped that visitors to the Western Dales would associate her products with quality and value for money, and not least with the

landscape they had been to visit.

Based on the success of the pilot, she applied to SDF again a year later in order to develop her website to promote and sell products from her new Howgill Range online, and experiment with small runs of new items such as baby blankets and yoga shawls.

Laura applied for her latest grant to help raise the profile of her products further, add images to her website, attend a major trade fair and extend her range to include wools for knitting as well as weaving, using different breeds of sheep from within the National Park.

Today, with the help of spinning and weaving companies throughout Yorkshire, Cumbria and the Scottish borders, Laura produces a new range of throws and scarves each year, all woven from locally sourced and processed Dales hill farm wool.

When not gathering in the fleece she continues a tradition of handweaving at her purpose-built private studio in High Brigflatts in Sedbergh, which won a Yorkshire Dales National Park Authority Best Building Design Award in 2010.

Read more about the Howgill Range and Laura's journey on her website at www.laurasloom.co.uk

Mike Oldham

YORKSHIRE DALES NATIONAL PARK

Walling Competition held at Dentdale Show on Saturday 25th August.

This walling competition was the final of four events in the Cumbria Dry

Stone Walling Association "Grand Prix" season of which began at Shacklabank Farm Nr Sedbergh on 5th May 2012. This event was followed by Penrith Agricultural Show on 28th July, Brough Agricultural Show on 16th August, and finally Dentdale Show.

The Grand Prix event has been made possible by funding from Rural Skills Cumbria - Work the View initiative. Work the View is co-ordinated by the Friends of the Lake District working in partnership with several organisations including the Cumbria Dry Stone Walling Association and the Yorkshire Dales National Park.

Regarding the two "local shows": In the case of Shacklabank the competition was organised by Friends of the Lake District and at that event there was the additional attraction of a farm open day with farm walk taken by Alison Oneil. The Dentdale Walling Competition was organised by the Yorkshire Dales National Park Authority with the support of Dent Parish Council and the Dentdale Show Committee. It is the intent of all involved to act in partnership, in order



to make this an annual event, linked to and supported by the Dentdale Show and local community. Others contributing to the sponsorship of the show included Lyon Equipment, The Dales Way Society, Dent Parish Council, Dentdale Show, The Yorkshire Dales National Park, Mr Geoff Sedgwick and Ted Morphet.

By supporting events in rural skills such as walling it is hoped to enhance and celebrate their contribution and worth within farming areas. To this end part of the event involves an element of training. Not only were there 16 entrants to the Dentdale Show but 2 people came forward to be instructed in walling technique. With the grand prix being run on a points based system for each competition the over all competition trophies were awarded after the Dentdale Show trophies were handed out. All trophies were kindly presented by our guest Mr Tim Farron MP for Westmorland and Lonsdale.

Winners of the 5 categories were:
Class 1 Professional/
Mastercraftsmen - Andrew Mason of Kirkby Lonsdale , Class 2 Amateur/
Open - Matthew Roberts of Carlisle,
Class 3 Novice - chris Eastman ,
class 4 Junior/ Young Farmer - henry Knowles of Docker , Class 5
Veteran - George Allonby Of Penrith .

Also in the case of the Dentdale show competition an extra class was judged. The "Locals Class" was created as it was intended to attract people from the area who would not otherwise have entered the full



competition. By Local Area this includes All of South Lakeland within the National Park and those parishes bordering on to it either in Cumbria or the Dales. The local entrants put on a first class show and the winner was Reg Charnley of Dentdale.

It is hoped that next year we will see the return of many of the entrants seen at this years competition. However there is a call out to local people to enter the Dentdale Show competition especially. It is expected that the walling competition will be focused on the show ground perimeter and surrounding field walls for many years and form a significant part of what is on offer at the show with regards the celebration and development of rural skills. It must also be said that the trophy for the Junior/Young Farmer class has been dedicated and engraved to the memory of Jack David Ellison. It is hoped that young people of the area will give it a go and in the words of one of this years organisers "bring the trophy home".

*Paul Wilkinson ,
Area Ranger, Cumbria*

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HARRIER NEWS

The Mona Lisa. The feel of cotton wool. The taste of that unlucky insect stuck in your mouth ... and the sound you made when it flew in. Some experiences are hard to convey through words alone.

And thus the writer will only say that Jon, Dick and Dan succeeded in completing the Bob Graham round in well under 24 hours. Wet and windy conditions added to the challenge, but the best descriptions of this feat will come by talking to those involved. The story of 'hot drinks at Dunmail' is worth the price of a pint at least.

The day after the big championship race at Weasdale, Ollie, Jon, Pauline and Al competed in the 14-mile Sedbergh Hills event, finishing 50th, 80th, 82nd and 94th respectively. This is the longest race in the Howgills and one of the toughest in the fell running calendar, yet nearly all members completed under a highly credible three and a half hours. Al was just outside this time but deserves special recognition for competing in both this and the Weasdale the day before.

Over 150 hardy souls took part in the 'Round Latrigg' trail race at Keswick, and as the penultimate club championship race Howgill were well represented by 18 runners. Only eight seconds separated Pat and Rob as first and second home for the club and 15th and 18th overall, which gives a good idea of how tight the field was. In a race dominated by the 'more experienced' (ahem) runners, Howgill also contributed the highest number of younger (U23) competitors to the race, with Heidi and Katie first and second in the ladies category. Not to be outdone, Steve M and Adele also came first in their respective V categories.

Paul travelled north of the border to run in the classic Ben Nevis race, finishing 134th out of over 450 runners who 'did exactly what it says on the tin': run from sea level at Fort William to the top of Britain's highest peak ... and back. Closer to home, at the Grasmere Senior Guides race, those who weren't watching members of Iron Maiden (seriously) would have seen Carl, Rob and Jenna finish 16th, 34th and 153rd (15th Lady) in a field

of nearly 200 runners.

Carl also tackled the 15K trail race around Derwent Water, finishing third, then went on to win the club-hosted equivalent at Crosby Garrett: The Great Westmorland Trail Race. As well as a good junior turnout in which Erin secured third place in the U16 category, exactly 100 senior competitors tackled the eight mile course before tackling the 'Grand Westmorland Tea' which followed. Full results and photos are on our website, which show the wide variety of participants we welcome to these events. A similar mix, from pre-school to adult, took part in the Kirkby Stephen Sports afternoon too, which included 3-legged, wheelbarrow and 800 metre races as well as egg throwing and tug of war.

And finally back to the ladies, as on the following day Kate finished first in her category and 19th overall in the Lake District Mountain trial events, whilst Jane joined the thousands running in the second largest half marathon in the world: The Great North Run (but has yet to be spotted on the BBC coverage...).

p.s. If you find yourself venturing into the hills on the last weekend of October be aware that the Original Mountain Marathon event is taking place in the Howgills area. Several club members are helping out and taking part and this should bring a healthy number of visitors to the area from all over the world to 'internationally the largest and most prestigious Mountain Marathon event'.

John Hosker

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TEBAY ROMAN FORT

This August, local community group, Lunesdale Archaeology Society (LAS) and members of the local Young Archaeologist Club were supported by **ACT**ion with Communities in Cumbria (ACT), for a second year of excavations at Low Borrowbridge Roman Fort, south of Tebay. Throughout the excavations, ACT arranged for the opportunity for LAS volunteers to have on-site training and supervision by professional archaeologists from Oxford Archaeology North.

Following two weeks of excavation there was a rare chance for everyone to visit the Roman Fort, which is on private land, part of a working farm and not usually open to the public. The landowner, Michael Wilson, threw open the fort for the second annual Roman Open Day and all involved were delighted to welcome so many members of the public. Huge thanks go to Michael for his hospitality and generosity.



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During the open day, the fort was brought to life spectacularly by Joseph Jackson from Cumbria Heritage who gave guided tours of the site in full Roman costume. There were demonstrations of Roman cookery, spinning and a wonderful display of work about life at the fort by the pupils of Tebay Primary School. Examples of Roman weapons and armour were on display and volunteers from LAS were on hand to talk about the excavations and artefacts found during the dig.

The fort is of huge significance in the area as the Roman road on which it stood was positioned in the centre of the Lune valley on a strategic north/south route controlling trade and movement through the mountains nearly 2000 years ago. It is thought the building under excavation was possibly either a bath house or a 'Mansio', which would have been a high class military hotel where the Roman generals and dignitaries would have stayed on their way to and from Hadrian's Wall.

