

Sedbergh & District

# LOOKAROUND

December/January 2016

Issue 339

Donation £1

Another bumper issue this year with grateful thanks to all the contributors who have supported us over the last 29 years.

The Lookaround must be one of the best £1 spent in the country for value

for money. With your support, we can keep it that way for a long time.

A Very Merry Christmas and a Happy, Healthy and Peaceful New Year to everyone.

*Dennis & Jacky Whicker*

## SEDBERGH LATE NIGHT SHOPPING

**Wednesday 2nd December**

Beginning at 6pm with the ringing of the Church bells and Santa parading down Main Street in the Fire Engine to his Grotto in the Information Centre

Come and join in the fun at Sedbergh's very own Late Night Shopping

*Buy your Christmas presents in our local shops  
and*

*Bring the children to see Santa in his Grotto*

Opening ceremony at 6.00pm with the Town Crier & the Gala Queen  
and of course Santa himself



*Ringing of the Church Bells ~ Santa ~ Singing of Carols*

*Town Band ~ Hog Roast ~ Mulled wine ~ Street music*

*Face painting ~ Raffle ~ Mini market in URC*

*Church organ recital ~ Town twinning event*

*Flower festival in St Andrews*

and the shops on Main Street will be open for all your present buying  
and cafes and restaurants open too for your evening meal



*Lots of fun for all the family*

**CLOSING DATES: NEW ADVERTS - 15th; OTHERWISE - 19th**

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD Telephone 015396 - 21960  
e-mail: [editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

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Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	URCR
1330	Every Monday	Knit 'N' Natter	DHC
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1900	3rd Monday	Chamber of Trade	PH
1300	Every Tuesday	Howgill Toddlers	HVH
1300	Every Tuesday	Knit & Natter	FM
1830	Every Tuesday	Cub Scouts	SHQ
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
1330	1st Tuesday	Age UK Games	GH
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
1315	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebra's	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday	Brownies (term time)	SMCR
1730	Every Wednesday	Beaver Scouts (Term Time)	SHQ
1900	Every Wednesday	Sedbergh Town Band	SSBR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1400	3rd Wednesday	Age UK South Lakes	Library
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Lunch Club	Red Lion
1915	2nd Thursday	Royal British Legion	WHC
1930	2nd Thursday	Sed. Parish Council	PH
1800	Every Friday	Cub Scouts	SHQ
1930	Every Friday	Scouts & Explorers	SHQ
1330	1st Friday	Age UK Dentdale Club	DMH
<b>See Group Page for contact details &amp; Diary Page for Keys</b>			

## December Birthdays

2	Rhiannon WINDER	11
2	Ryan WINDER	11
5	Patrick CLEMENT	9
6	Anna AINSCOUGH	10
7	Niamh DWYER	2
8	Eric DOBSON	1
9	Jack ALDERSON	11
12	Ted METCALFE	1
12	Emily CASH	6
14	Imogen GUBBINS	9
15	Kate ANDERSON	7
16	Tom CAPSTICK	8
16	Ella PRATT	10
16	Sophie GAME	11
18	Edward HODGSON	3
20	Paige METCALFE	3
21	Sophie SAYNOR	5
22	Vicky WOOF	9
23	Holly MIDDLETON	1
24	Tommy BROWN	4
25	Maddie WALSH	11
26	Lexxi COTTAM	5
27	Haydon COUSINS	8
31	Gracie ROBINSON	11
31	Ewan CANNOM	5
	<b>Nonagenarian &amp; Over</b>	
7	Rev Bill Long	101
23	Alf Hooper	92

## January Birthdays

6	Arnold HODGSON	11
7	Emily WHITE	8
13	Elizabeth COWIN	9
15	Anika BURBIDGE	9
16	Charlie COLTON	7
25	Hannah MARSDEN	6
30	Elana ADGIE	2
30	Stanley ALLAN	9



## Children's Wordsearch

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

<b>Organisation</b>	<b>Update</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion *	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	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	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent Primary School - Friends of	03/13	School	Dent:	25259
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
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
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 Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907

Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Labour Supporters Group	10/15	Mr Cross	01539	634139
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall	08/15	Sleepy Elephant	Sed:	21770
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	09/15	Mrs Palmer	07584	285923
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Settlebeck High School P.T.F.A.	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	10/15	Mrs Thexton	07752	748929
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club *	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287

\* = Latest Amendments

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

## EDITORS ERRORS

A number of errors to report this month. Apologies to little Stanley Parkin (and his Mum & Dad) for listing his Birthday as 1st November when it was 18th as it appeared in his Birthday Greeting.

A big apology to Clare Mingins who has been advertising with us for a year now. Unfortunately, when I changed computer, it distorted her regular Advert which omitted the contact details so she was uncontactable. This has now been amended and you will find her Advert on Page 36. Please mention Lookaround if you have been trying to contact her in the past and now manage it.

Also to Sheila Blackwell for somehow omitting her Cobweb article in October which now appears on Page 59.

Amazingly, we have yet another two new Advertisers this month with Wes Brewer selling Firewood & Mike McGarry Solicitors. Please mention Lookaround if you make contact.

As with most technical things, modern technology sometimes goes awry. I have had a few calls to say that e-mails are being bounced back as undeliverable. We have established that I cannot receive e-mails that contain a File larger than 5MB. I always respond to every e-mail so you will always know if I have received it or not.

## LOOKAROUND INFORMATION

The Sedbergh & District Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker & is printed by Stramontage Press. The content of The Lookaround does not reflect the views of the Editors.

Whilst every effort is made to ensure that information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions.

Copies are available from Sedbergh Information Centre, Premier Store, Post Office, Spar, Dent Stores & Barbon & by Post (please enquire).

## Seasoned and Dry **FIRE WOOD FOR SALE**



Sold in dumpy bags

Ring Wes Brewer  
015396 20668

All items for Lookaround must be sent to the Sedbergh Information Centre at 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to [editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk)

## ADVERTISING

*For the benefit of advertisers, the following information will assist you.*

If you wish to place an Advert in Lookaround, please include the correct money or cheque with the details & place it in the Post Box. A receipt will be issued & left in the Lookaround Tray in the Office for collection or include a SAE.

Our distribution area is the LA10 Postal District which is Sedbergh & the surrounding villages, but it is sent all round the country & the world.

We are published on the 1st of every month (except January).

February to November is printed black ink on white. The December/January issue is in full colour. All copies have a full colour cover to indicate a new issue & photographs are requested from our readers who will be credited.

We do not have whole page adverts but will allow two half page adverts opposite each other.

The Front Page is given priority to Event Adverts relevant for the appropriate month.

You can supply the information & we can create an advert for you. You can supply an example in hard copy & we will



Oliver Higginbotham

## **FIREWOOD - LOGS**

07904 698 794 / 015396 21073

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

reproduce it (please mention if a particular Font is required). You can supply an original using Microsoft Publisher, a Word, a jpg or as a PDF.

If you order numerous adverts, the content can be the same every month or it can change if you are seasonal.

The closing date for new Adverts is 15th of every month. Renewed adverts & articles are 19th of every month.

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999. (over 16 years ago.)

### **PERSONAL MESSAGES**

These are £1 each & are for sending Good Wishes, Thank You's, Birthday Greetings, Anniversaries & any other celebration or congratulation. You may also sell personal items - not on a business basis, & also make an appeal for wanted items.

*Details with respect to people Passing Away are inserted for free.*

Please submit legible writing as many mistakes have been made in the past due to not being able to read properly.

### **GROUPS AND ORGANISATIONS**

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable. All Adverts for Events automatically have the details

entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

### **BUSINESSES**

Adverts for the Rent or Sale of property are not Personals & can only be included as a boxed Advert.

If you are a new advertiser in *Lookaround* & you order 3 or more adverts, you will receive one free advert & can also include some text explaining who you are, what you are, where you are, etc (which can not all go into an advert) up to about 550 words for free.

If you have more than 3 months of advertising, we will automatically send a renewal reminder should you wish to continue. If you order 10 months, we give you one free (making one whole year).

We respectfully request payment with ordering. Please make cheques payable to "Sedbergh & District *Lookaround*".

Payments by BACS can also be made.  
Account: *Lookaround*  
Account Number: 30940267  
Code: 20-45-28  
Reference: Invoice Number or  
your name or reference.

An e-mail is requested to confirm payment has been made by BACS which will be acknowledged.

Any receipts issued for Adverts will be left in the *Lookaround* Tray in the Information Centre for collection.

### **CHILDREN'S BIRTHDAYS**

Children's Birthdays are included free on the Birthday page until their 11th Birthday.

Every month, a randomly selected child will receive a £10 gift Voucher from *Lookaround* who will receive it by post. For this reason, we require the postal address of each child. If we have no address, they are unable to receive it.

If anyone or any business would like to Sponsor the monthly Birthday Gift, please contact us. Full credit will be given.

*Dennis J Whicker*

# PERSONAL & SMALL ADS £1

## AIREY

William and Mary would like to thank everyone for all the help and support received on a rather traumatic day! William was in RLI for 6 days, but is now getting stronger each day. Thank you for prayers, cards and good wishes which were greatly appreciated.

=====

## BAINBRIDGE

Sheila and Gilbert would like to thank all family and friends that came and helped us to celebrate our **Diamond Wedding Anniversary**. Special thanks to our children who did all the work for it. We would also like to thank everyone for the cards and flowers we received.

=====

## BURBIDGE

**Happy 9th Birthday** Anika Burbidge on January 15th. With love from Mum and Dad.

=====

## COWPERTHWAIT

The family of the late Doris Cowperthwaite would like to thank relatives and friends for their cards, kind wishes and support following their sad loss. A special thanks to Dr Hunt, district nurses and PPA carers who looked after Doris so well, Brian Goad for his kind and efficient funeral arrangements, Dorothy for a lovely tea, Reverend Andy McMullon for his comforting service and all who donated to Garsdale Street Chapel and St Johns Church Garsdale.

## EVANS

On Sunday 8th November, I fell on the pavement at the top of Loftus Hill. Thank you to the number of people who so quickly arrived, showed such kindness and care and organised 'official' assistance. I am so grateful. Dilys Evans.

=====

## HAYGARTH

The family of the late Doris Haygarth would like to thank friends and neighbours for their thoughts, prayers and cards following their sad loss. Thank you also to Stobars Hall, Kirkby Stephen, Brian Goad for the funeral arrangements, Dorothy for the tea, Reverend Christine Brown for her service and all who donated to The North West Air Ambulance.

=====

## RED LION

To the people of Sedbergh and the customers of the Red Lion. It is with regret to inform you that on the 30th of November 2015 I will be retiring from The Red Lion, Sedbergh, I would like to thank you all for your support over the last 15 years and for welcoming my family in to the town. We have had some hard times and some fun times at The Red Lion and made some great friends along the way. I would like to think that you would be as welcoming to the new people that will take over the running of The Red Lion as you were to me and wish them all the success. Yours regretfully, Carole E Hailey

# PERSONAL & SMALL ADS £1

## **ROBSON - PEALL** **(nee MATTINSON)**

Mark and Charlotte would like to thank family and friends for their kind gifts and cards sent following the birth of their son Jacob Andrew at RLI on the 30th October 2015, weighing 9lbs 6oz. We are very grateful for all the kind wishes and generosity.

=====

## **WINN**

There is a lad from Sedbergh and Paul is his name  
Mending all kinds of Domestic Appliances is his game  
The 5th December marks a Special Day

For it is his **50th Birthday**. Hip Hip Hooray!!  
Have a fantastic day. Lots of Love.  
Rachel XX

=====

## **WINN**

Happy **50th Birthday** Paulie on 5th December 2015. Have a great day! Love from Martin, Helen, Edward, Molly and Emily. X X X

=====

## **WINN**

Happy **50th Birthday** Paul on 5th December 2015. Best wishes. Love Dad (Farmer Dave)

=====

## **WINN**

Happy Birthday Paul. The big **50!!!** on 5th December. Enjoy your Birthday Weekend. Love and Best Wishes from Andrew and Caroline. XX

## **WINN**

Happy **50th Birthday** Uncle Paulie! Have a great day! Lots of Love from Elsie and Jessica. XXXX

=====

## **Christmas Messages**

### **AIREY**

Rose would like to wish family, friends and neighbours a Happy Christmas and New Year.

=====

### **ALLAN**

Ann and Bill, Andrew and Mark would like to wish all family and friends a wonderful Christmas and a very Happy and Healthy 2016.

=====

### **ALLEN**

Mellie would like to wish all her relations, friends and neighbours a Happy Christmas and a Happy and Peaceful New Year.

=====

### **BAINES**

Esther would like to wish all friends and neighbours a Merry Christmas and Happy New Year and a lovely 2016.

=====

### **BROOKS**

Rowley and Jean would like to wish their family and friends Merry Christmas and a Happy New Year. XXXXX

=====

### **CAPSTICK**

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

# PERSONAL & SMALL ADS £1

## CHAMLEY

On behalf of Joan and for myself, Norris, I send Seasonal Greetings to all our friends and neighbours in the Sedbergh area. May good health and happiness go with you.

=====

## COWIN

Diane would like to wish all her family and friends a Very Merry Christmas and a Happy New Year.

=====

## CROSS KEYS

Temperance Inn. Cautley. Alan, Chris and all the staff would like to wish all our friends and loyal customers a very Happy Christmas and Joyous New Year. Thank you for your continued support as we enter our 19<sup>th</sup> year at The Cross Keys.!

=====

## DAWSON

Jenny sends Christmas Greetings to her family and friends. May every blessing be yours in the coming year.

=====

## DEVINE

Merry Christmas and a Happy New Year to all my friends in Sedbergh. From Georgina.

=====

## DOUGLAS

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

=====

## FELL

Jean would like to wish everyone a Merry Christmas and a Happy 2016.

## COMMUNITY FIRST RESPONDERS SEDBERGH

Wishes everyone a Happy and Healthy Christmas and New Year. Many thanks for your support you continue to give.

=====

## GARNETT

Happy Christmas and New Year to Laura, Nigel, Anne-Marie, Ben, Jenny and Dawn from Georgina.

=====

## GIBSON

Doreen and Terry would like to wish all family and friends at Sedbergh a Merry Christmas and a Happy New Year.

=====

## GREEN DOOR

We would like to wish all our customers a Merry Christmas and Happy New Year. From all at The Green Door.

=====

## HADDOCK PADDOCK

Craig, Jess, Fran and Staff at the Chip Shop and Café would like to wish you all a Happy Christmas and a Great New Year. Thank you for your support in 2015.

=====

## HAILEY

Carole and Jonathon (Red Lion) would like to wish everyone a Merry Christmas and a Happy New Year.

=====

## HALL

Allan and Judy would like to wish family, friends and neighbours a Happy Christmas and New Year.

# PERSONAL & SMALL ADS £1

## HARRISON

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

=====

## HAYGARTH

Brian & Chris would like to wish all family, friends and neighbours a Very Merry Christmas and a Happy 2016.

=====

## McDONALD/HAYGARTH

A Merry Christmas and a Happy New Year to all friends and neighbours.  
From Margaret, Eric and John.

=====

## MASON

Norman wishes all who know him a Wonderful Festive Season and Best Wishes for the New Year.

=====

## MITCHELL

Ann would like to wish everyone a Merry Christmas and a Happy New Year.

=====

## PEOPLE'S GYM & FITNESS CENTRE

The People's Gym & Fitness Centre wishes all their members a very Happy Christmas and a fit and healthy 2016!

=====

## RAW

Edna would like to wish all friends and neighbours a Happy Christmas and Best Wishes for the New Year.

## SCOBIE

Jim and Joyce wish to be remembered by their many friends and acquaintances in Sedbergh, Garsdale, Dent and Howgill this Christmas and hope that everyone has a great time. To you all a very Happy Christmas and a Healthy, Safe New Year.

=====

## SKILL

Elizabeth and Zander wish all friends and neighbours a Very Happy Christmas and a Happy and Healthy New Year.

=====

## TOMLINSON

George wishes all his friends and carers a Happy and Peaceful Christmas with every blessing in the New Year and thanks them for all their kindness during 2015.

=====

## TODD

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

=====

## WOOF

We send Good Wishes to friends and neighbours for a Happy Christmas and a Healthy and Happy New Year.  
Sarah and John.

=====

## LIFTSHARE WANTED

Or lift offered. Travelling to Whitehaven General Hospital on Thursdays for approx 9am to 4pm. Also Kirby Stephen station to meet the 7:18am Carlisle train, returning on

# PERSONAL & SMALL ADS £1

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=====

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=====

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=====

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=====

## FOR SALE

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=====

## FOR SALE

Beko Cooker in white. Halogen hobs. Model No: BSC630W. Excellent condition. £100. Junior Bed in white (wooden) £20. Childs small wardrobe £30. Mamas and Papas Baby Changing Unit £30. Furby. Pink. Never been used. In box £25. All in excellent condition. Tel: 015396-21236.

=====

## FOR SALE

Single Fold Up 'Z' Bed in vgc with sprung mattress. £50 ono. Tel: 20980.

## FOR SALE

AKAI Professional XR 16 Bit PCM Drum Machine £10. Novation Supernova Synthesiser £90. Realistic Stereo Power PA amplifier MPA- 100 £10. Porta Studio Teac 144 Tascam series £25. Hitachi cassette deck Free. AKAI S3200 Sampler £10. Marantz Quadrophonic Amplifier £10. GENEXXA double cassette deck £10. Pioneer double cassette deck £10. CASIO mini Sampling Keyboard £5. Yamaha YS100 Midi Keyboard £10. Please telephone 015396 22184.

