

# Sedbergh & District LOOKAROUND

December/January 2013

Issue 306

Donation £1

A warm welcome to this biggest ever issue of Lookaround and a big thank you to all contributors and supporters of this truly unique Newsletter.

May we take this opportunity to wish all our contributors and readers a

Very Merry Christmas and a Happy, Healthy and Prosperous New Year.

As this is a Double Issue, we will now have a well earned rest but will be back in February.

*Dennis & Jacky Whicker*

## Sedbergh Christmas LATE NIGHT SHOPPING

### Wednesday 5<sup>th</sup> December 2012

Beginning at 6pm with the ringing of the Church bells and Santa parading down Main Street in his Sleigh to his Grotto in the URC  
Come and join in the fun at Sedbergh's very own Late Night Shopping  
Buy your Christmas presents and bring the children to see Santa in his Grotto

### Lots of fun for all the family

Opening ceremony with the Town Crier and the Gala Queen  
Santa will be in his grotto from 1.30pm until late



Climbing Wall  
Ringing of the church bells  
Astral Circus  
Singing of carols  
Town Band  
Hog Roast  
Roast chestnuts  
Mulled wine  
Street entertainment  
Face painting  
Raffle draw in The Bull  
Mini market in URC  
Flower festival in St Andrews  
Children's biscuit display in Duo



and the shops of Main Street open for all your present buying

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

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

## Table of Contents

Advertising Rates	109	Information & Resource Centre	94
Bed & Breakfast	108	Killington	102
Bus Time Table	103	Killington Windfarm 1	28
Cartoon	107	Killington Windfarm 2	30
Crossword	106	Killington Windfarm Banks	34
Groups	104	Korea	72
Places of Interest	107	Ladies NFU	44
Religious Services	109	Lord Mayors Show	101
Regular Meetings	111	Massage	40
Sudoku	5	Neighbourhood Forum	96
<b>72 Main Street</b>	<b>55</b>	News from the Pews	25
Age UK Southlakeland	95	OMM	71
Birdwatch	93	Parish Council Dent	12
Bookworm	90	People's Hall Fundraising	64
Bowling Club	96	People's Hall Redevelopment	88
Braithwaites Bonanza	95	Primary School	97
Christmas on a Plate	100	Royal British Legion	98
Cobweb Orchestra	92	Scottish Dance Reeling	44
Community Office	94	Septic Tanks	95
Community Officer Report	102	Sight Advice South Lakeland	78
Councillor Corner	20	Slovenian Diary	60
Councillors Corner	14	Songs of Friendship	46
Cowgill Church	102	Spring Show	86
Craftworkshop	54	Thread of Gold	81
CWT Isle of Cinder	58	Tim Farron MP	82
Dent Flicks in Fells	102	Town Band	84
Dent Football Club	96	Weather	45
Dentdale Christian Fellowship	97	Western Dales Community Bus	97
Dentdale Club	57	WI Dentdale	67
Distinguished Senior Citizens	22	WI Killington	69
Emily's Thank You Fund	11	WI Sedbergh	66
Energy Solutions	36	Winter Cafe Concert	56
Family Musings	75	YDNP Ash Trees	100
Friends of Farfield Mill	76	YDNP Have your say	89
Gala Group Fireworks	90	YDNP Logo	42
Gardening	92	YDNP Web Site	100
Howgill Harriers	52	Yoga	50
HS Packhorse Days	48	Zumba	91

## Table of Adverts

Able Memorials	32	Mark Dodd Decorator	43
Andrew Allan Video Transfer	63	Meadowside Tea Room	40
Austin Brown Computing	40	Meadowside Tea Room	72
Brian Goad Funeral Services	80	MH Energy Solutions	38
Bull Hotel	62	Middleton Head PH 1	42
Capstick Insurance Agent Vacancy	39	Middleton Head PH 2	43
CDC	82	MK Conversions Builders	74
CDC Computers	51	Nicky Ross Plumber	59
Chris Whelan Estate Agent	20	Oliver Higginbotham	35
Cobble Country Estate Agent 1	68	Oven Ready Turkeys	94
Cobble Country Estate Agent 2	69	Parkin & Jackson - Kevin Bateman	80
Craftworkshop	54	Paul Hoggarth Builder	55
Cross Keys Hotel	31	People's Hall Appeal	65
Cumbria Stoves	94	People's Hall	64
Daphne Jackson Osteopath	61	Philip Horner Fencer	57
Darren Kenyon Builder	85	Premier 1	78
Dawsons Coal Yard	25	Premier 2	79
Dent Primary School Vacancy	18	Private Personal Assistance 1	66
Dentdale Designs	90	Private Personal Assistance 2	67
Dentdale Heritage Centre	52	Robert Powell Web Design	16
Duncan Law Plumber	85	Ryan Simpson Septic Tanks & Skips	54
Edwin Middleton Carpenter	89	Sam Konczynski Carpets	91
Eli & Grumps Book	93	Scottish Dancing	44
Ellison Wood Supplier	59	Scouts Post	36
Farfield Mill	46	Sedbergh Market	15
Farfield Weavers Cafe	50	Sedbergh Office Services	60
G J Baines & Son Builders	26	Sedbergh School	30
Garry Chapman Gas Engoneer	83	Sheila Shuttleworth Dressmaker	21
Gary Allan Metalworker	84	Siesta Blinds	27
Gavin Charlesworth Wood Supplier	19	STAK	28
Graham Glynn Ceramics	72	Stefan Kliszat Decorator	23
Graham Moffat Builder	92	Stephenson & Wilson Builders	14
Green Door Sweet Shop	70	Steve Chadwick Handiman	37
H&M Craftsmen	75	Steve Hopps Handyman	53
Happy Haddock	22	Stobars Hall	88
Hay For Sale	89	Stone Close Tea Room	56
Hayton Winkley Solicitors	29	Stramongate Printers	76
Health Centre	64	Thai Buffet	10
House to Let	12	The Chair Upholsterers	85
Howgill Fellside Ice Cream	71	Thread of Gold Book	81
Ian Higginbotham Decorating	17	Tilk Wilkinson Builder	96
Josephine Lade Reflexology	37	Tooby Electricals	58
June Parker Acupuncture	45	Trade Binders	49
Kay Whittle Chiropodist	53	Treadwell Carpets	77
Kelvin Hodgson Farm Hand	33	Windermere Windows	34
Kent Valley Windows	101	Yoga	51
Malcolm Sedgwick Carpenter	73	Yvonne Cervetti Massage	41
		Zumba Dance	91

# DECEMBER BIRTHDAYS

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

The recipients this month are:- Benjamin Robinson who is 10 years old on 4th December and Taylor Scarr who is 9 years old on 14th December.

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



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

Day	Name	Age
2	Rhiannon WINDER	8
2	Ryan WINDER	8
2	Elijah JAMES	9
4	Benjamin ROBINSON	10
6	Anna AINSCOUGH	7
8	Freddie FALLOWS	9
9	Jack ALDERSON	8
10	Tom FEARNHEAD	11
14	Taylor SCARR	9
16	Tom CAPSTICK	5
16	Ella PRATT	7
16	Sophie GAME	8
16	Brenda LUFFMAN	10
22	Vicky WOOF	6
25	Maddie WALSH	8
27	Haydon COUSINS	5
31	Gracie ROBINSON	8
31	Ewan CANNOM	2
	<b>Nonagenarian &amp; Over</b>	
13	Ian Buchan DONALD	92
18	Barbara Youens	91
31	Dora Bateman	92

# JANUARY BIRTHDAYS

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

The recipients this month are:-  
Arnold Hodgson who is 8 years old on 6th January and  
Harry Brownbill who is 11 years old on 11th January.

Please collect your vouchers from  
*Sedbergh Office Services*  
13 Kings Yard, Main Street,  
Sedbergh

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

*Many months ago, I lost the Master Lookaround but managed to retrieve much information. If any children's details are missing, please let me know.*

*D J Whicker*

Day	Name	Age
6	Arnold HODGSON	8
7	Emily WHITE	5
11	Harry BROWNBILL	11
13	Elizabeth COWIN	6
15	Anika BURBIDGE	6
16	Charlie COLTON	4
25	Hannah MARSDEN	3
30	Stanley ALLAN	6
<b>Nonagenarian &amp; Over</b>		

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

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

## PERSONAL & SMALL ADS £1

### BURTON

Happy Birthday to Bob who will be **70** years old on December 9th. All the best for a great day. Love and Best Wishes from Judy & Tom, Martin & Michael & Anne-Marie & Denim.

=====

### CALKELD

I wish to thank my loving family and all my friends for the beautiful cards and presents on the occasion of my **80th Birthday**. Thank you all again for a wonderful time. Dorothy

=====

### CARTLEDGE

Happy Birthday Donald for the 4th December. Also wishing you a very Happy Christmas and best wishes for the New Year. You are never far from our thoughts. With love from the Wilson family and all your friends in Dent and Sedbergh.

=====

### LONGLANDS

Congratulations Lois, Ave-Mae on becoming a big sister to Billie Rae. Lots of love and hugs from Nan and Grumps xxxx

=====

### LONGLANDS

Congratulations Bill and Rachel on the birth of Billie Rae on 1st November. Love and best wishes for the future from Mum and Dad xxxx



### LONGLANDS

Congratulations Bill & Rachel on the birth of Billie Rae and also love and hugs to Lois on becoming a big sister. Aunty Rose and Carl and bump xxxx

=====

### MASON

I would like to thank John, family and friends for cards and presents received on my **90th Birthday**. You all made it a very special day. Agnes.

=====

### MIDDLETON

Pippa would like to thank everyone who helped celebrate her christening and made it such a fab day. Also thank you for all her cards, money and gifts x

=====

### BURBIDGE

Happy 6th Birthday Anika on 15th January 2013 from Mummy and Daddy and the guinea pigs.

=====

### DEVINE

Thank you to everyone who has supported me whilst mother is in hospital and for all your concerns for her. Georgina

=====

### PPA

I would like to say a big thank you to all the Private Personal Assistance Team during the very difficult changeover and thank you to all our clients who have been very understanding. Helen.

## PERSONAL & SMALL ADS £1

*A Very Merry Christmas and a  
Happy, Healthy & Prosperous  
New Year to all our readers.*

=====

### **AIREY**

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

=====

### **CAPSTICK**

Nora, formerly of 8 Fell Close and now resident at Brant Howe, Kirkby Lonsdale, wishes all her family, friends and neighbours a Joyous Christmas and a Happy New Year.

=====

### **ALLAN FAMILY**

Ann, Bill, Andrew and Mark would like to wish all family and friends a Happy Christmas and a Happy and Healthy New Year. God Bless.

=====

### **BAINES**

George and Esther want to wish the people of Cowgill, Dent and Sedbergh a Merry Christmas and a Happy New Year 2013.

=====

### **BERRY**

Carl the Window-Cleaner would like to wish all his customers a Very Merry Christmas and a Happy New Year.

=====

### **CAMPBELL**

Maurice and Raymond would like to wish all family and friends a Merry Christmas and a Happy New Year.

### **CAPSTICK**

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

=====

### **COWPERTHWAIT**

Doris would like to wish all her friends and family a Happy Christmas, with Best Wishes for a Happy and Healthy New Year.

=====

### **DAWSON**

Jenny would like to send Christmas Greetings to her family and friends, and all best wishes for the New Year.

=====

### **DOUGLAS**

Gladys would like to wish all her friends and neighbours a very Happy Christmas and a Happy and Healthy New Year.

=====

### **FELL**

Jean and Brian wish everyone a Merry Christmas and a Happy New Year.

=====

### **GIBSON**

Doreen and Terry wish a Merry Christmas and Happy New Year to all family and friends.

=====

### **THE GREEN DOOR**

Everyone at the Green Door would like to wish our customers a lovely Christmas and a Happy New Year.

## PERSONAL & SMALL ADS £1

### HARRISON

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

=====

### HAYGARTH

Doris would like to wish all family and friends a very Happy Christmas and a prosperous New Year.

### HAYGARTH

Brian and Chris would like to wish all their family and friends a very Happy Christmas and a prosperous New Year.

=====

### MACDONALD

To Friends and Neighbours a Happy Christmas and prosperous New Year from Eric and Margaret.

=====

### MASON

Best wishes to all family and friends for Christmas and the New Year. Norman.

=====

### MARTIN

Margaret Martin would like to wish all her friends a very joyful Christmas and a Happy New Year.

=====

### MERRY CHRISTMAS

The Cautley Carollers, Howgills Harmony and Lakeland Voice would like to thank the many people in the Sedbergh area who have supported us throughout the year - and wish you all a Very Merry Christmas and A Happy New Year.

### MERRY CHRISTMAS

Laura, Nigel, Anne Marie & Ben from Grandma & Aunty Georgina.

=====

### MIDDLETON

Steven, Michelle, CJ, Sienna May, Jody and Pippa would like to say a a very Merry Christmas and a Happy New Year to all family, friends and neighbours x

=====

### SKILL

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

=====

### STOKER

Good Health and seasonal wishes for Christmas and the New Year 2013 to all my friends and neighbours. Love and Best Wishes from Evelyn.

=====

### PROCTOR

Eric & Jean would like to wish all friends and neighbours a Happy Christmas and all the best in the New Year.

=====

### SCOBIE

Jim and Joyce would like to thank their many friends and acquaintances for all their support and wish them a Merry Christmas and a Happy, Healthy New Year.

=====

### STAVELEY

Barrie & Mandy wish all family, friends and neighbours a Merry Christmas and a Happy New Year.



## PERSONAL & SMALL ADS £1

### STEADMAN

Garth and Jean would like to wish all our friends and past customers all the happiness that Christmas and the New Year can bring.

=====

### TODD

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

=====

### TOMLINSON

George wishes all his friends a Happy and Peaceful Christmas and every blessing in the New Year and thanks them for their kindness during the past year.

=====

### WOOD

Anne wishes all her friends in Sedbergh & District a Happy Christmas and a Peaceful New Year,

=====

### DOG WALKER REQUIRED

For amiable elderly collie living near Joss Lane Car Park. Please ring 20532 any time.

=====

### FOR SALE

Nissan Primera P11 1.2 spares or repair. Several new parts, exhaust sections, rear callipers, new discs & pads. Slight gear change/box problem. Full MOT from Nove. Time and space will put it back on the road. £320 ono. Contact Walter 07837 386806 or Sed: 21362.

### FOR SALE

Sprite Alpine Caravan. 4 Berth, 1992 v.g.c. £750.00, 12 ft, 12.2 cwt, 4.5 cwt payload. Can be towed by 1600c Car. Mains Electrics. Gas, Mains or battery Fridge, Hob and Grill. Carver Gas fire. Washroom, Porta Pottie. Full Awning. Aqua Roll, Spare Wheel, T V ariel, Wheel clamp, Hitch Lock, Gas Bottle, Excellent storage space. Waste Water container, Car extension Mirrors, Awning Light, Manuals instructions etc. Serial No 90540899. Tel: Sedbergh 21210.

=====

### FOR SALE

New & Never used ! 4mtr Ultimare Bell Tent (Camping with Soul). Great for the family. Can be seen at [www.belltent.co.uk](http://www.belltent.co.uk). New £439, Inner Tent £96. Sale price of £350. Contact Walter 07837 386806 or Sed: 21362.

=====

### FOR SALE

Two Seater Settee £20. Tel: 20744.

=====

### FOR SALE

3 Cycles. 1x 16" spiderman design - excellent condition. 1 x 16" - Blue ridgeback, 1 x 20" - Emelle volcano - with gears, £20 each ono Tel: 07919 152526

=====

### FOR SALE

Canon Selphy stand alone Photo Printer. No computer required, simply insert your media card and print off your selected photos. As new. £40. Tel: Sedbergh 20980.

PERSONAL & SMALL ADS £1

**FOR SALE**

Aspen 50 Beko Gas Cooker with eye-level grill and 4 rings. As new £200. Priline Fridge with small freezer box. Sits on worktop. As new £20. Thule Pacific 200 roof box. Car/people carrier - fits either. As new £150. Tel: 07719 627500.

**FOR SALE**

Electric recliner chair. Nearly New £150. Tel 07769-718103.

**FOR SALE**

3 x 10 metre Slotted Drainage Pipes. Surplus to requirements. At less than half of cost price £60. Tel. 21994.

**FOR SALE**

Lec Fridge/freezer £50 ono. Lec Fridge £25 ono. Cannon Gas Cooker black & silver £75 ono. Double bed with Brass Headboard £100 ono. Single bed with Brass headboard £50 ono. Tel: 015396 25346.

**LAKELAND VOICE**

wish all our singers and supporters  
A Very Merry Christmas.

*Join us at the*

**CEILIDH**

**7pm Saturday 1st December**

Dent Memorial Hall

or in our free pub carol singing sessions in  
Dent, Rydal and Sizergh.

See website for details:

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

or Tel: Sedbergh 21166

**SEDBERGH TOWN BAND**

Conductor:- Alan Lewis

**CHRISTMAS  
CONCERT**



**St Andrew's Church**

with

**Father Christmas**

**Mulled Wine & Minced Pies**

7.45 pm Tuesday 4<sup>th</sup> December

Admission £6.00 (Children £3.00)

Tickets from:

Green Door, Premier, TIC and band members

Sedbergh Town Band is a registered charity. No 1086817

**THAI BUFFET**

**Saturday 8th December**

Duo Café Bar & Bistro

Sittings at 6pm & 8pm

Tickets £14 per person



**THAI PARTY MENU**

available for groups of 10+  
in Duo from November to January

015396 20552

[www.duo-sedbergh.co.uk](http://www.duo-sedbergh.co.uk)

**Barbon Inn Quiz Nights**

8:30pm

every first Sunday

*in Aid of North West Air Ambulance*

**Sunday 2nd December**

*Special Christmas Quiz*

**Sunday 6th January**

*New Year Quiz*



### EMILY'S THANK YOU FUND

Following our fundraising for The Children's Heart Unit at Newcastle's Freeman Hospital, we are delighted to say that on Tuesday 13th November we presented the staff on the Children's ward with a cheque for £10,350, a fantastic amount which could not have been raised if it was not for the generosity & support of family, friends, the community & local businesses, we would like to express our sincere thanks & gratitude to you all.

The money raised is being used to purchase a portable ventilator, humidifier & an infusion pump, which will be used on the Paediatric Intensive Care Unit where Emily was cared for following her surgery.

There has recently been a review of Children's Services in the UK which went on much longer than anyone had anticipated, however the decision has been made that Cardiac surgery for children will continue at The Freeman, which is great news. We decided to hold back our fundraising money until this decision was made.

We hope the equipment & money raised will continue to allow the wonderful team at The Freeman care for those children who require their expertise as our daughter Emily did, we would also like to take this opportunity to thank all those people who supported us in the time following Emily's operation, she continues to do well and is a happy, healthy little girl.

*Martin, Helen, Edward,  
Molly and Emily Smith*

### SEDBERGH SCHOOL CHORAL SOCIETY

*present*

Highlights of Handel's **Messiah**

John Rutter's **Gloria**



**Kendal Parish Church**

7.30pm



**Saturday 8th December**

Tickets £10/£8 concessions

available from

[www.sedberghschool.org/boxoffice](http://www.sedberghschool.org/boxoffice)



SEDBERGH & DISTRICT

## HISTORY SOCIETY

Wednesday 5th December

**The History  
of your House**

*Katy Iliffe*

Wednesday 16th January

**To Kosovo  
Journeys in Time**

*Judith Robinson*

All meetings in Settlebeck 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

CAUTLEY & GARSDALE CHURCH

## COFFEE MORNING

Wednesday 12th December



10am to noon  
URC Rooms

Usual Stalls & Raffle  
*as well as Christmas  
Goodies & Gifts*

### DENT PARISH COUNCIL

The November council meeting discussed the future management of the playing field, after this year's wet weather had made regular maintenance difficult. The meeting also discussed using the car park site for next year's Music and Beer Festival, where again this year's weather had caused problems. Full minutes of the meeting will shortly be published on the parish council pages of [www.dentdale.com](http://www.dentdale.com) as well as being available as a hard copy from the Parish Clerk.

#### Music and Beer Festival

Bob Dobson came to the council meeting to report the progress on the retrospective planning application for the short gravel track at the bottom of the car park which the Music and Beer Festival Committee had drafted. The council agreed to take on the task of completing the application and submitting it to the National Park.

The Music and Beer Festival Committee also asked for permission to hold the 2013 festival on the car park site. Concern was expressed about whether the site would be dry

enough to hold it, but the council agreed in principle to support this request subject to certain conditions being met. These included the Music and Beer Festival committee giving a presentation to the parish council at its March meeting about the management plan and strategy for the event, and a final decision being taken at the end of March on whether the condition of the ground would support the festival.

#### Playing Field

The council considered a report from a group of members who had been reviewing the present and future management of the playing field. Because the playing field is an amenity for the whole community and not just sports teams, it was agreed that the council should pay for the field's running costs rather than expect it to be self-financing, although it would continue to seek external funding for any major expenditure. The council greatly valued the commitment of volunteers to numerous maintenance tasks and felt that as well as reducing costs, this tradition reflected the importance of

TO LET (or for sale)  
3 / 4 bedroomed house  
Central Sedbergh  
South facing, open views  
Newly refurbished  
tel. 0781 2024725

the field to the community.

Following the problems with grass cutting this year, it was also agreed that in future ground maintenance should be undertaken to a reasonable standard comparable to that achieved prior to the 2011/12 season.

#### **Mobile Phone Signal**

As reported last month, interruptions to the mobile phone signal have been giving rise to concern, particularly from the First Responders who rely on it for communication. At the time of the November meeting, no reply had been received to the letter of complaint the council had sent to the Chief Executive of Everything Everywhere (formerly Orange), and there had been no evidence of work to cure the fault at the mast site in Dent. It was agreed that if no response was received within a fortnight, a further complaint would be made and Tim Farron MP and Ofcom would also be informed of the issue.

#### **Killington Wind Farm**

The council considered the application to SLDC by Banks Renewables for the siting of three wind turbines on land to the north of Killington reservoir. Although Dent PC is not a statutory consultee, members agreed to write to SLDC to oppose the planning application on the grounds of the adverse visual impact of the turbines on the landscape and the detrimental effect on tourism and the local economy.