The Cross Keys Inn, Tebay joined in the fun by serving a scrumptious

Roman themed specials menu. Landlord, Tony Gerrard said "We will be joining in with the Roman day by serving Prandium (lunch) and Cena (dinner)".

The project was managed by Annie Hamilton-Gibney, an archaeologist and Development Officer with ACT. Annie said "During our second year of excavations, we have been unravelling the story of life at the fort; we have discovered some fabulous artefacts, which we hope to eventually display in Kendal Museum and have now found the eastern extent of the building we found last year".

Following the dig, Annie will work on producing information about the



'Local Romans' which can be used by schools in the area for years to come, she said "this is community archaeology at its very best!"

For more information about the project please contact ACT Development Officer Annie Hamilton-Gibney on Tel: 01768 869517 or Email: annieh-g@cumbriaaction.org.uk

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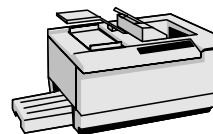
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SEDBERGH PEOPLE'S HALL

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We were very pleased to welcome Elspeth Griffiths back to the Management Committee at our August and September meetings.

The People's Hall TV Quiz sheets sold well around the town and in Kendal. Return addresses included Biggar (Lanarkshire), Bristol, Isle of Man, Lymington and Woking plus many local addresses. There were 50 questions, which involved finding the names of TV programmes from a jumble of letters. Not all sheets were returned, but out of the hundred or so that were, there were 31 correct answers! To select the winners all 31 were put into a jar and two were drawn out. The first prize of £10 goes to Liz Moore of Kendal and the second prize of £5 goes to R. Palmer of Tebay. The correct answers are:-
1) Lou Grant; 2) Countdown; 3) The Sweeney; 4) Blue Peter; 5) Friends; 6) Heartbeat; 7) Rising Damp; 8) The Chief; 9) Mastermind; 10) The Bill; 11) Red Dwarf; 12) Telly Addicts; 13) Dynasty; 14) Shoestring; 15) Lovejoy; 16) Dads Army; 17) Highway; 18) Brookside; 19) Call My Bluff; 20) Minder; 21) Solo; 22) The Colbys; 23) Budgie; 24) Bergerac; 25) High Road; 26) On The Up; 27) Peyton Place; 28) Cracker; 29) Doctor Who; 30) Stay Lucky *(there was an error in the order of these letters)*; 31) Allo Allo; 32) Dear John; 33) Taggart; 34) Watchdog; 35) Holiday; 36) Dallas

(there was an error in the order of these letters); 37) Top Gear; 38) Z Cars; 39) Rainbow; 40) Quincy; 41) Maigret; 42) Jim'll Fix It; 43) Eastenders; 44) Poldark; 45) Porridge; 46) Casualty; 47) Neighbours; 48) Grange Hill; 49) Please Sir; 50) Happy Days.

Thank you to all those who took part and Stramongate Press for the printing of the sheets.

Congratulations to Sandra Longlands, who single handed distributed the sheets and undertook the task of checking the answers. We are still counting the entry fees and will report the amount raised for the Redevelopment Fund next month.

Regarding the Redevelopment we are still waiting for the YDNPA planners to make a decision on our modified redevelopment application, which we submitted on 14 March 2012, despite many promptings from our Architect. They are short staffed as can be seen by the many other applications as yet unresolved. Until we get the plans finalised it is difficult to obtain prices for the work.

Dates for your diary

The next dance at the People's Hall is with Roe Valley on Saturday 13 October 2012.

As part of the Rural Highlights programme the Baghdaddies have been booked for Friday 16 November. More details next month.

Dr Gina Barney, Hon Secretary
20790

BLOOD DONORS

Brave the weather to save a life this Autumn

With the weather getting colder and the days getting shorter, many people will be spending more time at home this season following a summer of sport and Jubilee celebrations.

NHS Blood and Transplant (NHSBT) is urging people to brave the cold and the dark to give blood this month. With an ever constant demand for blood stocks, donors in Lancashire are being reminded that it only takes an hour to save a life and new donors are being urged to come along too.

There are many ways that donated blood can save the lives of the sick and injured. Donated blood is used not only in accident and emergency situations but also for patients undergoing surgery and receiving treatment for cancer and blood diseases, such as leukaemia.

NHSBT is continuing to supply hospitals with all the blood that they need. However, both red cells and platelets have a limited shelf-life (35 days for red cells and seven days for platelets) and stocks are usually turned over within a few days. It's vital they are replenished, to replace the blood being sent to hospitals on a daily basis.

Barbara Blanche, Lead Donor Relations Manager for NHSBT, said: "We know that the drop in temperature, the end of summer and the beginning of a new school term has meant that many of our donors

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have had to change their routines.

"Now that people are back to their normal schedules, we would like to remind donors and those that are thinking of donating for the first time, about the constant demand for blood and inform them that now is a great time to prepare for the upcoming winter months."

Anyone aged between 17 - 65, weighing more than 7 stone 12lbs and in general good health could potentially start saving lives by

becoming a blood donor. There is no upper age limit for donors who have donated in the last two years. To book an appointment call the Donor Line on 0300 123 23 23 or visit www.blood.co.uk.

The next Donor Sessions will be in the People's Hall on 10th October at 2pm and 5pm.



LATE NIGHT OPENING

Sedbergh Christmas Late Night Opening

Sorry to start talking about Christmas so early but just a quick note to everyone about this year's Christmas Late Night Opening. The date for your diaries is the evening of Wednesday 5th December, watch out for the adverts in the November & December Lookaround.

We are hoping to have something for everyone; here are a few of the planned attractions to wet your appetites - Father Christmas, Face Painting, Craft Stalls, Roast Chestnuts, Mulled Wine, Climbing Wall, Street Entertainers, Town Band, Christmas Flower Festival, Raffle, Christmas Cookie Decorating, Church Bells. Some of these are yet to be confirmed but hopefully enough to keep the entire family entertained throughout the evening.

Anyone who would like to contribute in anyway, be it raffle prizes, ideas to make the evening a special night, sponsorship or just your time all would be most welcome, please can you let Barbara Hartley know on 015396 20875 or Barbara@garsdaledesign.co.uk. Look forward to seeing you all in December for a festive evening of fun.

ORIGINAL MOUNTAIN MARATHON

The Original Mountain Marathon (OMM), formerly known as the Karrimor International Mountain Marathon (KIMM), is an event which has been held annually for over 40 years. It is arranged in a different part of the UK each year and always on the last weekend of October.

This year the competition will be in the Howgills Hills on the weekend of October 27th/28th and 2,500 to 3,000 competitors are expected. During the event competitors will work in teams of two, carrying all clothing, tent, sleeping bags & food for 36 hours, navigating their own route and including an overnight wilderness camp.

Would you like to be involved?

We are looking to recruit Marshall's to ensure that the event is carried out in a safe and organised way. If you would like to volunteer to be a Marshall or would like more information, please telephone Mrs Jen Longbottom on 01706 216612 or 07986 423080 or email jlongbo941@aol.com

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FAMILY MUSINGS

Our first grand-child, Ezra James, arrived a week early, all complete and absolutely lovely, we were able to meet him at a few hours old and cuddle him. A week later we were with him and his Mummy & Daddy and I was chatting away to him and my hubby, Grandad (to my granny) told Ezra "we don't have to talk to get to know each other do we, we can just sit quietly" and there are some great photos of the 3 generations of the menfolk .. fast asleep on the sofa!

It was something of a surprise to hear son and T were at Helme Chase at half six on the 1st of Sept and although I went about my usual business my mind was flitting across the miles and it was good to know when baby arrived.

Home magazines are a favourite of mine and often give usable ideas to furnish/decorate etc at home, often of course the projects are beyond my ability or cash flow, it was good to see the extension of some friends featured in one magazine and some months ago to read about the holiday accommodation in France with the former Chemist from our market town. I read in one magazine that, regarding clothes, patterned trousers and flowery tops will be very "in" this autumn, Gosh! I am "in" fashion, a fashionable Granny no less.

The wet weather outfit I wore at the village Gala was much photographed, people actually got quite enthusiastic about it and it certainly raised more laughs than a proper hat & coat

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would have done! What was it? A black bin bag and a carrier bag on my head!