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## DECEMBER GARDENING

For the last two years, at the beginning of December, I have bought a small, reasonably priced, "Christmas Rose" (*Helleborus niger*) plant, and kept it in its pot, bedded into the compost in a window box outside the kitchen window. Both plants flowered for weeks, through the darkest, grimmest months of the winter, and as they came to the end of their flowering time, I repotted them into larger pots using John Innes 2 compost, and then kept them through the summer in a shaded place on a gravelled area of the garden. New buds and leaves have begun to emerge and having fended off a few slugs and snails, they are now back in their winter position. It is unlikely that they will flower in time for Christmas so I shall probably be tempted to buy myself a third plant, in flower, as an early Christmas present (much cheaper and more long lasting than a bunch of cut flowers). Several other people may receive one too.

The first Hellebore to flower in this garden is generally the "Lenten Rose" (*Helleborus orientalis* or *Helleborus x hybridus*). I have plants with dusky pink, creamy white and

maroon spotted white flowers and though I love the colour of the pink hybrids, and especially the dark pink – maroon – black flowers of the cultivars 'Pluto' and 'Harvington's Shades of the Night'. I find that these do not show up at a distance against the dark soil and soggy brown foliage and stems of my winter herbaceous perennials, so I favour the white and cream forms. There are now several unusual cultivars available including some with double flowers. (e.g. 'Ashwood Double Hybrids') As beautiful as these are, I still favour the single forms for their vigour and their prolific blooms.

Most Hellebores carry downward facing flowers, so if you can plant them raised up on the top of a wall or on a bank, you will have the advantage of looking up into their beautiful yellow stamens and cup shaped petals. If, like me, you have nowhere "up" enough, you will have to content yourself with putting them at the front of the border and lying down on the lawn to get the full effect. What could be nicer on a warm spring day? I am optimistic that there will be one of those sometime next year.

*Elaine Horne*



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## SEDBERGH PARISH COUNCIL



This short report covers items from the monthly meeting held on the 12<sup>th</sup> November 2015. The next Parish Council meeting will be on Thursday 10<sup>th</sup> December 2015 at 7.30pm in the People's Hall, Sedbergh.

### PROPOSED SKATE PARK

Following the recent proposal for a Skate Park on the Playing fields by Sedbergh Community Trust, Sedbergh Parish Council was able to consider advice received from both Yorkshire Dales National Park Authority and South Lakeland District Council's Environmental Health

Officer, together with representation from residents in connection with one of the proposed sites. After a lengthy discussion, Sedbergh Parish Council decided that there was in fact not a suitable site for the skate park on the playing field and with regret, therefore, could not enter into a lease agreement for the proposal.

### PLANNING & TOWNSCAPE

The Planning Committee Report detailed applications and related matters, full details can be found on the Parish Council Website.

### BROWN 'WESTERN DALES' SIGNS

Following a request to give financial support to the proposed name change on the current brown signs at the M6 motorway it was noted that the Yorkshire Dales National Park

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boundary changes had now been approved by the Secretary of State. These boundary changes would come into effect on 1<sup>st</sup> August 2016. Following careful consideration, it was resolved that the request for funding should be declined as a change would be premature having regard to the continuing debate on the name of the enlarged National Park and having regard also to concerns that such expenditure would be an inappropriate use of Parish Council Funds.

Other matters included the approval of Grant applications for the gym extension to the People's Hall and the Town Twinning Group for their student trip in February 2016, the recently relined road markings around town and the proposed enhancement scheme to the boundary and access at the People's Hall. It was also noted that eight recycling containers (4 x cardboard and 4 x plastic) had now been relocated to Spar from Joss Lane car park.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions at

8.30 pm. If you have any thoughts/ views on any of the above, or wish to contact Sedbergh Parish Council, please email me at

[clerk@sedberghparishcouncil.org.uk](mailto:clerk@sedberghparishcouncil.org.uk)

Please also note that a full reference copy of all documents relating to meetings is held at

72 Main Street in the Parish Council Office.

*Janey Hassam – Clerk*

### **GARSDALE PARISH COUNCIL**

*Report from 19 November 2015*

This week saw a full turnout of councillors, with apologies just from our clerk who was in Norway at the time.

The meeting was also attended by our District Councillor Kevin Lancaster; District Councillor Mel Mackie and County Councillor Nick Cotton both sent apologies.

A main topic of discussion was as always Highways; following the last meeting, David Metcalfe and David Labbate had met with our district councillors Kevin Lancaster and Mel Mackie, and shown them some of the worst problems along the A684. Furthermore, there were reports of roadsides crumbling on the coal road, mainly due to the latest batch of lorry

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loads of a Network Rail subcontractor. The Parish Council will alert Network Rail and request that they or their subcontractors reinstate the damage.

The main news from the SLDC was that the changes to bin collection days had been a major disaster, with several expensive reprints of calendars and large mailshots. But no news about either school transport or private water supplies, which is far more important to the affected residents in Garsdale.

The Parish council is still very unhappy that the SLDC, with no stakeholder consultation, has chosen an Irish contractor as the only option for carrying out risk assessments of private water supplies, at the

householder's expense. It is extremely worrying that we are being forced to pay a company for a risk assessment that many of us could do ourselves, when we have had no say in choosing this company and no opportunity to check their qualifications.

John Colton then reported that latest news on Fibre GarDen project, from the AGM held Tuesday 17/11.

The deadline for using government grant has now passed, and the commercial build partners ITS have apologised for their failings in writing. The share holders decided to not pursue an offer from ITS. They then decided to attempt to recover funds from ITS and to investigate other options, primarily BT and the B4RN

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**EXHIBITIONS IN DECEMBER**  
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community broadband project which is now a proven model and rapidly heading towards us through Casterton/Middleton.

The Parish Council's bank balance is currently healthy. Changing insurance company has reduced the annual Parish Council insurance from £335 to £157. Following scrutiny of the original agreement made in 2008, a refund from the Diocese of £750+VAT has been secured. This leaves the legal bill for work on requests of amendments to the contract at £1250+VAT, towards which the Diocese has granted a rent holiday of 5 years worth £1000, in return for prompt settlement of the original legal bill.

Finally, following an alert by a

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resident, it was arranged to replace a missing grit bin at Longstone Fell as a matter of high priority – the road down from Longstone Fell to Danny Bridge is not a good place to go skating on ice!

*Annette Colton*

### **CHRISTMAS SHOPPING BAKING & COOKING**



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### **COUNCILLORS CORNER**

Within three or four days of my writing my last article Liz Truss confirmed the extension of the Yorkshire Dales National Park to include Middleton, Barbon, much of Casterton, Killington and Firbank. That these are places which are and will sadly remain totally unknown to the vast majority of members of that authority, past, present and future goes without saying. The principal concern of residents of these parishes is and will be the effect on planning. Although after next August applications will be determined by the national park they will to some extent

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be constrained by the existing South Lakeland Local Development Framework. Also, at least until 2020 and probably until 2025 national policy will curtail the aspirations of those whose only true ambition is to thwart.

Nor have I ever been a great believer in the national lottery: there were several excellent Maths teachers at QES when I was there. But, like many I have noticed the extended campaign featuring Noel Edmonds and other even less famous celebrities, "Someone has to win, lets hope it isn't him". When the Ramblers' movement and its allies first decided they would try to extend the Yorkshire Dales Hillary Benn was DEFRA secretary and acceptance of the outrageous Natural England report was a formality. Part of that plan was for a major vanity project "Gateway to the Dales" at Junction 38 or Junction 39 of the M6. So

important was this that the National Park centre at Sedbergh had to be disposed of, under any terms, no matter how poor for the authority. Hopefully the desire to waste public money on such an edifice is less strong than it once was but I would not be surprised if in collaboration with the quasi-private sector this wondrous Tower of Babel is soon resurrected. A grant from the national lottery will be an essential element of such a project. Let's hope that like Noel Edmonds' bid that of the national park will be firmly rejected. Meanwhile in the real world substantial progress is being made towards some form of devolution within Cumbria. Whether that will involve one or two unitary authorities

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is as yet unknown but certainly there will be an elected mayor. Whether South Lakeland will survive also remains unclear. Here, many of my Conservative colleagues consider the first efforts at the new warding to be nothing more than gerrymandering by the controlling group unjustly to perpetuate their administration. I can't say I am too bothered. The lesson I learnt long ago was that gerrymandering always fails. The ballot box always wins in the end.

A Merry Christmas and a Happy New Year from  
*District Councillor Kevin J. Lancaster, Fellgate, Dowbiggin, SEDBERGH, Cumbria. LA10 5LS*  
 Telephone 07980 844 695;  
 email [Kevin@Sarthwaite.com](mailto:Kevin@Sarthwaite.com)  
*District Councillor Mel Mackie Beech Cottage, High Casterton, Via CARNFORTH, Lancashire LA6 2SD*  
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## COUNCILLOR CORNER

After much delay, the boundary extensions for the Yorkshire Dales National Park have been given the go ahead by the Secretary of State, with the new boundaries coming into force in August 2016. More land both to the north and south of Sedbergh will now fall within the National Park. The northern half of the Howgills and large parts of the Orton Fells as far up as Maulds Meaburn will be included to the north. To the south, land either side of the River Lune down to Kirkby Lonsdale will be included, taking in all of the parishes of Middleton, Barbon and Casterton and parts of Kirkby Lonsdale parish and other parishes to the west of the Lune.

For more details go to:  
<https://www.gov.uk/government/publications/national-parks-extensions-to-the-lake-district-and-yorkshire-dales-parks>  
 scroll down to 'Yorkshire Dales : maps of confirmed boundary changes' click on this and then click on 'Overview Map'.

So what will this mean for Sedbergh? With one third of the

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 Tuesday 1st December  
 7.30pm  
 St Andrew's Church, Sedbergh  
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Yorkshire Dales National Park now situated within Cumbria, Sedbergh will sit more centrally within the Park than it has done to date and the marketing of the new areas will place Sedbergh as a central base to explore to the north and south. Sedbergh may well be used as an example to show how the relationship between parish, district, county and National Park works, especially as there will be parts of Eden District and even Lancaster City (around Leck and Cowan Bridge) now forming part of the National Park. Parts of Lancashire within Yorkshire Dales National Park - who would have bet on that when the Park was first set up?

There may be more work done on

## COFFEE MORNING

10am to 12 noon

**Wednesday 2nd December**

URC Rooms

*All proceeds to the Homeless £22 pays for one homeless youngster to have a wash, clean clothes, meals, a couple of nights off the streets and Christmas Dinner.*

Rights of Way in a larger radius around Sedbergh; the Yorkshire and Cumbria Local Enterprise Partnerships (LEPs) may be reassessed to take into account that a good chunk of land either side of the M6 is now in either the Lakes or the Dales National Parks with the boundaries of the two Parks running parallel on either side of the M6 from Lowgill to Tebay. Cycling events such as the Tour of Yorkshire or the Tour of Britain may see Sedbergh and the stunning scenery around it as an ideal way of featuring large areas of National Park, building on the success of the Tour de France in 2014 and the Tour of Britain in Cumbria earlier this year.

*Councillor Nick*

SEDBERGH & DISTRICT

## HISTORY SOCIETY

**Wednesday 2nd December**

Manorial Courts & Common Land in Northern England

*Prof Angus Winchester*

**Wednesday 20th January**

The Evacuation of Civilians from Burma 1942

*Dr Mike Leigh*

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

Everyone is most welcome to attend any or all of our lectures.  
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Chairman: Graham Dalton 25436  
Secretary: Karen Bruce-Lockhart 20224  
Treasurer : Chris Elphick 20605  
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### TIM FARRON MP

There has been a development in the plans the Government has to change the way that they work out how much money they will provide each of our police forces. I told you in Lookaround last month that their proposed new formula would mean that Cumbria police would lose more money than any other force in the

Advent Service  
Sunday 6th December  
5.00pm Sedbergh School Chapel  
Everyone welcome



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country.

Well the minister in charge of these changes announced last month that there had been an error in the way that the new funding had been worked out and as a result the whole scheme was being put on hold for 12 months. I am sure you agree this really does not inspire confidence, not only does it appear that the Government are not very good at maths but they are so bad that it will take them over a year to recalculate the figures that they need to use to decide how much money they will be providing. Either the sums involved are very very complicated or they have a rubbish calculator.

The key thing, however, is that they

have not stopped their plans, they have simply put them on hold for a year. These changes combined with the deficit reduction plans from the Chancellor can only result in a massive cut in the numbers of police officers that are available to protect us. This at a time when we need their protection more than ever. If, like me, you are really worried about these plans then please sign my petition against them you can find it on my website.

On a positive note I was really pleased that the Rural Payments Agency has, for once, started making its payments to farmers earlier than they said they would. Dairy farmers in particular have had a really tough year and this money from Europe will

# THE BAGHDADDIES FRIDAY DECEMBER 4TH

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PEOPLES HALL  
DOORS OPEN 7:30PM

*Tickets available from TIC*

**Adults £8 Children £4**  
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*With the summer festival season over, The Baghdaddies have moved inside for a series of village hall performances and are calling in at The People's Hall, Sedbergh for an uplifting evening of infectious danceable music from*

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rural touring scheme

help a lot of them through these difficult times.

On another positive note, I had a great time at Settlebeck School the other day. The students I met impressed me even more than the 3D printer they showed me. They were clearly very bright (perhaps they could help the Police minister with his calculations) and they had obviously put a lot of effort into thinking about Sedbergh and the area around it, what they liked about things and what they wanted to change. It is great to meet with young people who are so engaged with their community and who really seem to want to play a part in shaping the way it develops. I am going to see what I can do to help make their wish for a skate park

come true.

My next surgery in Sedbergh is on the 22<sup>nd</sup> January from 4pm to 5pm at the Community Offices. I know that seems like a long way off but as Dennis will be taking his well deserved Christmas break, I need to tell you about it now. If you cannot wait that long to discuss any issues you have then please drop me an email at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or call 01539 723 403.

In the meantime I hope you have a fantastic Christmas and I wish you all the very best for 2015.

Thank you for all your support

*Tim Farron MP*

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## A VERY MERRY CHRISTMAS AND HAPPY NEW YEAR TO YOU ALL FROM THE FOLK CAROLS WEEKEND DECEMBER 4th - 6th

### Dent Memorial Hall

7.30pm Friday December 4th

**Folk Carols concert**, with **One Accord** folk group and **Lakeland Voices**

7.30pm Saturday December 5th

### Ceilidh

singing & dancing with the Folk Carols Ceilidh Band & caller - with Lucia's festive feast

### Dent Meditation Centre

Saturday 10am & 2pm, and Sunday 10am

**Folk Carols Harmony Singing Workshops**

### Dent Memorial Hall

Sunday 12.30pm December 6th

**Singing Walk** - and lunch, with visiting choirs

### SETTLE CARLISLE CAROLS

Saturday December 12th

Join several choirs singing folk carols on the trains, and in several stations and pubs from Langwathby at 12:18 via Ribbleshead to Settle (you can join at Garsdale or Dent) and back.

Morning workshop & evening meal in Langwathby village hall.

### Dates for your diary:

**Sedbergh Folk Choir** - Farfield - Monday evenings from January 11th

**Black Sail singing retreat** - March 25th - 28th

**Northern Harmony** American folk choir and band, Sedbergh - May 2nd

**Singing Cyclists** from Sedbergh to Street Choirs Festival in Leicester - June 17th - 26th

Full details on [www.lakelandvoice.co.uk](http://www.lakelandvoice.co.uk) David Burbidge **015396.21166**





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in  
Sedbergh People's Hall  
Flicks in The Fells**

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**VOTER REGISTRATION.**

The Sedbergh Labour Group would like to see everybody, regardless of political persuasion, comply with the new regulations for registration before December 5th.

What are these new changes?

Up to now registration to vote was carried out on the basis of the household, one application on behalf of the household allowed all members to vote. Now each individual has to register separately. This change has been very stealthily introduced with the clear aim of reducing the numbers of registered voters prior to the deliberations of the Boundary Commission.

Why is this important to me?

There have been changes enacted by Parliament in advance of the next round of Constituency Boundary re-assessments. The cut off for this is December 5th and only those registered by that date will count when the numbers of voters are assessed to determine the new boundaries. Each constituency has to have a certain number of voters, so the fewer the registered voters, the greater the chance that Westmorland and Lonsdale will disappear and that Sedbergh will be absorbed into a super Penrith constituency.

Will I be able to register after December 5th? Of course you will, but you will not count when the new boundaries are determined.

How do I register?

Very simple. Go to [gov.uk/register-to-vote](http://gov.uk/register-to-vote). Fill in your name, address, date of birth and a few other details. You will need your National Insurance Number which can be found on your National Insurance Card, or on official paperwork such as payslips or letters about benefits or tax credits. For any further information contact the electoral registration department of the local council.

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The next Meeting of the Group will be at 7:30pm on Thursday 3rd December in the Bull Hotel.  
*Nick Cross, catotheelder@mail.com*

### NATIONAL PARK NOTES

Well, it's happened at last! A couple of weeks ago the Secretary of State for the Environment confirmed the Planning Inspector's recommendation made two years ago that the proposed boundary extension for the Yorkshire Dales National Park should go ahead. This is a truly massive extension increasing the area already covered by the National Park by almost 25% and taking in additional parts of South Lakeland District as well as extending into entirely new territory within Eden District Council,

Lancaster City Council and Lancashire County Council. On the ground this means sixteen Parish Councils in Eden, eight in South Lakeland and two in Lancaster City as well as five new County Councillors from Cumbria, one from Lancaster, six District Councillors from Eden and two from South Lakeland. The logistical challenges are great but this has been planned for over a number of years so the transition to the new arrangements will hopefully go relatively smoothly. David Butterworth the National Park's Chief Executive officer will be visiting his counterparts in all the new local Authorities now included in the Park and it is anticipated that there will be one or more Parish Forums for the



### Seasonal Carol Services

with

The  dentdale Choir

Advent:

**St. Andrew's Dent**

6th December 7:00 p.m.

Christmas:

**St. John's Cowgill**

17th December 7:00 p.m.

**St. Andrew's Dent**

20th December 7:00 p.m.