#### **Electric Bikes**

The council heard that SLDC Councillor Nick Cotton, who has obtained two electric bikes which are

### **WINTER CAFÉ CONCERT**

*featuring*

#### **SEDBERGH ORCHESTRA**

PEOPLE'S HALL

**THURSDAY 13<sup>th</sup> DECEMBER**

DOORS OPEN 7.45pm

MUSIC BEGINS 8.00pm

Tickets from

ORCHESTRA MEMBERS

015396 21196 or at the door

**£6.00 18 & UNDER FREE**

to include a

GLASS OF WINE/SOFTDRINK  
& NIBBLES

*Sponsored by Sedbergh Peppercot Club  
The proceeds will be shared between  
the People's Hall Redevelopment Fund &  
the Alison Armstrong Peppercot Fund*

being used for promoting the Yorkshire Dales, has offered to bring them to Dent for council members and business owners to trial. The council agreed to accept the offer and details will be publicised shortly.

#### **Next Meeting**

The next meeting will be held at 7.30pm on Monday December 3<sup>rd</sup> 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  
Parish Clerk: Andy Stephenson  
Tel: 21487 dentparishclerk@live.com.*

## **Pie, Pudding & Dominoes Night**



Killington Village Hall  
7pm

**Friday 14th December**

Tickets £6 adults U16 £3

*Includes Supper*  
available from

Committee or 015242 76496



### **COUNCILLORS CORNER**

*Cllr Evelyn*

Following Councillor Ian's description of how the Overview and Scrutiny process works at South Lakeland District Council I took the chair for the first time at the November meeting of the Communities O & S Committee. The agenda covered a typical spread of issues. We grilled the Housing Portfolio Holder on a number of topics including the operation of the Choice Based Lettings System for social housing, standards and specifications for social housing and the new Empty Homes Loans Fund. I asked some probing questions about the Handyperson Scheme which provides such services as fixing handrails in disabled people's properties. It has been outsourced to a private company in Barrow and I have received complaints from both Sedbergh and Dent about its tardiness.

The committee also considered a report from the Grants Task and Finish Group which recommended new criteria for awarding grants to

outside organisations. It then examined a report on the trials of new car parking tariffs at some car parks in the district (though not Sedbergh as our car parks are managed by the Parish Council).

In the ward I have been investigating some of the problems that residents are experiencing now that the NHS is concentrating services not in the centre of the district, but on its periphery. Recently a Dent family waited an hour for an ambulance which had been dispatched from Barrow. No doctors are now based at the Helme Chase Maternity Unit at the Westmorland General so most mothers-to-be have to go to the Royal Lancaster Infirmary, which when stretched transfers patients all the way to Barrow.

*Cllr Nick*

As the most recently elected of the team of District Councillors covering the Sedbergh & Kirkby Lonsdale ward, I approached the whole process with an open mind as to how one goes about becoming an effective councillor. How does one

## **Stephenson & Wilson**

15 Fell Close, Sedbergh LA10 5AP

### **General Builders**

Plastering ~ Roofing ~ Extensions  
Fire Places Fitted

Paul Stephenson  
015396 21557  
07810 595543



Tom Wilson  
015396 20954  
07790 946578

EST. **SEDBERGH • MARKET** 1538  
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learn to do a job for which there is no advance training? Clearly it helped being a Town Councillor at Kirkby Lonsdale and understanding the way that agendas are prepared, meetings are run, business is discussed and, with a fair wind, results are achieved. But as I moved up one rung of the ladder I understood more clearly the interplay between the three strands of local government: parish council, district council and county council.

As far as I can see, at parish level there is a huge repository of knowledge, what I call the nuts and bolts of local affairs. At parish level people know about individual properties and businesses, streets,

lanes, footpaths, farms and fields; they know the history, they know how the place changes on a market day or a weekend, in summer and winter, they know where streams and rivers flood and where ice can be treacherous in winter, where drains are blocked or where there are potholes. But Parish Councils have a small budget and very little power and rely on District and County Councils to bring solutions to problems they have identified.

At District and County level the councillors must try to make the most of this local knowledge to pull on the right levers wherever possible to ensure that problems are resolved.



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The councils are divided into members (the elected councillors) and the officers, much as at Westminster there are MPs and there is the civil service. To get something done it may be necessary for us to talk with a Portfolio holder (similar to a Cabinet member at Westminster) or with an officer (like the Civil Service) who can offer a solution or information about the issue at stake. Most of this is done quite informally with phone calls and emails and it is useful to build up good relations with people who can make things happen.

So, back to how one tries to become an effective councillor, I have realised that there is no linear pathway to achieving some Platonic ideal. You do

what you can, in the way that suits your character and the time that you have available to do the job. Some people are very effective within meetings, some prefer to work one to one by phone or email. Both can be effective and if democracy works properly the problems identified at parish level are communicated upwards and a solution is achieved with this local knowledge right at its core.

*Cllr Ian*

A number of Yorkshire Dales meetings I have attended recently have had the issue of Ash die-back high on the agenda. The National Park contains a high volume of this species and there is no doubt that if a

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significant number of them were to succumb to the disease it would have a major impact on the appearance of the landscape and biodiversity generally as apart from being an attractive species in their own right they in turn provide a habitat for birds, insects and a multitude of plant and benign fungus life. There appear to be two main sources of the disease: wind-blown infestation from the continent (which is probably impossible to guard against) and the importation of young saplings into the country largely from Scandinavian countries which were grown there largely from an English seed base that was sent over there by us in the

first place. Difficult to believe but apparently true! This definitely *could* be guarded against and it beggars belief that we do not have the resources in this country to bring on our own seeds. I can't help feeling that DEFRA has been remiss here both in not cautioning against the dangers and also for not putting preventative measures in place sooner. However we are where we are, and the policy that looks like being adopted nationwide is to destroy the saplings by burning and leaving the older trees in place in the hope that they will develop a natural immunity. There is evidence both from Sweden and Denmark to

indicate that this may well happen in some cases though Denmark in particular has already lost 90% of its Ash stock. We must be prepared for the worst. If in the meantime anyone spots signs of die-back on Ash trees please report this immediately to the National Park Authorities or let me know. You will also find the Forestry Commission website at [www.forestry.gov.uk/chalara](http://www.forestry.gov.uk/chalara) informative and a new App and website at [www.ashtag.org](http://www.ashtag.org) for reporting diseased trees. There is even more bad news however in that many other species of trees are also threatened with different forms of either fungal or insect attack which includes Oak, Horse Chestnut, Larch and Juniper. We all know what

happened to the English Elm decades ago and it is vitally important that many of our other species do not go the same way.

Another Yorkshire Dales matter I have been involved with recently is the Dales Countryside Museum at Hawes. In my capacity as Member Champion for Promoting Understanding of the National Park (which remit also includes the National Park Information Centres) I have been party to a Report proposing the further modernisation and updating of the Museum to better present its exhibits to the public. I was astonished when I first went around the Museum how comprehensive a collection it



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*Interviews will take place on Thursday 13<sup>th</sup> December 2012*

contained illustrating the many and varied facets of Dales life from the very earliest times to the present day. Admission at £4 (with concessions and free for children) is very reasonable and makes a perfect day out from Sedbergh combined perhaps with the Creamery (Wallis and Grommit overtones) and the added attraction of the Market and some excellent High Street shops not to mention walks in beautiful Wensleydale – for my money one of the most beautiful Yorkshire Dales – next to Dentdale, of course!

It is that time of the year again, so it only remains for me on behalf of the Lib Dem team to wish all of our readers a wonderful Christmas and

New Year and to thank you for your support throughout the past twelve months. We try to offer the best service we can as your local District Councillors but without your help and assistance that would not be possible. So many thanks again.

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

*Evelyn Westwood:*

*e-mail [evelyn@markwestwood.co.uk](mailto:evelyn@markwestwood.co.uk)*

*Tel. 015396 20148*

*Ian McPherson:*

*e-mail [ianmcpherson24@hotmail.com](mailto:ianmcpherson24@hotmail.com)*

*Tel. 015396 20648*

*Nick Cotton:*

*e-mail [red.pedal@virgin.net](mailto:red.pedal@virgin.net)*

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This Team Leaves It Clean

## **COUNCILLOR CORNER**

### **POLICE AND CRIME COMMISSIONERS:**

Last week Richard Rhodes was duly elected as the first Police and Crime Commissioner for Cumbria. I was there in July where he was first selected as Conservative candidate and what an excellent candidate he has proved to be. At a meeting of county council late last year I was one of about four councillors who supported the change against 70 who did not. I also see that on the Westmorland Gazette website support for PCCs runs at 6%. This innovation might not be popular as yet, but unlike elected mayors. I am absolutely sure it is a change in the

right direction.

Part of the background discussion over the election period has concerned the concept of being "Independent": many people wanted a PCC who was "Independent". What this means is not always clear and at least some of those residents of North Wales who voted for the successful "Independent" did not realise he was a current card carrying Lib Dem. When I was first elected as a member of South Lakeland there was regular gossip that at least one "Independent" belonged to the Labour Party and that another paid a sub to the Lib Dems: those examples never seemed right to me. I can see no problem with a change of allegiance

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either by choice or where the whip has been removed but the electorate generally assumes that the change will last longer than the election period. I do think they are entitled to be told if that is not likely to be the case.

**LOOK AFTER YOUR BANKING DETAILS:**

Whilst those emails which explain how you have been left \$6,000,000 are always annoying with a little bit of care they tend to be harmless. In a similar vein, a couple of years ago a councillor colleague was taken for £900 by an "Inland Revenue" scam. I also know of one local business which could have become the victim of a fraud had it not been for the eagle eyes of a bank teller. Well, in the last couple of months someone has set up a full set of accounts in my name, not here in Sedbergh and not with my own bank, leaving me completely baffled. After a LOT of hassle we think I have been the victim of some sort of identity fraud although we don't know what exactly. I have lost nothing apart from some sleep and would like to put on record my thanks to the staff at Barclays Bank in Sedbergh. I mention this because it is just as well to be aware that this sort of thing is happening, even here.

**COUNCIL TAX FREEZE:**

In last year's elections the Lib Dems ran several leaflets which contained the statement that I had not supported a council tax freeze – a lie for which I have yet to receive an apology. For the avoidance of doubt

the Conservative Group on the county – I cannot speak for the district, at the moment – will be proposing that the council tax freeze continues for a fourth year.

**KILLINGTON WIND FARM PROPOSAL:**

I have attended two public meetings called by opponents to Killington Windfarm, both moderately well attended. The case against windfarms in general is not a difficult one to rehearse and as I have written here before the case against the Killington proposal is particularly strong. I suspect that many residents of Sedbergh assume that like Lambrigg, whilst it will be very visible from the road to Kendal it will not be seen from the town. Emphatically that will not be the case – there will be very little of the Rawthey valley where these turbines will not be fully seen. This is an exceptionally harmful proposal.

Merry Christmas and a Happy New Year

*Councillor Kevin Lancaster – 015396  
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## **DISTINGUISHED SENIOR CITIZENS**

*(The first article about interesting and useful lives led by some older people living in our part of Cumbria. A sequel to my earlier series on "Distinguished Octogenarians" published in "Lookaround" exactly eight years ago.)*

Hidden away in a remote and beautiful valley in the foothills of the Pennines is an elegant dwelling known as Needle House. It lies close to a stream which was once the boundary between Westmorland and Yorkshire. Further back in the past, may even have been the boundary between England and Scotland. This is the home of Dr Helga Frankland, who, at the age of 92, still lives in the

very house in which she was born.

Most of the surrounding woodlands were planted by her father.

Helga proudly defines herself as a northerner. She was not at all tempted by offers to go to London to further her career. Born at Needle House in the year 1920, her paternal ancestors were all scientists. Her grandfather, Percy Faraday Frankland (named in part after his godfather the famous scientist Michael Faraday) probably came to Ravenstonedale towards the end of the nineteenth century, clearly liking it sufficiently to bring his young wife and son of around four years there about 1888. Around 1909, he bought Newhouse, a 25-acre-farm in Fell

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**Happy New Year**



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End. The Franklands seemed to be obsessed with Scandinavia and this is an area with many Viking names (Stennerskeugh, Ellergill, etc). In 1910, Percy Frankland was also able to buy Needlehouse, the next farm up the dale and also Uldale farm. The professor's "farming" was his recreation from academic work. Helga's father, Edward, also a chemistry lecturer, was advised, shortly after his marriage to Maud Metcalfe-Gibson of Coldbeck House, Ravenstonedale, to give up his academic career because of a health problem, and live in the country as a farmer. He took over Needlehouse from his father, and Helga and both her brothers were born there.

She remembers her early life on the farm. She had no formal schooling until the age of eight. Her informal education began in the oak-panelled

drawing room at Needlehouse, where she would copy her father's fine copperplate script. At the age of eight, she went from Monday to Friday to live in Hart House at Sedbergh where she shared the governess of Helen Browne, daughter of the then housemaster. Helen's mother had been at Balliol School, Sedbergh, with Helga's mother, and they had become friends. The governess taught Helga some fundamentals of music, and she and Helen grew to love folksongs. Then at 11 both were sent to a school in Bowness – a brutal place, cold, cruel and cliquish. This did not last long. Soon they were back in Sedbergh having private tuition from their fathers and others. Eventually Helga went as a boarder to Howell's School in Denbigh where she settled happily.

At the age of 17, Helga met Adolf

*A baby, toddler and children's*  
**DIY NATIVITY**

Christmas Eve, 2pm at the URC.

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 Every child wanting to join in will be in the Nativity,  
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Hitler – not personally, but she was in Munich in 1938 where she witnessed his triumphant return to Munich after he had marched into Austria. She had gone to Germany to improve her German, staying with a German family at the time of the rise of the Hitler Youth. She felt she was expected give a Nazi salute when the Fuhrer rode past in an open car. She managed to avoid doing this, despite the bullying behaviour of the SS. People did not seem to comment on political matters as Nazism grew and she witnessed the enforced loyalty of the German people.

Hitler's impact on her life did not stop there. Helga would have been a chemist like her forefathers, but, when war broke out, she was called back from St Andrew's University at the end of her first year to work on her father's upland farm as a Landgirl. It was at this time that she realised the absolute importance of farming with Nature, gained her strong interest in conservation and became a biologist.

After achieving her Doctorate, she

worked as a Zoology lecturer at what was to become Keele University, and then at the Glasgow Agricultural College. She was again called home, this time to look after her father who was terminally ill with cancer at Bowber Head. A post involving the management of woodland was advertised at the Merlwood Research Station at Grange which led to Helga's being appointed as the first Deputy Regional Officer for the North England Nature Conservancy Council. Three years later she became Regional Officer with responsibility for all conservation work in our region and the selection of sites of special scientific interest. This led to the creation of National Nature Reserves, subsequently joined by the Wild Life Trust Reserves. A framed certificate in her home gratefully acknowledges her 50 years of dedication to the Cumbria Wildlife Trust. All those of us who love nature owe an enormous debt to our distinguished local resident, Dr Helga Frankland.

*George. D. Handley*



## NEWS FROM THE PEWS



It has been a busy time in the life of St Andrew's recently and there is no sign of it slowing down in the foreseeable future.

The end of the interregnum is in sight as on 9<sup>th</sup> November a new vicar for the parish was selected and will be taking up his post with us sometime in the early part of next year. As I write we cannot make an announcement as to his identity or even when he will move here until all the i's are dotted and the t's crossed.

Our usual November giant brush

and dust up in church was a job well done by lots of willing hands for which we are very grateful. Layers of dust left by the builders who had been replacing damaged stone in the Lady Chapel window was not for the faint-hearted. Sean climbed up high with a brush and dustpan whilst Adam and Emma got to clean places untouched by human hand for many a long year!

Remembrance Day is always a special day in the life of Sedbergh. The names of the fallen from Sedbergh and District in both World Wars were read out by Grace and Luke, young members of BoF (Barrel of Fun). It is good to see young people attending and joining in this special service.

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Father Christmas made his first visit to Sedbergh on 17<sup>th</sup> November, stopping off to spend time with us at the Christmas Fair. He had some very helpful elves and fairies from Chameleons and BoF, some kind fairies even helped us to clear up when the last visitor had left. A most enjoyable, busy day which made a marvellous total of £2569. A sincere "thank you" to everyone who helped us in any capacity either before, during or after the Fair; we could not have done it without you. Fundraising days not only bring people together but also are vital to the income of the church. We cannot imagine the centre of Sedbergh without this lovely old church. Like all buildings we cherish it has a big mouth to feed. Repairs to the fabric are of primary importance to keep St Andrew's in the best condition we can. Heating it in the winter months is a costly exercise but one we feel is necessary to keep the damp at bay and thus protect the fabric. The funds from the Fair will help towards these costs and help preserve our parish church for future generations.

As Christmas draws closer we look forward to the season of Advent. Advent Sunday is 2<sup>nd</sup> December, a historic day in the parishes of Sedbergh Cautley and Garsdale as we leave the Diocese of Bradford and join the Diocese of Carlisle. The choir is already practising carols for the Advent Carol Service at 6.30pm on the 2<sup>nd</sup>. Do come and join us. Likewise for our special Service of Celebration on Sunday 9<sup>th</sup> December



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at 2.30pm (no other services that day in our churches). The Bishop of Carlisle will be joining us and others from around the Carlisle Diocese to herald our entry into a new phase of our church life.

Christmas themed flower arrangements will be in place when the Town Band holds their annual concert in church on Tuesday 4<sup>th</sup> December. The flower displays are a new venture by the Chamber of Trade who has invited local organizations to

participate and form part of the town's Late Night Opening celebrations the following night, Wednesday 5<sup>th</sup> December. As always the church bells ring at 6pm to herald the beginning of Late Night Opening. We shall be ringing for this and all the other occasions but may need to bring ringers in from other towers. Due to health problems four of our loyal band of ringers are now unable to ring with us and we do not know when they will be back in action. This leaves us very short on numbers to ring regularly. Some of you may have noticed the odd quiet Sunday morning without the sound of bells ringing out?

We have a super ring of bells and

want to keep up our tradition of ringing before services on Sunday mornings and all other occasions too, both for the church and the town. If you have previously learnt to ring please consider returning to the art. Perhaps you have thought you might like to learn to ring? We can teach you. My telephone number is 015396 20754, I should be pleased to hear from you...soon!

On Christmas Eve at 6pm the children will be giving us their version of the Nativity to which everyone is invited. Do join us for one of the Christmas services.

We look forward to welcoming you and wish you all a Happy Christmas.

*Susan Sharrocks Warden*

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## **KILLINGTON WIND FARM**

*Open letter to Sedbergh Parish Council regarding the proposal by Banks Renewables to construct a Windfarm at Killington Lake.*

I write as the Chair of the Public Meeting arranged by STAK (Stop Turbines At Killington) Organising Committee, which was held in the People's Hall, Sedbergh on Wednesday 14 November 2012. The meeting was given the facts about the Banks proposal to build three wind turbines at Killington Lake beside Junction 37 of the M6, as stated in their leaflets, brochures and website. This was followed by a factual analysis of the proposal. There was an opportunity for all to express their

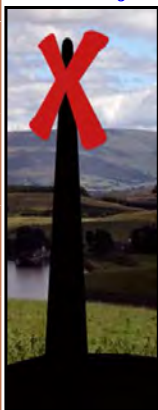
views in the discussion and later to indicate their preference in a secret ballot. The result of this was that were none in support, that none were undecided and that 78 persons were against the Banks proposal,

The points made from the floor included:

1. The significant visual damage on the landscape.
2. The proposal fails to represent the visual impact along the extent of the paths and bridleways leading to the popular viewpoints in the area by seeking only to consider the viewpoints themselves.
3. The close proximity of the proposal to the Yorkshire Dales

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### **Object to SLDC *NOW* about the Killington Wind Farm proposal**



Look at the monitoring mast – it is enormous ...

The turbines will be more than half as high again,

- \* *visible from Sedbergh and far beyond,*
  - \* *dominating the roads near the Lake,*
  - \* *three rotating blades on skyline as you leave Sedbergh.*
  - \* *have you seen the red light on the mast at night?*
- and that is only the height of the hub.

**Businesses are worried, as it is well known that wind farms put off visitors who love the fells and views.**

**HOW TO OBJECT:** SLDC Reference: SL/2012/0845

Give your name & address and write 'objection'.

e-mail to: [development.management@southlakeland.gov.uk](mailto:development.management@southlakeland.gov.uk)

or,

Use the direct link to SLDC on the STAK website, [www.killingtonwindfarm.co.uk](http://www.killingtonwindfarm.co.uk)

or,

Post to: Mr Barry Jackson, Planning Dept, SLDC, South Lakeland House, Lowther St, Kendal, LA9 4DL

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

- |  |  |
|--|--|
| <p>National Park, which would bring it within 800 m of the proposed new boundary.</p> <ol style="list-style-type: none"> <li>4. The effect on the economic well being of the businesses in the area. (A Scottish survey was cited indicating the reluctance of tourists to visit a landscape populated by wind farms.)</li> <li>5. The disturbance to the ground geology and hydrology, which would leave an undesirable legacy for future generations.</li> <li>6. The disruption of bird migratory routes and the resulting significant attrition rate (kills).</li> <li>7. The contrariness of the proposal in direct confrontation with the past unanimous views of</li> </ol> | <p>councillors in both the Cumbria County Council and South Lakeland District Council against any further wind farms in the county.</p> <ol style="list-style-type: none"> <li>8. The number of turbines operating (about 4,035), those already consented and those in the planning system are sufficient to provide the power generating mix sought by Government (coal, gas, nuclear, wind, wave, solar). (As other proposals are likely to come forward in less sensitive positions, the Killington proposal is unnecessary.)</li> <li>9. There were some exaggerated claims made by Banks in respect of generated kWh, homes served</li> </ol> |
|--|--|

## To all our Sedbergh Clients

Join us for a glass of mulled wine and a mince pie at Cafe Duo on Main Street at the Christmas Late Night Opening on Wednesday 5th December 6-8pm




**Hayton Winkley Solicitors**

and CO2 offset such that the deficits outweigh the benefits.

In conclusion the power likely to be generated is tiny compared to the major sacrifice that the Community of Sedbergh would make to the common good. The ballot taken indicates that in the spirit of Localism the wishes of the local Community should take precedence in this case. STAK respectfully asks that the Sedbergh Parish Council reflect the wishes of the Community and as a statutory consultee that they will oppose the application.