Two trips out recently included travelling out of the valley by the high roads, first Kingsdale then Dent Head and in both it is like standing on the top of the world, and with becoming a Granny, the arrival of Ezra and other great news, on top of the world is just how we feel at the moment! Yet we remember our young friends who are of away from home for the first time and a friend and I are preparing to go and splash around in Lockingarth, let's hope nobody thinks we should be locked up!

Sarah

72 MAIN STREET

Your help is needed - again.

The Town really pulled together to make sure that 72, Main St was kept for the community. The fund raising is going well so that the building will eventually transfer to the Community Trust.

In the past it was possible to get grants to run Tourist Information Centres (TICs), but this is no longer the case. Now the challenge is to create an Information and Resource centre for the Town that is self-financing.

The plan is to bring the Community Office, the TIC and the booksellers together on the ground floor to provide a service for visitors and local people. The History Society and the Parish Council office will remain upstairs.

The Sedbergh Community Interest Company has been set up with representation from the Parish

Council and the Community Trust to run the building as from the 1st October. The TIC will be closed, works carried out and the Information and Resource centre will open in the middle of October.

Volunteers are needed if this is going to be made to work. The systems are all being simplified to make it as easy as possible for the volunteers to find the required information to give out. A training and support programme for volunteers is being developed so that no one will be thrown in at the deep end. Volunteering can be very satisfying and can be fun. If you haven't tried it before do have a go!

PLEASE – if you could spare a little time you could help to make this succeed. Anyone interested in finding out more please could you give me a ring on 20314 or 07840115091 or pop in to the centre and leave your name and contact details.

Sedbergh Community Interest Company is to appoint an Information and Resource Manager who will be responsible for managing the Sedbergh Information and Resource Centre, working in close collaboration with the Community Office manager. The Centre will be run by the Sedbergh CIC in liaison with the Trust and provides a variety of services to both local people and visitors and will be staffed mainly by volunteers. An important part of the job is to implement a DITA-funded transport project.

The job will be for a 12 month contract for 16 hours a week with

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Hoggarth**



Building Contractor

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some weekend working. If you are interested then please email cic@sedbergh.org.uk for the job specification, or you can contact me on 20314.

*Hilary Hodge
Chairman Sedbergh Parish Council*

DENT FOOTBALL CLUB

Liz Hoggarth is going to Cycle round the Isle of Man in order to raise funds for Dent Football Club The route is just short of 90 miles in total and she is hoping to complete it in 2 days from 27th October along with Steve & Eva.

Wheelbase of Staveley are very kindly sponsoring Liz for which she is very grateful. Anyone else wishing to sponsor her can contact her directly or obtain sponsorship forms from players/committee members at Dent FC.

This is a very brave attempt and we wish her all the best in her challenge – Lets give her all the support we can.

All the Football Club Juniors (Under 8s & Under 10s) would like to say a big Thank you to Angela and Mags in Premier for letting their shop be used as a drop off and collection point for all the paperwork for the Club. It would have been a struggled without their help.

Also to David & Stephen Labbate who have very kindly sponsored the Clubs training costs for the month of September. This is very much appreciated by everyone involved with the Juniors – THANK YOU X

The picture shows the Team in their new Team Strip sponsored by BDS

Fuels. From left to right:- Adam Senn, Tom Weston, Elliott Clayton, Edward Wilson, Luke Troughton, Jack Alderson, Jody Middleton, Aiden Williamson.



We hope they all have fun and enjoy their season, our first games are on the 29th September at Dent if anyone wants to come and support us.

Karen Troughton

SEDBERGH UNITED CHARITIES AND WIDOWS' HOSPITAL

(Reg. No 231058)

The above charity provides grants to post secondary school students attending further education or doing an apprenticeship. The purpose of the grants is to provide money to buy books or tools to help further their careers. The grants are available to anyone under 25 years old who lives in the civil parish of Sedbergh.

Anyone wishing to receive a grant should apply, by Monday 15th October, in writing to:- Mr R. W. Cann, Clerk to SUC&WH, 31 Loftus Hill, Sedbergh, LA10 5RX

BOOKWORM

What I have been reading this month

1. 'A shed of one's own - midlife without the crisis.' by Marcus Berkmann (memoir)

This a funny-wise book on situations and feelings that many people over 40 will recognise ! Topics include hair, dentistry, road rage, sport, clothes, money and parents. An enjoyable read through these aspects of life from a 'middle aged' perspective.

2. 'Family Romance' by John Lanchester (memoir)

Lanchester puts his family history under forensic scrutiny in a desire to know more about his parents' lives and their influence on his own personality. The result is a very well written, insightful and profound book. About a quarter of it is devoted to the author's mother as a catholic nun in Ireland and India, leaving the order and then meets his father, a roving international HSBC banker. Lots of secrets, lies and matters not spoken about which left Lanchester puzzled and perplexed hence the book, which I found absorbing and fascinating.

3. 'The behaviour of moths' by Poppy Adams (fiction)

Viv (moth expert) and Ginny are siblings who have not met for 47 years (why ?) and the reader is left thinking which of the two is the most disturbed. Parents were an alcoholic mother and an obsessive father and they all initially lived together in a gothic mansion. There is a lot about moths in this book (some of which I skipped over). The innovative narrative becomes an unsettling, dark

tale and a compelling read with unanswered questions about the sisters and their shared history.

RM Bookworm

EL ALAMEIN

70th Anniversary of the Battle of El Alamein to be commemorated.

The courage and contribution of those who fought bravely in the Battle of El Alamein will be formally marked by the Ministry of Defence with a special Service of Thanksgiving, held in Westminster Abbey at 3pm on Saturday 27 October 2012. The Reverend Jonathan Woodhouse QHC Chaplain-General (Army) will give the address at the Evensong service.

Winston Churchill famously described the battle, which began on 23 October 1942 and ended on 4 November 1942, as the end of the beginning of the war. Led by General Montgomery, the Battle of El Alamein was the climax of months of struggle in the Western Desert as the Allies fought to keep open vital supply lines from the Mediterranean to the East.

Minister for Defence, Personnel, Welfare and Veterans, Andrew Robathan said: "The Battle of El Alamein was hugely significant as it was the first time the British gained the upper hand over the German Army. "The end of the beginning". We should honour the survivors of the Battle and commemorate all those who took part. El Alamein turned the tide in the Western Desert – and arguably of the war."

TRIP TO KOREA

Early this year, an invitation was extended to the Sedbergh Booktown and Literary Trust to visit Paju in Korea for its annual festival. Paju is a book city where practically every building, shop, conference room and even hotels area dedicated to books. There are museums of manuscripts in Korean, and European languages, for example; there were beautifully illuminated manuscripts of Chaucer and Shakespeare as well as Chinese and Japanese manuscripts some of which were extremely old. It was simply amazing to see thousands of people, children and families attending the festival. Browsing the hundreds of stalls, riding the electric train which took them to the various sites around the city.

I felt so privileged to be among the delegates attending this festival. All of whom were treated to trips and a marvelous variety of foods and even an exciting trip to the border between North and South Korea, a moving



experience. It was marvelous to think that Sedbergh small as it is was able to take part, and that I was lucky enough to be there flying the flag for not only Sedbergh but for the UK as no other Booktown from the British Isles attended.

So much more to tell you. I will write a fuller report for November Lookaround.

*Yours slightly jet lagged
Sandra Gold-Wood*

SCOUTS

The mince pies and cards are already in the shops so it must be getting time to start thinking about Christmas. 1st Sedbergh Scouts and Beavers will be organising their Christmas post again this year starting on 1st December with the last collection on 21st December.

Last year the Scouts delivered about 1300 cards in and around Sedbergh and raised around £300 to help support the troop. This year the number of collection boxes will be increasing to 6, deliveries will be made to Howgill as well as Sedbergh and the price for each card delivered will be a very reasonable 25p.

The Christmas post is one of the Scout's biggest fundraisers and so please help out by using the volunteer service this Christmas. Help save your pennies and support your local Scout troop at the same time. Watch out for the Advert in Lookaround with all the details closer to December and enjoy those first mince pies of the season.