With special guest conductor

Jolyon Dodgson



This year the Scouts' Christmas Post will begin collections on the 27<sup>th</sup> November with the final collection on the 18<sup>th</sup> December.  
25p per card.



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Smart Office  
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new Parish Councils which will be attended by the local existing Members of the Park Authority (such as Cllr Nick Cotton and myself) and National Park senior officers to explain to Parish Councillors the implications and consequences of now being within the boundaries of the Park which, of course, will also become the Planning Authority for the new areas. Naturally all those involved with the Park hope that the existing central government grant will be increased to take into account the augmented size of the Park and the responsibilities that go along with that. I cannot pretend that everyone is welcoming the change although representations from those wishing to

see the Park extended greatly exceeded those against when the original consultation was held prior to the Inspector's decision. In fact anyone objecting to the Confirmation Order has until mid-December to give notice of intention to challenge the decision through the courts. There are busy times and challenges ahead but I, for one, am looking forward to them especially with regard to the extra environmental protection that being a part of the Park will bring to those new areas concerned.

Now I am going to start a rant! A couple of years ago I mentioned in one of my articles the concern that I felt about the growing amount of dog mess on the streets of Sedbergh and

also the particularly disgusting habit of people “scooping the poop” and then leaving the bag hanging on a convenient hedge or gate. Why irresponsible dog owners should consider this as acceptable behaviour is beyond my comprehension. In recent weeks the situation seems to be worsening and most pavements now seem to have their regular “pile” presumably deposited during the hours of darkness when either the dog, which has been let out unsupervised to do its business, or the owner, cannot be seen. Indeed one of my neighbours in Bainbridge Road regularly has her garden invaded and used as a dog toilet. I said last time and I say it again that should I see anyone allowing their

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dog to behave in this way I shall not hesitate to inform the police with a request that the offender be prosecuted. I love dogs and I know that 99% of dog owners are highly responsible but as usual it is the tiny minority that lets everyone else down. Apart from anything else this creates a major health hazard especially for children and I know that the schools in town are very concerned about it. So let us all try to do what we can to stamp out the menace of this anti-social behaviour completely. End of rant!

As this is the last Lookaround of 2015 it only remains for me to wish you all a wonderful Christmas time and a healthy and happy New Year. If you have any questions or queries about the National Park you can as always contact me on [ianmcperson24@hotmail.com](mailto:ianmcperson24@hotmail.com) or by telephone 015396 20648.

*Ian McPherson*

South Lakeland  
**ageUK**

**Christmas  
party**

Gladstone House, Sedbergh  
Tuesday 8 December  
1.30 - 3.00pm

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There will be top tips on how to stay warm and well this winter. We also provide energy advice so bring along your latest gas/ electricity bill for help.



For more information please contact Linda Greensmith, your local Village Agent, by calling the Helpline 01539 728180

Age UK South Lakeland Ltd is a registered charity. No 1241435

## LADIES NFU

Our Coffee Morning on the 11th November was a great success due to Sedbergh residents braving the elements and being so generous in their support of Alzheimer's U.K. who will receive a cheque for £342.10p, this includes the donation by Mr M. Petyt of his speaker fee.

Our meeting on the 17th November was another very blustery and rainy evening with some flooding in places so it was no surprise that numbers were down to 14 present. Our Speaker was Chris Bibby, his talk "Bibby's in a Nutshell". Chris's great grandfather Clem started a fruit and vegetable business delivering around Ingleton and district, he then opened 3 shops. Clem had the first car in the area, an Austin. In 1956 grandfather Fred look over and he decided buses were now the way forward, and the Company flourished. Chris's father Peter took over the firm when Fred died at a fairly young age. When

Chris was 11 he had a week off school and went with Dad in a Coach to Austria and that was the start of it all for Chris! After quite a few years as a driver he is now office based looking after a staff of 50 Plus a mix of Full and Part-time to organise. As well as the many School runs they organise 150/160 Holidays each year the key factor being a first class hotel. Chris also entertained us with amusing anecdotes and played familiar songs on the Euphonium. Many thanks to Chris for his most enjoyable talk with Extras!!! A short teabreak followed with time to study photos old and new of Bibby's and look at Brochures.

The lucky Raffle Winner was Carol Thompson. The Annual Dinner Venue was discussed.

Our next meeting will take place on the 8th December, the Speaker Sarah M. Do come and join us a warm welcome awaits.

*Marlene Mason*



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## SEDBERGH ORCHESTRA

The Sedbergh Orchestra played Orchestral Contrasts in St Andrew's Church, on Thursday 19th November.

On a number of levels this was an evening of revelations.

The young violinists, Kasia and Monika Davies provided the first revelation. So young (16 and 13 respectively) yet so precociously talented, they played J S Bach's challenging Double Violin Concerto with assurance, practised discipline, the fearlessness of youth and an empathy that only sisters could bring to such a performance.

They sparkled and pranced their way through the first movement, which perfectly complemented the slower, second movement – *largo ma*

*non tanto*. Even the most experienced of *virtuosi* find this movement difficult to sustain, yet here they were, young Kasia and Monika, playing with sensitivity and musicality. They boldly added their signatures to Bach's intertwining melodies – and went on to attack the final movement with appropriate style and passion. They managed to articulate the modulating motifs with finesse and, on occasion too, with imperious force. This was indeed, a very fine performance.

The second revelation came in the form of two obscure pieces each written for ten wind instruments. Probably few in the audience had encountered the pieces before – I certainly had not. The first piece,

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Andante in E flat by Sergei Ivanovich Taneyev was very well worth its airing. It is an elegiac piece that hints of darkness. It has to be played with precision and careful nuancing, and that is just what it got. The result was a subtly layered palette. By contrast the second item, *Vivace* from Sinfonietta in F. Opus 188 by J Raff, was light and crisp. Sinfonietta is an engaging piece and the flautists, Philip Guar and Liz Rice, exemplified its lilting quality in a haunting melodic interlude. Altogether, the Wind Ensemble covered itself in glory. It would be good to hear much more of them in future.

The third revelation was the most striking of all. It was the Sedbergh Orchestra itself. It came of age on 19 November 2015, with a performance of considerable accomplishment. Of course Beethoven's First Symphony is familiar ground, but the Orchestra gave it life, performing it with verve

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## LATE NIGHT OPENING

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and insight. They produced a rich and mellow sound and coaxed from it textures of colour, light and shade. Waves of rich sound and muscularity were interspersed with light touches of mischief. There is a new confidence about this orchestra, suggesting that an exciting future lies ahead. The conductor, Peter Crompton and the Leader Sue Armstrong are to be congratulated for moulding a collection of fine individual musicians into such a well-balanced orchestra. It is a tribute too to Shirley Smith who has worked so tirelessly to promote music in Sedbergh.

The large audience in a packed Church enjoyed every minute of this excellent concert. *Mike Leigh*

## A SONG FOR EVERY SEASON

As the year comes to an end and we lift our voices (as well as lifting our glasses on many occasions) in celebration of our common humanity, it's with a warm feeling that I look back on the year. I've lived here over half my life so it's given me a great deal of pleasure over the past 12 months welcoming visiting singers to Sedbergh and South Lakeland - not just teaching them many of the songs our choirs sing here, but also showing them many of the places which I have loved all these years. It helps me to remember how wonderful these places are when the visitors gasp at the beauty of it all.

Many of them are coming again - Northern Harmony, the world folk choir from Vermont, USA are coming back next May for concerts and ceilidh; the Singing Cyclists, who came through en route from Whitehaven to the Street choirs festival in Whitby and sang with the Sedbergh Songsters, are coming again on June 19 to Sedbergh via the Pennine Cycle Way en route to this year's street choirs festival in Leicester; the Spring Sing Thing

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**Saturday 12th December**  
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singers are back again in March taking their harmonies up into the hills, and there are more singers coming from our twin town Zrece - as well as many of the choirs from other parts of the UK who come to sing here for a weekend or longer.

Then there are all the Folk Carol singers coming on their annual migration to Dent over the first weekend in December. I do hope you'll come and join us, we have a smashing time with a concert in the Memorial Hall with the folk ensemble One Accord and our local choir Lakeland Voices (who can usually be found singing in candlelit caves near Christmas or out on the fells at other times of the year.) There are harmony singing workshops in the Meditation Centre, a ceilidh with the Folk Carols Ceilidh Band and caller - a singer friendly band who also sing with our choirs and play unamplified music for the dances (after a weekend of attuning their listening to help the harmony singing, many singers find they prefer music which doesn't leave their ears ringing.) We've also got another singing walk, Lucia's festive feasts....and some cracking company.

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Do come and join us if you can - I can send you recordings, words and scores in advance of the songs we'll be singing so that you can easily join in.

You are also welcome on our **Settle Carlisle Carolling** expedition on December 12. Some of our choirs are coming down from Langwathby on the 12:18 train, while others are travelling north from Settle to join us all on Ribbleshead Station at 13:45 for a massed singing of the carols - last year we had over 100 singers. If you want to join us, you can either come to Langwathby in the morning to enjoy a workshop in the village hall and carols, coffee and cake in the Langwathby station cafe before boarding the 12:18 southbound train - or you could join us as the train passes Garsdale and Dent stations, you'll easily hear which carriage we're in. As well as singing on the trains and in the stations, we will also be continuing the fine tradition of pub carol singing in the Station Inn at Ribbleshead, the Golden Lion at Settle and the Shepherds Inn in Langwathby.

Throughout the rest of the season you are also very welcome to join our singing in the George and Dragon in Dent, the Badger Bar in Rydal, the Stickland Arms in Sizergh and the Oddfellows Arms in Caldbeck. It's

always a great deal of fun, the harmonies from the singers making the cobwebs in the rafters shiver like ghosts. The dates are all on the [lakelandvoice.co.uk](http://lakelandvoice.co.uk) website along with details for our singing holidays next year such as singing in the fabulous Black Sail Youth Hostel (and on top of several nearby Lakeland mountains,) singing in a lighthouse and experiencing "the stranding" as the tide comes in turning it into an island, and more tours of Slovenia and the island of Jura.

We've also got plenty of local groups for you to join if you'd like to sing with us on a regular basis - the Sedbergh Songsters on Monday mornings in Gladstone House, Lakeland Voices on Tuesday nights and the Cancer Care Choir on Wednesdays. As with all our groups we can help with arranging lifts so don't let transport be a reason for not joining us.


But whether or not you are singing with us in the near future, we wish you all a very merry and melodious Christmas and a happy and harmonious new year.

*David Burbidge, Sedbergh 21166,*  
[www.lakelandvoice.co.uk](http://www.lakelandvoice.co.uk)

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### SEDBERGH BOWLING CLUB

We held our Social Evening on 20th October in the White Hart Sports and Social Club. Twenty six members and guests enjoyed a delicious supper provided by Sue and Matt of Smatts Duo Café and Bistro. We played Dominoes and had a raffle.

We have had a very successful season with two of our Teams gaining promotion in their Leagues.

The competition winners were:-  
*Spring and Autumn Round Robins - Peter Craven.*

*The Townson - Steve Teal & Eileen Craven.*

*The Poyntz Wright & Mens - Geoff*

Thompson.

*Ladies Rose Bowl - Norman Hoggarth & Presidents Prize John Oughton Comp - Carole Townson.*

*Conchie Memorial - Paul Airey. Iveson Doubles - Tom Wilson & Carole Townson.*

*Ned Winn Pairs - Carole Townson & Geoff Thompson.*

*Sedbergh Pairs - Sandra Smith & Neil Haworth.*

*Teal Trebles - Bob Brown, Gillian Morton, Janet Baines.*

Our thanks to our President Geoff Thompson for officiating at our events on 21st October.

We held our Coffee Morning and thanks go to everyone who supported us. We raised in excess of £200. We are a small group and welcome new members to play in our teams or as a social bowler. Taster sessions are held throughout the season.

The AGM will be on 25th February 2016 and an advertisement will be in *Lookaround*. We usually open late March and close late September for green treatment. For further information please ring Linda on Sedbergh 20279.



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## DENTDALE FIRST RESPONDERS GROUP HONOURED

On Tuesday 20 October, North West Ambulance Service held their annual awards ceremony to recognise the service of long serving ambulance staff. There were many staff presented with long service awards – some of up to 40 years; additionally there were a number who were presented with the Queens Medal for Long Service and Good Conduct. The presentations were made by the Lord-Lieutenant of Cumbria as well as by the Chairman and Chief Executive of the ambulance trust.

Included in the ceremony were presentations to a number of First Responder Groups within Cumbria who had achieved a minimum of 10

years service. Dent is one such group. Peter Knapton as Team Leader and Jenny Pilgrim as chairman of the group attended the ceremony.

Congratulations to all members of the Dentdale team - for their commitment to first responding; it was heartening to see this recognised alongside that of the professional ambulance staff. We should also like to thank the community for its support, not only financially thereby ensuring that we have up to date and sufficient equipment, but also for the day to day continuing interest in the group.

*Jenny Pilgrim, Chair,  
Dentdale First Responders Group*

## To all our Sedbergh clients

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tinnitus (a condition in which I have a special interest)  
mild skin problems  
eating healthily  
improving sleep  
replacing unhelpful habits

## CUMBRIA WILDLIFE TRUST

*Prickly particulars - all about Hedgehogs*

At their October meeting, the Sedbergh Support Group welcomed Rowan Worsman of the Hedgehog Preservation Society. Rowan has rescued and rehabilitated many distressed hedgehogs over several years. She gave us a fascinating insight into the habits of this increasingly rare animal.

**FACTS.** The hedgehog is the UK's only spine-covered mammal (up to 7,000 spines), giving it formidable protection when it curls into a ball. Hedgehogs have changed little over the last 15 million years. Their ancestors roamed the earth before mammoths and sabre-toothed tigers. Newborn hedgehogs are born with their spines under their skins - they emerge when they are a few hours old. The hedgehog is a nocturnal creature, using its strong sense of smell to guide it through the dark, often travelling as far as two miles per night.

**FEEDING.** Hedgehogs are insectivores and are related to voles and shrews. Feeding on at least 100

invertebrates a night, a hedgehog can weigh up to 1kg on a varied diet that includes beetles, caterpillars, slugs, snails, earthworms, cereals and even pet food. They can detect their prey up to 3cm deep under the soil.

Hedgehogs are a welcome visitor to any garden and will help rid your flowerbeds and vegetable patches of unwanted pests. Hedgehogs are good for your garden, as they love to eat slugs and snails and other pests that gardeners find a nuisance. Slug pellets and pesticides entering the food chain can poison hedgehogs.

In autumn hedgehogs will be feeding voraciously in order to increase the fat reserves that they need to survive during the long winter months. Although their usual diet consists of beetles, caterpillars, earthworms and other invertebrates, hedgehogs are quite partial to peanut butter and digestive biscuits, cat or dog food, crushed dog biscuits or muesli plus a small amount of vegetable leftovers. If you have a hedgehog visiting your garden regularly, it may benefit greatly if left some of these in the evenings. But please do not feed hedgehogs bread

and/or milk - it's bad for them and causes diarrhoea. However, in order to avoid providing an extra meal for neighbourhood cats and even rats, cover the dish with an upturned box, leaving a 12cm entrance hole just large enough for the hedgehog to access and only leave it out at times when your hedgehog is likely to visit. Hedgehogs will also appreciate a supply of fresh, clean, water.

#### HIBERNATION.

Hedgehogs are warm-blooded mammals and need to feed regularly to maintain their temperature and energy levels. In winter, food supplies may be scarce, particularly in the coldest weather, so hedgehogs hibernate during these barren times. Hibernating between November and early April, the hedgehog slows its body functions down considerably. Their metabolism slows down to a very low level enabling them to survive by expending the minimum amount of energy possible and heartbeats decrease from 190bpm to 20bpm, while body temperature drops from 35 per cent to 10 per cent.



Hedgehogs make hibernation nests in places such as sheltered compost heaps and under piles of leaves and logs. Never disturb a hedgehog nest or hibernation place at any time of year.

**HOW TO HELP:** Gardeners can help hedgehogs by piling and sweeping autumn leaves and grass cuttings in undisturbed areas providing excellent winter nests. This

will also provide excellent habitat for invertebrates, the main food source for hedgehogs.

Let a few of your bushes overgrow, so they feel sheltered enough for hedgehogs

to live under.

If you do collect and dispose of leaves or cuttings, please check carefully beforehand to make sure there are no hedgehogs nesting underneath.

Hedgehogs can swim but have difficulty climbing up slippery or vertical banks. Place some chicken wire or a plank of wood on the side of your ponds.

Once considered a gastronomic delight, the only baking a hedgehog faces nowadays is accidental. So spare a thought for hibernating hedgehogs when lighting your winter bonfires.

Many of those present had observed hedgehogs in their gardens and appreciated the opportunity to discuss their welfare with Rowan. Hopefully Sedbergh hedgehogs will thrive as a result.

*Susan Garnett*

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## SEDBERGH IN BLOOM

Our small group has once again worked through the year to enhance Sedbergh with our work on the planted areas around the town. (We were surprised to think that some people assume that it is the `Council` who attend to the flower beds – can I assure them that it is not). We have to say a big thank you to everyone who has complimented us on the work we do. It is much appreciated.

We have continued to maintain all the flower beds along Main Street and we now have more permanent planting rather than having to replace annuals each year.

The project at the Fire Station which was funded by the Yorkshire Dales Sustainable Development fund (with grateful thanks to Andrea Burden at the YDNP for all her help with us obtaining this grant) is now becoming established with one or two plants deciding the site was not for them but for others they love it so we will be doing a little bit of jiggling them so that they are in the best position .

The site at Toll Bar with the tyres also took off so we hope to enhance the `tyres` come the spring time. We kept the flowers in the tyres low so that we did not obstruct the line of sight for motorist at the junction.