*Dr Gina Barney*  
*Chair of the Public Meeting*  
*Member of the STAK Organising*  
*Committee*

Note: a small number of people were unavoidably unable to attend but felt strongly that they wanted their views to be included and they sent in signed voting slips, which were accepted by the Chair.

### **KILLINGTON WINDFARM**

#### *Public Meeting*

A Public Meeting in the Peoples Hall on Wednesday 14 November 2012 was very well attended, and gave people the opportunity to learn more about the Killington wind farm proposal.

While enjoying light refreshments people were able to look at an exhibition, which reminded all of how beautiful this area is. Photo montages



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showed what it could look like if the turbines were to be built. Also on display were the full planning documents submitted by the developers, Banks Renewables – two very bulky tomes that must have needed a trolley to get them into the Hall!

The meeting was chaired by Sedbergh resident Dr Gina Barney, who first outlined the facts about the Banks scheme, as given in their leaflets, brochures and website. This was followed by a presentation titled “*Should we oppose the Killington wind farm?*” by Dr Mike Hall, the President of FELLs (Friends of Eden, Lakeland and Lunesdale Scenery). A lively discussion ensued, with many

pertinent questions from the audience.

The massive turbines, among the tallest on-shore in the country, would have a huge impact on the landscape, as shown by the developers own maps. This would be particularly felt by regular users of the A684 when travelling from Sedbergh to the M6, when the turbines would increasingly dominate the view for the last mile or so. Vehicles would pass almost at the foot of turbine 3, which at over 400 ft high and also on the top of a hill would appear simply gigantic. Similar effects would be experienced from the Old Scotch Road, the road from Old Hutton which actually passes right through the middle of the

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site, and of course from the M6 where thousands of people travel every day.

Parts of all 3 turbines would be seen from many areas of Sedbergh and beyond. They would be visible on the skyline over the ridge of Firbank Fell, which at present forms a pleasing natural backdrop to the view from the A684 as it leaves Sedbergh.

The cumulative impact of the Killington wind farm together with Lambrigg and Armistead, would be too great. The threat to this area between the two National Parks was demonstrated by the list of fourteen other wind farm developers, besides Banks, who were, or had been, surveying the area.

Thousands of people a year visit

Sedbergh and the Western Dales because of their beauty and tranquillity. Would three enormous turbines give the desired welcome to visitors as they leave the M6? Walkers in the Howgills and along the ridge of fells towards Kirkby Lonsdale would have the turbines constantly in sight. Nothing should be done to detract from the enjoyment of those who travel from afar to enjoy our wonderful landscape.

We heard that planning decisions were always about a balance, between benefits and disadvantages. Banks claims of a saving of 14,000 tonnes of CO<sub>2</sub> annually were disputed since they took no account of the conventional power stations having to

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be kept readily available for the 90 days a year when there was no wind at all. Moreover it was a drop in the ocean compared with the 4,800,000 tonnes of CO<sub>2</sub> that is produced from the coal mined annually by Banks in their open cast mining operations in the North East.

The detrimental effect of the turbines on bird activity on Killington Lake was also discussed. Lakes always attract birds, and Killington and adjacent Lylmere are the only significant areas of freshwater in south east Cumbria, and in addition are on an important migration route through the Lune Gorge. The developers own calculations estimate that 114 birds annually will be killed by collision with the turbines. It was pointed out that this could be a considerable under estimate, due to obvious deficiencies in their survey methodology. It is well recognised that the Killington route is important for migrating ospreys, and birds of prey are particularly susceptible to collision with turbines.

A passionate plea was made from the floor for us all to fight for our beautiful landscape, and urging that businesses especially, on which so many local people depend, should take action now and send objections to SLDC. A survey on the economic aspects of tourism had shown that over 40% of people would not visit places of beauty if wind turbines were built. Furthermore, we heard from the proprietor of a local guided walking company, who said that industrial turbines were not what his clients wanted to see, and they would take

their custom elsewhere.

Another member of the audience brought up the divisive issue of community funds offered by wind farm developers. Since groups had to apply for these **before** the SLDC planning meeting, it was agreed that they would inevitably result in a '**buying off**' of potential opposition to the wind farm - human nature would mean that people would not then think it right to object. This was a distortion of the planning process. Approval for development should not be bought

At the end, in a break for further refreshments, all present were invited to give their opinion about the wind farm in a secret ballot. The result was then announced of unanimous opposition to the wind farm (78 votes), with none for, and none undecided.

On behalf of STAK

*Tanya Hoare*

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## **KILLINGTON WINDFARM**

### *Update*

For those still making their mind up on the Killington wind farm application, I thought you may be interested to hear what Killington and New Hutton parishes have had to say about the application. These are the two parishes where the turbines will be located.

In Killington, all parishioners were invited to vote on the application. Out of a total of 122 on the 2012 electoral roll, 77 replies were returned. 42 voted for the application, 28 against and 7 were undecided.

New Hutton Parish Council considered visual, noise, cumulative

and economic impacts and concluded that none of these would be unacceptable. The Parish held a public meeting to discuss the application and only 5.6% of the electoral roll attended from which they have concluded that "there is not a strong feeling about the proposed development". They go on to say that they "can think of no better site where a wind farm could be located than at Killington because it would have a minimal impact on the environment" and that they "wished to offer no objection to the planning application"

I believe these two responses show a clear level of support amongst those people living nearest to the site

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and I hope that other local residents will support these two communities now that they have made their feelings clear.

Encouraged by this show of public support, we are progressing our plans for delivering faster broadband to homes and businesses near the wind farm. We are about to commence a month long trial where around 20 homes will be equipped with a new 3G-based broadband system. If we achieve the download speeds we are hoping for then this technology could be rolled out to hundreds of properties in the area if the wind farm is approved.

If you are a supporter of wind farms

and want to see the Killington Wind Farm go ahead then please send in your comments to the council. You can e-mail [development.management@southlakeland.gov.uk](mailto:development.management@southlakeland.gov.uk)

or write to Barry Jackson, Planning Officer, SLDC, South Lakeland House, Lowther St, Kendal, Cumbria LA9 4DL. Make sure to quote the application number **SL/2012/0845**.

If you have any questions about the Killington Wind Farm or the planning process then please don't hesitate to contact me on 0844 209 1515 or [barry.grimes@banksgroup.co.uk](mailto:barry.grimes@banksgroup.co.uk)

*Barry Grimes*

*Development Relations Coordinator  
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## ENERGY SOLUTIONS

### Hot Water and Space Heating

The cost of electricity and gas is due to increase this December. This makes it even more important to manage energy consumption and reduce costs. For a family living in a 3 bedroomed semi-detached house spending on hot water and space heating are likely to be £800/year. If you rely on electricity or oil for your heating then your costs could easily be double this figure.

Of this £800, space heating probably accounts for 75% or £600 and hot water 25% or £200.

The key to reducing space heating costs is insulation and air tightness. The German Passiv house concept

and now a bench mark for energy efficient living is a well-insulated house and one that is air tight. Relatively easy for a new build but more challenging as a retro-fit project. However significant gains can be made with the right investment. Loft insulation is an easy one and most people will have 2-300mm of insulation in their loft space. Current regulations to meet document part L for energy efficiency require a minimum 250mm of insulation. However, how many people have insulation in their intermediate floors, internal walls or external walls. These are harder to do but significant gains can be made by giving these areas some attention. An insulated



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intermediate floor, 20 square metres, will reduce your heat losses by 282 watts/hour and this can save £40/year. An insulated external wall of 10 square metres can reduce your heat loss by 200 watts/hour a saving of £30/year. Replacing a single glazed window for double glazing is another way to reduce costs and improve comfort levels. A 1.5 square metre double glazed window will save 40 watts/hour or £6/year over an equivalent single glazed model. Multiply this figure by the number of windows and it's easy to see how larger savings can be made

Internal insulation for external stone walls is a relatively new concept but worth considering. It will reduce your

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floor area by 50 – 75mm and radiators, electric sockets, switches and skirting will need to be repositioned but the benefits are reduced heat loss and more comfort. If it is a room that has high usage like the kitchen or lounge then the benefits are increased. There are some very good products and systems on the market that are designed specifically for this job so that possible problems like condensation and thermal bridging are avoided

Air tightness is another source of heat loss that is worth some attention. Air exchange or reheating cold air coming into a room as a result of air leakage uses as much energy as heat losses through the fabric of the room. Doors and windows are obvious places to look for draughts. Letter boxes, cat flaps, key holes are another. Sealing floor boards, gaps round skirting, internal doors. It only takes a small hole to leak a lot of air. Air leakage can account for 250 watts/hour or £36/year of heat that is escaping. This air leakage figure is in addition to air ventilation for normal

healthy living.

We've briefly considered insulation and airtightness but what about how the energy or heat is delivered where you need it. Traditionally central heating was a whole house heating package, that included a centralised thermostat and a timer so the whole house could be heated in the morning and evening during the week and longer periods at weekends. More recently it has been current practice to install thermostatic radiator valves so that each room can be adjusted to a different temperature. So for example a bedroom thermostat could be set lower than the lounge and a room that is unoccupied a lower temperature again. This provides a

fairly limited means of control but all rooms would still go on and off at the same centralised time. So if you went out one evening the house heating would still come on for the set period of time. Heating the house with nobody at home is obviously not a good idea but how many times does this happen in practice. More recently controls have been developed to give the home owner a much greater level of control. Zoning is now part of building regulations post October 2010 for all new houses so that the upstairs and downstairs can operate at different times and temperatures. This has the potential to make significant energy savings. And there is no reason not to retrofit this facility



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to existing heating systems.

In addition radiator valves can now be controlled with a wireless technology so adjustments can be made from a single control panel. What's more you can also control the central heating from a mobile phone. This allows you to switch the heating on or off to suit your needs. For instance half an hour before you get home you can turn the heating on using an app on your mobile phone. This avoids having the heating on at set times irrespective of whether the house is occupied. Using technology to control heating to suit your lifestyle provides the opportunity to target when and where heat is required, minimise wastage and therefore

make significant savings in energy costs.

And finally if you want to save energy by going to another energy supplier I can recommend OVO Energy. I have just saved £233 on my energy bill by changing to OVO energy. I was with Scottish Power before but they have increased their charges by 20% this month. I saw an article about OVO energy in the South Lakeland News winter addition, visited their website and was impressed with what I saw. Changing over is dead easy.

As before any thoughts about this article or any top tips for saving energy send an email to [mickhoffe@hotmail.co.uk](mailto:mickhoffe@hotmail.co.uk)

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## MESSAGE

*How Massage can make a difference.*

An article in the New York Times early this year highlighted a piece of research reported in the Science Translational Medicine journal in February 2012. The research described strong evidence that massage therapy inhibits the inflammatory response the body initiates after exercise. Massage appears to reduce the production of cytokines, the chemicals in our bodies which seem to be involved in the experience of pain, and also stimulates the mitochondria – tiny powerhouses inside cells – which convert glucose into the energy essential for cell function and repair.

This is not, by any means, the first scientific research to give evidence of the benefits of massage as a therapeutic intervention – indeed the Touch Research Institute at the



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University of Miami in Florida has been pioneering such research for years – but for those of us who earn our livings as professional clinical massage therapists, such high profile coverage by the New York Times is very welcome!

We are two such therapists who, between us, have 30 years' experience, are highly trained in advanced massage techniques and who live locally and practice in Sedbergh, Kirkby Lonsdale and Kendal.

Much of our work involves easing myofascial (myo=muscle, fascia=soft tissue component of connective tissue) restrictions and trigger points



in order to reduce pain and increase mobility for our clients. It is less the case now than it used to be, but often people have been through a range of medical tests, treatments and other interventions before they come to us. Sometimes, if it seems it would benefit the client or improve the outcome of therapy, we will, with permission, contact a client's GP or other appropriate medical practitioner - either during or before the start of any treatment.

Appointments last about one hour, although the first appointment requires a little longer – up to 1 ¼ hours, to leave time for gathering a detailed health history and making an initial assessment. The techniques we use are very varied and take into account the tolerance and sensitivities of each individual client. Sometimes they can be painful, but we distinguish clearly between 'good' pain (which is usually beneficial, and often welcomed by the client) and 'bad' pain (which can cause resistance, tension and further inflammation), and rely on working closely with each client to get feedback and information regarding the accuracy and efficacy of the particular techniques.

We have also both worked in supportive and palliative care organisations – Yvonne in St Mary's Hospice in Ulverston for 5 years, working with patients and their families, and Sally at Cancer Care for over 20 years, where she led the Complementary Therapy team, as well as assessing newly referred



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clients, and offering massage therapy. This has given us both insight into the more general benefits massage can offer in managing the stresses and tensions we all have to face in our lives. Body and mind are not obviously separable processes, and it is clear in our manner of speaking that we are aware of this – we have 'butterflies in our tummy' when nervous; 'don't have the guts for it', when fearful; are 'on our knees' or have 'the world on our shoulders' when overwhelmed, and are 'heavy hearted' when sad. So massage can be useful for its mental and emotional as well its physical effects.

If you feel massage could be helpful for you, don't hesitate to contact us for further information. Sally Jeffery – 07747 050136 & [www.sallyjeffery.com](http://www.sallyjeffery.com), Yvonne Cervetti – 015396 21303, 07795 063107.

## **YORKSHIRE DALES NATIONAL PARK**

*Logo offer 'wool' have businesses flocking to register*

Businesses, charities, groups and individuals in the Yorkshire Dales National Park are being given extra help to boost trade and the local economy.

The registered trademark of the National Park – the famous Swaledale ram's head logo – is now available free for them to use to show potential customers that they are linked with the fantastic landscape and communities of the Dales.

Sarah Nicholson, the Authority's Communications Officer, said: "We believe that being part of a National

Park is very special. The Yorkshire Dales National Park logo provides a strong identity for this beautiful area and is a nationally-recognised brand. "The ram's head logo represents the National Park – there is a different one for the Yorkshire Dales National Park Authority – and it has been used for many years to identify this stunning part of the UK.

"We have now designed five versions of the logo that can be used by businesses, community groups, individuals or charities that carry out the substantial part of their work in the National Park or that stage an event in or about the National Park.

"We believe that, by using the logo, they will make it clear to potential

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customers that they are part of the National Park experience.  
 "There is no charge from the National Park Authority to use the logos – in fact, to encourage take-up in the first year of promotion, the Authority will pay the £50 fee required by the Intellectual Property Office to register each licence. Once registered, the licence lasts in perpetuity, so this fee is a one-off cost."

While the logos are not a quality mark and do not represent an endorsement, funding or any other support by the Authority, they will hopefully offer another tourism boost to local people.

Sarah continued: "We hope that those proud to work or operate within the area will be inspired to use the logos and help us build on the strong, recognisable brand which celebrates this unique place, as well as helping local businesses strengthen their own promotion."

Full details about how to obtain a licence are available on the Authority website at [www.yorkshiredales.org.uk/logo](http://www.yorkshiredales.org.uk/logo)  
 Nick Oldham

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**SCOTTISH  
DANCE REELING GROUP**

If the sound of Scottish reels makes your feet tap it's time to do more and join the new Scottish Dance group meeting on Sunday afternoons at the People's Hall in Sedbergh from January 13<sup>th</sup>.

You don't need any experience – complete beginners will be welcome as will those who have danced or reeled before. The class will be led by Cindy Clarke. You don't need a partner and you don't need a kilt, just some soft shoes and a bit of toe tapping enthusiasm.

The first four sessions will be on Sundays January 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> and 3<sup>rd</sup> February from 2.30-4.30pm at the People's Hall, Sedbergh and will cost £3 per person per session. Just turn up or e-mail [theclarkes@gmail.com](mailto:theclarkes@gmail.com) for more information.

**LADIES NFU**

The speaker for the October meeting of the Ladies NFU was Mr George Crossman, a coastguard based in Arnside. He gave a most interesting and informative talk on life as a coastguard in the Morecambe Bay Area, the training involved and some of the incidents he has been involved in.

The Coastguard Association and the RNLI were both set up in 1820. The Coastguards are paid by the Government and the Lifeboatmen are funded entirely by the RNLI charity, but they work closely together and do an often very difficult and dangerous job.

The November speaker is to be Ann Wright who will be talking about The Sedbergh Tapestry. Our December Meeting is to be a quiz night.

*Caroline Sandys-Clark*

**NEW SCOTTISH DANCE REELING GROUP**

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## OCTOBER WEATHER

In spite of having 11 dry days, equalling the longest dry spell of the year so far, we still registered 4.62 inches of rain. On only 6 days did the maximum temperature not reach 50°F with a maximum of 60.8°F. We had several ground frosts with temperatures in the low 30s°F and one actual frost with a minimum temperature of 30.9°F. When you add the wind-chill factor only 3 nights didn't drop into the 30s°F with 2 nights very cold at 16°F & 12°F during the end of the dry spell. Winds weren't very strong, with few maxima not coming from the North West. The strongest gust was recorded at 18.6mph.

The transfer of my sheep is complete. All the Rough Fells were sold and replaced by Ryelands as whites and coloureds. Having moved into the "green wellie brigade" the money raised by selling 30 Roughs has bought only 14 Ryelands. Those who have seen them will notice the difference in that they are considerably smaller, no horns and with immense fleeces. That was the attraction for the ladies as they produce a good fleece to spin. The tups are in and doing their job.

Visitors to the bird table have been fewer it seems recently. I suspect that a fairly regular visit from a young sparrowhawk may have something to do with that though I haven't actually seen him round the feeding station. One very welcome new addition to the feeding list was a solitary brambling. Longtailed tits have passed through but not yet in large

family parties. Other birds noticeable by their absence have been the redwings and fieldfares. Very few have been seen yet. Likewise no further skeins of geese have been spotted or at Leighton Moss yet but several breeds of ducks have arrived for the winter. One day we did have a blackbird congregation with 15 males clacking around the garden! The bees are still active on the better days but on inspection they seem to be very short of pollen and are taking down candy still. Lack of pollen could delay breeding next season, provided we get them through the winter safely. I heard of one beekeeper, with 70 hives, and he has only managed to take off 50lbs of honey this year. In a normal year he might have expect 1500-2000 lbs!! No wonder those of us with a few hives have nothing. From a dozen apple trees I have managed 3 edible fruits and no plumbs, damsons or pears at all.

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### SONGS OF FRIENDSHIP

We are now back from Slovenia and in the midst of our preparations for the Dent Folk Carols festival which looks likely to be our best ever with lots of singers coming from all over the country, and the usual wonderful mix of festive singing and dancing. By the time you read this our concert will have passed - but if like me you wait for the first appearance of the Lookaround, there's still time to catch our **Carols Ceilidh in the Dent Memorial Hall** on Saturday December 1 with the Garsdale Street Band leading some dancing, and singing from the Cautley Carollers, the Folk Carols festival singers, and other groups for you to join with.

We were in Slovenia for half term staying in our cabin in the woods near Zrece - Anika aged 5 joined several Halloween parties and made friends with children of a similar age to her where the language barrier never seemed to be a problem. At one point us grown ups were sitting round a table drinking local wine when the children all came in with their arms on each others shoulders making a train round our table and beyond.

As always it was a pleasure catching up with old friends there, many of whom are now our kindly neighbours. When thick snow fell on trees which hadn't yet dropped their leaves the trees started dropping their branches which blocked the lane to our house.

Closing only for Christmas Day and Boxing Day we are open right through the festive period, so do your last minute Christmas shopping here, right up to Christmas Eve. FREE parking and hundreds of unique hand-crafted items for sale. Really stuck for ideas? Gift a Voucher, and give the very real pleasure of the unwrapping the Farfield Mill experience for a loved one.



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The Mill re-opens on 19 January after its annual two week closure for maintenance and redecoration with an amazing new exhibition.



**Quiltfest** showing from 19 January to 17 April - we'll be layering up for the first three months of 2013 with the most fantastic selection of quilt exhibitions, workshops, demonstrations and related gallery events.

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Our neighbours then came out with chain saws and hacked a way through the fallen branches to get us home.

We also sang in the concert Pesmi Prijatelevanja - "The Songs of Friendship" - in Gorenje near Zrece which like our concerts here in Sedbergh (with choirs from other parts of the North of England) involved several choirs visiting from other parts of Slovenia. The concert was made even more atmospheric by being lit by candles when the power lines were brought down by the falling trees. Our own little family singing group met again with the Repensek family singers who came to Sedbergh last year - and are returning on April 21 next year with 37 singers from their community family choir - aged from 5 to 80. And with the Zrece town choir who many will remember from their stunning concert in the Dent Meditation Centre in 2006 with the former Slovenian Ambassador Iztok Mirosic.

As well as staying in Ljubljana and near Bled with singers who have visited Sedbergh, we also went to Bohinj to meet staff from the tourist department there. Towards the end of October I went to talks at the Slovenian Ambassador's residence in London and the Houses of Parliament about a wild flower festival in Bohinj near the highest mountain Triglav. There I met the tourist chiefs who are organising the festival who had heard about our involvement with singing in the Yorkshire Dales wild flower

festivals. The result is that I am bringing a group of singers from Sedbergh to Bohinj and Zrece next year at the end of May which will involve singing by the beautiful lake of Bohinj and visiting the wild flower meadows in that area and near Zrece.

Part of the project also involves making a patchwork of squares depicting wild flowers in several European countries - and our singers have already started with theirs. The project organisers were interested to learn about the Howgill WI patchwork which hangs in Howgill Village Hall.

Do please let me know if you would like to join us on this outing to Slovenia in May - as usual it will involve high standards of comfort at a price to suit most pockets. If you can't join us, you can still join the patchwork project by making a 15cm square in fabric on a wild flower theme in any textile related media.

You are also of course most welcome to join us singing at the Black Sail Youth Hostel at the beginning of January, on the island of Jura staying in the luxurious Ardlussa estate house, and at our international choirs meet in Sedbergh in June. All the details will be on the **www.lakelandvoice.co.uk** website.