David Lomax

FRIENDS OF FARFIELD MILL

This month we are running two fabulous and very different workshops. On **October 4th** we have **Hula Hoop Rug Weaving** with Trish Woof of Dowbiggin. Using a hula hoop and a pile of old rags and t-shirts you will be creating a spectacular circular rug for your home! Come and spend a fun morning at the Mill to see how it's done.

Two weeks later, on **October 18th**, Dilys McCaffery of Howgill will be running a workshop on **Devore**, the art of burning fabric to create beautiful cut-work designs in fabrics. Dilys has worked with these techniques for many years, designing

many beautiful scarves. You will be able to experiment on a variety of different fabrics and take home samples to work up into a final project of your own at home.

Both workshops run from 10:30am – 1pm and cost £15. Please call Farfield Mill on 015396 21958 for further details and to book a place.

Coming up in November and December we are offering short workshops in weaving on a loom, spinning with a wheel and making your own cards. More details can be obtained from the Mill or from our Facebook page. *Laura Rosenzweig*

SEDBERGH & DISTRICT COMMUNITY FUND

The recent meeting of the committee to consider applications to the Fund gave grants of £5,540 to seven organisations from the area. The next meeting will be at the end of November, and the deadline for receipt of applications at Sedbergh and District Community Office, 72a Main Street, Sedbergh LA10 5AD is Monday 19 November. The Fund is open to applications from any properly-constituted local organisation, not just charities, but is not open to applications from individuals. To get a copy of the criteria and application form, please drop in to the Community Office, write in, email office@sedbergh.org.uk or phone 20504.

Best wishes,
Andi Chapple, Secretary to the Fund
See also the Clutterbooks & Clobber report on Page 29.

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THE COMPLETE SERVICE

AUDIO & LARGE PRINT LOOKAROUND

The annual Coffee Morning took place on 12th September on a day when we couldn't ask for any more wind and rain, but many people braved the elements to support the Group and £115 was raised for funds.

The Audio & Large Print is separate from the main Lookaround insofar as it is self supporting and funded only by Donations and the annual Coffee Morning. A big thank you to all who attended but more especially the donators of raffle prizes and the helpers during the event.

The Audio & Large Print provides an Audio version of what you are reading for the partially sighted and blind members of the community. It is put together by a dedicated team of volunteers who prepare for the monthly Recording Session when 4 readers, which regularly includes pupils from Sedbergh School, read articles which are put together on a computer memory stick then sent out to recipients to listen to on a provided speaker.

Additionally, a Large Print version is also presented to those with limited visibility.

Both of these versions are provided free so if you know of anyone that would appreciate receiving either version, please let us know.

If you have about 2 hours free once a month and would like to help the Group either on the technical side of things or as a reader, please contact the Lookaround Office.

Dennis J Whicker

SEDBERGH & DISTRICT ART SOCIETY

The annual exhibition this year was a great success with thirty-two artists exhibiting. Over a thousand visitors came, many from overseas and comments in the visitors book demonstrated the appreciation felt by those seeing the exhibition. In spite of the current economic situation the sales of pictures were good.

For those that missed the chance to buy the Society's calendar, featuring twelve of the artists' work, there are still some available. These cost £6.00 and can be obtained from Sheila or Derek Hollaway on Sedbergh 20100.

New members are always welcome and membership is free until the new year. If you would like to join please contact Mrs Barbara Leigh on Sedbergh 20794.

MC

M WINN & SONS LTD

As some of you will already know I have decided to retire early and by the time you read this M. Winn & Sons Ltd will have ceased trading.

I would like to thank all my customers for their business over the years.

I would also like to thank all the loyal and hardworking men who have worked for the company. Especially Joe Woof who had worked for my grandfather, father and myself for almost 50 years, also Neilson and Tim who have worked with me for many years until the end of business.

Roger Winn

REV BERNARD BLANCHARD

Sadly we have to report the death of our good friend and former Methodist Minister Bernard Blanchard during the night of Wednesday 13 September. Bernard served us here in Sedbergh between 1982 and 1988.

Following a Cremation in Berwickshire there was a Memorial Service in Sedbergh on Friday 28 September.

SEDBERGH BRIDGE CLUB

The Club meets every Tuesday at 7.30pm at the White Hart Club. Rubber bridge is played in a friendly and relaxed atmosphere.

New members are most welcome and expert tuition is available for those who have not previously played the game and for those who wish to improve their standard.

If you fancy bridge then do not be daunted. If you can count you can play. Anyone wishing to discuss joining or having a try can come along on Tuesday evenings.

CHILDREN'S BIRTHDAYS

Every month, there is a list printed of Children that have a Birthday in that relevant month. One (or two) may receive Birthday Gift Vouchers to the value of £10 which may be spent in any shop in the area.

The Children are only eligible if they live in the area and up to their 11th Birthday after which, they drop off the list.

If any parent or guardian wishes to include their Children in the list which

is one of the many free facilities in Lookaround, please supply details to me of the actual day they were born.

D J Whicker

DENTDALE INDOOR BOWLING

We are back on the mat on most Wednesday evenings and one Saturday morning monthly in the Memorial Hall at Dent. Old and new interested folk are very welcome.

Come and have a go! *Sarah*

SEDBERGH METHODIST GUILD

The opening meeting of our Winter season of the Guild will be on Monday 22nd October when we will have Meditations and Poems by local friends.

These meetings are held weekly from October to March in the Methodist Schoolroom on Monday evenings at 7.30 pm and are open to everyone (all ages included). We are a 'friendly lot' - and a cup of tea and biscuits are also provided!

Please come and join us - you may enjoy it. For more details contact Mary on 20616 or Barbara on 20471.

BUSES

Terrible! It means my brother and others from his year can't get the bus because 'Woofs' have only contracted the driver to take 24 students and sixth formers get priority. The bus also leaves at 3:20 at school and not at 4:10 in town where we were all able to socialise, get food and generally become more streetwise.

It's a double negative this new bus.

BUS TIMETABLE

Please note that with immediate effect, there is a new Bus Timetable on Page 89 for the area and that the evening bus from and to Kendal has gone



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SEDBERGH AND DISTRICT CHAMBER OF TRADE AND BUSINESS

The Chamber is holding its **Annual General Meeting and Dinner** on Monday, 15 October 2012 in the People's Hall. The **AGM** commences at 7pm prompt. All Chamber members are invited to attend the AGM. This is a closed meeting for members only in contrast to the regular bimonthly meetings, which are open to guests as observers and invited speakers. Any one wishing to join the Chamber and attend the AGM is invited to do so. The annual membership fee is £50 (less than £1 per week) and registration forms can be obtained from the **Sleepy Elephant** at 41 Main Street. Any one joining now will receive membership until the end of 2013.

The **Chamber** exists to promote trade and business enterprise in Sedbergh and the surrounding district holding several events, including sponsoring the **Christmas Late Night Opening** on Wednesday 5 December 2012, when Father Christmas arrives and the lights are switched on by the Gala Queen. Many other attractions are planned and details will appear later.

Gina Barney

KATIE WOOF

Local young athlete and member of Kendal Amateur Athletic Club, Katie Woof, has over the last several months competed in four athletic meets at Carlisle and Whitehaven in the Cumbria Amateur Athletic League.

On Saturday 1st September at the end of season meeting Katie, who competes for Kendal in the under 15's girls category was presented with 2 gold medals for Long jump and the 4x 100 mtr team relay and 2 bronze medals for the 100mtr and 200mtr sprints.

Lisa Woof

EDITORIAL

Sincerest Apologies for getting another quite important thing wrong again last month in that I included the Birthday of a Nonagenarian that had Passed Away some time ago. Sorry to all relatives.

I also did not amend the Children's Birthday Ages so everyone appeared one year younger than they actually were.

D J Whicker

**SIGHT ADVICE
SOUTH LAKELAND**

Sedbergh Support Group

Betty H. welcomed all to the first meeting after the 'summer recess - recess it was, but whether or not it was 'summer' is extremely debatable! However it was good to be back. Apologies for absence came from George T., Doris H., Jack and Mary S., Barbara A., - hope to see you in October - and apologies if I've missed any-one!

90th Birthday Congratulations were extended to Margaret M. These were followed by a game of 'Mirror, mirror on the wall, Who is the eldest of us all? I didn't win even though I look as though I should have done! Then, after more rapping on the table than you hear from an ouija board at a séance, Betty introduced our guest speaker for the afternoon - Lucy the Blacksmith.