As many will have noticed the wall at 72 Main Street has been lowered between the car park and the garden at the property. This was undertaken by Sedbergh Parish Council and our involvement was to ask if we could have raised flower beds built from the surplus stones to enable us to deal



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with the flower beds as it makes easier for working on them. We were involved in purchasing the plants which are now in situ and we have planted spring flowering bulbs so come Spring the new beds should begin to establish themselves and hopefully show lots of colour. (Our grateful thanks to the Community

Office fund for the grant) We shall in due course plant further if it is deemed necessary. One note of concern is that once the wall had been lowered and the flower beds planted youths decided it would be fun to jump over the wall onto the flower beds. Please would they stop this practise . If they are short of something to do – or – dare I say it – are bored, then we would be more than happy to welcome them into our group . We could do with a few youthful hands.

*Dorothy Blair*





## WESTERN DALES BUS

Dear Editor,

A follow up to the November issue of the *Lookaround*. A lot of the people in the community asked me where the fares go to, taken from the Community Bus as it is public money. That I do not know. If you travel on commercial services and you do not have a concessionary pass you have to pay the fare that the commercial operator requests for running his service. For example - £6 to Kendal for a return ticket. If you have a concessionary pass Cumbria County Council pays 58 per cent of the £6, which is slightly over half (£3.20). This money comes from your Council Tax, not Central Government. (Whitehall, London). Now this applies

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to the Community Bus.

A lot of people in the community think it goes back to the Community Centre at 72, Main Street. But it does not. Please remember this is your money, as it is a public funded venture. It was stated that there was £115,000 from the public Lottery Trust. £15,000 from the Yorkshire Dales Development Trust and £2,500 from the Community Centre and bits and pieces from other charitable trusts, which I cannot be bothered to tell you about. I am very much surprised that the Trustees of the Community Buss have not explained where your money goes to. I have asked the Parish Council on several occasions but they don't seem to life the ban and look at it. Out of this money which is yours no taxes, no national insurance, no wages, no contributions to running the state, only buying and running the bus, being around £80,000 to buy. Another question people have asked is why they have priority over parking space in Joss Lane Car Park. It has to be a level playing field for everyone in the community.

*J.W. Metcalf  
Braithwaites Coaches*

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## CHURCHES TOGETHER

### Launch of the Western Dales Mission Community

Advent Sunday is the beginning of the Church's year, a time to look forward in hope in the joy of the gospel. This Advent the churches have something very special to look forward to as the leaders of the Anglican, Methodist and United Reformed churches officially launched the Western Dales Mission Community at a special service in Sedbergh Parish Church.

What does this mean?

It means that the Methodist, Church of England, United Reformed churches, and their partner churches, the Roman Catholics and the Society of Friends are now committed to work

## Toddler Nativity Christmas Eve

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Turn up and Take Part  
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### Town Carol Service

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**Sunday 20th December**

in the URC

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together and pool their resources to promote the Church's mission in Sedbergh and District. Specifically, they will be working towards the aim of enabling everyone in Sedbergh and District to experience the Church's ministry and missionary work by 2020 as part of Cumbria's, "God for all" initiative, which seeks to help everyone to hear the joy of the gospel message – God is for everyone.

We all look forward to this refreshing approach for the 18 churches and chapels of our area to be a living and real Christian presence in our communities. As we travel along our pilgrimage of faith into the second decade of twenty first century, we



have to re-think how to organise the churches, which are still shackled to an essentially Victorian form of working. This Christmas, let Christ and his joyful message be born again in our hearts and minds, so that the churches can be renewed and reformed to tell the his good news afresh. Happy Christmas!

#### Advent and Christmas in Dentdale

We celebrate the season of Advent with another Dentdale Choir Advent Carol Concert on Sunday 6th December at 7pm at St Andrew's Church, Dent. It is a lovely way to get ready for Christmas, free of all the commercialism of this time of year. The children of Dent School celebrate Christingle on Thursday 17th December at 1.15pm at St Andrew's,

Dent. The service is open to all and is very suitable for very young children. Cowgill Carols by Candlelight with the Dentdale Choir is celebrated on Thursday 17th December at 7pm at St John's, Cowgill, followed by the Parish Carol Service with Dentdale Choir at 7pm on Sunday 20th December at St Andrew's Dent.

On Christmas Eve, the children have their special service, the Blessing of the Crib at 6.30pm at St Andrew's Dent and we have our usual Christmas Day Services, a 9am Holy Communion with Carols at St John's Cowgill and a 10.30am Family Communion at St Andrew's Dent.

Carol Singing for the Children's Society around the dale will be advertised nearer the time.

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In addition to these special services in December, the churches have their normal pattern of worship in December:

**St John's Cowgill:**

Dec 6th: 9am Holy Communion

Dec 20th: 2.30pm Evening Prayer

**St Andrew's Dent:**

All are welcome to our regular 10.30am Holy Communion every Sunday in December.

*Peter Boyles, Vicar*

**St. Mark's Church, Cautley**

We will be holding our Carol Service on Sunday 20th December at 2.30pm. Come and enjoy a mixture of carols, poems and Bible readings in our beautiful little church.

Refreshments will be served after the service.

Judith Bush, Maureen Hinch  
churchwardens

News from the Pews



Red poppies make wonderfully coloured flower displays in churches and shop windows during the dark damp days of November, their brightness hiding the solemn thoughts surrounding Remembrance Day as we gather to remember those who gave their lives for their fellow countryman and freedom.

The bells half-muffled as always on Remembrance Sunday gave a haunting sound ringing out before the

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service. As always the pews in St Andrew's were filled with townsfolk young and old. We sang such stirring hymns as "I Vow to Thee My Country" and stood in silent tribute that ended with Keith Wood playing "Reveille". The collection from the service has been given to The Royal British Legion to help fund their work with ex-service personnel.

It has been a tradition not to have floral decorations in St Andrew's during Advent the Christian season

preceding Christmas. In recent years this unwritten rule has been relaxed to allow local groups, businesses, the schools and other churches to organize and display flower arrangements specifically for Late Night Opening in the church. The displays will be in place the day before the Town Band concert giving the audience a feast for the eyes as well as the ears. The Town Band concert is on Tuesday 1<sup>st</sup> December at 7.30pm and Late Night Opening is the following day, Wednesday 2<sup>nd</sup> December.

The flowers will stay in church for a week so I would encourage you to pop in and enjoy them.

Our lady flower arrangers have a few weeks off from arranging, watering and generally keeping an eye on the church flowers before bursting into action again, buying flowers, collecting greenery, and filling the church with colour for our Christmas celebrations. A most important decoration is the Nativity scene set down in front of the font where it catches the eye on first entering the church. Baby Jesus will be placed in the manger on

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Contact KEVIN BATEMAN

Christmas Morning very early.

The United Carol Service this year will be in The United Reformed Church at 6.30pm on Sunday December 20<sup>th</sup>. As many of you know this service has been firmly set in the Sedbergh calendar for many years rotating between the Methodist Chapel, the URC and the Parish Church.

We look forward to the Chameleons giving us their unique version of the Nativity on Christmas Eve at 6pm. The "Midnight" Eucharist will start at 11pm.

As our Mission Community comes into being all the congregations from the churches and chapels will be joining together for worship in different churches on a regular basis.

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St Andrew's will be host for the Mission Community Service on Christmas Day at 10.30am.

We look forward to having you join with us and wish you all a Happy Christmas.

*Susan Sharrocks  
Tony Reed Screen  
Churchwardens*

### **Launch of the Western Dales Mission Community**

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launched the Western Dales Mission Community at a special service in Sedbergh Parish Church.

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*Rev Peter Boyles*

## CUMBRIA LIFE CULTURE AWARDS

This celebration of the Arts in Cumbria – to become an annual event – took place on Thursday November 12<sup>th</sup> at Theatre by the Lake, Keswick, hosted by Melvyn Bragg.

There were 17 categories ranging from Writer of the Year to Arts Venue of the Year and our very own Farfield Mill was there as one of the 5 finalists for Gallery of the Year. Sadly, it didn't win – as Anne Pierson said 'When you're up against the likes of Blackwell at Bowness and Tullie House, Carlisle you don't hold your breath!' and Rheged, with its large, new exhibition space took the Award. Nevertheless, it was a great

achievement for an organisation whose grants and resources are miniscule compared with the other four – and great publicity for Farfield and Sedbergh.

Anne is hoping to replicate the enormous success of the Dutch Felting Association's Anniversary exhibition two years ago with an exhibition of 44 quilts and wall hangings from the European Patchwork Contest held in France in 2015. If so, as the only venue in the UK, this should bring a few thousand visitors to Sedbergh at a time when we need them most – January, February and March. However, this is still being negotiated with a decision to be made at the beginning of December.

*Anne Pierson*

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## **SEDBERGH HUB**

Many of you will know, the building opposite The Bull Hotel on Sedbergh Main Street lay empty for many a year. Formerly Udale's Butchers, the site now houses the Sedbergh Business Growth Hub. "What does it do though" I hear you say. It is used by fledgling and mature businesses alike to have a professional private area to meet with colleagues and advisors. That said, it's not just used for business start-up programmes, meetings and presentations, it is also used for private or group events. With the availability being 24 hours a day, 7 days a week, planning an event is made easier. To name but a couple, the Hub has been host to 2 successful book launches and, with a

flexible room layout, it is now taking regular Wednesday bookings for Yoga!

It has to be said ...hats off to the Chamber of Trade!! It's with their help the Sedbergh Hub is going from strength to strength. With initial monthly appointments being less than a handful, September saw nineteen bookings!

If you are a Growth Hub member you can use the Hub for free. If you would like to use the Hub for a private event, there is a small charge.

If you would like to know more details, please contact us at [sedberghhub@gmail.com](mailto:sedberghhub@gmail.com) or 015396 20236 ...or just pop in as you're passing to say 'ello!

*Mike Wilkinson*

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## **BLOOD DONORS**

*Don't forget to give blood before Christmas*

The run up to Christmas is always a busy time, and festive season will be here before you know it. NHS Blood and Transplant is urging people in INSERT AREA to give blood before things get too hectic to help ensure patients get the blood they need in the lead up to, and over, the festive period.

Donors are being asked to book an appointment to give blood before Christmas if they haven't already done so, and to keep their appointment if they have already made one.

Blood is always needed, with hospitals in England and North Wales requiring around 6,000 units of blood every day to treat a range of patients. To keep stocks healthy as the festive season approaches and over this time, donors are urged to remember to donate between now and Christmas.

It is important that vital blood stocks are maintained at all times, as red blood cells have a shelf life of just 35 days and platelets a shelf life of only seven days. NHS Blood and Transplant needs to collect enough blood in the right quantities of each type to meet patient needs. Donations from all blood groups, but especially from O- negative, B- negative and A- negative donors, are needed in the run up to Christmas.

Amanda Eccles Senior Marketing Coordinator at NHSBT, said: "We know it is a busy time of year and will only get busier as the festive season approaches. That's why we're urging

our donors to book an appointment to give blood before Christmas, if they don't already have one.

"And we'd ask our donors to please keep their appointments over the coming weeks to help us keep blood stocks healthy and help hospital patients this winter."

While many people think that blood is used mainly for accidents and emergencies, donated blood is vital for a wide variety of life-saving procedures. This includes helping to save the life of a new mother during or after childbirth or treating patients with blood disorders, such as sickle cell anaemia and Thalassaemia, which require regular transfusions.

To book an appointment call the Donor Line on 0300 123 23 23 or visit [www.blood.co.uk](http://www.blood.co.uk)

It is also easy to book through mobile apps for Windows, Android and Apple devices. To download the app, search 'NHSGiveBlood' in the app store.

*Maxone Barnett*

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## FAMILY MUSINGS.

Christmas is coming and I love Christmas, the preparations, decorations, excitement and wonder on little faces, the man-in-red, present buying and wrapping after the choosing of course, hubby is easy to please, he just agrees with whatever I suggest for people probably because it is the easy option! Then if the idea is a bad one he can deny any responsibility. Except of course for my present from him!

Waking early one morning while at Hull I couldn't understand why there was a wall to the side of the bed where I always get out.. thought I was at home you see..wondered if hubby had been walling in his sleep or maybe inhaled too much sheep dip! Managed to work out where I actually was and got out of bed the other side. Later I woke up again and heard a helicopter circling overhead, was it an air ambulance and who was ill, hopefully not me .. back to sleep

again and eventually awoke properly! Something must be getting too me.

Today, I have picked the last Grapes in the greenhouse, a bunch of red roses for my local "elderly relative" and flowers for the house, not bad for mid November, then I took two of the grandchildren to a toddler group where grandson found a bag of hard hats, one for him and one for me along with play "tools" and we had a happy time pretending to be Bob the builder who can fix everything. How I wish I could, but I can't, I can however keep doing my best, keep remembering it is not possible to please all the people all the time, in fact it seems impossible to please anyone at times, and keep enjoying the wonderful gift of grand children we have been given.

Happy Christmas to you all and a healthy start to the New Year which we will be living in before the next "musings", enjoy whatever you do to celebrate this most special of times.  
*Sarah*



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### **SEDBERGH WI**

We had a surprise speaker to start our AGM meeting on November 11<sup>th</sup>. Mary MacPherson came to tell us that some local people are hoping to set up a befriending service for people with dementia in the Sedbergh area. She told us that there were 5 types of dementia, of which Alzheimer's was the most common and best known. Another common form is vascular dementia, caused by a succession of mini-strokes. Government funding for research into dementia is only a fraction of the funding given for cancer, for example. It may be that there is a feeling that dementia is part of the ageing process but in fact it is a disease in its own right and research

is needed to address the causes and treat it properly. There is already one organisation in Sedbergh which helps people with dementia: that is the singing group which meets in Gladstone House and includes other people who just meet to enjoy singing together. We look forward to hearing more from Mary when positive plans are made.

Our normal business meeting followed Mary's short talk. We then enjoyed our Jacob's Join supper and chat before settling down to our Annual General Meeting. Gaynor Bowman was appointed Treasurer in place of Sue Bateman, and Sandra Gold-Wood takes over as Programme Secretary from Moira Folks, both of

**CELEBRATION @ Rhumes**

Thursday 31st December

7:30 for 8 pm

Meal ~ Games ~ Praise

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whom are staying on the committee along with Ellen Morrison, Anne Pitt, and Sue Kernahan, who remains our President, to everyone's delight and relief!

Sue Bateman gave her final Treasurer's Report, which still shows a healthy bank balance, and Ellen summed up the year's activities in her Secretary's Report, reminding us of all the interesting speakers we had heard and the outings we had enjoyed in this WI Centenary Year.

The flooding caused by the heavy rain around the 7<sup>th</sup>-9<sup>th</sup> November made us decide on the Monday that a change of venue for Thursday's book club would be advisable because we might not get through to Killington for

it. So it was that eight of us met at Moira's on November 12<sup>th</sup> to discuss "The Undertaking" by Audrey Magee. It's the story of Peter, a German soldier fighting on the Russian Front, who marries a photo of a Berlin girl, Katharina, whom he has never met. She takes part in a similar proxy ceremony in Berlin. A Nazi ruse for encouraging the continuation of the pure German bloodline and increasing the population in wartime, this arrangement gives Peter a 10-day honeymoon period in Berlin, away from the horrors of war, and Katharina is promised a pension if Peter dies in action. Surprisingly for both of them, they form a deep attachment and on parting they make an undertaking to be faithful to each other. What follows is harrowing in the extreme but it makes gripping reading. It is also very worthwhile to read about World War II from the Russian and German perspective rather than our own. It wasn't an



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'enjoyable' book but we would highly recommend it and gave it a score of 8 out of 10.

The November walk will be led by Rosemary Blanchfield and will be based around Wray village.

We are looking forward to our Christmas Dinner at Sedbergh Golf Club on December 9<sup>th</sup>. There will be no meeting in the People's Hall in December.

Our 2016 programme starts at 7.30pm on January 13<sup>th</sup> with an evening of poetry on the theme of 'Magic and Mystery', led by Stuart Manger. Visitors can be assured of a warm welcome in the committee room of the People's Hall.

*Moira Folks*

## DENTDALE WI

The November meeting of Dentdale WI is by tradition the AGM. However, before the formal Agenda, there was plenty to talk about in Institute Business. We heard that the family Quiz Night held in October to raise funds for our chosen Charity for 2015, had been a great success and a really enjoyable evening as well as raising the grand total of £350 for Manna House, Kendal.

Marion, Feltham, Catherine Sugden, Sue Owen and Thelma Belfield had formed a team for the Federation Quiz night at the Bull Sedbergh and although they did not reach the top spot, they felt very pleased with their results and the sandwich and chip

supper was pronounced excellent!

An invitation for carols and mince pies at the Federation Office was given for 15th December.

The Craft Group have been very active over the year and items are always on sale at meetings. They are having a Christmas break and will start up in the New Year.

As an AOB item, Rita Corpe spoke about Dent Library and the fact that it now needed a few new volunteers. It is open from 9am until 7pm on Tuesdays and 9am until 2.00pm on Saturdays. Volunteering need not be a weekly commitment, but any spare hours can be filled in on a list in the library and Rita says that training will be given.

Now to the AGM. Susan Johnson

had kindly offered to be the teller for the evening in the all important election of President.

This had been a difficult moment last year as we closed with three members offering to jointly take on the Presidential duties. It has gone very well but this year Marion Feltham felt confident to offer her services and was nominated in her own right although naturally, with the help and support of the Committee, Marion was duly elected. The Committee's report written by Secretary Thelma, highlighted events and meetings which have been faithfully recorded in Lookaround during the busy year and the Financial report given by Kate showed that our finances are in a

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New Years Day	7am - 12 noon
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Saturday 9th	7am - 6pm
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good state. Marion gave the presidential address thanking those who had helped her through last year, then extended thanks to all who help in any way to keep Dentdale WI running so well. We then listened to the Memorial Hall report from Chris Taylor, and the results of the Competition and the presentation of the cup to Freda Meakin.

Freda was next up in action taking us through a light hearted quiz whereby, forming two teams, we had to put words from a song read out by Freda into it's musical context. Freda had chosen mainly Edwardian musical and world war songs and it had us reaching into the recesses of memory. It caused a few laughs and

certain relief when we were able to identify and sing them. It was good fun and the results were close!!!