So to all of you who have supported our events over the year - or who plan to join us next year - **I wish you a very merry and melodious Christmas, and a highly happy and harmonious new year.**

*David Burbidge, Sedbergh 21166*

## **SEDBERGH & DISTRICT HISTORY SOCIETY**

### *Packhorse Days*

A large audience of sixty people met in Dent Memorial Hall to listen to a talk by Janet Niepokozycha on Packhorse Days and Ways. As part of her research into packhorses Janet, in the past, had done trips of hundreds of miles with a packhorse to gain first-hand experience.

The earliest record of one that she had found was on a carving from Iran dating from 640BC. In the Middle Ages they were depicted in paintings from all over Europe including one from England in 1480 which showed a donkey being used as a pack animal. In more recent times they were shown on prints from the North of England carrying a variety of goods. From further afield an early nineteenth century one from Japan showed a horse carrying a load. The type of goods carried varied considerably and the animals were illustrated carrying things such as water, wine and vinegar containers. Bales of cloth, wool, lead ore and fish were other examples of loads carried.

The scale and extent of the operations varied enormously. The Batemans of Blease Hall near Kendal were large scale operators around the year fifteen hundred and carried wool as far as Southampton through all seasons. On their return journey they brought back items such as dried fruit, spices and alum. It is not clear whether the same ponies did the whole trip or whether there were

relays of ponies involved. When speed was essential a pony express system of relays was operated that could provide 24 hour a day transport. An example of this was recorded by Daniel Defoe in the first quarter of the eighteenth century. He stated that fresh salmon from the Lake District was sold in Billingsgate with the journey taking under three days. At the other end of the scale there was the man, or even woman, operating with one pony. These people would visit houses trying to sell things to the occupants and were known as badgers in England and cadgers in Scotland. Their activities gave rise to the two words having negative meanings in the English language and laws were brought in to regulate their behaviour.

The equipment used by pack horses was fairly standard and bells were associated with them all over the world. These were to give warning notice of their arrival and possibly to ward off evil spirits. The saddles used were arched and had side panels to spread the load. None survive from this country but some do from other countries and are even still in use in remote areas. Whether the horses were shod or not depended on the nature of the terrain and the length of the journey. Getting horses shod on a journey was not a problem as all villages had a blacksmith. The animals used included mules, donkeys, ponies and horses. In this area the Dales and Fell ponies were ideal for use. Working animals need



concentrated feed such as oats and this led to a system of inns being set up with stalls for the animals and beds for the drivers.

The nature and state of the tracks used varied widely and some had markers on them to help with navigation. In the hills the tracks were usually stony and weathered quite well. In the valley bottoms the tracks became very bad in wet weather and over the years got hollowed out. As a result several parallel tracks often existed close to each other. In some areas steps were taken to avoid this by laying stone slabs and sections of these tracks still exist. Bridges over streams were originally wooden but

were later rebuilt in stone. These arched bridges were characterised by their low side walls to allow the animals to get over when carrying their loads.

The coming of canals and toll roads signalled the decline of the pack horse. Toll roads allowed carts and carriages to make journeys which had been impossible on the previous tracks. The final nail in the coffin was provided by the advent of railways. A photo exists of Mary Alice Hartley from Whitworth possibly the last of the pack horse traders but she has no marked grave in the local churchyard. The speaker was thanked by Graham Dalton for her most interesting talk.

*Richard Cann*

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## EFFORTLESS YOGA

Since September, a small beginners day-time yoga class has been running on Thursday morning at the Meditation Centre in Dent. The existing classes on Monday evening and Tuesday morning draw a regular turnout of students - some have been coming for over 15 years now. They are still refining their skills and enjoying this weekly opportunity to slow down and find some inner space in their busy lives. For complete beginners, joining one of these established classes can be a little daunting. The new Thursday morning session provides a thorough introduction to the basics with plenty

of hands on guidance and opportunities to ask questions along the way.

The class is a balanced group, both men and women with an average age somewhere in the high fifties and a corresponding degree of related 'wear and tear' symptoms. These include several hip replacements, numerous arthritic joints and the perennial 'dodgy' backs - all happily accommodated with appropriate support.

The work that we do each week is slow and simple. This is the challenge- to really pay attention to how the movement is created and where it is restricted. Yoga invites the

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body to wake up again little by little, breath by breath. The result is a steady increase in strength, confidence, mobility and genuine light-heartedness.

Whilst there is often a slightly bemused response to my instructions to 'breathe in through the palms of your hands and out through the soles of your feet'- overall students are working well. Movements that seemed challenging a few weeks ago are now often achieved and refined.

If you would like to join us, whatever the state of your health or fitness- do get in touch. This is an opportunity to slow down and reverse some of the more debilitating effects of ageing. Who knows, in fifteen years time you might be looking back at the early days of your yoga practice from a position of glowing health, serenity and vitality. Some of my best teachers over the years have been Octogenarians – strong, inspiring powerful teachers who belie the damaging myth of the inevitable decrepitude that we are conditioned to expect as part of ageing. Whilst physical improvements are the most

obvious early effects of regular practice, the real gifts of yoga are found in the mental and emotional benefits. Regular experiences of positive mental states begin to replace the background of constant anxiety and nervous tension many of us live with. Sleep patterns can improve and low moods lift as we re-engage with our lives from a place of strength and optimism.

For more information, have a look at my new website

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

This has details of how to make contact as well as dates for forthcoming workshops and some testimonials from students.

*Laura-Jane Clare*

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## HOWGILL HARRIERS

### Harrier News

As we take those last few steps towards Christmas I have been informed by more than one runner that December is a time to 'cash in': every extra mile you do is equivalent to one more mince pie, a glass of mulled wine, or another chocolate from the box you meant to give to Uncle Whatsisname...

Six Howgill members ran at the Penrith 10K back in mid-October. Jack, Sean, Phil, Neil, Jackie and Kevin represented a fair cross section of the club, and all finishing in good times for this road event.

Elsewhere, Carl was on winning form again at the 25K Ennerdale trail race, and somehow finished nearly half an hour ahead of his nearest competitor. He missed out on some qualifying races this year but still managed to finish 11<sup>th</sup> in both the English and British Fell Running Championship. Sam, Pat and Al were confirmed as 8<sup>th</sup>, 11<sup>th</sup> and 13<sup>th</sup> in the U23 category.

The big event in October was the Original Mountain Marathon (OMM), which took place right here in the Howgills. Fraser had a particularly good result as he finished first mix pair vet and 15<sup>th</sup> overall (with non-member Beverly) in the long score days. Dick and Dan came 42<sup>nd</sup> overall in the same event, whilst Sam and Ollie finished ninth in the short score days. The advantage of local knowledge was much clearer than the conditions on the second day,

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although some at the overnight camp had to dwell on the fact that their nice, cosy homes were only a few miles away. Less than half a mile in Fraser's case.

In the Lakeland Trail series wet conditions prevailed, still Carl managed second at the Helvellyn 15K, with Georgia and Kev K achieving PBs in 70<sup>th</sup> and 129<sup>th</sup> from nearly 400 competitors. Kev also competed in the Ullswater 14K the following day, finishing exactly one hundred places higher in 29<sup>th</sup> position!

Back to the roads, where Jack and Jane O completed their second half marathon in as many months, finishing 50<sup>th</sup> and 403<sup>rd</sup> overall in a strong field of over 550 (Jane 16<sup>th</sup> in her category).

Mid November also saw Carl reclaim the first place he won last year at the 17 mile Tour of Pendle

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Race, whilst closer to home Sam came second in the inaugural Kendal Trail Race, held as part of the Mountain Film Festival.

Arnside Knott was our final club championship race, and eleven members turned out to run this new fell route overlooking the estuary. In a field of 133 John managed seventh place, with Rob, Sean and Steve M not far behind but seemingly reluctant to separate, finishing in 18, 19 and 20<sup>th</sup>! Full results and muddy pictures available online.

Perhaps that New Year's resolution, or even those traditional indulgences of the season, will tempt a few more to dig out the old running shoes in 2013. If you fancy coming along to any of our sessions check the website for details.

A word of caution though: check inside the shoes first. Hibernating rodents are one thing but you really know pain when your three-year-old has decided to hide several items of cutlery in there...

Merry Christmas and Happy New Year.  
John Hosker

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## CRAFTWORKSHOP

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And what a range of goods we have! Our stock increases every day and the variety is stunning. In addition to Stuart's clocks and cards we have Cate's beautiful polymer clay necklaces, earrings and trinket boxes, Dimitris' silver and semi precious stones jewellery, and Lynda's gorgeous sheep – she spins the wool, knits and felts it, making an authentic animal, a herdwick will be made with

herdwick wool, for instance. In addition she has angel lambs. Perhaps you need to come and visit us to see what I mean!

We have lots of scarves, largely because Helen can't stop knitting and has got others knitting for her. Wool and needles are available for purchase in the shop. Some of the scarves are for sale in aid of Thandi Friends Project – the full purchase price goes to this local charity. Some items have been donated to raise funds for Thandi. Look out for more sheep, baby clothes and blankets. We have peg dolls, ceramic pieces, felt people and animals that Dianna has made, angels and snowmen by Vicky for your tree, your ears or your phone. We have original paintings, cartoons, more cards, cushions and cushion covers, children's bags, fabric advent calendars, toys, more beads and jewellery, including shamballa bracelets, draught

## craftworkshop

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excluder dogs and cats, and walking sticks. We even have Lynda and Jan's CD, recently featured on the Mike Harding Show, providing both background music and for sale.

By the time you read this we will doubtless have more. We have over twenty people contributing to the shop.

In addition to all this, we believe that we have created a sociable place to be. If you are stuck on a knitting pattern, would like to learn to make items from polymer clay (fimo) or learn to crochet, try batik, make your own bead necklace, work with wood, or just get some inspiration ... come and sit with us at the back of the shop and talk and work with us.

We are open on Wednesdays, Fridays and Saturdays from 10 am to 4 pm and Thursday mornings until 1.00pm. We will close in early January, but might be just the place to visit between Christmas and New

Year for those of you who are fortunate enough to have gifts of money over Christmas.

May we wish you a Happy Christmas and all you would like for the New Year!

*Helen, Cate, Stuart, Dianna, Lyn, Jan, Lynda, Mick, Vicky, Dimitris, Judith, Mark, Anne Marie, Gwyneth, John, Margaret, Tom, Gillian, Phil and Trish*

### **SAVING 72 MAIN STREET**

Fundraising for buying 72, Main Street is going well with over half now raised, but there is still much to do to achieve our final target of £80,000.

You can help in two ways.

1. Buy an Arts Society or Spar Sedbergh calendar. The profits from both are being donated to the building fund. Both are available in the Tourist Information Office.
2. Make a donation. Whether large or small every little helps to increase the fund and the more donors we have shows everyone how wide the support is, which helps immensely with grant applications.

If you need another form there are some available in the Community Office or you can donate online at [72mainstreet.blogspot.com](http://72mainstreet.blogspot.com).

*Graham Hooley, Mark Westwood, Hilary Hodge, David Collier and Douglas Thomson*

Many thanks to Andy Trull and the Settlebeck School Year 11s who so spectacularly cleared the yard/garden at 72 Main Street in a short afternoon. Well done. *Hilary Dixon'*

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## WINTER CAFÉ CONCERT

Following on the success of the Sedbergh Orchestra's inaugural Springtime Café Concert in March 2011, another 'Winter' Café Concert is in the offing. Rehearsals are well under way in preparation for the concert which will be in the People's Hall on Thursday, December 13th. We hope to attract a large gathering to share our enjoyment. The doors open at 7.45pm and the music begins at 8.00pm.

There is no formality about this concert. The hall will be laid out in 'café' style, so make sure you are there in good time to bag a table with your friends. Concert tickets are exchangeable for a glass of wine or a soft drink as soon as you arrive and there will be nibbles on the tables for you to munch whilst listening to the music. All of this, as well as further light refreshments at the end of the concert - some of them homemade! - is included in the price of the ticket which is a modest £6.00. There will however be further drinks for sale during the evening. Anyone 18 and under will be able to enjoy the music, refreshments and a soft drink free of charge. The concert is planned without a lengthy interval, just top-up time. This is to give both orchestra and audience a chance to enjoy the refreshments at the end before we all go home.

We shall be playing some well-known pieces by composers such as Bizet, Weinberger, Johann Strauss II, Ronald Binge, Ketèlbey and Vivian Ellis, not all of whose names may be

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familiar. Many of the pieces are likely to set your feet tapping. If all goes according to plan, there will be something to take you by surprise during the evening. As last time, Peter Crompton will conduct and Val Snelling will lead the orchestra.

Tickets for the concert will be on sale only from members of the orchestra, but tickets can be reserved, for collection on the night, by phoning 015396 21196. Please put the concert date in your diary now and buy or reserve your tickets as soon as you can so that we are not left wondering whether we shall have any audience at all! For the last Café Concert, we had sold only *three* tickets in advance. In the event we had a full house which was wonderful. Thankfully we had taken the gamble and catered for many more than that number and I think everyone went away satisfied, but we



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had rather an anxious time as the date got nearer and it seemed that hardly anyone would come!

Any proceeds from the concert will be shared between the People's Hall Refurbishment Fund and The Alison Armstrong Pepperpot Fund which contributes towards the Sedbergh Orchestra and the other activities of Sedbergh Pepperpot Club. The refreshments will generously be provided by Orchestra members and members of Sedbergh Pepperpot Club.

We have been very fortunate to have really good audiences since the orchestra made its first public appearance in March 2011 and it would be wonderful to welcome as many people as we can squeeze into the People's Hall on Thursday, December 13th. We look forward to seeing you then!

*Shirley Smith*

**DENTDALE CLUB**

The Club meets on the first Friday of the month in the Sedgwick Room, Dentdale Memorial Hall from 2pm to 4pm.

The Club is organised by Age UK and Linda Greensmith and the 2013 Calendar has been arranged as follows:-

- January 4th  
Jean Park, Age UK – Family Tree
- February 1st  
Bob & Wendy's coast to coast highlights
- 1st March  
Jock Cairns – Parish Council matters
- 5th April  
Mrs Bateman – Making flower button holes
- 3rd May  
Dent Brewery – tbc
- 7th June  
Kate Cairns - feed back from the Health Centre
- 5th July  
Susan Garnett – 'Fire, Water & Ice'
- 2nd August  
Jane Dunn – seasonal cooking from the past
- 6th September  
Ian Fletcher – birding - the islands of the world
- 4th October  
Mrs Robertshaw – 'my life with dogs'
- 1st November  
Local PCSO/Fire Service
- 6th December  
Xmas games and quiz

### CUMBRIA WILDLIFE TRUST

On a cold, foggy and wet evening, Paul Sweeting took us to the equator with his talk entitled "Isle of Cinder and Green". Paul is now chaplain at Sedbergh School but a few years ago he was rector of the Falkland Islands. On one of his trips between cold, wet Britain and the cold, windy Falklands he had a holiday on the equatorial Ascension Island in the South Atlantic Ocean. This is one of the most remote, inhabited places in the world. The nearest neighbour is the equally remote island of St Helena, a mere 700 miles away. The closest mainland is the coast of West Africa, a thousand miles off.

Ascension Island lies on the mid

Atlantic ridge, an area of sea floor spreading. It is a volcanic seamount rising straight from the ocean floor and geologically is of very recent origin. The last eruption was around 700 years ago and the dominant scenery is lava flows and cinder cones. The central Green Mountain is often in mist, which creates a source of fresh water for the island and was the main attraction for early sailors. It was first discovered by the Portuguese but manned in Napoleonic times by the British. By the 1820s it was used by the British fleet as a base, particularly while fighting the slave trade, and a quarantine island for sailors with yellow fever. Their many grave stones

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The Island is an important strategic site for the military of Britain and America and the airport has a runway sufficient for the largest military planes. During the Falklands war it was briefly the busiest airport in the world.

Being so remote and geologically so young there is very little native wildlife. Most plants and animals have been introduced. The plants are an eclectic mix of escapes from farms and accidental introductions. One view Paul showed us was of a fine stand of mature Norfolk Pines, originally planted to become ships' masts but presumably technology had moved on by the time they had grown big enough. Many of the animals are farm escapees such as sheep, hens and donkeys, all now living wild. The largest indigenous land animal is the land crab, with its hilarious "mournful" expression. Other

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natives are the birds such as the Booby and Frigate birds, including one unique to the Island, and the Sooty or "wideawake" tern, so named because of its relentless, noisy call. The golden sands of the beaches are an important nesting ground for the Green Turtle and Paul had wonderful photographs of tiny turtle hatchlings, rescued and released by local conservationists and heading for the ocean. The seas around the island are home to many different species of fish.

The greatest problem for conservation on the island is the introduced Mexican Thorn bush. This is spread by the feral animals, particularly the donkeys, who eat the berries and spread the seeds. The plant forms dense, impenetrable thickets and needs constant management to keep it in check.

The change from the cold Falklands to this beautiful but strange island near the equator must have been wonderful for Paul and his family and he managed to convey a flavour of that as he transported us there with his delightful talk and pictures.

*Jackie Hooley*

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### SLOVENIAN DIARY

Recently, 22 worthy Sedbergh Town Twinners enjoyed a week in Slovenia. Here follows a brief account of our adventures.

#### Sunday 21<sup>st</sup> October

All transfers Sedbergh – Leeds/Bradford Airport – Venice – Zreče went smoothly. First chance to see autumn colours and experience Slovenian motorway services, somewhat superior to most of ours! Very little traffic en route and arrived at Hotel Smogavc to warm welcome and dinner.

#### Monday 22<sup>nd</sup> October

Leisurely start and generous breakfast. Wide choice of goodies. Tadeja from Tourist Office arrived with



finalised itinerary. Party will be delighted to hear of 7.00am start tomorrow! Glorious sunshine, temps well into 20s. Most went off walking and exploring. Local suppliers of cake and hot choc inspected and tested. Wander round lake very pleasant. Ate windfall (honestly!) apples and examined waterbirds and wildflowers.

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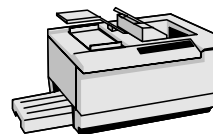
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Tried the mushroom soup at bus station café. Huge chunks of mushroom and generous servings. No room for anything else. Not your typical bus station caff either!

Off to the spa to swim. Some more energetic than others. Jacuzzis therapeutic, swimming outside and in. Dinner in Hotel, three very large courses ... can we stand the pace??

#### **Tuesday 23<sup>rd</sup> October**

Off at misty crack of dawn to Ljubljana. Met by very jolly guide Urban. Phenomenal knowledge not just of home city but also English literature, biblical quotes, classical music and Monty Python! Took us to all sorts of unusual places! Basement of closed order of monks hosts very lively market. Stalls of flowers, herbs and enormous mushrooms. Lunched in teahouse, ciabatta and jasmine tea. Then off to Bled. (Town celebrated 1000 years in 2004.) What a contrast to 2010 trip! Brilliant sunshine, calm lake and gentle rowboats across to island. Climbed up to church by gradual route, main one involves over 100 steps so easier going down. Bell in church grants wish if rings three times on one pull. Bellringer in party had advantage there. Very smart café and as ever, spotless ablutions. Serene glide back to shore and drive round lakeshore to castle. Guide (Tamara) also highly knowledgeable and entertaining. Castle all decked out for Hallowe'en, giant spiders etc. Excellent museum including section on eccentric Swiss physician Rikli who offered "cure" by insisting clients lived in little huts and

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bathed in large tin baths without benefit of clothing whatever the weather. (Survival rate?) Triglav (highest mountain) viewed in hazy distance from terrace. Back in bus and off home via cooperative winery of Zlati Grič at Slovenske Konjice for enormous and very tasty meal with house local wines. What we assumed were choices on menu appeared concurrently. Staggered back to bus and so to Zreče and bed.

#### **Wednesday 24<sup>th</sup> October**

Off at 8.00am this time to Ptuj. Met by Irena our excellent guide from last visit. First to weapons display then instrument collection. Huge range of historic woodwind, string, brass and keyboard examples including an actual Roman flute. (Ptuj was large Roman settlement 69AD). Castle owned in 17<sup>th</sup> century by Scottish Leslie family (distant relative in party!) State rooms with fine display of "bedroom" paintings (as described by Irena) and a courtyard museum of Kurent costumes worn in celebrations (rites of spring?) held in February. Fur, feathers, sheepskins and long red tongues. Back down into town for

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walk around main squares. Church of St George, Plague column, Dominican and Minorite monasteries, Roman Orpheus monument once used as pillory, Roman stonework set in buildings and eventually to sit down in restaurant. Once again an enormous amount served of delicious local delicacies but how to explain that we love the food but can't actually physically consume it all? All washed down with local wines. Yet to see an obese person in Slovenia so how?? Protein rich diet?? Followed by tour of extensive wine cellars. Saw section walled off during Occupation containing several bottles of 1917 vintage etc. worth enormous sums.

Then wine tasting and film presentation. Plan to do two hour walking tour of Maribor (2012 City of Culture) modified somewhat to bus tour magnificently managed by guide Tamara and expert bus driving. Wealth of information from present political position to oldest vine in the country. Monasteries turned into student accommodation. Snooze on way back. Dinner optional!

### **Thursday 25<sup>th</sup> October**

Spirited debate with Mayor Boris, headteacher Ivan, teachers Peter and Rosana on trying to re-establish student exchange with our schools. Teacher exchange still a possibility. Then off with Urska on local tour.

Rose above clouds to Rogla where sun shone and majority of party had fun on "adrenalin slide". Quick tour of premises then to Pod Rogla Hotel for lunch. Huge meal with free beer from hotel brewery. Then off to photograph the Sedbergh-Zreče roadside signs but all have mysteriously disappeared!! Tried all routes but no go. What's going on? Why not remove photo outside bus station of Kendal Main Street masquerading as that of Sedbergh instead?? What gremlins are at work!? Friendships between towns as strong as ever so not a problem.

#### **Friday 26<sup>th</sup> October**

Off to Postojna caves. All very impressed. Magnificent natural wonder. Train ride in past former armaments dump blown up by partisans then sequence of chambers and strange pink salamanders the "human fish". Lunch at Hotel (comparatively modest proportions?) then off in heavy rain to Pretjama Castle. Built into huge cavern with tunnels, caves and passages reaching far back into hillside. Notorious owner 15<sup>th</sup> century Erasmus Lueger withstood siege for year but betrayed and ignobly killed "where even the sultan must go alone". Atmospheric and intriguing. More rain but past caring! Small dinners tonight.