(I have to confess that when I was first told we were to have a Blacksmith come and talk to us, all I could think of were some words from a song my Grandmother used to sing to me: 'The smith a mighty man is he with dark and sinewy hands' -well folks, blow me down with a blast from the bellows, but just how wrong can you be?!? Wow.)

Lucy's talk was very wide-ranging, well informed, succinctly expressed, sincerely enthusiastic and entertaining. It was particular pleasing for the group to be able to 'handle' both some of the 'tools of the trade' and some of the 'product range'. We

had hammers of various shapes, sizes and weights, door snecks and hinges, a 'chandelier' and a most intriguing candle holder, pokers and other items which were passed round.

For those of us who can remember the days when every town and almost every village had its blacksmith - I can remember various members of the Tallon family at Barbon, Middleton and in Sedbergh, it was somewhat heart-warming and reassuring to know that the traditional skills, craftsmanship and creativity are being kept alive in The Smithy at Dent by Lucy the Blacksmith, and long may they continue to be so. Winifred H. gave the vote of thanks to Lucy for her time in sharing her expertise with us which was heartily endorsed by all present.

Our next meeting is in the People's Hall Committee Room on 16th October from 2.00 - 4.00p.m. (approx). Rumour has it we go from the sublime to the ridiculous - well, I think that was the message I was getting from the rapping on the table, unless, of course, it was the Harmonious Blacksmith hammering out The Anvil Chorus!

For further information about the support SASL gives visually impaired people of all ages, please ring 01539 742633. For more details about the Sedbergh Support Group, please ring either Jennifer on 015396 25162 or George on 01539 721109.

George Watson

CHURCHES TOGETHER

In May Churches Together organised a shared service at St Andrews to celebrate Pentecost, the festival to celebrate God sending the Holy Spirit to believers. The service was a mixture of traditional and modern with music from a joint choir and music group. Retiring clergy, Tim Widdess and Alan Fell both spoke of how they had seen God's spirit working in Sedbergh during their time. In the evening Martin Dodds led a walk through Akay and along the river, pausing for prayer and reflection along the way. Upon arriving in Birks we enjoyed a bonfire to celebrate Pentecost in the outdoors.

Marshmallows were roasted and hot chocolate appreciated before Carole Marsden led a short, informal act of worship on the River bank. It was great to celebrate Pentecost, the birth of the church as we know it, together in such different ways. We will be repeating the shared service again next year and hopefully the bonfire too!

The annual children's Holiday Club was held in the first week of the school summer holidays at the Peoples Hall. We averaged between 60 and 65 children each day Monday to Friday, with a good attendance of families at our special Saturday morning event. The club was supported and organised under the banner of Churches Together in Sedbergh and District, and the team involved was drawn from several



churches in the area. The theme this year was based on stories from the life of Jesus as found in the gospel of Mark, with songs and memory verses on the same theme. A new element this year was the involvement of several of the young people in the band which led the music, and this proved very popular with the children. Both children and team had a great week, which we plan to follow up with special half term events in October 2012 (please see the poster in this edition of Lookaround) and February 2013. We also hope to run the club again in 2013, once again in the first week of the school summer holidays, week commencing Monday 22nd July 2013

The latest Churches Together meeting took place at the beginning of September and welcomed, in addition to the normal Churches in Sedbergh, representatives from the Lakes Christian Fellowship and Carnforth Free Methodist Church. The next meeting will be in November and will be the AGM.

The Churches Together Committee

WEATHER

Weather for July and August: Well its official- this summer is the wettest for a hundred years and the second wettest of all times, as if we didn't already know!! As a result of all the rain temperatures were also generally down in July with only 10 days making 70F with a high of 73.2F and a low of 41.4F. Winds were, as usual, generally from the North West except for the first fortnight when 6 days were more southerly. A maximum speed of 20.1mph was recorded.

August started as though we were going to get an improvement with a few dry days early on. Unfortunately it wasn't to last though with a total of 4.46 inches it was one of the drier month's of the year! Temperatures were nothing special again except for the last day when it went sub-zero with a low of 29.3F. I can't remember when we last had a frost in August. Winds have been variable both in strength and direction.

Much has been written recently about the affect of the jet stream on our weather and climate. There has been talk about a link to Arctic ice melting, particularly this summer, which could be pushing the jet steam south. However it was stated that the ice melting was the worst for 30 years which to me means there was less ice 30 years ago and I don't remember any fuss about global warming then. It was just accepted as part of a cyclic weather pattern. Similarly increased temperatures in the Atlantic Ocean have generated

more tropical storms but we have always had the tail end of these some 3 weeks later.

Certainly the affects of the wet year are being seen in the poor fruit harvest. We, like the Lythe valley, have no damsons or plums whereas last year the trees were breaking under the weight of crop. Our Burnotts, which generally fruit well, have few apples. This also points to the fact that bees were not flying to pollinate crops when in flower. An examination of the bees recently shows that they have temporally recovered with nice plump queens in each hive and eggs and brood. The worrying side was the general lack of stores which is going to require close inspection and feeding and certainly no honey this year if they are to get through the winter. In fact I've indulge myself and bought a small jar of manuka honey!!

The swallows have been busy raising young. In fact it appears they have had 2 nests concurrently. I have only seen one set of adults around but, as in the last couple of years, there have been two nests with only the cock feeding the young in the kennels whilst the hen bird was not around. In fact previously I thought she had met with an accident but re-appeared a few weeks later. The young, which have now fledged, return to the nest or nearby to roost each evening.

Butterflies have been a rarity this summer especially painted ladies and commas.

CUMBRIA WILDLIFE TRUST

All things bright and beautiful

Several members of the Sedbergh Support group attended the church service held (on Friday 14 September) at St Cuthbert's Church, Great Salkeld, to celebrate the formation of Cumbria Wildlife Trust 50 years ago. St Cuthbert's Church was the ideal location for the celebration as the Canon Hervey was also the first chairman of the Trust and in the early years Trustee meetings were held in the Rectory. Aiden Hervey died in 1966 and is buried in the churchyard. Unfortunately he wasn't able to see the early success the Trust achieved. The wildlife charity, initially named The Lake District Naturalists' Trust, was started by conservation enthusiasts in the Eden Valley, and Canon Aiden Hervey, Rector of Great Salkeld, was the driving force for the formation of the Trust. There has probably been a Church in Great Salkeld since 880 AD, when the body of St Cuthbert was rested here after being brought from Holy Island. Rebuilding took place in 1080. The Pele Tower was added in 1380, with an iron door for defence of the inhabitants against the Scots (or even to keep recalcitrant priests in?) The church entrance is only 2ft 7in wide, another indication of a fortified church. The pillars and capitals of the entrance appear to date around 1000. They are carved with figures of beasts, birds and serpents. In the tower are various slabs which were probably

gravestones from earlier times. One contains symbols of the horseshoe and hammer, indicating it probably covered the grave of a blacksmith. There is a peal of six bells, and a clock manufactured in 1892. Cumbria Wildlife Trust members and supporters were welcomed to the church by the chaplain of Sedbergh School and keen naturalist, The Reverend Paul Sweeting. The service included hymns and prayers, and readings by Trustee, Sir Martin Holdgate, and President, Lord Richard Inglewood. Director, Peter Bullard, also spoke on the work of Cumbria Wildlife Trust. The guests were welcomed at the village hall for refreshments following the service. Sir Martin Holdgate, Trustee and chair of the Conservation Group gave a short address on the future of the Trust with mostly optimistic speculation on the possible landscape and landuse of Cumbria in 50 years time.

Over 180 people who joined the Trust in the 1960's are still members today. As part of its 50th Anniversary the Trust has collected the memories of their longest serving members through an oral history project titled 'The High Fells Story'. These memories reminded us how much Cumbria has changed over the last 100 years and the very special stories everyone can recall from their early years. These memories can be listened to at www.cumbriawildlifetrust.org.uk/highfellstory

Susan Garnet

CRAFTWORKSHOP

The Craftworkshop comprises of a group of local people who love to make crafts, everything from painting, to crochet, to jewellery to felt. We like to meet together and learn new crafts.