We are finishing the year with a Christmas lunch outing to The Old Dairy Widdale. The new programme is now complete for 2016 and our first meeting is on Wednesday 13<sup>th</sup> January when visitors and new members will be welcome. *Pat Allen*

---

### HOWGILL W I

We would like to thank everyone who came along and supported our Domino Drive and making it a successful evening boosting W.I. Funds.

We had a good turn out for our November meeting with only

apologies from two members. Three visitors were given a warm welcome.

We entered two teams in the Pub Quiz held at the Bull Hotel. It was an enjoyable evening as was the sandwiches and chipe. Soulby W.I. Were the winning team after a tie breaker with Nateby.

Sheelagh Denniss was thanked for leading the last months walk. Bridget will be leading the next walk around Orton Scar on November 12th, weather permitting. Audrey Hoggarth gave a report on the Council Meeting held at the Town Hall.

The future of Denman College ws high on the agenda. Alan Otway spoke, giving a moving account when he experienced the earthquake in Nepal. Sam Rayner, manager of

Lakeland Ltd, and the High Sheriff of Cumbria gave an interesting talk on the role and wore the 200 year old Court Dress that goes with the office. A talented group of Performing Arts student from Kendal College entertained us with songs from hit musicals.

Bridget presented Mary Silva with a certificate marking her 30 years of membership of the Womens Institute and congratulated her on her landmark attendance. Bridget then introduced our speaker Susan Oliver who inspired us with her gift wrapping skills. We were given ideas and tips to make our gifts more exciting. We all love to receive a gift but we need to make our wrapping attractive and look as special as the gift itself. We

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were given step by step instructions on wrapping odd shapes and wine bottles. Jackie Hooley thanked Susan for an amazing demonstration enjoyed by all present.

The competition 'I Made it and I Use it' was won by Vera Hodgson with Jackie Hooley second. Our visitor Pauline Bateman went home with the raffle prize. The social quiz related to bonfire night was won by Jackie Hooley. The evening was brought to a close with tea and cake. We now look forward to December 3rd when we meet at Cross Keys in Cautley for our Christmas celebrations.

A. Hoggarth

### KILLINGTON W I

#### THE AFTERNOON W I FOR THE ENTIRE DISTRICT

I can no longer say that 2015 is racing away, because, by now, it **has raced** away! Here we are reading the Christmas Edition of Lookaround. Thank you, Dennis and Jacky for

### The 'Lookaround' Team . . .



David  
Suzy Thurlby

Dennis  
Jacky

John  
Jackie Stringer

another splendid year. A couple of days ago a friend handed me some very old copies of Lookaround, one of which was "August 1994 – One Hundredth Edition" Inset on the rear cover was this photo which really delighted me! Suzy – you haven't changed a bit! !!

As Christmas is coming we have made plans to celebrate, and inevitably, to shop. On Thursday 26<sup>th</sup> November we shall meet our new friends from Malham W I for supper and exclusive shopping at Country Harvest. Sadly, I don't think that their products will appeal to my teenage grandsons –perhaps it's just as well. My usual excuse is "the devil did tempt me, and I did buy".

At the beginning of December we

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shall be decorating a window in St. Andrew's which you can all enjoy on Late Night Opening Evening. I'm sure that it will be exquisite! (that's a good word)!

Our Christmas Lunch is on 8th December at Sedbergh Golf Club who treated us *royally* last year, so *loyally* we return.

At our meeting we offered welcome to Joyce Cox who is joining us as a member, and birthday greetings to Margaret Denton whose birthday fell on Friday 13<sup>th</sup>! The main business of the day was our **Annual General Meeting**. The aforesaid Margaret Denton, our esteemed and respected treasurer, provided us with proof that she hadn't fiddled the books, Susan

Sharrocks told us about the wonderful things we have done since our last AGM, and I, retiring president, said how wonderful we all are – truly a happy but very sincere, Mutual Admiration Society. The committee were then re-elected 'en bloc', and were happy to have Sally Cragg as an additional member.

Maggie l'Anson was elected as our President and we look forward to another great year.

Before tea, Marion Wood demonstrated how simple it is to use a defibrillator. Everything you need to know is given in clear instructions on the outside of the device. It even gives you spoken instructions as you go along. We offer life membership of



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Killington WI to the first person to save a life using the People's Hall defibrillator!! ( This offer is made without consultation with anybody else – surely no-one would disagree?)

Then, and only then, it was time for tea. Gorgeous! Raffle won by Pam Fenton and Wendy F-U. and competition for an item starting with "N" won by Anne Jones. (Burglars please note that it was made of base metal)

You might be forgiven for thinking that it must be the end of our meeting –but NO, screen and projector were deployed and a slide show followed of photos from our albums, starting in 1941 and taken over the years. Lots

of laughs ensued as we recognised ourselves looking younger and fitter, as well as sighs when we were reminded of past members no longer with us. Modern technology, and a lot of cursing, had allowed us to scan and project these images, and Vicky to show them with her digital projector. Now we have cracked it, it will be easier next time (OR ELSE!!)

So that is all for this year. Let's hope that next year goes more slowly. And let us think about all those people whose Christmas will not be as happy as ours. Greetings to you all and as I, and The Reader's Digest are wont to say, "A HAPPY CHRISTMAS TO ALL OUR READERS!"

*Wendy Fraser-Urquhart*

## THE COBWEB ORCHESTRA

The Cobweb Orchestra has grown from an outreach project of the then Northern (now Royal Northern) Sinfonia 20 years ago as an evening class in Stanley, County Durham. It has since expanded under the direction of Andy Jackson and its board of trustees to become the largest amateur orchestra in the north of England with eight separate orchestras, from Morpeth in the north, York in the south, Dalston in the north west and Tebay in the south west.

Cobwebs have won three national awards, and recently have been selected by "Making Music" to have a composer in residence, Michael Betteridge. He will work with the orchestra for a year and compose a piece of music, which Cobwebs will perform and which will subsequently be broadcast on BBC Radio 3.

The local Cobweb orchestra meets at Tebay Methodist Church Hall every Tuesday at 7.30pm during term time, and is directed by conductor Peter Crompton. The philosophy of Cobwebs is based on the same values held since it started: everyone and anyone who plays an instrument is welcome to come and play with us. We don't audition.

We encourage everyone to play to the best of their ability, both in the orchestra and individually. We play a wide range of orchestral music, some standard repertoire and some especially written for us. We hold study days and residential weekends; one is usually held in Sedbergh every year and we have been to Tuscany biennially since 2003, on trips successfully organised by Andrew

Forsyth.

When you come and visit us, your first evening is free and you don't have to commit to attending every week - you can come and go as you please to fit in with other commitments.

So, if you have ever played an orchestral instrument, or would like to learn to play one, we have an instrument bank from which you can borrow an instrument. You will receive a warm welcome if you come along to Tebay, so dust the cobwebs off your instrument and join us! For more information go to our web site [www.cobweborchestra.org.uk](http://www.cobweborchestra.org.uk)

*Ed: This report was submitted for October and was lost but is now found.*

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## **SEDBERGH PRIMARY SCHOOL**

### *Competition Winners*

We are very pleased to announce that children from Sedbergh Primary have won two significant competitions in November.

Firstly, many congratulations must go to Ava Oxley and Grace Robinson, both Yr6 pupils, who won the Fairy Tale |Comic competition organised by the Lakes International Comic Art Festival. Over 170 primary children from all over Cumbria entered the competition and the standard of entries was very high.

They had the difficult task of creating a fairy tale comic strip with illustrations and storyline. Both comic strips were highly commended for content and overall effect. Many

thanks must go to Mrs Davies and Mrs Steel for running a successful writing club in school.

Next, we must congratulate Elsie Woof from Yr1. She has won the annual Tim Farron Christmas card competition, which again was open to all Primary schools from Cumbria. She will see her card in print and it will no doubt be sent to a huge amount of people across Great Britain. A representative from Tim Farron's Office will be presenting Elsie with her prize.

---

## **SETTLEBECK SCHOOL**

### *Being Proud of Settlebeck*

After the news of this Summer's GCSE results and their analysis, I was very privileged to be able to



## **SEDBERGH SCHOOL**



We often have vacancies for Kitchen and Cleaning Assistants, and for other roles from time to time. Some roles are based in Sedbergh, and others are at Casterton (Sedbergh Prep School).

If you would like to work for Sedbergh School then please complete an Application Form and return it to the address below, indicating what sort of work you are seeking. If we have suitable work available we will contact you and invite you to come for an interview.

You can collect an Application Form from the Bursary, download one from the School's website ([www.sedberghschool.org](http://www.sedberghschool.org)) or request one by sending an email to Shirley on [shw@sedberghschool.org](mailto:shw@sedberghschool.org) or by ringing the HR Department on 015396 20303. Please also check the School's website regularly for details of individual posts as they arise.

Please return completed Application Forms in email to [shw@sedberghschool.org](mailto:shw@sedberghschool.org), by returning them to the Bursary or (by post) to HR Administrator, The Bursary, Loftus Hill, Sedbergh, LA10 5RY.

**We look forward to hearing from you.**

attend the Presentation evening at Settlebeck on November 17th to see them all rewarded for their efforts over the last 5 years and to hear a little bit of their ongoing education this year. There was a fascinating pictorial history of their school lives from year 7 onwards which may have embarrassed some of them! You will have seen from the Settlebeck newsletter that the school exceeded the 'top 25% target' set for schools nationally. Perhaps most impressively, the proportion of students making four or more levels progress, that is exceeding the progress they were expected to make in both English and Maths GCSEs, made Settlebeck, for these measures, the top school in Cumbria.

It is my favourite event of the year that I am privileged to attend as Chair of Governors as it celebrates so much that is special about Settlebeck with awards being given not just for top performers but for those who have excelled by effort, achievement and personal values. It was amazing to hear that two students this year, Katie Woof and Louis Greenland, made between 5 and 7 levels progress in ALL their subjects. Three students George Hinson, Adam Haigh and Gael Lindsey, between the three of them, gained 37 A\*s and As!

I was also given the opportunity to tour the school and talk to pupils when Tim Farron MP visited the school last week. Not only was he very concerned about the lack of

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provision for transport of Sixth formers to Kendal for their post 16 education but also how this same transport provision affects their out of school activities which has led to their involvement in the planning of a new skate park in town. He was very keen to hear from the students about their experiences of Settlebeck. He fascinated them with his personal history of education and then his progress toward his current position as leader of the party.

I am now looking forward not only to sharing some of the Christmas events at school but also to travelling with about 20 of them to visit our twin town Zreče in February.

*MP Ripley  
Chair of Governors*

## **SEDBERGH SCHOOL NEWS**

Term ends early this year on 9th December (and begins again on 3rd January). As there is very little term this month there is once more only one home 1st XV match, against Llandovery on

Saturday 5th December. Please note that kick off will be earlier than usual at 1.30 pm. The 1stXV ended the first half of the term at the top of the Daily Mail Trophy League, having played ten matches and won ten. However in a hard fought match they lost in the semi-final of the Champions Trophy against Bedford played on Buskholme.

The School had a very good day against Barnard Castle just before half term, winning all seven rugby



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matches and all six hockey matches.

A party of about thirty Old Sedberghians with wives and other hangers on went to Gallipoli at half term to visit the graves of the 23 Sedberghians who died there. A service was held at the Helles Point memorial where the names of the 14,000 unknown graves are commemorated (there are 9,000 known graves, and 13,000 simply believed to be communally buried in certain cemeteries). The names of the Old Sedberghians were read out, together with those of Corporal Thomas William Rigg, husband of Nellie Rigg and father of three children of Derry Cottage, Sedbergh, and Lieutenant Surtees Sheffield, brother of Mrs Wayte-Hicks of West

House, Dent. The name of 16 Sedberghians, together with the 2 local men, are inscribed on the Helles Point memorial. The known graves were all visited with a small ceremony at each.

Over half term a German school exchange trip, the Classics trip to Italy and the running expedition to the Pyrenees were all very successful. The School came eighth in the 1 m Eventing class at the National Schools' Equestrian Association Championship in a field of 40 schools, and Storm Straker on her horse William Wordsworth won the individual title. Myles Ripley and James Thomas won the Open Laser 3000 class at Rutland Water. Charlie Cowen was picked as a reserve for

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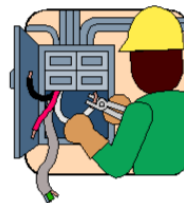
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the UK U19 shooting squad to go to South Africa. Nick Giraud (left 2014) was awarded the Lord Lieutenant's Certificate of Merit for exceptional services to Sedbergh School CCF. Ashley James (left 2005) has made her acting debut in a new film "Taking Stock" starring Kelly Brook.

The School hosted a tournament for 10 and 11 year old rugby in which 400 children took part. Maddy Harrison and Freddie Hill came fourth in their events, and Fraser Sproul first, at the Cumbria Schools Athletics Association Year 7 Cross country event. The Prep School have also been involved in Operation Christmas Child, one of the world's largest children's Christmas projects, filling, wrapping and sending off

Christmas boxes

New fibre connections are being installed between School buildings updating the wifi system.

The School intends to start an innovative scheme of apprenticeships for local young people.

These will be full apprenticeships with time off to attend classes. It is intended that they should include joinery, electricians, gardening, catering and professional qualifications such as accountancy. Anyone interested should contact Debbie Corney, although more details will be made available presently

On Remembrance Sunday a large crowd braved the weather for the service held above the Cloisters. Later that day the Headmaster's

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Invitation Concert was held in the Thornely studio with an excellent selection of music.

The School Advent service will take place on Sunday 6th December at 5 pm in the School chapel. The Advent Service mirrors the Carol Service which has to be restricted to a limited number of parents due to lack of space. The only real differences are that different pupils read the lessons and the main body of the pupils do not attend - so there is plenty of room for visitors, and everyone is welcome. There will also be a performance of "A Celebration of Carols" by Benjamin Britten on Friday 4th December at 7.30 pm and again everyone is welcome.

The Prep School will hold an informal carol service in Holy Trinity Church, Casterton, on Thursday 3rd December at 7 pm to which all are welcome. In addition the Chamber Choir will sing carols in Kirby Lonsdale from 10 am to 12.45 on Friday 4th December. *Karen BL*

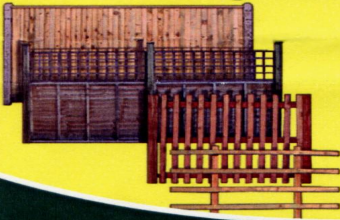
### PRIMARY SCHOOL CHOIR

The Sedbergh Primary School after school choir has started again and will meet every Thursday (apart from December 3 - the school concerts) at 3.30pm in the primary school hall, **and for this term it's free.** The choir is open for all children from Year 3 - year 6.

The choir's former leader Jane Lawrence, who came every two

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weeks from Lancaster, is no longer able to come and sends her apologies. .... but we now have a new choir leader, Jude Jackson.

Jude lives in Sedbergh, and went to Sedbergh Primary School herself over 20 years ago. She learnt piano with Freda Trott and returned after she got her teaching certificate to play duets with Freda. She has taught music in schools in the south since then and has led several choirs in schools.

We are very fortunate to now have a choir leader with such experience for the children's choir who also lives in Sedbergh - as well as being able to lead the choir every week, it means that if possible the choir could

perform in school hours which would allow the children to see how much fun the choir is and to join us.

Parents will need to collect their child when the choir ends at 4.45pm - or to let us know if other arrangements have been made.

*David Burbidge*

## SETTLEBECK NEWS

On Thursday 12<sup>th</sup> November, Tim Farron MP visited Settlebeck as he wanted to see our school for himself. He had a tour and met students and staff, giving him the opportunity to see what a great school Settlebeck is and just how important it is in our rural community.

Friday 13<sup>th</sup> November was Children

## ROYAL BRITISH LEGION

*If you or yours have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way, please call 0808 802 8080 (free phone).*

Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.

You do not need to have served in the Armed Forces to be a member.

Membership costs £16.00 - call 21575 or 20964 or email: [jd@jdifa.co.uk](mailto:jd@jdifa.co.uk) or [dmparratt@gmail.com](mailto:dmparratt@gmail.com) for a form.

For more information, visit our website:

<http://branches.britishlegion.org.uk/branches/sedbergh>



In Need day. Our students really got in to the swing of things and raised money by coming to school in fancy dress or onesies and with one of our famous cake sales. We raised a fantastic £200.

---

### **SEDBERGH PRIMARY SCHOOL**

Everyone at Sedbergh Primary School would like to say a HUGE thank you to our friend Ken Pope.

After twenty plus years, Ken has decided to hang up his guitar and put away his plectrum. Each week he has come into school to sing with the youngest children and to teach guitar to Years 5 and 6. He even tried to teach some of the staff how to play.... some things are impossible but he did try!

All of the children loved Wednesday mornings and looked forward to Mr Pope playing his guitar and singing songs. They were not the usual nursely rhymes, but songs such as "She'll be coming round the mountain" and "Going to the zoo" to name just two of his repertoire. Ken would also pen his own songs to fit in with our topics; in the past he has created songs about pirates, dinosaurs and the alphabet.

The staff will sorely miss Ken's banter and the fact that he bought us biscuits every week.

Once again, thanks Ken, and we all hope that you will pop in for a coffee when you are passing.

*From everyone at  
Sedbergh Primary School*

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## SHEEPFEST 2015

*Sedbergh, Farfield Mill and Pagoda Arts Liverpool – with a significant contribution from Artsense - combined to celebrate our heritage as a Wool Town and the Chinese Year of the Sheep!*

Once again Sedbergh became a giant Art Gallery with the whole town – and Farfield Mill – awash with a glorious display of 95 amazing sheep made by local businesses, voluntary organisations, schools and individuals. All these complemented by a craft and wool market, theatre, workshops, music, Chinese Youth Orchestra exhibitions and customised sheep bunting! Last year the schools' contribution was the Technicolour Dreamcoat - this year a fabulous Dragon, *Lei Long*, led through the town by *Luke Humphreys*, who disgraced herself on her first appearance by attempting to eat 4 stray sheep who had fled for shelter

## A Gathering of Praise Saturday January 9th

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in Sedbergh's library. . . If anyone has a photograph of this we'd love to see it.