#### **Saturday 27<sup>th</sup> October**

Day for meeting old friends. Katarina and sister of Pevke z Brinjeve Gore in Brata and Anton and Georg of the Jurij Vodovnik singers came for coffee then Jurij and Talen of the

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singing Repenšek family whisked GDH and SG away to Mozirje an hours drive from Zreče via Velenje, model coal mining town and Nazarje (Nazareth and convent of Poor Clares)

Highlights were family lunch and Jurij's choir performance in Church of St George (he got around a bit!) Mozirski Koledniki. What a setting! Much iconic restoration done by Jurij. Visited his studio despite flooding and continuing heavy rain. Rivers very high. Back in time to meet Zdenka and Tadeja before dinner, fond greetings and farewells. Convivial final dinner.

#### **Sunday 28<sup>th</sup> October**

Woken in night by huge claps of thunder. Big storm. Astonished to see thick snow everywhere in morning! Branches broken off trees. Winter wonderland very picturesque. No problem for coach driver negotiating snowy roads. Turned to rain and flood as coast approached. Sad to leave Slovenia but reckon visit well timed and good trip had by all happy Twinners. May even do it all again!

*Susan Garnett*

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loans to pay off. The land on which the Hall stands is held from the Parish Council on a 99 year lease expiring 12 December 2055. The two organisations with the longest claim to association with, or usage of the Hall, and which still continues, are the Football Club from 1959 and the Gala Group from 1967.

For those with an interest in architecture an illustrated article appeared in the Timber Engineering magazine of August 1957 describing the Kingston form of construction using laminated timber arches of 36 ft span.



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*Dr Gina Barney Hon Sec. 20790*



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### **SEDBERGH WI**

After last months brief sojourn to the Methodist Hall it was back to the Peoples Hall committee room for our AGM.

Committee members Sue Bateman and Anne Pitt are joined this year by Dorothy Gerard and Sue Kernahren. While Moira Folks and Christine Sheppey are stepping down as is Eileen Stavely who had been the treasurer for 5 years. Pat Ramsden remains as secretary and Linda Hopkins as President. The members lead by Linda thanked Eileen for her work as treasurer and Christine and Moria for there valuable input.

The WI year has been jam packed with activities, interesting talks, walks

and craft sessions. Even though the weather on several occasions prevented the planned walks the members did not lose heart and managed finally to enjoy two very pleasant walks all in the November air. On one particular stop for refreshments where having been served cold beans Linda was given a complementary giant scone which she happily shared with her fellow walkers. That day ended with a visit to the theatre.

Jean Jones and Margery Fishwick reported back from the WI annual council meeting which this year was held at The Castle Green Hotel. They said it had been a very worthwhile meeting. A number of long serving

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members were congratulated at the meeting and Jean and Margery were amazed to meet a lady of 94 who had been a WI member for 70 years joining in 1942.

Among the activities and outings to look forward to there is to be a walk on Thursday December 6th weather permitting and of course Xmas dinner later in the month at the Barbon Inn. Also members were asked if they would like to get involved in arranging flowers in St Andrews Church as part of the Late Night Shopping event planned for the evening of Dec 5. The business of the evening settled it was time for the food and games. A delicious buffet was enjoyed with a little liquid refreshment after which a

game of Scategories organised by Sue Bateman, was played with plenty of indiscreet cheating on all sides, great fun. *Sandra Gold-Wood*

#### **DENTDALE WI**

There was plenty of time for reflection as we listened to the annual reports of activities from President and Secretary during the AGM. It is always amazing just how well filled the years are and 2012 was no exception. The voting process was overseen by Liz Nutall our teller for the evening. Catherine Sugden was elected President once more and she was thanked for agreeing to take on the post again. There is no change in the Committee and Dale Smith

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remains as Secretary.

Our financial statement showed a healthy balance and finances are in the competent hands of Treasurer Kate Cairns. Earlier in the year, we had been asked to fill empty smartie tubes with money, and members warmed to the task, especially as this fund raising activity was to be in aid of First Responders and a grand total of £360 was raised. Catherine was able to present a cheque for this amount to the Chair of First Responders fellow WI member, Jenny Pilgrim. Three other WI members who are also Responders stood with Jenny, Sue Owen, Dale Smith and Lynn Comrie. They were thanked for the vital work that they

do. We were told that the money would be put towards some new equipment.

It was time to look ahead at the new programme for 2013 and especially to the 70<sup>th</sup> birthday party for Dentdale WI in March. Next year it is the turn of Dentdale WI to send a delegate to the National AGM to be held in Cardiff and members were urged to think about putting their names forward for the two night stay for the Conference .

We had a real treat at the end of the business meeting when Sue Mulvany brought along the copies of the Ceremonial and Royal Regalia that had been on show at the Jubilee Flower Festival. They had been made

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with meticulous attention to detail by a group of WI members including Dale Smith from our own Institute. Sue then gave a brief run through the history of Crowns and Regalia from the earliest brow bands of Ancient Greece to the pieces that are used on state occasions. It was fascinating!

Next month we meet together for the Christmas dinner at Meadowside and are back in the hall on January 9<sup>th</sup> when our speaker will be Jackie Foott talking about Red Squirrel Conservation. New members and visitor always welcome.

*Pat Allen*

---

**KILLINGTON WI**

*The Afternoon WI for the entire*

*District*

Now, I **am** allowed to mention it! Our next meeting will be our **Christmas Lunch** when members and friends will gather for festive food and fun. We will be at the Barbon Inn at noon on Tuesday 4<sup>th</sup> December, all attired in our best bibs and tuckers – not forgetting our paper hats.

While on the subject of Christmas, we would like to wish you all a wonderful time over the holiday season and a New Year filled with all good things.

One of the most important items at our recent meeting was our farewell recollections of, and tributes to Mary Tallon who died recently. In addition to being our oldest member, Mary

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was also our most longstanding member. She always made a great effort to come and enjoy our meetings and last attended the day after her 101<sup>st</sup> birthday in June. We shall miss her. We thank all those who helped her retain her independence and once again recognise what a wonderful community we have here in Sedbergh.

Sadly, our AGM is over for another year (tongue in cheek, or what?). Everything ran on oiled wheels but then what else would you expect. We had our annual sing of "Jerusalem". Sally, who had represented us this year at the National WI AGM at the Royal Albert Hall, agreed that our rendering of the iconic hymn was greatly superior to theirs, but then our dulcet tones did not have such a big space in to fill with sound. Margaret Denton summarised our finances for the year. We were all most happy to be reminded that our fund- raising had continued to be successful allowing us to enjoy ourselves and make substantial charitable donations. Our thanks to all those whose efforts have helped with this. Susan Sharrocks reminded us in her report of all the splendid and happy meetings we have had this year and is already putting together a great forthcoming programme. Wendy (me!) thanked all the members, especially the committee, for their unstinting support which had kept her feet on the straight and narrow. Then election time, with a much better turnout than that for the Police Commissioner. Edith Gerrard is taking a break from the committee



and was thanked for her sterling work. Pauline Ramsbottom was welcomed aboard. Apart from that the committee and officers were voted back en bloc. And that was that!

Then it was time for our annual show, Desert Island Discs, or if you prefer it, "The Two Wendies", as it was Wendy Mclean casting me onto the mythical golden shore. (I had tried hard to wriggle out of this shipwreck as folk have heard rather a lot of me lately, but alas, my tormentors would have none of it. Notwithstanding, I will not eat witchitty grubs nor any such thing). Sadly, after hearing how I had nearly been born in the Mersey Tunnel, things rather turned to farce when my first chosen record –Paul Robeson singing Lulla, Lulla Bye-bye – was played at too slow a speed and his already bass voice deepened to a ferocious groan. The general conclusion was that it would have frightened any baby to death, not lulled it to sleep. Still, it was all fun.

I feel sure that the fun will continue over Christmas Time. Once again, Best Wishes from the members of Killington WI, to you all.

*Wendy Fraser-Urquhart*

**OMM COMPETITORS ...**

*"They say it's all over"*

The 2012 OMM is now over and has been voted a great success by everyone involved.

The Howgill Hills gave of their best with cold clear conditions on the Saturday and wet dismal conditions on the Sunday presenting a truly challenging mountain marathon.

The Elite Class winners were Bjorn Rydvall and Aaron Prince (members of Team Silva and runners up in the 2012 World Adventure Racing Championships) in a time of 11hrs: 21 mins; 01 secs. In second place were Duncan Archer and Shane Ohly (2011 Elite Class winners) with a time of 11:29: 51. In third place, Nick



Barrable and Darrell High with a time of 12:35:39.

Event Organiser Jen Longbottom said "The results this year were in line with what the course planners had predicted and I am really pleased with the number of positive comments coming back from competitors on the high quality of the courses."

The headquarters location this year was a Sedbergh School and the headmaster, Andrew Fleck, presented some of the prizes and commented on how the event was the best organised external event that the school had hosted. Thanks should go to Mr Fleck and his staff at the school for their generous hospitality.

A change in tradition this year also saw publication of the locations for OMM events next year:-

- OMM Lite/OMM Bike: 18<sup>th</sup> – 19<sup>th</sup> May N. Central England
- OMM Iceland: 25<sup>th</sup> – 26<sup>th</sup> May Iceland
- OMM Denmark: 25<sup>th</sup> – 26<sup>th</sup> May Denmark
- OMM France: 17<sup>th</sup> – 18<sup>th</sup> August Jura, France
- OMM: 26<sup>th</sup> – 27<sup>th</sup> October Wales



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## KOREA

*More On Paju Book City Korea.*

This is the third piece on my trip to Korea and just in case you haven't read the others.

I went to Paju Book City in Korea to represent Sedbergh and it's membership of the International Organisation of Booktowns back in Sept. I have written about the other book town reps I met and what a thrill it was to see such dedication to the written word. What I haven't mentioned is how I got on flying half way around the World.

It's lovely living here in Sedbergh where most people know each other, the shops are friendly, the coffee

mornings are enshrined and even the Churches are together.

So when Keith dropped me off at Manchester Airport I felt somewhat apprehensive. But having undertaken the responsibility of representation I was not going to wave a white flag.

For a while I wandered around the perfume and paraphernalia until it was time to head for the plane. Along with the travelling public I shuffled my way through security, putting my belongings up for scrutiny and then joining the queue to board the plane I did so envy those with first class tickets. Once on the plane I was surprised to find the seats roomy, staff splendidly helpful and wonderful

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little TV screens in the back of the seats. With nine hours of flying before a stop over at Dubai a person needs something to do. Some people are able to sleep on planes judging by the snoring. Doing my best to ignore this night time chorus I watched Gone with the Wind, Dark Knight and played Millionaire until touch done in Dubai.

What a place. You may have heard of the ancient trading route the Silk Road well, Dubai airport seemed to me to the modern version of this. There were people there from all over the world going all over the world. It

reminded me of the bar scene in the first Star Wars film.

Afraid that I would fall asleep and miss my connection I walked up and down until with mounting excitement I boarded the plane for the next leg of my journey.

After another 9 hours I finally arrived in Seoul,, Wow!. Funnily enough it looked the same as any other airport. I got my luggage and got to the front of the passport check only to be sent off to fill in a form, there's always another form. By the time I got through the customs the lovely young lady sent to meet me was about to give up.

The evening sun was shining as we were shepherded into a waiting limo. The Croatian rep and I were looking forward to getting to our hotel rooms for a wash and brush up. No chance. After a 2 hour drive we arrived at a village which specialise in restaurants, there we had dinner and met the other reps. This was my first taste of Korean food which was interesting and very different. I had also forgotten that it would be chop



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sticks all round.. Yes, I did manage to get to grips with local cutlery it was that or stove. I can certainly recommend chop sticks as an aid to dieting. I was grateful to see my bed that night I can tell you.

In the morning the Book City festival began and I manned the stall the organisers had set up for me. I was also assigned some lovely young ladies to help with the language. It wasn't a problem as most Koreans I met including some children spoke English. The visitors to my stall especially liked glossy coloured pictures of Sedbergh and England generally.

The organisers had arranged a variety of trips for us one of which was visit to the border between North and South Korea. It was moving to see the wall of messages to those trapped on the other side and to the 30,000 people who had perished in the fighting which had taken place on that spot. The photo is of the memorial erected there.

Korea, what I saw of it is green and pleasant and the people delightful and friendly. Would I go again? Oh yes. I have over come any fear I had of long distance flying and I'm hoping that at some point I will visit Japan and China. *Sandra Gold-Wood*

### FAMILY MUSINGS

Life is never dull for this family and the last few weeks have been quite busy, I have started a Writing Course by post but had to wait until we bought a new printer as the old one refused to recognise it had been fitted with new ink cartridges and refused to perform. Hubby and I were both struck down with awful colds and coughs or at least I stayed home while he kept working. Feeling better we headed of to Hull to family for the weekend and visited both Lincolnshire and part of the Yorkshire Wolds, we do see life.

Then a day trip to Malvern, yes rather a distance for a day but for one of the best reasons, sons Graduation, the ceremony was also a time of worship and thanks to God, the Degree a 2:1 in Applied Theology and son looked back on 6 years of study and T looked back on all the other things that had meant to them and Ezra gurgled and slept and had his photo taken with his Daddy who looked very splendid in his Cap & Gown. Four of the students had been asked to give a short testimony and son was one of them, all the students were thanked, congratulated and prayer over before being let out into the world, some like our son are already working in ministry. Some of my family joined us there and after enjoying a lovely meal at The Unicorn we headed home, they a journey of under two hours us rather longer. Then on Sunday I got to cuddle our



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grandson again before we headed of to meet up with a friend from London who was up here and wanted to catch up with us. As I said, life is hectic!

Here we are almost at the end of another year and the opening of a New Year, for some it will be very hard to leave 2012 especially if loved ones have died during the year, for all of us the New Year we are preparing to enter is an unknown. Think positive, be bold, take firm steps and treat it as a great adventure full of promises, enjoy your celebrations, your family gatherings and find some time just for you and whatever you do remember the Christ of Christmas. Thank you for reading "Musings".

Sarah

### **FRIENDS OF FARFIELD MILL**

As all of you who are current Friends of Farfield Mill will already be aware, the Trustees have recently sent out an appeal for funds to help prevent the Mill from falling down. With a leaking roof, rotting windows, a retaining wall that is bulging into the river, and damp penetrating the walls of our exhibition room, we are desperately in need of funds to improve the fabric of the building so we can continue to promote crafts from around the region as well as bring top quality art exhibitions to Sedbergh. The cost of these repairs adds up to an astronomical £50,000. With no reserves to hand, the Trust is aiming to raise at least £25,000 through gifts large and small. As the letter states: *If we can raise £25,000 this would not only enable us to carry out the most urgent work immediately, it could help to attract matching funding from other sources. We need 1000 people to give £25 each or 25 people to give £1,000 each – or anything in between.* The Friends Committee encourage you to support this appeal, in whatever way you can, including volunteering or becoming a Friend of Farfield Mill if you aren't already. When I am at craft fairs elsewhere I am constantly meeting people who have visited the Mill who think it's a wonderful place, full of inspiration and opportunities for all ages and abilities. Let's all try to keep it that way and make the Mill something Sedbergh can be truly proud of.

**Last chance to win!** If you haven't



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bought a raffle ticket yet this is your last chance. The draw is on December 9<sup>th</sup>. Tickets are available from the Mill and will also be on sale at the Late Night Opening on December 5<sup>th</sup>. All of the artists and small businesses currently resident at the Mill have donated an item to the raffle this year. Plus there are vouchers for £100 and £50 to be spent at the Mill, a Lakeland voucher for £60 and a Waterstones voucher for £40. For just £1 per ticket you could win an original hand-crafted prize, so come on, have a bit of a gamble in support of the artists and the Mill. All of the money raised by the raffle is collected by the Friends of Farfield Mill Committee, to be disbursed at a later date in support of various Mill-related initiatives. Our fundraising efforts this year have so far helped to replace two of the Mill's windows, get our Make It @ Farfield

workshops off the ground, and upgraded some of the café's ageing cooking equipment.

Speaking of food, don't forget to book your Christmas Dinner at the Mill. Bring along your favourite tippie and enjoy a homemade 2 or 3 course menu. SUNDAYS are FREE for local LA10 postcode holders and the café offers a fantastic Sunday lunch as well as an all day breakfast every day of the week. Call 21159 to reserve your table.

Winter opening hours are now in place. The Mill is now open from 11am to 4pm each day, with the café opening at 10:30am. Annual closure will be January 2nd to 19th to allow for refreshing displays, painting and other essential repairs. If you can lend a hand during this time it would be much appreciated. Call 21958 if you are able to offer any help.

We have had a great start to our Make It @ Farfield workshops and will soon be planning a new series for next year. Over 50 adults and almost 50 children have taken part to date, helping us raise over £350 which we will be ploughing into the next lot of workshops, helping us to keep prices down and opportunities open to anyone who would like to participate. Let us know what you would like to learn next!

And last, but not least, support us on Facebook! If you're a Facebook fanatic search for Friends of Farfield Mill and LIKE us!

Many thanks for your support,  
*Laura Rosenzweig, Chair*

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Angela & Staff would like to wish all their customers a Merry Christmas and all the best for 2013 and say a big thank you to everyone for their custom in 2012 and look forward to seeing you all in 2013

*Christmas Opening Hours*

Christmas Eve	6:30am - 7pm
Christmas Day	Closed
Boxing Day	7am - 12 noon
27th - 29th	6:30am - 7pm
30th	7am - 12 noon
New Years Eve	6:30am - 7pm
New Years Day	7am - 12 noon

*Normal Opening Hours  
will then resume*

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*Sedbergh Support Group*  
SASL - SEDBERGH SUPPORT  
GROUP. NOVEMBER 2012  
MEETING.

First of all, my grateful thanks to Elspeth for so ably wielding the pen and producing a 'quality report' of October's Meeting - I'm afraid this month we're back to 'quantity' rather than 'quality'! I can only assume That 'George the major singer' refers to George T. as the other one is always off-key, out of time, doesn't know the meaning of the word 'piano' -and wasn't much good at playing one either, and can effortlessly transform a good tune into a series of grating discords and still have the audacity to call it 'singing!' Now I must crack on or Santa will be down the chimney before I've even got a pie minced or a chippolartered.

If you would like to know more about the SASL Sedbergh Support Group or offer your services as a volunteer, please ring either Jennifer on 015396 25162, George on 01539 721109 or SASL @ Stricklandgate House, Kendal on 01539 742633.

Had you been either a member of or volunteer for The Group, you would have been most welcome to have joined us at The Barbon Inn on 20th. November for our Christmas Lunch. Never backwards in coming forwards it has almost become yet another 'Christmas Tradition' for SASL Sedbergh Support Group to be one of, if not THE FIRST in the district to

kick-off the Christmas Party Season.

Before our meal we remembered with great affection Mary Tallon. It was somehow fitting that the last Meeting Mary attended was in September when 'Lucy The Blacksmith' came to talk to us. Our kindest and warmest thoughts are not only with Mary's family, but also especially with those who will be without their loved ones for the first time this Christmas.

Betty 'Buttons' Harper then turned into a pumpkin, roundly berated Dennis and me - spectacularly type-cast as the ugly sisters, stuck Jack up his beanstalk, booted puss back to Whittington, exorcised the ghost of Jacob Marley, locked a lad in a cave, and with a piercing screech of 'Bah! Humbug!' wrung the turkey's neck, boxed Susan's ears with a cracker, put on a ridiculously silly hat and ordered 'Let battle commence!'. Oh no she didn't! Oh yes she did! Oh no she didn't! Oh yes she did! Oh do please come on - at least try and enter into the spirit of things even though you weren't at the pantomime party.

The ever attentive and kindly staff of The Barbon Inn served us a Turkey Dinner - replete with trimmings, stuffing AND apple sauce - none of this pureed chestnut muck-ment, drizzled with a soupcon of balsamic balderdash which causes the foodies in our midst to dribble and drool all over the place and which serves no purpose other than to add a tenner to the bill. The meat and two veg were followed by a choice of either

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Christmas Pudding with Brandy Sauce, cunningly disguised as 'custard', or Trifle - I had Vanilla Ice Cream! And we finished off with either Tea or Coffee and mints. Once again our sincere and grateful thanks to all at The Barbon Inn for their delicious food and excellent service. Especial thanks from Betty for their care and attention in her 'hour of need'.

And finally, maybe. Just maybe, some-where amongst the partridge in a pear tree, the late night shopping. Ye Olde-Worlde Christmas Fayres and Markets, the turtle doves, the lights, the baubles, the festoons of decorations, the French hens, the jingling bells, the tinsel, the paper chains, the calling birds, the ubiquitous Mother and Father Christmasses in their grottoes with their little helpers and miscellaneous fairies and elves, the gold rings, the reindeer, the sleighs, the Santa boats and trains and planes specials, the

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laying geese, the sprouted turkeys, the puddings, the pies, the swimming swans, the parties, the crackers, the hats, the milking maids, the sherry, the champagne, the Beck's, the drumming drummers, the cards, the sacks of presents, the discarded wrapping paper, the piping pipers, Morecambe and Wise, Bing Crosby, Coronation Street, Eastenders, the dancing ladies, the hullabaloo, the spin and hype, the razz-a-ma-tazz, the smarmy schmaltz and the leaping lords, maybe, just maybe amongst all this we will find the finest present we will ever get - God's gift to us all of his Son, the baby Jesus, the greatest gift of true joy, love and peace. Not Just at Christmas, but always, God blesses us every-one.

*George Watson*

*If you know of anyone (or even yourself) that would benefit from a Large Print or an Audio Lookaround, please contact the Lookaround Office. All the equipment for the Audio version is provided free and assistance is given as to how to work it, which contains minimal controls.*

*Ed*

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### THREAD OF GOLD

This new book is a history of the Sedbergh School Football Club from its foundation in 1879 down to the close of the 2010 season. It presents a comprehensive survey of the Club's fortunes on the field of play and explores why Sedbergh has been a crucible of excellence in the game of rugby football for so many years. The core of the book is a series of narrative chapters which describe and evaluate each decade in a year-by-year fashion. These are interspersed with shorter, more specific or thematic chapters which consider details of the Club's history. These include the sequence of Masters in Charge; the undertaking of Tours abroad; the playing of Rugby Sevens and the Centenary Season of 1979. There will also be a wide-ranging chapter which draws upon the correspondence of past and present players and attempts to reach an understanding of the unique ethos of the Club, its place in the life of the School and the formative influence which it has had on so many who, in their time, pulled on the Brown jersey. The book concludes with an assessment of the Club's condition Here and Now.