On Saturday 20th October, at the URC Rooms, we are running a 'Coffee and Craft' session, where we will be demonstrating and selling some of our craftwork. We will be selling jewellery, cobweb felt scarves, polymer clay items and much more:

This is an opportunity to do a little Christmas shopping, have a coffee and watch a demonstration. We will be showing a variety of crafts throughout the day including crochet, batik, felt making, several different methods of jewellery and lace making, to name but a few. If you would like to try a new craft come and talk to us, if we have enough interest we plan to run workshop events during the winter months.

See posters at the Hall for the times of each demonstration through the day.

Coffee and Craft, from 10am on Saturday 20th October at URC rooms, entry is £1 to include coffee and biscuits.

Linda Hopkins

SEDBERGH PRIMARY SCHOOL

We have held a provisional meeting to discuss the viability of a PTA / Friends of Sedbergh Primary and we felt there was enough interest to set up such an association. We have set a date for the Wednesday 17th October as a date for the AGM which

will be held within Sedbergh Primary at 7.30pm. Everyone is welcome.

This initial meeting decided on the first fundraising event which will be a children's disco held at the Primary School on Friday 9th November. Infants from 5.30pm to 6.30pm and juniors from 7pm to 8.30pm. The PTA/Friends of Sedbergh Primary can be followed on facebook and news will be updated on the Sedbergh Primary School Website.

Linda Allan

theallanhome@btinternet.com

COMMUNITY OFFICER REPORT

Over the past month in the Sedbergh area there have been 2 reports of theft of sheep, 2 incidents of criminal damage and a theft from a garden.

There have been a number of suspicious incidents reported this month please continue to report any suspicious vehicles and incidents in our area by ringing Cumbria Police on the non-emergency number 101 (any time day or night).

To suggest future community priorities please feel free to attend my monthly drop ins or please feel free to contact me on 101 or email me on karen.dakin@cumbria.police.uk. Or alternatively you can speak to me during my regular drop in surgery at Sedbergh Library on the 3rd Saturday of each month between 10:30 and 12:00 and Dent stores on the first Tuesday of each month from 12:00-13:00.

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

CSO 5206 Karen Dakin

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	GPS	0825	0858	M - F	564	GPS
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1002 (C, H)	1044	M - S	564	GPS	1055 (C)	1128	M - S	564	GPS
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	KLC	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	GPS
1310 (C)	1347	M - S	564	GPS	1425 (H)	1500 (L)	Sat	564A	KLC
1545	1620	M - S	564	GPS	1625 (C)	1658	M - S	564	GPS
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0858	0932	M - F	564	GPS	0705	0740	M - F	564	GPS
1128	1202	M - S	564	GPS	0935	1002	M - S	564	GPS
1443	1505	M - S	564	GPS	1235	1310	M - S	564	GPS
1658	1732	M - S	564	GPS	1510	1545	M - S	564	GPS
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0825	0840	Sat	564A	KLC	0950 CG	1000	Wed	548B	W
1330	1345	Wed	564B	W	0910	0925	Sat	564A	KLC
1500	1515	Sat	564A	KLC	1020	1035	Sat	564A	KLC
1650 #	1705	Sat	564A	KLC	1545	1600	Sat	564A	KLC
1840 #	1855	Sat	564A	KLC	1620	1635	Sat	564A	KLC
Dent to Dent Station					Dent to Sedbergh				
0840	0855	Sat	564A	KLC	1740 #	1755	Sat	564A	KLC
0950	1005	Sat	564A	KLC	1930 #	1945	Sat	564A	KLC
1345	1355 CG	Wed	564B	W	Dent to Sedbergh				
1515	1530	Sat	564A	KLC	1000	1015	Wed	548B	W
1605	1620	Sat	564A	KLC	1035	1050 (L)	Sat	564A	KLC
1705 #	1720	Sat	564A	KLC	1635	1650	Sat	564A	KLC
1855 #	1910	Sat	564A	KLC	1755 #	1810	Sat	564A	KLC
					1945 #	2000	Sat	564A	KLC
Last Update: October 2012									
L = Sedbergh Library					H = Via Westmorland General Hospital (Request Only)				
C = Via Kendal College					CG = Cowgill				
W = Woof's of Sedbergh					KLC = Kirkby Lonsdale Coach Hire				
GPS = Grand Prix					# = Service ends 28th October 2012				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
All times from Sedbergh are from and to Thorns Bank unless stated (L)					For Comprehensive up-to-date information ring :- Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)				

CHRISTMAS EXTRAVAGANZA

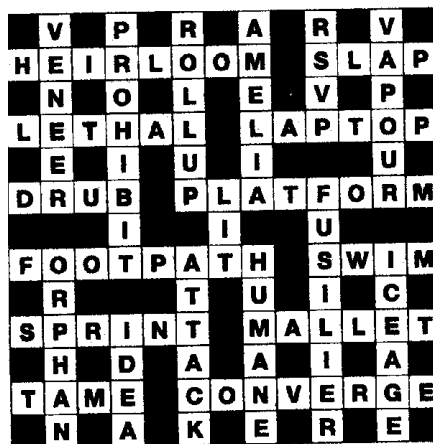
A meal for two at The Plough at Lupton, a Regatta jacket, and a free colour consultation, are just three of the super prizes up for grabs at this year's Country Harvest Christmas Extravaganza on Wednesday, November 28.

For the first time, the shop is using the evening – which attracts up to 300 people – as an opportunity to raise money for its two 2012 nominated charities – CancerCare and North West Air Ambulance.



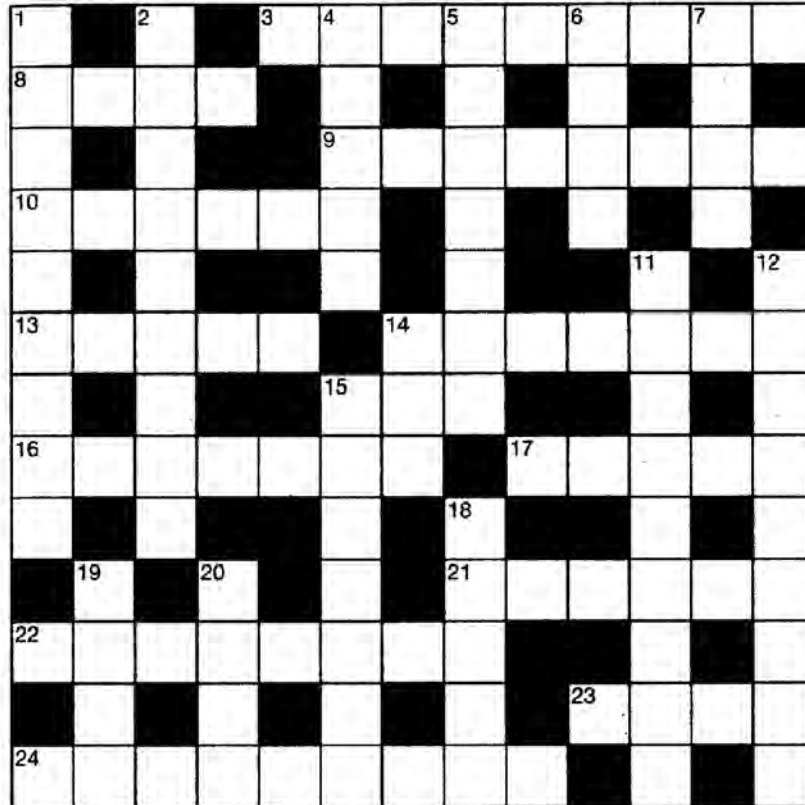
Tickets for the fundraising raffle will be available to purchase on the night. The extravaganza – which starts at 6pm and usually concludes around 9pm - will also feature lots of free tastings and free mulled wine and mince pies.