Although this year there were a few behind-the-scenes hiccups – not least the Chinese Youth Orchestra from Liverpool taking the scenic route via Grange-over-Sands - they weren't apparent to our visitors. The following letter from Kath Edwards from Liverpool sums up the overwhelming response from



## **Howgill Hobblers - Sedbergh**

In conjunction with Howgill Harriers, this is a beginners running group for anyone over the age of 12 years old.

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members of the public and it's particularly heartening to see the comment about Sedbergh's shops given that one of Farfield's aims in starting this project was to help to improve the town's economy. So a huge thank you to everyone too numerous to mention from Farfield and this year's Support Group - who gave their time and energy to make Sheepfest 15 as successful - well, almost! - as it was in 2014.

*This letter has been received with respect to The Sheepfest.*

Dear all involved with the Sheep Trail

My partner and I stayed at the Fat Lamb last weekend and decided to visit Farfield Mill, partly because it was accessible and Peter uses a wheelchair. Thinking we would be there a couple of hours, we were surprised and delighted to find that it was so interesting and there was an added bonus with the sheep trail!

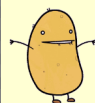
We ended up staying for most of

Sunday at the Mill, enjoying the play and chatting with many of the artists, weavers, lace makers and the silversmith who use the workspaces that are available at the mill and enhance the interest and enjoyment of a visit. We even managed to get to the lovely Weaver's Cafe!

Of course, we also ended up looking for sheep and, as we had found about 60 on the Sunday, we spent Monday looking for the rest. It meant that we also had a good look around Sedbergh which we thoroughly enjoyed. We chatted with lots of people and found a number of sheep that didn't have a name but have added them to the bottom of our list.

Finding the sheep was interesting with pushing a wheelchair, although Peter did wait at the bottom of the hill while I checked out the camping barn!

Sadly, one of the sheep evaded us as we had to make tracks for home but we did find two number 21's so hopefully that will make up for it! We



## **FAMILY CHRISTINGLE & SUPPER**

Dent Memorial Hall

4:45pm

Jacket Potato Supper 5:30pm

*All Welcome*

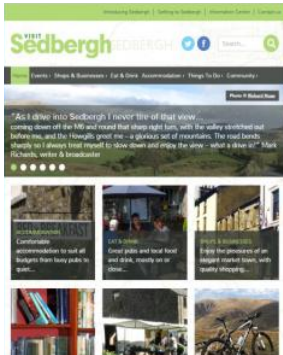
**Saturday January 9th**

Enquiries 015396 25212

DDCF



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If you want your events, your business or your group to appear (or you want the details updated) please use the Contact Us link on the site or ring the Information Centre on 015396 20125

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had planned to leave at lunchtime but managed to get away at 5pm!

I am sure we will be back and we have taken cards from shops so that we can see what the Christmas offers are. Some of the things on sale were just lovely.

We had such an enjoyable time; I thought it would be much nicer to tell you of our experience than just to post our entry.

With our very best wishes  
*Cath Edwards of Liverpool & Peter Lowrey of Cornwall*

### **SHEEPFEST 2016?**

So where do we go from here?

With two Festivals to compare it's time to take stock and Farfield will be consulting the whole town during

December on a number of key issues - particularly those people who actively participate in the festivals and provide its life-blood - the sheep-makers. Should Sheepfest be an annual event or biennial; run for one weekend or two - or even move to another time of the year? Our decision will be influenced in part by how many other events and activities are competing with Sheepfest for audiences mid-September; whether the current 3 months run-up to the Festival - June, July, August - are the most convenient time to be making sheep; what suits schools and organisations such as the Young Farmers? We intend to begin this process with an easy 'tick-box'

questionnaire distributed to each household, school, business and voluntary organisation with space for other suggestions. For example, should we restore the prizes for best sheep which we had in 2014? I think so – though perhaps with different categories – but do you?

If you'd like to share your views over a glass of mulled wine staff from Farfield will be based in the Business Hub on the evening of Wednesday 2<sup>nd</sup> December – join us and a number of sheep opening their presents. What would you give the tup that has everything? In the meantime – a very happy Christmas and prosperous New Year.

*Anne Pierson,  
Farfield Mill*

## ROYAL BRITISH LEGION

A big thank you every one that supported the BL coffee morning held on November 4. We raised a combined total of £435 from the event. Thanks also to Rawthey rhythm who braved the cold to play and raise money outside and to our anonymous poppy walking stick maker. The Sedbergh poppy collection so far is heading for £8000 with more to come. These are remarkable sums of money. Simply marvellous!

The winner of the Walking Stick draw was Gareth Marshal of the Bath House.



*Sandra Gold Wood*

*Nigel*

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## **SEDBERGH AND DISTRICT HISTORY SOCIETY**

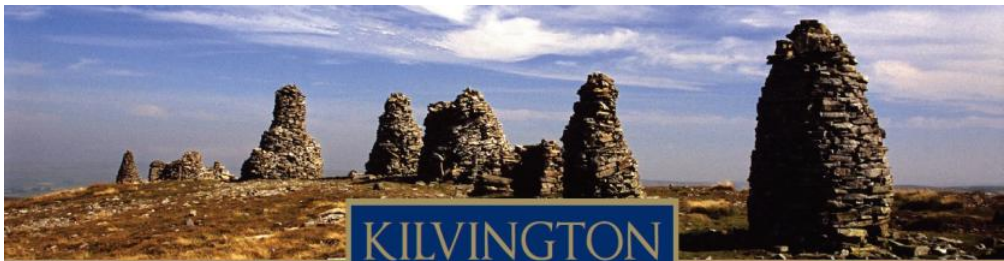
### *The Great Wall of China*

On Wednesday, 4th November Dr Raynor Shaw again transported over 30 members of the SDHS to an exotic location in the Far East with his illustrated talk on the Great Wall of China. He had previously entertained the Society with his equally illuminating lecture on Angkor Wat in Cambodia.

Dr Shaw, who hails from Rotherham, had spent 27 years of his working life in Hong Kong and had therefore been able to develop his keen interest in ancient cultures and monuments by making several visits to these sites, building up an impressive body of knowledge and

collection of photographs of the Great Wall. More recently he even travelled by train with a companion all the way from Rotherham to China, and also walked along sections of the wall with his daughter Amanda, then teaching in the country.

This talk began, however, with an outline of the various purposes of wall-building throughout history and across the world. Protection against real or perceived threats resulted in the building of the Roman city walls around York and Chester, for example, or many Mediterranean cities such as Rome, Jericho and Dubrovnik; or even in America where, in 1609, New Amsterdam (later New York with its Wall Street) was established by the Dutch with its



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ramparts. Castle walls, of course, abound throughout Europe and beyond from early medieval times – as many as 260 in Germany, 116 in France, and a relatively few 75 in Britain – whilst the 73-mile long Hadrian's Wall was built to separate the Roman Empire from the marauding Picts. In the 20th century the Berlin Wall was erected to segregate the political poles of East and West; and Dr Shaw showed a slide of Northallerton Prison to make the point that high, strong walls have also been used to keep certain members of society contained within.

In China, for centuries the traditional lay-out of domestic buildings has been around a central courtyard with

a protective wall surround. In the south of the country the Hakka villages had circular high-walled homes, thus strong wall construction has been a long established skill from the times of the 1st Dynasty when Chengtouhan (Hunan) became its capital. From about 300 BC the Chinese civilisation began to expand southwards and westwards from its origins in the north-east around the Yellow Sea, but it became repeatedly under threat from tribes such as the Xiongu and Mongols to the north. Of the 10 great Dynasties overall, three – the Qin, Han and Ming – became great wall building periods in order to protect the growing Empire from invasion. From 221 BC under Emperor Shi Huang, the now unified China built its first walls; during the Han period several walls were constructed further to the west towards the Gobi Desert; and in the Ming Dynasty came the classic Great Wall, a remarkable 4,163 miles in length, built using soldiers, convicts and forced labour. The Ming builders used slaked lime and sticky rice for mortar, long and heavy bricks (3 times heavier than standard British) stamped with the maker's name and

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the date, and within the core of the walls innumerable skeletons were packed.

Today, in total, the different sections of the Great Wall of China extend for over 13,000 miles!

Curiously, during the communist era (post 1949) and the rule of Chairman Mao and the Cultural Revolution, the Great Wall was ignored and even partly demolished by the Chinese. Only since 1984 with Deng Xiaoping has it been re-valued, with American presidents from Nixon to Obama being regaled on its ramparts, and tourism suddenly flourishing. In 1987 it was declared a World Heritage Site, and by 2010 it was estimated that it received 20,000 visitors a day! (91% of whom were Chinese).

In conclusion, Dr Shaw took us on a wondrous visual tour of the Wall from the Yellow Sea in the east to the First Platform (built 1539) in the west, centred around 10 key locations of interest and based on photographs taken on his recent walk with his daughter and previous visits. That journey threw up images of dragons, grand arches, ramparts built from reeds and loess (wind-blown dust), colourful art work, temples, Buddhist statues and so much more.

It was a memorable journey!

*Michael Beecroft*

---

### **TELLING IT LIKE IT WAS!**

Sanker Davis used to produce the nativity play, and as I grew up a bit I was the angel Gabriel. We went to

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Barbon Show



# Domino Drive

7:30pm

Friday 15th January

Barbon Village Hall

Entry £2 ~ All welcome

Dent church to give the play, must have been an evening, and in those days they had an organ that had to be pumped, so there was a choir boy who stood there and he pumped. And it was quite a long service as well. When we came to sing the last hymn, 'While Shepherds Watched' or whatever it was, we started singing quite merrily and suddenly the organ went err, errr and it got weaker and weaker because he'd gone to sleep! And so I set off to laugh....and the three wise men...well, once you start laughing you can't stop, can you, especially school children! Oh! But that was the highlight of the evening! This poor little soul, he'd been there pumping, and perhaps it was the

sermon that sent him to sleep! **Jean Rochford** born c1927

There was none of this 'I want this' or 'I want that'. You used one of the boys' stockings because they were big stockings for footballing, so you'd get more in. And you'd get a few nuts, probably an apple and a tangerine, a few sweets and then you got something to wear. There was no toys and things. **David Hutchinson** born 1920

These quotes are taken from "Telling it like it was - Dent, Sedbergh and District in Living Memory".

*Anthea Boulton*

The Children in the Photograph that appeared last month on Page 48 has prompted the names of George and Lily Hetherington. Further enquiries are in hand to establish this. *Ed*

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## SEDBERGH & DISTRICT HISTORY SOCIETY

*War, Warriors and the War Hospital.*

Isobel Stirk, who addressed the Society last year on the Brontes, again gave an interesting talk to the society on 21<sup>st</sup> October.

On this occasion she had felt inspired by a book written by a friend about the war hospital in Leeds to



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look to see what was being written at the time about the war, the hospitals, and the view of the war by the various authors.

She started by referring to the training college opened in Leeds in 1913 which was converted on the outbreak of war to a hospital with 800 beds by August 1914. The first wounded soldiers arrived on the 17<sup>th</sup> September – and the ambulances were cheered through the streets. The hospital were staffed by Queen Alexandra nurses and nurses from the territorial service, who had been trained for 3 years, but there were few of them and the hospitals were mainly run by VADs. The latter were volunteers who received no payment, had some training and certificates in

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## THE BIG WINTER QUIZ NIGHT



8pm

**Saturday 16th January**

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Raffle

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home nursing, invalid cooking and hygiene, and cleaned, scrubbed, made beds, and, despite their Victorian upbringing had to dress, undress and wash men. Vera Britten gave perhaps the best description of their experiences in *A Testament of Youth*.

She spoke of the desire of the various war poets to make the complacent people at home aware of the reality of war in the trenches, and in particular Sassoon's *A Soldier's Declaration*. She spoke of how poets such as Sassoon and Wilfred Owen suffered from shellshock and were affected by their experiences in Craiglockhart Hospital in Edinburgh. By the end of the war it was thought 80,000 soldiers had suffered from shellshock. Some doctors thought them either mad or cowards, although others tried various treatments including psychic response, explosives, ergotherapy and talking it

out. Many such as Owen and Sassoon were eventually passed fit enough to return to the front, although many did not

Other authors she referred to were Robert Graves, Rupert Brooke, Virginia Woolf (*Mrs Dalloway*), Dr John McCrae who wrote *In Flanders Field* in a dug out on the edge of what is now Essex Farm cemetery, the German Erich Remarque's *All Quiet on the Western Front*, and Isaac Rosenberg's *Break of Day in the Trenches*. She also spoke of the Rev. Studdart Kennedy (k/a "Woodbine Willie") who "took cigarette and God" to the trenches. There is a memorial in Poet's Corner in Westminster Abbey to 16 war poets.

She finished by quoting Edith Cavell "*Patriotism is not enough. I must have no hatred or bitterness towards anyone*".  
*Karen BL*

### SEDBERGH ART SOCIETY

What a stunning afternoon we had in the committee room of the People's Hall on Friday November 6<sup>th</sup>!

Ben Haslam certainly created a lot of enthusiasm for his 'Blot' technique. It was great hearing the gasps from some in the room as he demonstrated the possibilities, using a variety of papers. This inspired the Wednesday group to try out Ben's methods with different kinds of paper and blotting materials. Not only was Ben's demonstration packed with new ideas - so well explained, the pictures

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(last orders for hot food 7pm)

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## Christmas Concert

Friday, December 11, 7pm

£12, includes mulled wine & mince pie

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Ben Haslam at work

he created were just so beautiful! We are glad that he devoted so much time and preparation to this session and also that he made the journey from Hexham and back.

We will be in touch soon to see if we can arrange for him do a day's workshop with us.

Our next meeting is in the Methodist Hall from 1.30 – 3.30 on the 4<sup>th</sup> December.

Jane Ward will be giving us a watercolour demonstration, showing her approach to painting an atmospheric winter Lakeland scene. She will use various techniques, including masking, spraying and unusual colour mixing. Jane will also talk about the relevance of watercolour paints, how important it is to recognise transparent and opaque hues, and how the paints behave differently.

Jane Ward is a Landscape Artist working in Watercolours, Pastels and Oils. Her enjoyment walking amongst inspiring high fell and mountain scenery has led Jane to paint what she really loves – the dramatic light conditions on Lakes, Mountain ridges and Tarns especially in a Winter Landscape.

She is an enthusiastic tutor and contributor to the 'Leisure Painter'

Magazine.

Moving to the Lake District Jane set up 'Lakeland Art Courses' sharing her special painting locations around Keswick and Grasmere with students from all over the world.

Original work can be seen at Viridian Gallery, Keswick and Thornthwaite Gallery.

Jane's 'Lakeland art Blog is a weekly diary showing places that inspire her. She shows some of her walks, adventures, paintings, tips and new ideas. You can visit her website,



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[www.janeward.co.uk](http://www.janeward.co.uk), or Google, Jane Ward/Artist.

Note down in your diaries the 15<sup>th</sup> January 2016, when Greg Howard will be giving a demonstration entitled, 'Streets of Sedbergh in Watercolour'.

A Note about the Society of all Artists WORLD RECORD ART CHALLENGE

All artists are invited to collaborate in creating the largest exhibition of artworks under one roof at the SAA headquarters in Newark.

If members have decided to take part in the SAA art challenge, remember that Margaret Copestake will be happy to send your entry off for you. She also has some application forms for people not in the

SAA. You need to create a picture/ pictures the size of the small cards provided by the SAS. You can duplicate the card you received making more of the same size. Then, bring these to Margaret at the next meeting on 4<sup>th</sup> December, along with the completed application form, which gives you instructions on what to write on the back of each picture.

You are asked to enter your membership number on the form. If you are not a member, you can enter the Sedbergh Art Society membership number, which is 100417

Or, if you are a SAA member, you can send them independently, the closing date is the end of December. Have some fun with it! *J Alison*

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## SEDBERGH SPRING SHOW

April 23<sup>rd</sup> 2016

I know that your minds are full of Christmas plans. However as soon as that is over and you can breathe again, it will be time to get busy with your entries for the Spring Show. As you have shown, time and time again, our area is filled with talented people who produce wonderful work. We feel sure that the schedule includes something that YOU can do, so please enter as many classes as you can.

The Spring Show Committee greatly appreciated the community's support at the 2015 show and were delighted to have sufficient surplus funds to make donations to local organisations: First Responders,

Town Band, People's Hall, Sedbergh Primary School, Sedbergh Playgroup and Dent Playgroup. With your support we hope to continue to do this.

The schedule and entry forms will hit the shops in late January but in the meantime here is a list of all the available classes. If you have any queries please telephone Margaret Milburn -20610, or Wendy F.U. - 21902.