The author is Michael Raw who has been Head of History at Sedbergh since 1984. Michael was Master in Charge of Rugby from 1987 until 1991 and has coached Colts B on the Cricket Field for the last twenty years. He has used a variety of sources; notably press reports, past copies of The Sedberghian, a number of Captains' Books and, most valuable

of all, the personal recollections of Old Sedberghians, sent in by post or email.

#### PAYMENT

Cost £25, P and P and extra £5.

If you wish to order a copy please either write a note out to Nigel Horsfall Esq., Hon. Secretary, The Old Sedberghian Club, The Bursary, Sedbergh School, Sedbergh, LA10 5HG along with a cheque made payable to Sedbergh School for the appropriate sum. Alternatively, you may pay by (Internet) Bank Transfer to 20-45-28 account no: 50300640 account name:

The book is also available at our online store: <http://www.sedberghschool.org/about-the-school/thread-of-gold.html>



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## Sedbergh Community Development Centre Courses from January

Subject	Tutor	Wks	Day	Start	Times	Location
Using IT & Internet to Market Your Business	Adrian Luckham	6	Mon	07 Jan	Eve	K'Lonsdale
Italian Continuing, Tue/Wed Morning	George Handley	10	T/W	8/9 Jan	AM	Sedbergh
Italian Improvers, Sedbergh	Catherine Bond	11	Thu	10 Jan	AM	Sedbergh
Evening Yoga in Sedbergh	Fran Fryer	11	Thu	10 Jan	Eve	Sedbergh
Water, Paper, Paint and Inspirations	Janette Phillips	10	Thu	10 Jan	PM	K'Lonsdale
Moving, Dancing and Relaxing	Melanie Brierley	10	Fri	11 Jan	AM	K'Lonsdale
Creative Writing	Janni Howker	10	Fri	11 Jan	PM	Sedbergh
French Conversation, Kirkby Lonsdale	Laurence Luckham	10	Mon	14 Jan	Eve	K'Lonsdale
Developing your Computer Skills	Adrian Luckham	10	Mon	14 Jan	PM	K'Lonsdale
Strictly Ballroom & Latin!	J & B Douglass	10	Mon	14 Jan	Eve	Sedbergh
Life Drawing	Samuel Dalby	10	Tue	15 Jan	Eve	K'Lonsdale
A Guide to Working for Yourself	Jerry Bennett	10	Wed	16 Jan	Eve	Kendal
♥ Heart Start - Emergency 1st Aid (Free)	Fire Service	1	Sat	19 Jan	AM	Sedbergh
MS Excel - Develop Your Skills	Chris Wood	5	Mon	21 Jan	Eve	K'Lonsdale
How to Buy and Sell on eBay	Chris Wood	2	Thu	14 Mar	Eve	K'Lonsdale
Gouache and Oil Pastel	Frances Winder	1	Sat	16 Mar	Day	Sedbergh
Taking Photos of People	Frank Balaam	1	Sat	13 Apr	Day	Sedbergh
Upland Navigation	Tim Deighton	1	Sat	13 Apr	Day	Dent
Greenwood Stick Chairs	Mark Bamford	10	Wed	17 Apr	Eve	Sedbergh
Experimenting with Inks	Frances Winder	1	Sat	11 May	Day	Sedbergh

Full info on all courses at [www.sedberghcdc.org.uk](http://www.sedberghcdc.org.uk)

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### TIM FARRON MP

Thank you everyone who voted in the Police and Crime Commissioner Election. Whatever you think about this new post, created by the Government, the Commissioner will have a lot of power over how policing runs in Cumbria over the next 4 years or so. As a result it was important that everyone with an opinion about how crime is dealt with around here took the opportunity to vote for the candidate they felt came closest to representing their views. That was why I spent so much time travelling around, knocking on doors and speaking to people on the phone to encourage them to go out and vote.

Although we only achieved a turnout of just under 24% here in South Lakeland this was still the highest level of any area in the country. Further confirming my belief that we take democracy so much more seriously here than we do in other places. Something I am particularly proud of.

I took the opportunity of questions in the House of Commons the other day to ask the Deputy Prime Minister if, as the Government is so committed to democracy, he would consider extending this to the national park authorities like the YDNPA which have so much power over the areas they cover and yet no one is elected

to serve on them. I was delighted when he said that having a large area of national park within his own constituency he shared my concerns and felt that the Government should be working towards bringing more local say over the decisions made by the authorities. I will keep pressing on this issue.

I have been fortunate to have had several opportunities to speak in the House of Commons recently, I managed to say my piece in support of the wonderfully named "Grocery Codes Adjudicator Bill".

The aim of this bill is to rebalance the power between supermarkets and farmers, hopefully leading to a time when farmers can make a proper income from their work and we stop seeing the dramatic decline in the numbers of people working in agriculture we have witnessed over recent years. With luck this new adjudicator will be in place by this time next year, fighting to ensure that farmers get paid what they need not just what the supermarkets are prepared to pay.

I had a meeting with Danny Alexander the Chief Secretary to the Treasury to push him yet again to make Cumbria one of the next areas where the Government trials reducing the duty on petrol and diesel. Something they are already doing in the Scilly Isles and parts of Scotland. In the meantime I am putting as much pressure as I can on the Chancellor of the Exchequer to stop him implementing the plan to actually

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increase fuel duty from January. I wrote my message to him on a postcard making the point that cars are essential to life in places like Sedbergh and increasing fuel duty is essentially a tax on living in a rural community. It would be great if you too could send him a postcard showing Sedbergh or the Yorkshire Dales with the same message before December 5<sup>th</sup>.

Finally, I hope you have a wonderful Christmas and New Year.

Thanks to Dennis for all his work on Lookaround and thanks for all your support through 2012, here's to a successful 2013.

*Tim Farron MP*

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## **SEDBERGH TOWN BAND**

### **The Band and Remembrance**

*Bikers* - On Sunday 28th October approximately thirty five bikers arrived just after mid-day in the car park.

Sedbergh was one of their stops on a trip around Cumbria to herald the commencement of the annual British legion Poppy Appeal. They were greeted by Town Band tuba player Tony Playfoot playing his alternative instrument the bagpipes.

After refreshments (bacon butties and a hot drink) superbly prepared and served up the John and Rose Pease and their assistants, they departed for their next stop, Windermere, again to the accompaniment of Tony's pipes.

### **Remembrance Day Parade**

A week later on Remembrance Sunday 11th November, Sedbergh School C.C.F. Band, on completion of their participation in the ceremony at the school's cloisters to commemorate former members of the school who have given their lives on behalf of their country, joined up with members of the Town Band at the St. Andrew's Memorial.

Following a brief ceremony the two

bands led the parade around the town that included the Youth Band (marching but not playing) the scouts and others.

### **Remembrance Day Concert**

The Band's major contribution to Remembrance Day occurred on Sunday evening at 7.30 pm in the United Reformed Church. A concert was given in which all income was divided between the host church, U. R.C., and the British Legion.

The first half of the programme featured familiar themes from films - 'A Bridge Too Far', 'Cavatina' (The Deer Hunter), '633 Squadron', 'The Great Escape', 'Conquest of Paradise' and 'The Dambusters'. Slotted into this section was the 'Benedictus' from Carl Jenkin's work 'The Armed Man', the performance of which featured the very fine solo euphonium playing of Chris Perrot.

After an interval in which refreshments were served in the Church Hall the concert resumed in stirring fashion with 'Colonel Bogey' (always identified with the film 'Bridge Over the River Kwai'). A more reflective and nostalgic mood was

then achieved with '1914' (a collection of contemporary W.W.I tunes) which was followed by 'The White Cliffs of Dover' and 'We'll Meet Again': the words of these songs were reproduced on the programmes and the audience, encouraged by the excellent compere Stuart Manger, gave enthusiastic renditions.

The final section of the programme concluded on a traditional and dignified note. The British Legion's own march was played during which the legion presented the standard. Carole Marsden read the verse 'They shall not grow old', the Last Post was played: a two minute silence was observed before the playing of Reveille. Tony Playfoot was joined by the Band in playing 'Highland Cathedral' on the bagpipes before the evening end with the National Anthem.

#### **The Band at Christmas**

A full year for the Band concludes 2012 with a particularly busy December. The Annual Christmas Concert takes place in St. Andrew's Church at 7.45 pm on Tuesday 4th. The following day they will be in the

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United Reformed Church from 6.30 pm as part of Late Night Opening on Wednesday 5th December.

The first of their carol playing engagements is Saturday 1st December (12 noon to 2.00 pm) in Kendal's Birdcage. On Sunday 9th between 1.00 pm and 3.00 pm they will be at Asda, and 4.00 pm to 6.00 pm on Saturday 15th at Morrison's. The final playing will be on Christmas Eve, Monday 24th at the 'bus shelter' on Main Street.

#### **Coffee Morning**

The Band will be holding a Coffee Morning on Wednesday 19th December in the United Reformed Church.

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### **SPRING SHOW 2013**

We hope that you will all have a very Happy Christmas, and then, during the dark days of January and February, your thoughts may turn to crafts and hopefully you will be enthused to enter next year's Spring Show which will be held on Saturday 23rd March.

This year's show was a great success with record entries, unfortunately, over half of the entries were submitted during the last week before the closing date, which gave the Recorder huge problems collating all the information; please take pity on the poor man and entry earlier next time!

The list of classes for the Show is printed in this issue of Lookaround, so please look carefully and decide what classes you might enter. We have simplified the Photographic Section for 2013, and introduced the idea of all entries being brought to the hall on the Friday evening where the Stewards will put together the display. Also, in the Flowers and Plants section we have introduced floral art classes which, we hope, will encourage all levels of expertise, please just have a go.

We ask parents to please encourage your children to work on some entries at home in addition to those that we hope the schools will submit, just remember that children can only enter the classes that relate to their age group. Also for you adults, you do not have to have produced your items in the last twelve months, as long as it is something you have made and

has not previously been entered in the Sedbergh Show. We look forward to seeing you and your entries, on Saturday 23rd March 2013.

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

#### **SECTION 1 HANDICRAFTS**

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

#### **SECTION 2 HAND MADE TOYS**

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

#### **SECTION 3 FLOWERS & PLANTS**

23. A house plant. 24. 'Fascinating Foliage', an exhibit featuring foliage. 25. 'Treasure Chest' a petite exhibit. 26. 'In the Garden' an exhibit using garden material. 27. 'Once upon a Time' an exhibit depicting a nursery rhyme or fairy tale. 28. 'A Button Hole' for a lady or gentleman. 29. 'An Easter Basket of flowers' this is a novice class.

Classes for children, up to 14 years.

<p>30a. 'A foliage design'. 30b. 'Arrangement in a Cup and Saucer.'</p> <p><b>SECTION 4 GARMENTS</b></p> <p>31. A hand knitted garment in double knitting or thicker yarn. 32. A hand knitted garment in 4 ply or finer yarn. 33. A hand knitted scarf. 34. A crocheted article or garment. 35. A sewn garment. 36. A knitted baby garment.</p> <p><b>SECTION 5 HOME PRODUCE</b></p> <p>37. Sugar craft. 38. Fruit pie. 39. Savoury flan. 40. Six biscuits of any variety. 41. Six butterfly buns. 42. A novelty cake (judged for decoration only). 43. Fruit cake. 44. Four fruit scones. 45. Gingerbread –not larger than 10” square. 46. Round shortbread. 47. Six flapjack pieces. 48. Unfilled and fatless sponge cake. 49. Victoria sandwich (filled with raspberry jam). 50. Swiss roll. 51. Pot of jam. 52. Pot of marmalade. 53. Pot of fruit jelly. 54. Pot of lemon curd. 55. Pot of chutney. 56. Bottle of wine, cordial or other drink. 57. A white loaf – hand made. 58. A brown or wholemeal loaf – hand made. 59. A white loaf – machine made. 60. A brown or wholemeal loaf – machine made. 61. Speciality bread – sweet or savoury.</p> <p><b>SECTION 6 ART</b></p> <p>62. Artwork: still life (any medium, any form). 63. Artwork: portrait (including animals). 64. Artwork: landscape. 65. Mixed Media. 66. Any piece of artwork by a secondary school pupil.</p> <p><b>SECTION 7 PHOTOGRAPHY</b></p> <p>Maximum size, including mount, for all classes, 10” by 12”. (255mm by 305mm)</p>	<p>All classes can be in colour or black and white.</p> <p>67. Wildlife. 68. Pets. 69. Landscape or Local View. 70. People and portraiture. 71. Sport. 72. Artistic. 73. One of the above subjects for children under 14 years.</p> <p><b>SECTION 8 CHILDREN'S SECTION</b></p> <p>Pre-school. 76. A drawing of a farm animal. 77. A collage in 3 colours. (up to A4) 78. A drawing of a person. 79. A musical instrument made from junk. Reception Year. 80. A drawing/ painting of a wild animal. 81. A decorated boiled egg. 82. An animal made from any food material. 83. A small vehicle made from junk. Years 1 &amp; 2. 84. Illustrated capital letter max size A5. 85. 4 Decorated digestive biscuits. 86. An insect made from plasticine or playdough. 87. A drawing depicting a spring day. Years 3 &amp; 4. 88. A favourite poem. 89. A mosaic animal. 90. A multi-cultural item. 91. An animal made from vegetables, fruit or foliage. Years 5 &amp; 6. 92. A collage of a bird using sequins and/or buttons. 93. A drawing of a vehicle. 94. A sculpture using natural materials. 95. An abstract art picture using different shapes. (Hand drawn or computer). Year 7 and above. 96. A hand crafted article – any material, including wood or metal. 97. A computer generated poster to promote visitors to Sedbergh. 98. A design for a sports kit. (any sport). 99. A 'new baby' card.</p> <p><i>Margaret Milburn - Chairman 20610</i> <i>Linda Hopkins - Secretary 21455</i></p>
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## PEOPLE'S HALL

### *Redevelopment - The Plans*

Readers might recall that the People's Hall embarked on a voyage to improve the facilities at the Hall some five years ago. After a number of false starts, we now have a manageable project of adding a toilet extension and changing room annexe onto the end of the kitchen extension built in 1985. To realise these ambitions we issued an Invitation to Tender to building firms in the locality. Four quotations were received and analysed and the PH Committee approved negotiations to be held with a Sedbergh based builder to refine the quotation and clarify certain issues.

The Committee divided the total project into several phases to make funding easier. These are for Phase 1 to build the structure (floors, walls, roof, etc.) without any fit out and the new back lobby fully fitted out. This will be followed with two further phases, which could occur at the same time, to fit out the male and female toilets and to fit out the sports changing rooms.

With various enabling costs (eg: preliminaries, Building Regulations, etc.) the build cost for Phase 1 is estimated to be £99,000 including VAT at 20%. The fit out of the toilets (Phase 2) is estimated at £32,000 and the fit out of the changing rooms (Phase 3) is estimated at £34,000.

Turning to funding, the PH has funds of about £80,000 comprising: its own reserves, the Parish Council

## STOBARS HALL Care Home



The aim of Stobars Hall is to offer our guests maximum independence in order that they can lead full and varied lives, cared for by trained staff who provide physical, emotional and social support every hour of the day.

### STOBARS HALL RESIDENTIAL HOME

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

allocation of £25,000 and £15,000 of larger donations and pledges (interest free loans) that have already been made.

Readers may remember we announced earlier in the year that we had acquired significant funding. Unfortunately this funding was not confirmed. The Committee has identified a number of funding sources, which are now being approached. There are also a number of local funding sources, which will also be approached. However, these funds will not be enough and we have to come to the Town for help.

*Dr Gina Barney Hon Sec. 20790*



## YORKSHIRE DALES NATIONAL PARK

### *Have your say*

Consultation began in November) on two important documents that will shape the future of the Yorkshire Dales National Park.

The first is a draft version of the National Park Management Plan (NPMP). It has been produced by a partnership of organisations, including district and county councils, the Environment Agency, the Yorkshire Dales National Park Authority (YDNPA) Natural England and representatives of local businesses like the Dales Farmer Network.

It lays out a strategy for looking after this fragile landscape for the next five years and follows the 'Your Yorkshire Dales National Park' questionnaire earlier this year that asked what people wanted the National Park to be like in the future.

The draft plan contains an ambitious vision for the National Park. Three areas identified as central to the future of the National Park and its

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communities are: improving the quality of the tourism offer, getting good access to broadband, and enhancing the wildlife of the National Park.

The second document being put out for consultation is the first stage of writing the National Park Authority's own Local Plan. The final version will contain the detailed policies that will be used to decide planning applications and the future development of land and buildings from 2015 to 2030.

Organisations and individuals are being asked for their thoughts on an 'Issues Report', which highlights the key planning areas for the future of the National Park – including visitor facilities, local businesses, infrastructure and design.

Peter Stockton, the YDNPA's Head of Sustainable Development, said:

"The Local Plan is the foundation upon which all the Authority's planning decisions are made, so it is vital that we hear people's views on the big issues it needs to tackle."

Both documents and feedback details are available on the National Park's website at [www.yorkshiredales.org.uk/lookingafter/your](http://www.yorkshiredales.org.uk/lookingafter/your).

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### BOOKWORM

*What I have been reading this month*  
'A History of the World by Andrew Marr' (history)

This book is a huge undertaking for both author and reader - every page is worthy of a separate book! The early part of the book focuses on anthropology, archaeology and is dense in information. Chapters are chunks of time eg 300BC to AD 600 with themes eg Classical Empires. Marr recasts some historical interpretation of events and selects some key influential historical figures for greater biographical study. He makes linkages and connections across time and geography and suggests that war can be a powerful driver for political and technological change.

The book makes an important contribution to an overview of world history - and can successfully fill some gaps in readers' knowledge. 'Time Bites by Doris Lessing' (non fiction)

A collection of 64 short essays on diverse topics such as Jane Austen, Philip Glass, Zimbabwe and Sufism. The author gives clear sighted commentaries on books and writers. Some you like-some you don't! most however, offer a thought provoking perspective on the subject. 'The Pinecone by Jenny Uglow' (biography)

The jewel of Wreay Church is located 5 miles south of Carlisle in a village bordered by the Lakeland fells and the Pennines. The architect, Sarah Losh (1786 - 1853) came from

a wealthy, radical Cumbrian family and was unusually gifted and spirited. This superbly captivating biography charts in detail the influences on Sarah's life, her family, the building of the church and major historical developments in Northern Cumbria at this time.

A 'must see' church and a 'must read' book! *RM Bookworm*

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### GALA GROUP

*Bonfire and Fireworks 2012.*

Sedbergh's Bonfire and Fireworks evening was once again a great success. Despite sleet during the morning and a couple of huge cloudbursts during the afternoon, an army of helpers arrived to set up the firepit for the bonfire, the market stalls and tables. As ever, Steve Longlands was there to provide an electric presence!

By late afternoon the weather cleared to provide a beautiful if chilly evening and the event attracted a large crowd of locals and visitors from far afield. Some holiday makers had seen the new Gala website [www.sedberghgala.org](http://www.sedberghgala.org) and decided to come along and join in. It was a

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chance for everybody to catch up with friends, warm themselves by the Bonfire and even eat out at the same time, with a tasty range of food on offer. As well as traditional burgers and hot dogs there was Thai food, homemade soup, freshly baked cakes, mulled wine and of course the obligatory toffee apples, with cinder toffee and treacle toffee generously donated by the famous 'Green Door Sweet Shop'! There were also games to be enjoyed and fibre optic gadgets and gizmos to light up the night.

The competition for pumpkin lanterns attracted entrants of all ages and the difficult task of judging them fell to the Sedbergh Gala Queen, Rhianna Woodfine. The glowing lanterns were much admired by the onlookers, the standard being so high that everyone who entered won a prize. Thomas Hinson's entry featuring 007 complete with his gun and the classic James Bond silhouette was a particular favourite



with the crowd. There were no turnip lanterns entered this year and it was generally agreed that this was because it is such hard work hollowing them out, pumpkins being softer!

The evening ended with a dazzling firework display and John Davis, the Chairman of the Sedbergh Gala Group, said "If our criterion for success is to provide enjoyment to the community, then judging by the faces, we did a good job." The Gala Group would like to say a big "Thank You" to everyone who helped or just came along and made this community event such good fun.

*Neil Kernahan*

Zumba Fitness held every Thursday  
The Peoples Hall.



Zumba Gold: 5pm - 5.45pm

Zumba: 5.50pm - 6.50pm

Contact:

Zumba Instructor, Janet Hurst: 07979 108680



## ZUMBA

Keeping fit is not just for younger generations!

Every Thursday at The Peoples Hall, Sedbergh, Zumba Gold takes place. It is a Latin based dance fitness class. It is the lower impact version of Zumba and is great for those who are new to exercise and the more mature exerciser. Don't panic, you don't have to know how to dance. Just move your body and follow my lead, the moves are easy and fun. You will need to wear loose clothing, trainers, bring a bottle of water and your widest smile!

*Janet Hurst*

### DECEMBER GARDENING

There are three British native plants in the group known as Conifers, but, of these, only one actually bears cones. The Scots Pine (*Pinus sylvestris*) has hard, knobby cones about 2 ins long, whose scales open up in dry weather when they are mature to release winged seeds. Pine trees almost always have needles arranged in groups of two, three or five, and bound at the base with a papery sheath (the one exception is the "One-leaved Nut Pine", *Pinus monophylla* from Mexico, which bears single needles – and as the name suggests, edible nuts). Native Scots Pine has blue/green needles in pairs, and beautiful orange/brown bark on mature branches in the crown of the tree.

Our other two "Conifers" bear berries rather than cones. The Yew (*Taxus baccata*) is well known for its red berries, much loved by birds. (There is a yellow berried form occasionally seen in gardens). The sticky, red fleshy part of the berries is sweet and delicious, but the seed hidden inside is very poisonous so you should only eat them if you are prepared to do some quick spitting as you go along. Yew foliage is again needle shaped, but the leaves are arranged singly and they are green on top and base, and have a smooth plastic like quality. Stems, leaves, bark and roots of the Yew are all poisonous, but as with many toxic plants, Yew is source of one of our most effective anti-cancer drugs (Taxol).