Gilliam Cowburn



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

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



ACROSS

- 3 Magician's cry (3, 6)
- 8 Irritation of the skin (4)
- 9 On the inside (8)
- 10 Suspicions (6)
- 13 Rice field (5)
- 14 Sudden wealth (7)
- 15 Drinking vessel (3)
- 16 Built (7)
- 17 Rapid (5)
- 21 Carry off, kidnap (6)
- 22 Great disaster (8)
- 23 Sicilian volcano (4)
- 24 Stammered (9)

DOWN

- 1 Amusement park ride (3, 6)
- 2 Rogue (9)
- 4 Live (5)
- 5 Refuelling break (3, 4)
- 6 Greyish-yellow (4)
- 7 Rip (4)
- 11 Hint (9)
- 12 Final insult (4, 5)
- 14 Unopened flower (3)
- 15 One-hundredth of a franc (7)
- 18 Possibly (5)
- 19 Breathe heavily (4)
- 20 Scottish inventor (4)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2012/11) <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 LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- wheelwright.cottage@homecall.co.uk	20251
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (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
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2013/06) <i>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW</i>	21789
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2012/02) <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB;</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2012/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2012/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2012/09)	01969 667356 <i>Sleeps 2; D; CH; TVL; P; NS; DW</i>
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2012/11) 20360 <i>Self-Catering Sleeps 6-8</i>
J Garner	2 Millthrop, Sedbergh LA10 5SP 01942 216058 or 07792 445257 <i>Sleeps 4; CH; CW; DW; TVL</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; 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

Rev. V Hopkins Tel: 21455

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

Rev. J. Millard

~~~~~

### 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

~~~~~

### DENTDALE

#### CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ  
 Every 4th Sunday 1900

**Sarah Woof Tel: 25212**

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

~~~~~

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. V Hopkins Tel: 21455

Church Wardens:

Cautley: Judith Bush 20058 & Linda Hopkins 21455

Garsdale: Mary Grant 20573 & Bill Mawdsley 20723

Firbank; Howgill & Killington

Dent & Cowgill

Rev. P. Boyles Tel: 25226

~~~~~

### METHODIST CHURCH

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

**Rev. J. Millard 20329**

~~~~~

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 20588 or 20503

www.sedberghchristiancentre.co.uk

~~~~~

worship@peopleshall

10:30 am Sunday

**Beth & Sandy Roy Tel: 20785**

~~~~~

CAFÉ CHURCH

7:00pm every first Sunday
 Duo Café & Bistro, Main Street, Sedbergh

Tina Woof 01524 730259

~~~~~

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Wednesday 19.30

**Rev. G. Jones Tel: 01539 722079**

## 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      | = | £4.00  |

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 7th December 2013*

|                                                       |                                                |          |                 |                                                |                  |
|-------------------------------------------------------|------------------------------------------------|----------|-----------------|------------------------------------------------|------------------|
| Entries marked (*) see Advert in previous Lookaround. |                                                |          | 15              | Flu Clinic                                     | DMH              |
| <b>OCTOBER</b>                                        |                                                |          | 15              | 1900 Chamber of Trade AGM                      | PH               |
| 1                                                     | Quaker Week (1)                                | BF       | 16              | 1400 SASL Quiz                                 | PH               |
| 1                                                     | 1000 Red Squirrel Conservation                 | DCMH     | 17              | 1000 Coffee Morning - Dent Meth Chap           | URCR             |
| 1                                                     | 1930 Harvest Auction from the Festival         | SjCC     | 17              | 1230 Health Centre Closed for Training (47)    |                  |
| 2                                                     | 1030 Quaker Week - Exploring Stillness (1)     | BF       | 17              | 1930 HS Kingdom of Northumbria (6)             | SSAT             |
| 2                                                     | 1400 Carers Support Drop-In (6)                | URCR     | 17              | 1930 SPS PTA / Friends AGM                     | SPS              |
| 2                                                     | 1900 Aglow KL                                  | KLI      | 18              | 1930 Philip Clouts Quartet (18)                | DMH              |
| 3                                                     | 1000 Coffee Morning - URC                      | URCR     | 18              | 1930 S&KL Neighbourhood Forum                  | BVH              |
| 3                                                     | 1430 Cream Tea Afternoon                       | Bull     | 19              | 1330 CWT AGM                                   | Netherwood Hotel |
| 3                                                     | 1900 Quaker Week - Why I am a Quaker (1)       | BF       | 19              | 1400 SS Rugby v Whitgift School                | SS               |
| 3                                                     | 1930 HS St George & that Dragon (6)            | SSAT     | 19              | 1930 Mary Queen of Scots                       | DCMH             |
| 4                                                     | 1930 WIH AGM & WI Advisor                      | FCH      | 20              | 0900 Flu Clinic                                | HC               |
| 5                                                     | 1900 Quaker Week - Mining for Quakers (1)      | BF       | 20              | 1000 Craftworkshop                             | URCR             |
| 6                                                     | 0900 Flu Clinic                                | HC       | 20              | 1000 Charity Coffee Morning                    | StCC             |
| 6                                                     | 0930 MS Table Top Sale (1)                     | PH       | 23              | 1000 Berry Nice                                | DCMH             |
| 6                                                     | 1000 Design & Weave (11)                       | FM       | 24              | 0930 Flu Clinic                                | KLI              |
| 6                                                     | 1000 Red Squirrel Conservation                 | DCMH     | 24              | 1000 Coffee Morning - Garsdale Church          | URCR             |
| 6                                                     | 1430 SS Rugby v Ampleforth                     | SS       | 26              | Original Mountain Marathon                     | Cautley Rd       |
| 6                                                     | 1900 Dentdale Harvest Supper                   | SjCC     | 26              | 1930 Pie, Peas & Dominoes                      | KVH              |
| 6                                                     | 1930 Flicks in the Fells                       | PH       | 26              | 1930 Autumn Domino Drive                       | HVH              |
| 6                                                     | Quaker Week Ends (1)                           | BF       | 27              | Original Mountain Marathon                     | Cautley Rd       |
| 7                                                     | 1000 Design & Weave (11)                       | FM       | 27              | 1000 Table Top Sale (27)                       | BVH              |
| 7                                                     | 1430 SS Rugby v St Peter's, NZ                 | SS       | 27              | 2000 Howgill Dance with Kenny Bell             | PH               |
| 7                                                     | 1900 Café Church (7)                           | Duo      | 28              | Clocks Fall Back                               |                  |
| 8                                                     | 1400 WIK With Christmas in Mind                | PH       | 28              | Original Mountain Marathon                     | Cautley Rd       |
| 8                                                     | 1945 Gala Group AGM (8)                        | PH       | 28              | 1215 British Legion Poppy Appeal Ride          | Sedbergh         |
| 9                                                     | 0930 Flu Clinic                                | KLI      | 28              | 1300 A Stitch in Time                          | DCMH             |
| 9                                                     | 1000 Spice it up                               | DCMH     | 29              | 1400 Autumn Crafts for Kids                    | DCMH             |
| 9                                                     | 1930 Bingo & Tattie Pot Supper                 | FCH      | 31              | 1000 Coffee Morning - Town Band                | URCR             |
| 10                                                    | 1000 Coffee Morning - Christian Aid (10)       | URCR     | 31              | 1400 Heroes Party (31)                         | PH               |
| 10                                                    | 1000 Waterfalls at Night Exhibition till 21/11 | DCMH     | 31              | 1400 Discover & Do                             | DCMH             |
| 10                                                    | 1400 Blood Donor Session                       | PH       | <b>NOVEMBER</b> |                                                |                  |
| 10                                                    | 1700 Blood Donor Session                       | PH       | 1               | 1000 Waterfalls at Night Exhibition till 21/11 | DCMH             |
| 10                                                    | 1915 WID Getting Ready for Christmas           | DMH      | 1               | 1930 WIH Mountain Rescue Experiences           | HVH              |
| 10                                                    | 1930 WIS S Africa - Contrast & Change          | SMC      | 2               | 1830 FC Bonfire Night & Skittles Party         | FCH              |
| 10                                                    | 1930 CWT A Year at Leighton Moss               | SSAT     | 6               | 1400 Carers Support Drop-In (6)                | URCR             |
| 11                                                    | 1200 Lunch Club                                | Red Lion | 6               | 1900 Aglow KL                                  | KLI              |
| 12                                                    | 0930 Flu Clinic                                | HI       | 7               | 1000 Coffee Morning - British Legion           | URCR             |
| 13                                                    | 0900 Flu Clinic                                | HC       | 7               | 1430 Cream Tea Afternoon                       | Bull             |
| 13                                                    | 0900 Caring for you Historic Building (13)     | DMH      | 7               | 1930 HS Packhorse Ways & Days                  | DMH              |
| 13                                                    | 1000 Complimentary Therapy Clinic (12)         | WGH      | 8               | 1200 Lunch Club                                | Red Lion         |
| 13                                                    | 1415 SS Rugby Home Games                       | SS       | 10              | 1930 Flicks in the Fells                       | PH               |
| 13                                                    | 2000 PH Dance with Roe Valley (13)             | PH       | 11              | 1000 Remembrance Sunday                        |                  |
| 14                                                    | 1930 Harvest Supper                            | StAS     | 13              | 1400 WIK AGM + Desert Island Discs             | PH               |