### Handicrafts

A patchwork or quilted item

A new item from something old (any material)

A wooden item

A bag of any medium (not from a kit)

A cross stitch article (indicate if own design)



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- A pincushion
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- A piece of handmade jewellery
- A metal item
- A handmade card
- A decorated spring hat (any style or material)

Any craft item not included above

**Handmade Toys**

- A soft toy knitted, sewn or crocheted
- A toy from scrap material
- A dressed doll (the doll may be bought)
- Any handmade toy not included above

**Flowers and plants**

A House Plant ( not to have been exhibited before) Fascinating Foliage (60cm)

- An exhibit using 3 flowers (W/D 45cm)
- A country walk (60cm)
- A Beatrix Potter story (petite)
- A buttonhole for lady or gentleman
- A hint of the sea (W/D 60cm) Garden on a Plate (Children up to age 16)

**Garments**

- A hand knitted garment in double knitting or thicker yarn
- A hand knitted garment in 4 ply or finer yarn
- A hand knitted scarf
- A crocheted article or garment
- A sewn garment Hat and scarf for a child

Sedbergh Young Farmers

# Domino drive

7.30pm

**Friday 22nd January**

People's Hall, Sedbergh



Art work: portrait  
Artwork: landscape  
Mixed media

## Photography

Wildlife

Pets

Local View (Cumbria or Yorkshire)

Other Landscape

People and portraiture

Sport

Photograph that does not fit into any of the above categories

Photograph taken by person under 16 years

## Children

### Pre school

Poster by group of children of a playground

A decorated egg

A drawing of a person

### Reception

Animal made of fruit, vegetables or foliage

Fire engine made from junk

A picture of Daddy or Mummy

### Years 1 & 2

A short poem (For the W Milburn and Sons cup for handwriting)

Illustrated letter

Spring picture (any medium)

### Years 3 & 4

A favourite poem (For the W Milburn and Sons cup for handwriting)

Historical artifact

Foil sculpture

### Years 5 & 6

Natural sculpture

Drawing or painting of local building

Bird made from buttons

### Year 7 and above

A handcrafted article - any material including wood or metal

A cake of any sort

Computer generated poster for Sedbergh Gala

## Home Produce

Sugar Craft

Fruit Pie

Savoury flan

Six biscuits of any variety

Six butterfly cakes

A novelty cake ( judged for decoration only)

Fruit Cake

Four fruit scones

Gingerbread (not larger than 10" square)

Round shortbread

Six flapjack pieces

Victoria sandwich (filled with raspberry jam)

Swiss Roll

Pot of jam

Pot of marmalade

Pot of fruit jelly

Pot of lemon curd

Pot of chutney

Bottle of homemade wine, cordial or other drink

A white loaf (hand made)

A brown or wholemeal loaf (hand made)

Specialty bread - sweet or savoury (hand made)

## Art

Artwork: still life

## **CITIZENS ADVICE BUREAU**

*Better Consumer rights – in time for Christmas!*

UK consumers spend on average a whopping £90 billion a month and December must surely be see the biggest spend. More than one in five people in the UK experience problems with goods and services. A quarter of them spend more than four hours trying to sort out these problems, one in ten having to take time off work to do so. The Consumer Rights Act came into force on 1 October 2015 and streamlines eight pieces of legislation into one. This should make life a little easier for shoppers.

Most of the changes were important updates to existing laws. But two new areas of law were also introduced.

For the first time rights on digital content have been set out in legislation. The Act gives consumers a clear right to the repair or replacement of faulty digital content, such as online film and games, music downloads and e-books. The law here had been unclear and this change has brought us up to date with how digital products have evolved.

There are now also new, clear rules for what should happen if a service is not provided with reasonable care and skill or as agreed. For example, the business that provided the service must bring it into line with what was agreed with the customer or, if this is not practical, must give some money back.

In addition, Alternative Dispute Resolution is now available to all businesses to help when a dispute with a consumer cannot be settled directly. The Citizens Advice Consumer Service can give advice and information on these new laws, telephone 03454 04 05 06 helplines are open Monday to Friday 9.00am to 5.00pm, or you can download a leaflet type 'Citizens Advice know your new rights' into your search engine for the link within our website.

*Free, confidential advice and help is available from South Lakes Citizens Advice Bureau on any aspect of debt, consumer problems, benefits, housing, employment and any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 015394 46464 for an appointment and help.*

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## **YORKSHIRE DALES NATIONAL PARK**

*Thumbs up to expansion of Yorkshire  
Dales National Park*

The Yorkshire Dales National Park will be increased by nearly a quarter in the next year following the announcement by Environment Secretary Elizabeth Truss in October that its boundary is being extended.

The news means the area covered by the National Park will expand by nearly 24 per cent while the Lake District National Park will increase by three per cent –changes involving 188 square miles.

Extending the boundaries of these beautiful and internationally iconic areas should provide a welcome

boost for rural tourism in the area, support rural businesses and potentially add millions more to the £4 billion already generated by visitors to the National Parks each year.

Yorkshire Dales National Park Authority Chairman Peter Charlesworth said: "We are thrilled and delighted these stunning landscapes have been recognised as worthy of national park status. The decision is particularly welcome after the tremendous work of so many people from these communities who fought so hard for national park status. It is marvellous that, even at a time of financial austerity, Government have recognised the equality of these landscapes and

designated as national park.”

The Authority Chief Executive David Butterworth said: “Now the hard work starts. We will be listening to and learning from the local communities, farmers, landowners and businesses to enable us to develop productive, long-term relationships with all these parties. Working together with others, the National Park Authority is determined to play a leading part in making the most of the wonderful opportunities this decision offers for both the landscape and local economy.”

The new boundary for the Yorkshire Dales National Park will now include parts of the Orton Fells, the northern Howgill Fells, Wild Boar Fell and Mallerstang to the north and, to the west, Barbon, Middleton, Casterton and Leck Fells, the River Lune, and part of Firbank Fell and other fells to the west of the River Lune.

The Lake District National Park will absorb an area from Birkbeck Fells

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Common to Whinfell Common to the east and area from Helsington Barrows to Sizergh Fell, an area north of Sizergh Castle and part of the Lyth valley to the south.

The announcement of the extension, which will come into effect next August, was made as the Secretary of State visited Wensleydale Creamery in Hawes.

It follows two public consultations on the Natural England’s proposal and a public inquiry in 2013.

*Nick Oldham*



**Oliver Higginbotham**

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## YORKSHIRE DALES NATIONAL PARK

*The Visitor 2016*

There is still time for organisers of events in and around the Yorkshire Dales National Park next year to register for free online advertising.

The deadline for entry in the special website ‘what’s on’ calendar set up by the Yorkshire Dales National Park

Authority has been extended to December 8 following a last minute surge of interest.

And, if event details are submitted in time, they will also be considered for inclusion in the popular, official annual guide to the National Park – *The Visitor*.

The events listing in the Authority's own newspaper is compiled from the online database and 125,000 copies are distributed nationally.

The website has more than 400,000 annual visitors as well as reaching a wider audience through its links with partners like the UK National Parks portal [www.nationalparks.gov.uk](http://www.nationalparks.gov.uk) and VisitEngland.

The Authority's Communications Officer Sarah Nicholson, who edits *The Visitor*, said: "We have had a lot of entries in recent days so we decided to give people an extra week to take advantage of the offer. It's a great way for local organisations, clubs and individuals to advertise what's happening – plus there is the chance for their event to feature in our annual newspaper, too.

"*The Visitor 2016* will once again be packed with information for visitors plus great features. It's read by people both while they are planning their trip and once they have arrived and are looking for great things to do."

The online form, including criteria for displaying an event on the YDNPA website and in *The Visitor* newspaper, can be found at [www.yorkshiredales.org.uk/add-an-event](http://www.yorkshiredales.org.uk/add-an-event)

Anyone who would like to take out a paid-for advertisement in *The Visitor*

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### **YORKSHIRE DALES NATIONAL PARK**

*Be happy in the Yorkshire Dales*

A new free guide crammed with ways to feel happier and healthier in the Yorkshire Dales has been produced as part of a project aimed at boosting tourism.

Called the *Yorkshire Dales Guide to Health and Happiness*, it is available as a book and an e-book from [www.dalesdiscoveries.com](http://www.dalesdiscoveries.com) and is full of suggestions and things for visitors to do in the stunning landscape.

The project was developed by Dales-based marketing company The Tourism Network with the help of a £6,500 grant from the Yorkshire Dales National Park Authority's Sustainable Development Fund.

Tourism Network owner Susan Briggs said: "I wanted to develop a campaign aimed at specifically marketing and raising the profile of the Yorkshire Dales.

"I worked with over 200 Yorkshire

Dales businesses, looking at what makes them happy and what are the stand-out “wow” moments they enjoy in the Yorkshire Dales. We’re using both iconic and lesser known attractions to attract new visitors to the Dales, particularly stressed city-dwellers who’d like to feel happier and healthier. This is part of an on-going campaign, aimed at particularly boosting off-peak business.

“The National Park’s special qualities are central to the campaign, which we’re promoting through social media with the help of around 200 local businesses.”

A new website – [www.dalesdiscoveries.com](http://www.dalesdiscoveries.com) – was created as the main site for all the activities and information. It also

included details of a Dales Discoveries Treasure Hunt, which took place in the summer and focused on the special qualities of the Yorkshire Dales National Park. Its aim was to encourage visitors to slow down and explore more off the beaten track to discover new places.

Judith Donovan, CBE, the YDNPA’s Member Champion for Promoting Understanding, said: “One of the main purposes of the National Park Authority is to promote opportunities for visitors to enjoy the special qualities of the National Park, support our tourism businesses and boost the visitor spending in the Dales.

“This project has been a great success in terms of bringing tourism businesses and visitors together.”



## Sedbergh Community Development Centre Courses for 2016

Subject	Tutor	Wks	Start	Times	Town
Yoga in Sedbergh	Lesley Hennedy	11	7 Jan	Eve	Sedbergh
Creative Writing	Janni Howker	10	8 Jan	PM	Sedbergh
Pilates in Sedbergh	Danielle Hone	5	11 Jan	AM	Sedbergh
Italian Continuing	Ian Platt	10	12 Jan	AM	Sedbergh
Tablets, Phones, Apps & Settings	Chris Wood	1	6 Feb	AM	Kirkby Lonsdale
Mood and the Landscape	Frances Winder	1	27 Feb	Day	Sedbergh
Experiments in Dynamic Colour & Contrast	Frances Winder	1	2 Apr	Day	Sedbergh

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### **WALKING TOGETHER**

Representatives of Sedbergh URC and Methodist churches stand together on the summit of Knott, near Sickers, to mark the start of fundraising for a joint project. The two churches are planning to share buildings, worship and work together in the future, and several members are undertaking sponsored walks to all the 'Knotts' in the Howgills to help raise some of the money that will be needed to achieve this.

Reflecting both churches' commitment to the needs of the world beyond their own plans, half the money raised from the Knotts challenge will be given to Christian Aid

No doubt there will be some knotty problems to sort out as we come together, but by walking together in

faith we trust we will be able to surmount them in a spirit of hope.

*Martin Dodds*

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### **CHRISTIAN AID IN SEDBERGH & DISTRICT**

It seems a little while back now but the committee would like to thank all of you who supported our Coffee Morning in October which raised the impressive amount of £249.70. A special thanks too to all of our helpers who baked and manned the stalls and made and served coffee to those who came without whom these fundraising activities can't take place.

Christian Aid was originally founded just at the end of the Second World War to assist refugees and it continues to do so today along with funding many projects worldwide which help bring about stable communities. If you would like to know more about the organisation's work there is a lot of information on their website,

[www.christianaid.org.uk](http://www.christianaid.org.uk), which also gives access to the latest magazine.

Time for a break now before next year's activities. With very best wishes from the committee for the





undergirding gifts of peace and joy at Christmas.

Anne Pitt  
On behalf of the Christian Aid  
Committee

### SEDBERGH BONFIRE NIGHT

Sedbergh Gala Bonfire and Fireworks evening was once again a great success. Considering the terrible weather we had during the day setting up the stalls and building the bonfire, we were very lucky to have a perfect evening. The Bonfire lit beautifully and it was magical to see the faces of the children and adults alike lit up in the light of its flames.

The event attracted a large crowd of locals and visitors from quite far afield. It was a chance for the community to catch up with friends, warm themselves by the Bonfire and have something to eat together. A tasty range of food was on offer, as



well as traditional burgers there was Thai food, freshly baked cakes, mulled wine and of course the obligatory toffee apples, treacle toffee and sweets from the famous 'Green Door Sweet Shop'! There were also games to be enjoyed and fibre optic gadgets and gizmos to keep the children amused.

The competition for pumpkin lanterns attracted fewer entrants this year, perhaps there was a pumpkin shortage as several entries were carved from squashes! The difficult task of judging them fell to the Sedbergh Gala Queen, Bethany Handley.

The results were;

Year 6 and under:

1st Prize – Molly White

2nd Prize – Anneka Burbidge

Year 7 and over:

1st Prize – Chloe Ingle

2nd Prize – Sam Ingle

3rd Prize – Abbie Ingle

The evening ended with an amazing firework display lighting the sky and even though they were quieter than last year, they still echoed around the fells. The Gala Group would like to say a big "Thank

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You" to all Gala Friends (especially Mike Packham and John Seven for digging and filling in the bonfire pit) for their help and to those who just came along to make this community event such good fun.

*Neil Kernahan*

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### **SEDBERGH & DISTRICT CHAMBER OF TRADE & BUSINESS**

The AGM was held in the Peoples Hall on Monday 16<sup>th</sup> November followed by an open meeting and a talk which included a superb buffet by The Three Hares Café and Bakery with wine provided by Angela at Premier. Thanks to both establishments for this.

There were not as many members as we would have liked but those who braved the weather provided some good thoughts and ideas on the future of business developments for Sedbergh. We have gained quite a few new members over the last year and would hope that more of you will join. This is your town and our aim is to help and support business as and where we can. You don't have to run a business – just be interested in the

economic health of our town. All meetings are open to the public and if you have a question or request you would like to raise please get in touch with Vic Sayner ([mrssaynie@tiscali.co.uk](mailto:mrssaynie@tiscali.co.uk)) and you can be given a time at the meeting where you will be able to raise it for discussion

Members voted on the new committee which will be Andy Cobb as Chairman; James Ratcliffe as Deputy Chairman; Barbara Hartley as membership secretary and Gina Barney as Treasurer with Vic Sayner as secretary.

The talk for the evening was by Alison Hodson of the Dementia Alliance coordinator for Cumbria entitled Sedbergh as a Dementia Friendly Community. It was excellent and reminded all of us of the difficulties facing someone who has been diagnosed with this devastating illness and how a community can help by the simplest things. She is giving further talks in Sedbergh and I would recommend that anyone who runs a business attends one of them – it really is worth reminding ourselves how we can help.

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The next meeting will be in January and by the time you read this Late Night Opening will have been and gone – let's hope it enjoyed some better weather than November has brought so far.

Barbara Hartley

## EDITH NESBIT

Dear Editor

I came across the *Sedbergh Lookaround* this evening while looking (via Google) for reasons Edith Nesbit used the word "roofer" to mean something like a "thank you note" or "note to celebrate having finished writing a book." (I've just finished Julia Brigg's fine biography of Nesbit, in which this usage was quoted.) One of the results of my search tonight led to a copy of one of your 2010 issues (issue 274 February 2010), mentioning a children-led book discussion of *The Railway Children*, one of Nesbit's books.

I found that issue so attractive and interesting that I explored more of your site. In a beautiful setting, your neighbours have created what seems to be a caring and progressive community. As you might know,

many of us who were raised in middle-class homes here in America grew up reading and seeing (via performance) so much about the U.K. as a fairly magical place, whose people were always a bit more interesting than we ourselves were. As I browsed through your paper, I felt a combination of that but with a more modern recognition that we share much in our community outlook and daily lives.

As I have not yet found an explanation for Nesbit's use of "roofer," I'll continue my searching, but wanted to let you know how much I enjoyed discovering the *Sedbergh Lookaround*, and via it, your community!

Best wishes

Liz Cooksey,  
Portland, Oregon, USA

*Ed. Thank you Liz for those very kind words about our Newsletter and Community. Sedbergh really is an amazing place.*

*If any reader can shed any light as to why Edith Nesbit used the phrase, please let me know and I will forward the info to Liz - or take it there myself if someone would like to Sponsor me!!!!*

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### MAIN STREET WAVEMAKERS

#### *Keeping up with Three Hares*

You could be forgiven for thinking James and Nina and 'Three Hares' had been on Main Street for years, so loyal is the clientele. But believe it or not, it's only one year.

Busy, cosy, with a seductive range of cakes, newspapers at the table, friendly service, lunch and dinner menus to wonder at – oh yes, and I nearly forgot, shelves of made-on-the-premises seeded, wholemeal and sourdough breads, which means getting up *every day* at 3 a.m. to get things moving, and getting to bed at very late evenings. Energy and enthusiasm for good food drives them all like people possessed!

The lunch and dinner menus are firmly based on locally reared and sourced ingredients. Given the farming cycle and current stocking techniques, serious research into best buys finds James and Nina on many local farms to evaluate how their options on lamb, beef and pig for eighteen months to two years ahead are developing on the land now. Meals based on Galloway beef, Rough Fell lamb, Large Blacks,

Yorkshire's own Middle Whites and Berkshire pork products, plus pheasant are all regularly offered, and while out with his dogs, James uses his own ferrets to catch wild rabbit.

Their background is in gastro-pubs, restaurants, hospitality work and promotional events. However, the urgent desire to do their own thing, find their own way has luckily for Sedbergh brought them to the foot of the Howgills, and the non-stop high-octane of running *Three Hares* they have committed themselves to. And as if that were not enough, what about the string of weddings, birthdays, and all manner of outside catering they do as well?!

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Interestingly, their work has recently taken them to London to help mount a promotion of lamb, particularly Sedbergh lamb. They know the loyal trade is mainly local, but the year-round tourist flow - M6 a mere ten miles away – and the chains of cyclists have so notably increased despite pretty average summer weather and particularly now in this amazing Autumn that they need to budget now for more long term regular staff, so they are on the lookout.

They certainly have plans – James's and Nina's eyes light up with the possibilities - but as yet lips are sealed with conspiratorial smiles.

*Stuart Manger*

## CHARITY HEAD SHAVE



On 17th October in the People's Hall, a large group gathered to see an amazing bout of courage when Julie Lowther, Amanda Bond and Nicola Charnley had their heads shaved for Charity.

The amount raised (to date) has been £4884.92 and Julie, Amanda & Nicola would like to say a massive thank you to everyone that supported our charity head shave.