Juniper (*Juniperus communis*) is our third British "Conifer" and it has berries which ripen from green to black. They are rather woody in nature but have a lovely resinous flavour, and are sometimes used in cookery and, of course, to give the characteristic flavour to Gin. Juniper needles are short and sharp and are arranged around the stems in groups of three. *Juniperus communis* has many garden forms which range in stature from the beautiful, closely growing, upright Irish Juniper to small, neat, ground hugging dwarf forms.

*Elaine Horne*

*For some unknown reason, the Gardening last month was Listed as being on Page 15 but wasn't. Apol's to Elaine and everyone that was looking for it.. Ed.*



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### THE COBWEB ORCHESTRA

The Cobweb Orchestra has had a very exciting year, no big Awards this year, but they were invited to play for H.M. The Queen at the Opening of the International White Water Course at Stockton on Tees in July.

A highly enjoyable few days were

*Visiting the streets of Sedbergh, just in time for Christmas*  
**"The Adventures of Eli & Grumps"**  
written and illustrated by Samantha Scarr.  
Join Eli & Grumps for a great adventure  
aboard a Pirate Ship.  
Available in abracadabra flower & gift shop soon

spent in Bavaria this summer, two concerts were given in the town of Dachau - which, in spite of the town's history is a lovely town, and full of lively musicians.

The string players had a wonderful afternoon playing with the violinist Min Jin Kim at Brigsteer. She is more likely to be guesting with the Royal Philharmonic or Berlin Philharmonic than a group of Cumbrian amateurs, so it was a thrill to play with such a fine player.

We have had many brilliant study days which have included Symphonies by Sibelius, Bruckner, Tchaikovsky and at present are being led through Stravinsky's 'Rite of Spring' for the 100th Anniversary of its first performance in Paris and the riot it caused.

The Orchestra welcomes players of all instruments; we have a regional network of local orchestras, Tebay being the Cumbria venue, meeting every Tuesday night at the Methodist Church Hall at 7.30 pm during school terms.

Our next local concert is at St. Oswald's Church, Ravenstonedale on Saturday January 26th at 7.30 pm. The entry is free.

If anyone is interested in the Orchestra, visit [www.cobweborchestra.org.uk](http://www.cobweborchestra.org.uk) or contact Sheila Blackwell on Sedbergh 20056.

## BIRDWATCH

Do you like watching the birds in your garden? Then take part in the world's biggest wildlife survey – the RSPB's Big Garden Birdwatch on 26th & 27th January 2013.

This is the conservation charity's most important event of the year. It is when people across the country look out of their window and spend an hour of their weekend recording how many birds they see.

Last year, over half a million people counted more than nine million garden birds. The information from this survey helps the RSPB form a comprehensive picture of how well – or not so well - each species is doing.

Over the past three decades, participants have helped the RSPB discover that populations of house sparrows starlings have declined while the numbers of blue tits and goldfinches in gardens have increased.

Doing the Big Garden Birdwatch not only helps the RSPB track the ups and downs of garden birds, but gives you the perfect excuse to sit down with a cup of tea and enjoy the wildlife in your garden.

Taking part is very simple. Over the weekend of the 26-27 January, spend one hour counting the largest number of each bird species you see at a time in your garden. Then give your results through our website [www.rspb.org.uk/birdwatch](http://www.rspb.org.uk/birdwatch) or by post.

You can get loads more information about the Big Garden Birdwatch and a free pack by going on our website or calling the hotline 0300 456 8330.

*Deborah Brown*

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## **SEDBERGH & DISTRICT COMMUNITY OFFICE**

Hello, and Happy Christmas to you from all of us.

Firstly, I'd like to remind you that we are still taking in used batteries, ink cartridges (not Epson please) and CD/DVDs (discs only please) for recycling/proper disposal. We are now also doing energy-saving lightbulbs – if one of yours fails, bring it to us and we'll see it's taken care of.

We are making a bit more of the first Wednesday of the month at the Joss Lane market; as well as the regular weekly stalls which we rely on for greengrocery, fish, meat, bread etc., there are some other good stalls which can't make such a regular commitment and I hope they will come on the first Wednesday of the month at least. The first Wednesday in December is also the late-night opening, so you will be able to shop literally from dawn til dusk and beyond.

Lastly, some consultation documents from the Yorkshire Dales National Park Authority (the draft National Park Management Plan and

the Local Plan) have come in and you can look at them here until 11 January 2013. *Andi Chapple*



Thinking of a fresh bird  
this Christmas?

Phone Dent 25255  
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## **SEDBERGH INFORMATION AND RESOURCE CENTRE**

### *Latest News*

The Tourist Information and Book Centre and the Community Centre, which was upstairs at 72, Main St., are now located together in the new Sedbergh Information and Resource Centre. Information and support for local people and for visitors will be provided from there. If you haven't done so already please do come in and see the new layout, talk to one of the volunteers, find out what we are doing and maybe even buy a gift or Christmas card.

We are trying to recruit enough volunteers to keep open seven days a week from 10am - 4pm in the winter months and longer in the summer. But to do this we need as many people as possible to volunteer. You will not be thrown in at the deep end but will be with a trained volunteer and a training programme is in place to help you along. You don't have to commit to doing it every week but as often or as infrequently as it suits you. It can be fun – so please do give it a try.

If you want to find out more then give Hilary Hodge a ring on 07840119051

### **A BRAITHWAITES BONANZA**

We'd like to wish John (Metcalf) a Merry Christmas and a Happy New Year from all his regularly satisfied customers.

A big thank you from all of us for our weekends away and our Saturday trips out. What a great year we've had! We've more or less travelled the length and breadth of our home country and certainly learned a lot.

This year our long weekends have been to Criccieth, Porthcawl and Llandudno (twice) all in Wales. Pitlochry, Dornock, Tarbet, Rothesay, Dunoon, Melrose and Aberfoyle (3 times) all in Scotland, plus one in England at Skegness. Not bad in one year!

Our day trips are legendary with a fountain of information from John, as well as a jolly good day out. Why not join us in 2013. We do like to see new faces.

We'll see you at Christmas John, as usual, at the Rob Roy, Aberfoyle. They never let us down.

*From Your Grateful Passengers*

### **AGE UK SOUTHLAKELAND**

Age UK Southlakedale now have a few well established groups in the Sedbergh and Dent area, why not try our Lunch Club at 1200 on the 2nd Thursday of the month in the Red Lion, £8.00 for 2 courses is really good value. Or come along to our cream tea group in Sedbergh Café on the 1st Thursday of the month £5.00 for sandwiches, cake, scones, tea and coffee - highly recommended!!!. For those who prefer a bit of exercise

we have the walking group that is aiming to do one walk every month during 2013 - weather permitting. We got off to a good start in the summer months but the weather has not been on our side lately!!!.

We have the Dentedale Club on the first Friday of the month where you can come and listen to guest speakers, try some gentle exercise, play scrabble and of course have a tea or coffee. An exciting programme is planned for 2013 and it would be lovely to see some new faces!!!

And specifically for the men, how about coming along to the new 'Auld Fellers' group? On Thursday 31st January we'll be meeting for the first time and talking dialect (possibly in dialect – and having a laugh, drinking tea, eating cake ... the usual). The group will meet in Sedbergh Community Office from 10 to 11.30 am and you will be warmly welcomed.

For more information on any of the groups please call Linda Greensmith on 01539 728180.

### **SEPTIC TANK**

*Up the Creek - with or without a Paddle?*

Have you got a septic tank?

If you have - did you register it before 1st January 2012 with the environmental agency?

Probably doesn't matter until you come to sell your property – but you will be in breach of the Environmental Permitting (England and Wales) Regulations 2010 (EPR)!

Go to: [environment-agency.gov.uk](http://environment-agency.gov.uk)

*Dr Gina Barney*

## NEIGHBOURHOOD FORUM

### *Supporting Local Communities – Community Grant Opportunities*

Are you looking to raise funds for a local project? Does your project benefit the wider community? Are you based within the Sedbergh & Kirkby Lonsdale area? If so, you may be eligible to apply for a grant from the Neighbourhood Forum.

Grants are available for voluntary, non-profit making community groups and organisations who can demonstrate that their project will benefit the local area. Applications will need to be received by Friday 15 February in order to be considered for funding in this financial year. If you would like any further information on how to apply, please contact Sarah Williams on 01539 713405 or [sarah.williams@cumbria.gov.uk](mailto:sarah.williams@cumbria.gov.uk)

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## **SEDBERGH BOWLING CLUB**

On Friday 19th October we held our end of season social at the White Hart Sports and Social Club. We enjoyed a delicious supper, held a raffle and played dominoes. Despite the very wet weather we played most

fixtures on time. The winners for our competitions were:-

**The Townson Trophy** - Neil Haworth and William Lowther

**Spring R/R** - Janet Baines

**Open Pairs** - Tony Hoare & Stan Robinson

**Ned Winn Pairs** - Keith Sanders & Neil Haworth

**Norman Hoggarth Memorial** - Carole Townson

**Iveson Doubles** - Bob Brown & Donald Westgate

**Wilf Conchie Memorial** - Tom Wilson

**Shepper Mens** - Bob Brown

**Leighton Ladies** - Ruth France

**Poyntz Wright** - Peter Craven

**Presidents Prize** - Carole Townson

**Sedbergh Pairs** - Carole Townson & Bob Brown

**Teal Trebles** - Bob Brown & Sandra Smith & Bryan Lewis

**Autumn R/R** - Donald Westgate

The AGM will be on 21st February. Please check details in *Lookaround*. Everyone is welcome. We will hold a number of taster sessions next season if you would like to try Crown Green Bowling. We open in late March, weather permitting. For more information ring Linda on 20279.

## **DENT FOOTBALL CLUB**

The Members of the Dent Football Club Juniors and Karen Troughton would like to say a MASSIVE THANK YOU to Craig and Jess Moffat of the Haddock Paddock chippy for sponsoring their October 2012 training costs at the People's Hall.

Thanks Again from all involved with the juniors.



**DENTDALE  
CHRISTIAN FELLOWSHIP**

These informal fellowships continue on 4th Sunday eve of every month and anyone who would like to join us is very welcome. In Dec we meet with Cafe Church in Sedbergh on 1st Sunday eve otherwise would be a bit on top of Christmas. In the New Year we hope to meet together in the same way plus a Sunday lunch now and then a bit of pampering and whatever God has in store for us. One thing is sure, none of this is about religion but relationship with Jesus. Will you join us on our journey?

Can we support you in your journey through the ups and downs of life? Do get in touch.

*John & Sarah  
"Rhumes" Laning, Dent. (25212)*

**WESTERN DALES  
COMMUNITY BUS**

Everything is on track for the introduction next April of a new bus service designed to meet the particular needs of our area. **The Western Dales Community Bus**, run by volunteers, will provide a scheduled and private bus service for Sedbergh, Kirkby Lonsdale and neighbouring parishes, linking us with Kendal and other centres as it develops. It will not replace existing bus provision but maintain services that will otherwise be withdrawn.

To be successful, the Community Bus depends on the support and involvement of local people so volunteers are eagerly sought! Bus

drivers are obviously crucial to the whole operation and you need nothing apart from a driver's licence and a few hours of time a month to join the crew (we can't guarantee a snazzy uniform!). You will be given a short training leading to the MIDAS qualification - Minibus Drivers' Awareness Scheme.

If you are interested in helping and would like to find out more please contact Liz Nuttall, 015396 25571 or [liznuttall@talktalk.net](mailto:liznuttall@talktalk.net).

**SEDBERGH PRIMARY SCHOOL**

Thank you to everybody who supported our first Sedbergh Primary PTFA school disco held on Friday 9th November 2012.

The children seemed to have a great time and even parents were spotted on the dance floor!

Thank you also to all those who were able to help on the evening and who baked delicious cakes/biscuits to sell. It was very much appreciated and all our efforts paid off as we made a grand total of £222.53 which is an excellent start to our fund raising efforts!

For our next fund raiser we are going to record the dress rehearsals of the children's x-mas concerts and have DVD's for sale at the concerts for parents/ grandparents to purchase. We are asking children to design the cover for the DVD.

Don't forget to use [www.easyfundraising.com](http://www.easyfundraising.com) when doing your Christmas shopping online.

*Sedbergh PTFA*

## **THE ROYAL BRITISH LEGION**

### *Sedbergh & District Branch*

The 2012 Poppy Appeal got off to a good start with the visit of the Legion Riders Branch to Sedbergh on Sunday 28<sup>th</sup> October. 41 Riders, coming together from all over the North, were led into Joss Lane car park by our Town Crier, Dennis Whicker, and Legion Standard Bearer & Escorts, John Douglass, Norris Chamley & Ray Whittle. They were greeted by the playing of Pipes by Tony Playfoot, and treated to a hot drink and bacon butties prepared by Davidson Walton & helpers. We are very grateful for the generosity of Davidson who, again, gave freely of his time & energy, and to Steadman's Butchers and Howgill Bakery for the provision of bacon & baps. Special mention must be made here for the help given by the Longlands and the Blackwells, without whom we would have been unable to set up an effective stall. Its success was apparent in the appreciation shown by the Riders for the warmth of the Sedbergh welcome in every respect.



Sandra Gold-Wood, seeing the

opportunity of a 'spare' coffee morning date at the URC Rooms, organized a Poppy Coffee morning for 'Remembrance Week'. Her hard work paid off and, with the support of the ever-generous Sedbergh folk, raised in the region of £250 for the Poppy Appeal. This event also gave us the opportunity to raffle a very fine walking stick, crafted and donated by John Jones specially for the Poppy Appeal: John had incorporated a Poppy Brooch into the top of the horn handle. The stick attracted a lot of admirers and, in addition to the Coffee Morning, it raised £150 towards the Appeal. John Jones kindly agreed to draw the winning ticket, which was won by John Douglass.

Our Branch AGM took place in the White Hart Club on Thursday 8<sup>th</sup> November, where all Officers were re-elected by unanimous assent and President, John Pease, gave his annual report.

All members are welcome to attend the monthly meetings held on the second Wednesday of each month (except August) in the White Heart Club.

Dennis and Jacky Whicker were honoured to receive tickets to The Royal British Legion Festival of Remembrance at The Royal Albert Hall on 10<sup>th</sup> November and enjoyed a memorable evening, attended by Her Majesty the Queen and many Royal and other dignitaries. It should be noted that each year our Branch receives 2 complimentary tickets for this occasion and any Branch

member may apply for one for themselves, plus partner. **Please contact us if you are interested for 2013.**

The Annual Remembrance Service at St. Andrew's Church fell on 11<sup>th</sup> November and this year's address was given by Valerie Finch of The Quaker Society of Friends. The event was very well attended both for the Service and for the Commemoration afterwards at the War Memorial. Standard Bearer John Douglass and escorts Norris Chamley and John Challoner then stood with Sedbergh School Headmaster and our Branch President to take the salute for the March Past of the Town & Sedbergh School Band, Sedbergh School CCF, Scouts, Brownies and other wreath layers.

Being 11<sup>th</sup> November, the now Annual Remembrance Concert took place the same evening at the URC, to the usual lively reception. Half of the takings from the concert are donated each year to The Royal British Legion through the generosity of Alan Lewis and his Town Band, and for this we are extremely grateful. That evening our Standard Bearer was escorted by Zander Skill & Ray Whittle.

That rousing evening was a fitting conclusion to this year's Poppy Appeal for the Sedbergh & District Branch which, so far, has raised over £8,000. This includes money from our many door-to-door collectors and also those who manned our Poppy Appeal stand at Killington Services on the M6. This year's effort was given a

fantastic boost through Keith Wood, Poppy Appeal Assistant to Dr. Philip Hoskin, who worked non-stop recruiting collectors, collating rounds and servicing the many boxes and tins in our area, (in addition to 'busking' with colleagues on Main Street during the Coffee morning!)

On behalf of the Sedbergh & District Branch, may we take this opportunity to thank all our Poppy Collectors for the time given towards this cause, and also to those who very generously donated to this year's Poppy Appeal through all the above events.

We have been given our own Web Site which is currently being developed, and we hope you will take the time to view it at [www.britishlegion.org.uk/branches/sedbergh/](http://www.britishlegion.org.uk/branches/sedbergh/). If you browse the main Legion website you will also get an idea of the work the Legion is able to do for our Armed Forces and their families, thanks to The Poppy Appeal.

Many years ago, Colin Weir had a target of 100 members in Sedbergh & District Branch but the target was never achieved, membership is now nearing 100, who can you encourage to join so that we can hit his target? Sedbergh School Combined Cadet Force year 10 cadets application to become affiliates of Sedbergh & District Branch is being processed and it is hoped that they will become junior members of the branch soon and that the process is repeated each year so that eventually all on board.

Thank you again.

*Rose Pease*

### **CHRISTMAS ON A PLATE!!**

*If you're lucky enough to have been born before 1953 - and you live in Sedbergh – **Farfield Mill will provide FREE return transport if you book for Christmas lunch.** No problems if it's icy – you can bring your own wine without corkage – so even the driver can enjoy a drink (or two)! Why? Because we go the extra mile for our customers, so you don't need to...*

Simply phone 21159 to book a table (as soon as possible) and give your name and phone number with your request for free transport. Gentleman Jim, driver of the *Flying Shuttle*, will then ring you to arrange collection and the time you would like to return. Why not make it a foursome and he'll pick your friends up on the way?

*Sarah Champion*

### **YORKSHIRE DALES NATIONAL PARK**

*Walkers urged to help stop spread of tree disease*

Visitors to the Yorkshire Dales National Park have been urged to help stem the spread of a disease that is killing thousands of trees throughout Europe.

Hikers are being asked to take extra care when walking in woods as experts from the Yorkshire Dales National Park Authority (YDNPA) work to assess the impact of ash dieback disease on the fragile landscape.

The disease was discovered in the UK earlier this year. It causes leaf loss and kills off the tree's crown, often resulting in the death of the ash

tree. It is caused by the fungus *Chalara Fraxinea* (correct), which is thought to be transmitted by the wind, insects and rain splash.

National Park Authority conservation experts are working closely with the Forestry Commission – which is leading the effort to contain the disease – and are currently surveying woodlands containing ash trees to see if there are any symptoms.

Anyone wanting information of ash dieback is asked to contact the Forestry Commission's Forest Research Tree Health Diagnostic and Advisory Service on 01420 23000 or visit the Forestry Commission website at [www.forestry.gov.uk/forestry/infd-8w9euv](http://www.forestry.gov.uk/forestry/infd-8w9euv).

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### **YDNP**

*New online National Park events listing*

Organisers of events in and around the Yorkshire Dales National Park will soon be able to promote them using a brand new, online service.

The Yorkshire Dales National Park Authority has set up a special 'what's on' section on its website to enable local organisations, clubs and individuals to advertise happenings and activities to a wider audience – and it is completely free.

The search facility for visitors to browse events online will go live in the New Year, but providers are being urged to register their event now at [www.yorkshiredales.org.uk/add-an-event](http://www.yorkshiredales.org.uk/add-an-event) in time for possible inclusion in the Authority's annual newspaper, *The Visitor*.

### **LORD MAYORS SHOW**

On Saturday 10th November, Jacky and I were honoured to receive two tickets to attend the Royal Albert Hall in London for the Annual Festival of Remembrance.

We went into 'Town' in the afternoon with the intention of seeing a few sights and knowing that the Lord Mayors Show was on, deliberately avoided the area of Mansion House and alighted the Tube at the Temple Station, right into the middle of the Parade taking a Lunch Break. We were at the very beginning as it commenced at 1:10 pm back towards Mansion House.

As reported last month, we knew

that Roger Gifford was the new Lord Mayor and that the School Band were to be appearing so we watched and waited. After a short while, we saw an Eddie Stobart Lorry appearing with the Sedbergh School Band led by Mr Alan Lewis on board. We were suitably greeted by Alan before they went off into the distance.



We later attended the Festival of Remembrance and had a memorable evening.  
*D J Whicker*

## **KENT VALLEY WINDOWS & GLAZING**

**Andrew Williams**

Replacement uPVC Windows & Doors  
Clouded Double Glazed Units Replaced

\*\*\*\* **NEW PRODUCT** \*\*\*\*

“SUPERLIGHT” Conservatory Roof

Why not convert your glass or polycarbonate roof to a  
eco tiled or eco slate roof and use you conservatory all year round!

*Phone for free no obligation quotation.*

**Tel: 01539 725655**

**Mob: 07909 948 669**

### **COWGILL CHURCH**

Many thanks to everyone who attended, helped at or contributed to the Charity Coffee Morning on Saturday 20th October. We have been able to send a donation of £217 to the North West Air Ambulance, thanks to your generosity.

*Heather Fraser*

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### **DENT FLICKS IN THE FELLS**

The half term film "Hugo" proved a good choice and was very much enjoyed and after expenses there was some profit for the Memorial Hall funds.

We are open to suggestions for future films to show and are happy to provide events to enhance the social life of the community which is part of our constitution. Chair of DMH Trustees

*S E Woof (25212)*

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### **KILLINGTON**

*Hot Supper and Promise Auction*

This was held on Friday 16<sup>th</sup> November in Killington Parish Hall to help raise money towards Killington Children's Christmas Party, which is to be held on Saturday 22<sup>nd</sup>

December this year when we will be taking the children to see 'Jack & the Beanstalk' at Kendal Leisure Centre.

The evening was a huge success due to the generosity of so many people. We had over 60 promises from local businesses, friends and family to whom we are very grateful.

The evening kicked off with a lovely

hotpot supper and numerous puddings all prepared by the parents of the children in the parish. There were over 60 people attended and the money raised was in excess of £1,000. This will enable us to fund the party this year, next year and allow us to give some money to a charity.

We are very grateful to all those who supported this event in giving, attending and/or bidding.

*Ann Newbold & Rachel Barber*

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### **COMMUNITY OFFICER REPORT**

We have just completed the first cycling proficiency group of children from Sedbergh primary school who have all been successful.

To suggest community priorities please feel free to attend our monthly drop ins or please feel free to contact us on 101 or email us on karen.

dakin@cumbria.police.uk Or Amanda.coleman@cumbria.police.uk or alternatively you can speak to us during our regular drop in surgery at Sedbergh Library on the 3<sup>rd</sup> 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.