*The S & D Lookaround is edited, published & distributed monthly by  
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The content of The Lookaround does not reflect the views of the 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,  
Green Door, Premier, Howgills Bakery, Post Office and Dent Stores.*

**COVER PICTURE**  
Killington from Fairthorns Road  
*By Di Hall*

|    |      |                                                                |             |
|----|------|----------------------------------------------------------------|-------------|
| 13 | 1930 | FC Domino Drive                                                | FCH         |
| 14 | 1000 | Coffee Morning - Bowling Club                                  | URCR        |
| 14 | 1430 | SS Rugby v Ermysteads GS                                       | SS          |
| 14 | 1915 | WID AGM                                                        | DMH         |
| 14 | 1930 | WIS AGM & Jacobs Join                                          | PH          |
| 14 | 1930 | CWT Isle of Cinder & Green                                     | SSAT        |
| 15 | 1230 | Health Centre Closed for Training (47)                         |             |
| 16 | 1930 | WIH Domino Drive                                               | HVH         |
| 16 | 1930 | Baghdaddies                                                    | PH          |
| 17 | 1415 | SS Rugby v Kirkham GS                                          | SS          |
| 19 | 1900 | Chamber of Trade                                               | L           |
| 21 | 1000 | Coffee Morning - "The Bells"                                   | URCR        |
| 21 | 1000 | Waterfalls at Night Exhibition ends                            | DCMH        |
| 21 | 1430 | SS Rugby Home Games                                            | SS          |
| 21 | 1930 | HS Recent Excavations                                          | SSAT        |
| 23 | 1830 | Promise Auction (34)                                           | G&D         |
| 23 | 1900 | HS Annual Dinner                                               | Thorns Hall |
| 24 | 1430 | SS Rugby v Loretto School                                      | SS          |
| 28 | 1000 | Coffee Morning - Killington Church                             | URCR        |
| 28 | 1800 | Christmas Extravaganza (56) Country Harvest<br>St Andrew's Day |             |
| 30 | 1900 | Ceilidh                                                        | PH          |

**DECEMBER**

|    |      |                                   |          |
|----|------|-----------------------------------|----------|
| 1  |      | Scouts Post Commences             | Sedbergh |
| 1  | 1930 | Flicks in the Fells               | PH       |
| 4  | TBA  | WIK Christmas Lunch               | TBA      |
| 4  | 1900 | Aglow KL                          | KLI      |
| 5  | 1000 | Coffee Morning - Chamber of Trade | URCR     |
| 5  | 1430 | SS Rugby v Millfield School       | SS       |
| 5  | 1430 | Cream Tea Afternoon               | Bull     |
| 5  | Eve  | Late Night Shopping               | Sedbergh |
| 5  | 1930 | HS The History of your House      | SSAT     |
| 6  | 1930 | WIH Party                         | TBA      |
| 8  | 1930 | Flicks in the Fells               | PH       |
| 11 | 1930 | Domino Drive & Mince Pies         | FCH      |
| 12 | 1000 | Coffee Morning - Garsdale Church  | URCR     |
| 12 | TBA  | WID Christmas Party               | TBA      |
| 12 | TBA  | WIS Christmas Dinner              | TBA      |
| 13 | 1200 | Lunch Club                        | Red Lion |
| 15 | 1400 | Messy Church                      | SMC      |
| 19 | 1000 | Coffee Morning -                  | URCR     |
| 19 | 1930 | Young Farmers Club Domino Drive   | PH       |
| 20 | 1930 | Christmas Domino Drive            | HVH      |
| 21 |      | Scouts Post Ends                  | Sedbergh |
| 25 |      | Christmas Day                     |          |
| 26 |      | Boxing Day                        |          |

**2013**

**JANUARY**

|    |      |                                        |      |
|----|------|----------------------------------------|------|
| 5  | 1930 | Flicks in the Fells                    | PH   |
| 8  | 1930 | Domino Drive                           | FCH  |
| 15 | 1230 | Health Centre Closed for Training (47) |      |
| 16 | 1930 | HS Kosovo Journeys in Time             | SSAT |

23 1930 CWT From Paradise to Pirates SSAT

**FEBRUARY**

|    |      |                                        |      |
|----|------|----------------------------------------|------|
| 2  | 1930 | Flicks in the Fells                    | PH   |
| 6  | 1930 | HS Schools, Children & Work            | SSAT |
| 12 | 1930 | Domino Drive                           | FCH  |
| 20 | 1230 | Health Centre Closed for Training (47) |      |
| 20 | 1930 | HS Killington through the ages         | SSAT |
| 25 | 1930 | FCH AGM                                | FCH  |
| 27 | 1930 | CWT Go Reds! (Squirrels)               | SSAT |

**MARCH**

|    |      |                                        |      |
|----|------|----------------------------------------|------|
| 6  | 1930 | HS Diary of Thomas Fenwick Esq         | SSAT |
| 7  | 1930 | Spar Wars 'Azda Empire Strikes Back'   | PH   |
| 8  | 1930 | Spar Wars 'Azda Empire Strikes Back'   | PH   |
| 9  | 1300 | Dentdale Run                           | Dent |
| 9  | 1430 | Spar Wars 'Azda Empire Strikes Back'   | PH   |
| 9  | 1930 | Spar Wars 'Azda Empire Strikes Back'   | PH   |
| 12 | 1930 | Domino Drive                           | FCH  |
| 13 | 1930 | CWT The Juniper Report                 | SSAT |
| 14 | 1230 | Health Centre Closed for Training (47) |      |

**DIARY KEY**

|        |                                        |
|--------|----------------------------------------|
| BF     | = Brigflatts                           |
| BVH    | = Barbon Village Hall                  |
| CDC    | = Community Development Centre         |
| CO     | = Community Office, Main Street        |
| CTiS   | = Churches Together in Sedbergh        |
| CWT    | = Cumbria Wildlife Trust               |
| DCMH   | = Dales Countryside Museum, Hawes      |
| DCP    | = Dent Car Park                        |
| DMH    | = Dent Memorial Hall                   |
| DMC/S  | = Dent Methodist Chapel/Schoolroom     |
| FCH    | = Firbank Church Hall                  |
| FM     | = Farfield Mill                        |
| G&D    | = George & Dragon, Dent                |
| GVH    | = Garsdale Village Hall                |
| HC     | = Health Centre                        |
| HI     | = Hornby Institute                     |
| HS     | = History Society                      |
| HVH    | = Howgill Village Hall                 |
| JLCP   | = Joss Lane Car Park                   |
| KLI    | = Kirkby Lonsdale Institute            |
| KVH    | = Killington Village Hall              |
| L      | = Library, Main Street                 |
| LHCP   | = Loftus Hill Car Park                 |
| PH     | = People's Hall                        |
| RH     | = 'Rhumes', Dent                       |
| SASL   | = Sight Advice South Lakeland          |
| SMC(R) | = Sed. Methodist Church (Room)         |
| STJCC  | = St John's Church, Cowgill            |
| StAS/D | = St Andrew's Church, Sedbergh/Dent    |
| SSTC   | = Sedbergh School Thornley Centre      |
| SSAT   | = Settlebeck School Academy Trust      |
| STO    | = Sedbergh Tourist Office, Main Street |
| URC(R) | = United Reformed Church (Rooms)       |
| 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

01539 718191

01539 718191 (Option 1) 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**

### 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 & Mr B Houghton  
Monday to Thursday 0900 - 1700  
Friday 0830 - 1400  
Saturday \*

### **SEDBERGH LIBRARY** Main Street 20186

Monday 1700 - 1900  
Wednesday 1000 - 1230 1400 - 1700  
Friday 1400 - 1700  
Saturday 1000 - 1230

### **DENT LIBRARY** Main Street 01539 713520

Tuesday 0900 - 1900  
Saturday 0900 - 1400

### **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**

101 or 999

### **PUBLIC TOILETS**

Main Street, 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