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

You can also follow us on facebook and twitter [www.facebook.com/cumbriapolice](http://www.facebook.com/cumbriapolice) and [www.twitter.com/cumbriapolice](http://www.twitter.com/cumbriapolice)

*CSO 5206 Karen Dakin  
CSO 5244 Mandy Coleman.*

## 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
					1545	1600	Sat	564A	KLC
Dent to Dent Station					1620	1635	Sat	564A	KLC
0840	0855	Sat	564A	KLC	Dent to Sedbergh				
0950	1005	Sat	564A	KLC	1000	1015	Wed	548B	W
1345	1355 CG	Wed	564B	W	1035	1050 (L)	Sat	564A	KLC
1515	1530	Sat	564A	KLC	1635	1650	Sat	564A	KLC
1605	1620	Sat	564A	KLC	Last Update: November 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	

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

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)

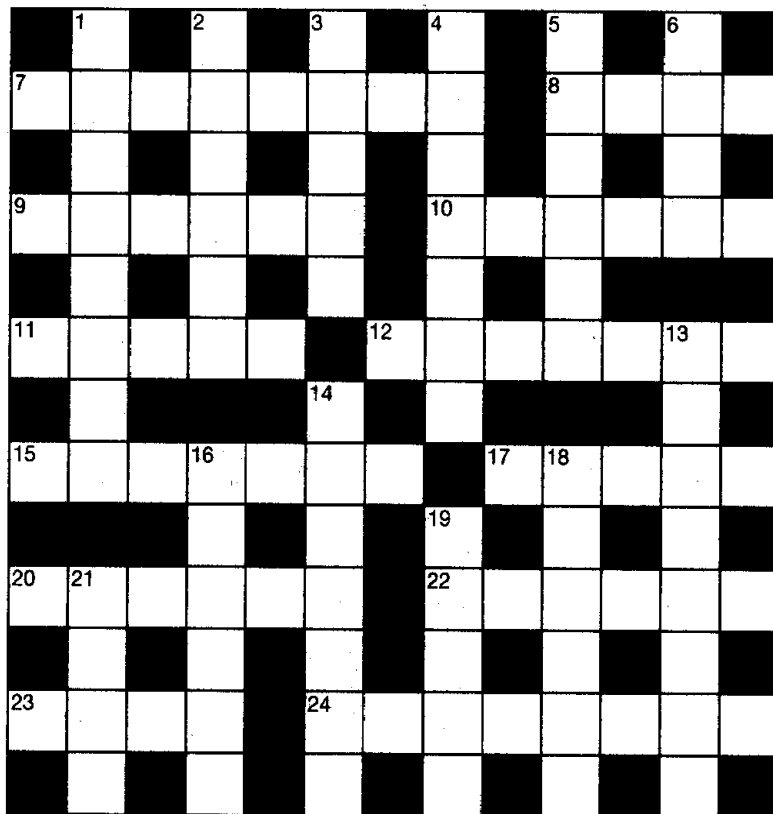
<b>Organisation</b>	<b>Update</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Allotments Association (Dent)	08/09	Mr Smith	Dent:	25688
Allotments Association (Sedbergh)	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society (S & D)	09/08	Mrs Leigh	Sed:	20794
Badminton (Sedbergh)	10/08	Mr Wheatley	07816	437500
Beekeepers Association (S & D)	01/09	Mrs Whitton	015242	72004
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club (Queen's Gardens)	01/09	Mr Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club (S&D)	01/09	Mr Hinson	Sed:	20118
Caving Club (Kendal)	01/09	Mr Teal	Sed:	20721
Chamber of Trade *	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	01/09	Mr Beck	Sed:	20336
Cricket Club (Dent)	01/09	Mr Hyde	Dent:	25503
Cricket Club (Sedbergh)	01/09	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	09/10	Mrs Sugden	Dent:	25303
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent School (Friends of)	01/09	Mr Hartley	Dent:	25317
Dog Training (Sedbergh)	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders (Dent)	01/09	Mrs Pilgrim	Dent:	25589
Football Club (Dent)	01/09	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	06/09	Mr Kirby	Sed:	21214
Gala Group	04/10	Mrs Usher	07837	978626
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions (Dent)	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907
Howgill Schoolroom	01/09	Mrs Stainton	Sed:	20665
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050



Kent Lune Trefoil Guild	01/09	Mrs Mitchell	Sed:	21144
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Methodist Church Hall	01/09	Mrs Jackson	Sed:	20530
Over 60's (Dent)	02/09	Mrs Burrow	Dent:	25203
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council (Dent)	07/12	Mr Stephenson	Sed:	21487
Parish Council (Garsdale)	01/09	Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	10/08	Mr Robertshaw	01539	730597
People's Hall	01/09	SOS	Sed:	20788
Pepperpot Club (Sedbergh)	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground (Sedbergh)	10/09	Mrs Rice	Sed:	22100
Playgroup (Sedbergh)	01/09	Mrs Gunning	Sed:	20226
Playing Field (Sedbergh)	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group (Sedbergh)	02/09	Mrs Foott	Dent:	25453
Residents Association (S & D)	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	01/09	Mrs Storey	Sed:	21593
Sight Advice South Lakeland	12/10	Mrs Levitt	Dent:	25162
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	09/10	Mr Thomson	Sed:	21747
Slimming Club	01/09	Mrs Uttley	01539	722568
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Toy Library	11/09	Mrs Osborne	015242	61029
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	02/11	Mrs Smith	Dent:	25688
Women's Institute (Howgill)	01/09	Mrs Hoggarth	01539	824683
Women's Institute (Killington)	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute (Sedbergh)	12/10	Mrs Ramsden	Sed:	20828
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	12/09	Mrs Wilson	Sed:	20238
Young Kidz	01/09	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	08/12	Ms Gardner	Sed:	20570

\* = Latest Amendments

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



## ACROSS

- 7 Incredible (8)
- 8 Labour (4)
- 9 Circus tent (3, 3)
- 10 Sikh's headwear (6)
- 11 American Indian's symbolic pole (5)
- 12 Holiday destination (7)
- 15 Fuss (7)
- 17 Mix (5)
- 20 Material thing (6)
- 22 Ill, sick (6)
- 23 Wild blow (4)
- 24 Spanish dance (8)

## DOWN

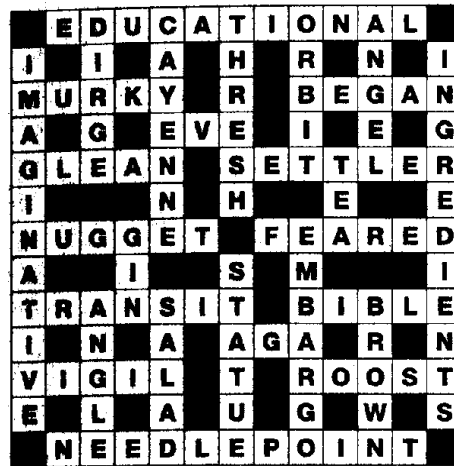
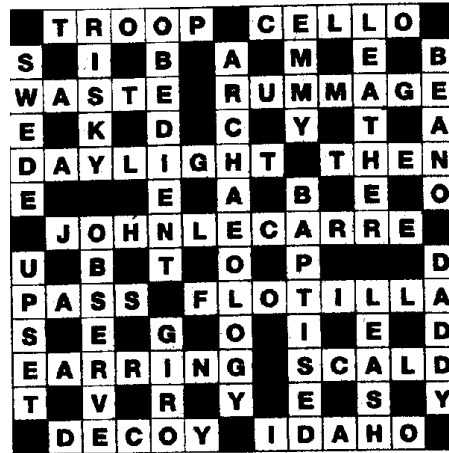
- 1 Canadian province (8)
- 2 Marine creature (6)
- 3 Military unit (5)
- 4 Receptacle for cigarette butts (7)
- 5 Twin-speaker sound (6)
- 6 Italian city with leaning tower (4)
- 13 Fight, battle (8)
- 14 Confirm in writing (7)
- 16 Get even for (6)
- 18 Solicitor (6)
- 19 Large wall painting (5)
- 21 Without hair (4)

**PLACES OF INTEREST TO VISIT IN THE AREA**

- Bruce Loch, Busk Lane
- Cautley Spout, A683 towards Kirkby Stephen
- Community Office, 72 Main Street
- Cumbria Wildlife Trust, Community Office
- Dent Heritage Centre, Laning, Dent \*
- Farfield Mill, A684 Garsdale Road \*  
*Free to LA10 Residents on Sundays*
- Friends Quaker Meeting House, Brigflatts.
- George Fox's Quaker Pulpit, Firbank
- History Society, Community Office
- Holme Working Farm, Middleton \*
- Holy Trinity Church, Howgill
- Jubilee Wood, Castlehaw Lane
- Langstone Fell, A684 Garsdale Foot
- Methodist Church, New Street
- Queen's Gardens, Station Road
- St. Andrew's Church, Dent
- St. Andrew's Church, Main Street, Sedbergh
- St. Gregory's Church, Vale of Lune
- St. John's Church, Cowgill
- St John's Church, Firbank
- St. John's Church, Garsdale
- St. Mark's Church, Cautley
- Sedbergh Embroidery, StAS
- United Reformed Church, Main Street
- Information Centre, 72 Main Street
- Winder Fell, above Sedbergh
- \* = Entry Fee Applicable



**There always has to be somebody.**



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



### BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Hope .....	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) <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 (2013/02) <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 (2013/09) <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
Mrs A Bramall .....	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <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

### CAMPING, CARAVANNING & SELF-CATERING

J Garner .....	2 Millthrop, Sedbergh LA10 5SP (2013/07) <i>Sleeps 4; CH; CW; DW; TVL</i>	01942 216058 or 07792 445257
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09) .....	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs A Bramall .....	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2012/11) <i>Self-Catering Sleeps 6-8</i>	20360

### 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**

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### 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](http://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. |                                         | 28 1430 Yorkshire Christmas Carol | DCMH |
| <b>DECEMBER</b>                                       |                                         | <b>2013</b>                       |      |
| 1 1000                                                | Conversations with Water (46) till 2/13 | FM                                |      |
| 1 1000                                                | Scouts Coffee Morning (36)              | URCR                              |      |
| 1 1000                                                | Christmas Fun Day                       | DCMH                              |      |
| 1 1000                                                | Carols Workshop (10)                    | DMC                               |      |
| 1 1030                                                | Dent Christmas Market (*)               | StAD                              |      |
| 1 1900                                                | Carols Ceilidh & Festive Meal (10)      | DMH                               |      |
| 1 1930                                                | Flicks in the Fells                     | PH                                |      |
| 2 1000                                                | Carols Workshop (10)                    | DMC                               |      |
| 2 1600                                                | DPS Christmas Fair (*)                  | DMH                               |      |
| 2 1900                                                | Café Church & C. Fellowship (15)        | Duo                               |      |
| 2 1900                                                | Advent Service with Dentdale Choir      | StJCC                             |      |
| 2 2030                                                | Barbon Inn Quiz Night (10)              | BI                                |      |
| 4                                                     | WIK Christmas Lunch                     | TBA                               |      |
| 4 1900                                                | Aglow KL                                | KLI                               |      |
| 4 1945                                                | Town Band Christmas Concert (10)        | StAS                              |      |
| 5 1000                                                | Coffee Morning - Chamber of Trade       | URCR                              |      |
| 5 1430                                                | SS Rugby v Millfield School             | SS                                |      |
| 5 1430                                                | Cream Tea Afternoon                     | Sed Cafe                          |      |
| 5 Eve                                                 | Late Night Shopping (1)                 | Sedbergh                          |      |
| 5 1930                                                | HS The History of your House (11)       | SSAT                              |      |
| 6 1930                                                | WIH Party                               | TBA                               |      |
| 8 1930                                                | Flicks in the Fells Salmon              | PH                                |      |
| 8 1930                                                | SS Choral Society (11)                  | Kendal Church                     |      |
| 11 1930                                               | Domino Drive & Mince Pies               | FCH                               |      |
| 12 1000                                               | Coffee Morning - Garsdale Church (12)   | URCR                              |      |
| 12                                                    | WID Christmas Party                     | TBA                               |      |
| 12                                                    | WIS Christmas Dinner                    | TBA                               |      |
| 12                                                    | Town Band Xmas Concert                  | Ravenstonedale Ch                 |      |
| 13 1200                                               | Lunch Club                              | Red Lion                          |      |
| 13 1945                                               | Pepperpot Concert (13)                  | PH                                |      |
| 14 1900                                               | Christmas Domino Drive (14)             | KVH                               |      |
| 15 1400                                               | Messy Church                            | SMC                               |      |
| 19 1000                                               | Coffee Morning - Town Band              | URCR                              |      |
| 19 1930                                               | Dentdale Indoor Bowling (*)             | DMH                               |      |
| 19 1930                                               | Young Farmers Club Domino Drive         | PH                                |      |
| 20 1900                                               | Carols by Candlelight                   | StJCC                             |      |
| 20 1930                                               | Christmas Domino Drive                  | HVH                               |      |
| 21                                                    | Scouts Post Ends                        | Sedbergh                          |      |
| 22 1900                                               | Carol Singing in Cowgill                | Riverside                         |      |
| 24 1400                                               | Toddler Nativity (24)                   | URC                               |      |
| 25                                                    | Christmas Day                           |                                   |      |
| 25 0900                                               | Communion with Carols                   | StJCC                             |      |
| 26                                                    | Boxing Day                              |                                   |      |
| 2 1000                                                | Conversations with Water (46) ends      | FM                                |      |
| 2 1930                                                | Dentdale Indoor Bowling (*)             | DMH                               |      |
| 4 1400                                                | Age UK - Family Tree                    | DMH                               |      |
| 5 1930                                                | Flicks in the Fells                     | PH                                |      |
| 6 2030                                                | Barbon Inn Quiz Night (10)              | BI                                |      |
| 8 1930                                                | Domino Drive                            | FCH                               |      |
| 9 1930                                                | Sedbergh WI - Music @ Kidzone           | PH                                |      |
| 12 1300                                               | Gala Group Children's Party             | PH                                |      |
| 15 1230                                               | Health Centre Closed for Training (64)  |                                   |      |
| 16 1930                                               | HS Kosovo Journeys in Time (11)         | SSAT                              |      |
| 19 1000                                               | Quiltfest till 17th April (46)          | FM                                |      |
| 23 1930                                               | CWT From Paradise to Pirates            | SSAT                              |      |
| 26                                                    | Garden Birdwatch (93)                   |                                   |      |
| 27 1900                                               | Dentdale Christian Fellowship (*)       | Rhumes                            |      |
| 27                                                    | Garden Birwatch (93)                    |                                   |      |
| 31 1000                                               | Auld Fellers Group                      | SCO                               |      |
| <b>FEBRUARY</b>                                       |                                         | <b>2013</b>                       |      |
| 1 1000                                                | Quiltfest till 17th April (46)          | FM                                |      |
| 1 1400                                                | Age UK - Coast to Coast                 | DMH                               |      |
| 1 1930                                                | Killington Sports Domino Drive          | KVH                               |      |
| 2 1930                                                | Flicks in the Fells                     | PH                                |      |
| 6 1930                                                | HS Schools, Children & Work             | SSAT                              |      |
| 12 1930                                               | Domino Drive                            | FCH                               |      |
| 13 1930                                               | Sedbergh WI - Film Evening              | PH                                |      |
| 20 1230                                               | Health Centre Closed for Training (64)  |                                   |      |
| 20 1930                                               | HS Killington through the ages          | SSAT                              |      |
| 25 1930                                               | FCH AGM                                 | FCH                               |      |
| 27 1930                                               | CWT Go Reds! (Squirrels)                | SSAT                              |      |
| <b>MARCH</b>                                          |                                         | <b>2013</b>                       |      |
| 1 1000                                                | Quiltfest till 17th April (46)          | FM                                |      |
| 1 1400                                                | Age UK - Parish Council Matters         | DMH                               |      |
| 1 1930                                                | Domino Drive & Tattie Pot               | HVH                               |      |
| 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                              |      |
| 13 1930                                               | Sedbergh WI - Career in Ruins           | PH                                |      |
| 14 1230                                               | Health Centre Closed for Training (64)  |                                   |      |

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Green Door, Premier, Howgills Bakery, Post Office and Dent Stores.*

## COVER PICTURE

Frostrow Fell

By Ian McPherson

|    |      |                              |      |
|----|------|------------------------------|------|
| 16 | 1930 | Flicks in the Fells          | PH   |
| 20 | 1930 | HS Cattedroving Birtwhistles | SSAT |
| 23 | 1200 | Spring Show                  | PH   |
| 23 | 1900 | HS AGM                       | SSAT |

### APRIL

|    |      |                                |     |
|----|------|--------------------------------|-----|
| 1  | 1000 | Quiltfest till 17th April (46) | FM  |
| 5  | 1400 | Age UK - Flower Button Holes   | DMH |
| 6  | 1930 | Flicks in the Fells            | PH  |
| 8  | 1930 | PH AGM                         | PH  |
| 10 | 1930 | Sedbergh WI - Let's Dance      | PH  |

### MAY

|   |      |                       |     |
|---|------|-----------------------|-----|
| 3 | 1400 | Age UK - Dent Brewery | DMH |
|---|------|-----------------------|-----|

### Regular Events/Meetings

|      |                              |                                  |         |
|------|------------------------------|----------------------------------|---------|
| 1000 | Every Sunday                 | Free Entry to Locals             | FM      |
| 1000 | Every Monday                 | Wild Goose Qigong                | URCR    |
| 1200 | Every Monday                 | The Monday Club                  | SMCR    |
| 1930 | 1st Monday                   | Dent Parish Council              | DMH     |
| 1900 | 3rd Monday                   | Chamber of Trade                 | Library |
| 0930 | Every Tuesday term time only | Casterton Baby and toddler Group | CS      |
| 1300 | Every Tuesday                | Knit & Natter                    | FM      |
| 1930 | Every Tuesday                | Bridge Club                      | WHC     |
| 1930 | Every Tuesday                | T'ai Chi                         | URCR    |
| 1400 | 1st Tuesday                  | SL Carers Association            | CO      |
| 1400 | 2nd Tuesday                  | Killington WI                    | PH      |
| 1400 | 3rd Tuesday                  | Sight Advice Group               | PH      |
| 1930 | 3rd Tuesday                  | Ladies NFU                       | PH      |
| 1000 | Every Wednesday              | Coffee Morning                   | URCR    |
| 1300 | Every Wednesday              | Art Society                      | PH      |
| 1315 | Every Wednesday              | Zebras                           | SMCR    |
| 1730 | Every Wednesday              | Sedbergh Juniors                 | PH      |
| 1730 | Every Wednesday              | Brownies (term time)             | SMCR    |
| 1930 | Every Wednesday              | Sedbergh Seniors                 | PH      |
| 1930 | 1st & 3rd Wednesday          | History Society                  | SHS     |
| 1915 | 2nd Wednesday                | Dentdale WI                      | DMH     |
| 1930 | 2nd Wednesday                | Sedbergh WI                      | PH      |
| 1400 | 1st & 3rd Thursday           | Child Health/Baby Club           | PH      |
| 1430 | 1st Thursday                 | Toy Library                      | PH      |
| 1500 | 1st Thursday                 | Afternoon Teas                   | Cafe    |
| 1930 | 1st Thursday                 | Howgill WI                       | FCH     |
| 1200 | 2nd Thursday                 | Lunch Club                       | Red     |
| 1915 | 2nd Thursday                 | Royal British Legion             | WHC     |
| 1930 | Last Thursday                | Sed. Parish Council              | PH      |
| 1330 | Every Friday                 | Dent Over 60's                   | DMH     |
| 1400 | 1st Friday                   | Age UK Dentdale Club             | DMH     |
| 1930 | Closed for summer            | Monkey House Café                | Library |

|    |      |                                 |          |
|----|------|---------------------------------|----------|
| 4  | 1930 | Flicks in the Fells             | PH       |
| 8  | 1930 | Sedbergh WI - The WI Resolution | PH       |
| 18 | 1200 | Sedbergh Gala                   | Sedbergh |

### JUNE

|    |      |                              |      |
|----|------|------------------------------|------|
| 1  | 1930 | Flicks in the Fells          | PH   |
| 7  | 1400 | Age UK - Health Centre       | DMH  |
| 12 | 1930 | Sedbergh WI - Mystery Outing |      |
| 26 | 1000 | Coffee Morning - Sedbergh WI | URCR |

### JULY

|    |      |                                |      |
|----|------|--------------------------------|------|
| 5  | 1400 | Age UK - Fire, Water & Ice     | DMH  |
| 6  | 1930 | Flicks in the Fells            | PH   |
| 10 | 1930 | Sedbergh WI - Batik Techniques | PH   |
| 13 | 1000 | StAS Summer Fair               | StAS |

### AUGUST

|    |      |                                |     |
|----|------|--------------------------------|-----|
| 2  | 1400 | Age UK - Past Seasonal Cooking | DMH |
| 3  | 1930 | Flicks in the Fells            | PH  |
| 14 | 1930 | Sedbergh WI - Hypnotherapy     | PH  |

### SEPTEMBER

|    |      |                           |     |
|----|------|---------------------------|-----|
| 6  | 1400 | Age UK - Birding          | DMH |
| 7  | 1930 | Flicks in the Fells       | PH  |
| 11 | 1930 | Sedbergh WI - The Seasons | PH  |

### DIARY KEY

|        |                                        |
|--------|----------------------------------------|
| BF     | = Brigflatts                           |
| BI     | = Barbon Inn                           |
| 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                        |
| GVH    | = Garsdale Village Hall                |
| HC     | = Health Centre                        |
| HS     | = History Society                      |
| HVH    | = Howgill Village Hall                 |
| JLCP   | = Joss Lane Car Park                   |
| KVH    | = Killington Village Hall              |
| L      | = Library, Main Street                 |
| LHCP   | = Loftus Hill Car Park                 |
| PH     | = People's Hall                        |
| SASL   | = Sight Advice South Lakeland          |
| SMC(R) | = Sed. Methodist Church (Room)         |
| StAS/D | = St Andrew's Church, Sedbergh/Dent    |
| StJCC  | = St John's Church, Cowgill            |
| 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