The money raised will be split between 3 charities:- Air Ambulance, Blood Bikes and St John's hospice.

Again thank you everyone.

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## **DENTDALE CHRISTIAN FELLOWSHIP**

In October we heard all about the visit to Jerusalem of a couple of friends and saw pictures of the buildings and gates and way of life,

experiencing something of what it is really like to go where Jesus walked. For November we expected friends from Hull we first met in Dent over 40 years ago.

Our future events which are all mentioned in adverts in this Lookaround are open to all and include FFWF (Friday Food & Fellowship) events, a gathering on New Years Eve and a gathering of praise in the Memorial Hall on Sat Jan 9th. Prior to the Praise gathering we are having a family Christingle event from 4.45 with jacket potato supper at 5.30, do come, something to do in the dark days of winter. At the gathering later we are delighted to be able to welcome back our friends

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Nico and Antoinette Saaiman . All events are at "Rhumes" Dent except the events on Sat Jan 9th. For more information please contact John & Sarah Woof on 25212.

#### **SEDBERGH GALA GROUP**

The AGM of the Gala Group was held in October. The meeting accepted the resignation of Fenella and John Davies from the Group, John having been Chairman for the past four years. John and Fenella were warmly thanked and presented with a framed print and bouquet of flowers. In his place, Margie McVoy was elected Chairman of the Group. Other officers remained unchanged, including Neil Kernahan, the Secretary.

The Gala Group puts on three events each year for the town – the Gala itself (which in 2016 will take place on 21 May), the bonfire and fireworks in November, and the

children's party on 23rd January. All these events rely on hard work from Gala Group members, as well as a band of amazing volunteers known as the 'Friends of the Gala Group'.

These volunteers were particularly valuable on bonfire night, both preparing for the event, running the event, and clearing up afterwards. Thank you everyone! And a big thank to those from Lockbank who once again allowed the fireworks to be set off from the field above Howgill Lane.

The Gala Group meets each month on the second Monday, at 7.30pm in the People's Hall Committee room. Anyone interested in joining either the Friends, or the Group itself, please contact the Chairman, Margie McVoy via email ([sedberghgala@gmail.com](mailto:sedberghgala@gmail.com)). In particular, we are looking for someone to act as minute secretary for the monthly meetings, and someone to help with publicity and marketing of our events.

The next event is the children's party on 23 January 2016.

*Margie McVoy*

#### **OCTOBER WEATHER**

An incredibly mild month again with only one day when the maximum

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temperature was "low" being 50.5F (10C). The rest were in the upper 50sF or above with a maximum of 72.3F (22.5C) on the 1<sup>st</sup>. On the minimum side we didn't actually have a sub freezing night with a low of 34F (1C) though we had a few ground frosts. Even when the wind-chill was taken into consideration only one night actually got below freezing at 30F (-1C) and a couple at freezing point. It was again quite a breezy month especially the latter half. The maximum gust recorded was 18.6 mph with 12 days when the gust was not from the North West. Rainfall was again relatively low with a total of 2.76 inches (70mm) and most of this fell in the last 3 days. We had 18 dry days!!

The mild weather has continued the summer like activities around and about. The bees are still bringing in pollen from where I have no idea since most of the usual sources have ceased flowering. Having said that fuchsias and nemesia in the wall baskets are still flowering as are the geraniums in pots but bees don't work these. The odd butterfly is still about. Did anyone see a painted lady

this year? Bats continue to fly after the swarms of midges that are about in the evenings still. They are welcome to them! I understand that a good number of fish, on their way to their spawning grounds further up stream, have been seen jumping the weir. Salmon, sea trout and brownies have been seen apparently. Many have let their tups go this month judging by the multi-coloured backs of the ewes. Mine go next month.

### **HELP FOR THE HOMELESS**

On Wednesday December 2nd in the URC rooms the Coffee Morning will be in support of homeless young people.

There are many young people who

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for all manner of reasons are without a home. Many vulnerable or naïve youngsters can become victims of bullying, abuse, careless parenting or even forced marriage, it is not always drug or alcohol abuse that leads them into a homeless state.

It costs about £25 for one young person to be given a chance to change their circumstances, get clean and enjoy Christmas off the streets.

Please come along and support this worthy cause. Doors open at 10 am. there will be a raffle, cakes, home produce and bric-a-brac with a bit of Christmas tinsel on the top. Call 015396 21808 if you can help out or have a little something to donate.

*Sandra Gold Wood*

### **SEDBERGH COMMUNITY SWIFTS**

Sedbergh Community Swifts sends all readers very best wishes for the festive season.

At the time of writing the weather here is very wet and windy, and we

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envy our swifts flying high in the skies of their wintering grounds in the Congo, where they can feast on the plentiful insects. It is now about 160 days until they return to us at the beginning of May!



The picture shows two swifts on a nest in the eaves of our cottage.

To contact SCS: email [ta.hoare@btinternet.com](mailto:ta.hoare@btinternet.com) or ring 01539 824043

*Tanya Hoare*

### **SIGHT ADVICE SOUTH LAKES SEDBERGH BRANCH**

On Tuesday the 17th November, we once again met at the 'Fat Lamb' for a most enjoyable meal in good company.

Dennis welcomed everyone to the Lunch and reported that Doris Haygarth had recently Passed Away and a moments silence was held in tribute to her. She will be missed.

Sadly, several people were unable

## SEDBERGH MEDICAL CENTRE

will be closed for Training Purposes  
at 1pm on the following afternoons:-

2016

Thursday 21st January

Wednesday 24th February

Thursday 17th March



to attend, for reasons including illness and the weather, so our good wishes go to Winifred, Rosemary, Keith and Jennifer, Zander and Margaret.

It was lucky our meeting was not the previous week in the wake of Hurricane Abigail. As it was the weather allowed us a 'window of opportunity' and did not become too stormy until after we had arrived safely home!

Let's hope the weather is equally kind to us in January when we will have our 'Christmas' party on the 19th.

Best wishes to everyone for a Happy Christmas and a peaceful New Year.

*Sue. Harper*

### SEDBERGH & DISTRICT COMMUNITY TRUST GRANTS

The Grants Committee, which meets quarterly to disburse funds from the Community Fund, met in November and made awards to six organisations:

- ◆ Moorcock and District Agricultural Show: to assist towards the costs of the Centenary Show in 2016.
- ◆ Sedbergh Chamber of Trade and

Commerce: assistance towards the costs of a promotional video for Sedbergh.

- ◆ Sedbergh Music Festival: financial help for the 2016 Festival.
- ◆ Sedbergh People's Hall: a grant for remedial work.
- ◆ Dent C of E Primary School: assistance to provide sound boards in the assembly hall.
- ◆ Sedbergh Town Twinning group: assistance towards the costs of taking 20 children to Zrece in February 2016.

The next meeting of the Grants Committee will be in February 2016. The deadline for applications for funding to be considered at this meeting is Friday 12 February.

### BOXES OF HOPE CUMBRIA

**THANK YOU** to all those who supported the shoe-box appeal in so many different ways this year.

The final total was **11,218 shoe-boxes**, an amazing 1,000+ up on last year.

The truck left for Romania on 17<sup>th</sup> November and the first of two distribution teams will be flying out to Bucharest in early December to give

### Painting and Decorating

- Internal and external
  - House makeovers
- to attract buyers*  
20 years experience  
Excellent references



**MB Designs**

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**Orthopaedic Massage  
Orthotics  
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Sports Injuries  
Back/Neck Pain  
Sciatica  
Shoulder, Hip or Knee Pain ...**

**www.reflex-om.com**  
*Follow me on*







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

out boxes to the poorest children in south-east Romania.

The second team will go out in January to coincide with the traditional Orthodox celebration of Christmas in the south-west of the country.



I'll report back in February!

*Pam Dent.*

### **KILLINGTON WIND FARM**

Banks Renewables have just announced that they are completely withdrawing from their scheme to construct a wind farm, with turbines almost the height of Blackpool Tower, on land adjacent to Killington Lake. The scheme became controversial as it would have blighted magnificent views of the Howgill Fells and been visible over 100 square miles of Cumbria and the Yorkshire Dales.

Whilst FELLs (Friends of Eden Lakeland and Lunesdale Scenery) and STAK (Stop Turbines at Killington) spearheaded the

campaign, both organisations were fully supported by the local parishes and the wider community. We are publishing this short note to thank everyone who supported us in opposing the project, and helping to preserve this area's greatest asset, our wonderful landscape.

*FELLS & STAK*

### **GOING FOR GROWTH IN GARSDALE - HARVEST SUPPER**

On Friday 30th October almost 70 residents of Garsdale met in Garsdale Village Hall for our annual Harvest Supper.

After Grace was said by Rev. Andy McMullen, a lovely meal was enjoyed catered for by local ladies. This was followed by our after dinner speaker, Dennis Whicker, who told us about his interesting and varied career, firstly as a train driver in London, and then joining the Police Force, and his different postings in Cumbria. Donations were requested for the Talking and Large Print Lookaround and £295 was raised for this worthy cause - many thanks.

Thank you also to the ladies who catered, served and did the washing up! Also the gentlemen who did the 'heavy work'.

Thank you all.

*Mary Airey*

### **COMMUNITY OFFICER REPORT**

- 16/10 – Cold callers reported being in the area.
- 21/10 – Theft of an emblem off a vintage vehicle in Dent.
- 25/10 – A suspicious vehicle was reported in the area of Dent late on at night. 1 person was

arrested, not from the area. A further vehicle was stopped but allowed to proceed as no offences identified.

27 /10 – ASB was reported on Maple drive. Youths knock a door running.

29/10 – ASB reported again on Maple drive. Youths knock a door running.

29/10 – ASB reported on Fairholme, Youth knock a door running.

All the youths have been spoken to and have apologised for their part in this prank.

30/10 – Unfortunately a kayaker got into difficulty and was airlifted but later died, He was not from the area.

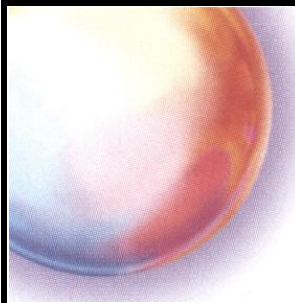
1/11 – A suspicious male was seen in the area of Garsdale station.

1/11 – A suspicious vehicle was seen in the Cautley/Sedbergh area, the registration was given and logged for intel. Officers were unable to locate the vehicle.

9/11 – Caller reported 1 of his sheep killed at Deepdale.

Can we remind those who have to travel during the bad weather to make sure you are prepared ie: Warm clothing, mobile phone charged, plenty of fuel, for those who do not need to travel then don't. We have had numerous calls of motorists stuck in flood water, some who have ignored road closed signs, some who have attempted to get through food waters that have been far too deep. If you are in doubt then get out and check the depth, you are not only putting your life at risk but those of the emergency services.

*CSO 5244 Mandy Coleman*



**stramongate press**

*printers*

*printers*

*of*

***Sedbergh Lookaround***

Stramongate Press Aynam Mills  
Little Aynam Kendal Cumbria LA9 7AH

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fax 01539 730253

e-mail [info@strampress.co.uk](mailto:info@strampress.co.uk)

website [www.strampress.co.uk](http://www.strampress.co.uk)

## CHRISTMAS POST DATES

The last dates for Postal Service for Christmas are as follows:-

*International Economy*

### DECEMBER

4th - Africa & Middle East

7th - Asia; Far East; Cyprus; Japan; & Eastern Europe

8th - Caribbean; Central & South America

10th - Australia; New Zealand & Greece

11th - International Standard to Static HM Forces Mail

14th - Czech Republic; Germany; Italy & Poland

15th - Canada; USA; Finland & Sweden

16th - Austria; Iceland; Ireland; Portugal & Spain

17th - France

18th - Belgium; Denmark; Luxembourg; Netherlands; Norway; Slovakia & Switzerland

### *United Kingdom*

19th - 2nd Class & Royal Mail Signed For 2nd Class

21st - 1st Class & Royal Mail Signed For 1st Class

22nd - Parcelforce Worldwide express 48

23rd - Royal Special Delivery Guaranteed & Parcelforce Worldwide express 24

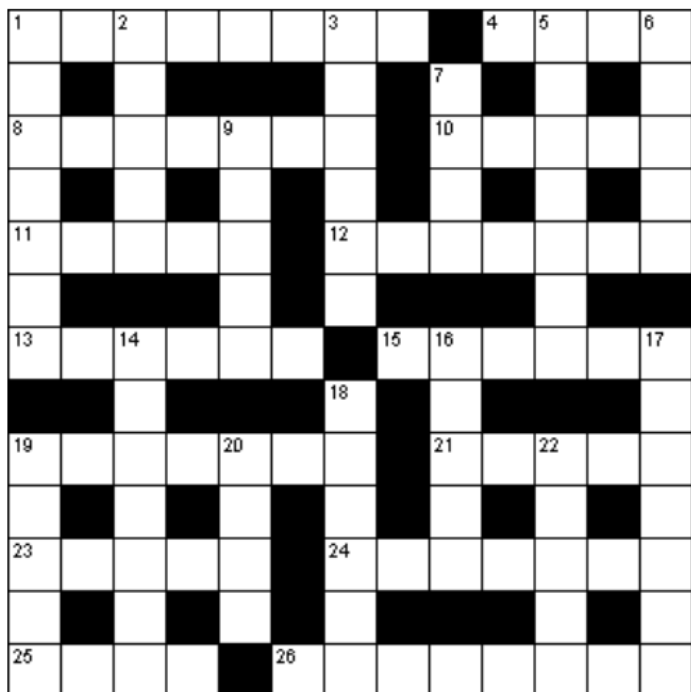
9	1	5	3	7	6	4	2	8
4	6	7	2	9	8	1	5	3
3	2	8	4	1	5	6	9	7
1	5	9	6	2	3	7	8	4
8	3	4	9	5	7	2	6	1
6	7	2	1	8	4	5	3	9
2	4	6	7	3	9	8	1	5
7	8	3	5	6	1	9	4	2
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D	A	T	E	S	T	A	N	G	L	E	D

## WORD SEARCH

Did you like the new Word Search in the last issue? The words were Deepdale; Dentdale; Frostrow; Garsdale; Killington; Marthwaite; Middleton & Sedbergh.

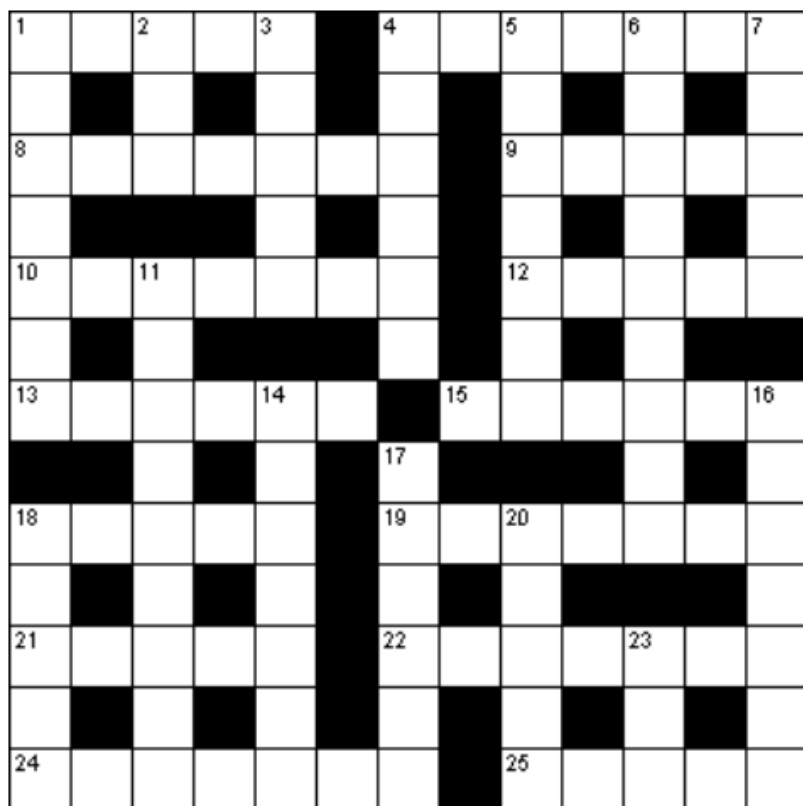


### Across

1. Anteater (8)
4. Parts of a play (4)
8. Unfathomable (7)
10. Declare invalid (5)
11. Permit (5)
12. Mariner (7)
13. Denunciation (6)
15. Polar region (6)
19. Amalgamated (7)
21. Publish (5)
23. Din (5)
24. Aromatic herb (7)
25. Hazard (4)
26. Edible snail (8)

### Down

1. Intransigent (7)
2. Majestic (5)
3. Gusto (6)
5. Devise or invent (7)
6. Storage towers (5)
7. Cab (4)
9. Darned (5)
14. Dried grapes (7)
16. Salary increase (5)
17. Cigar (7)
18. Detestable (6)
19. Relating to an arm bone (5)
20. Notion (4)
22. Vernacular (5)



### Across

1. Danger (5)
4. Percussion instrument (7)
8. Deliberated (7)
9. Molten rock (5)
10. Marine mollusks (7)
12. Similar (5)
13. Martial art (4,2)
15. Rigorous (6)
18. Assumed name (5)
19. Accumulated (7)
21. Similar to a giraffe (5)
22. Dizziness (7)
24. Perpetual (7)
25. Book of maps (5)

### Down

1. Security device (7)
2. Bone (3)
3. Supple (5)
4. Plain (6)
5. Fortification (7)
6. Enlarges (9)
7. Astound (5)
11. Consortium (9)
14. Mode (7)
16. Irsome (7)
17. Wonder (6)
18. Repent (5)
20. Artery (5)
23. Unwell (3)

# Word Search

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

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







## BED & BREAKFAST

<b>Proprietor</b>	<b>Address</b>	<b>Phone (015396)</b>
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 (2014/06) <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); IT/F(ES); TV; NS; CH; P; CB; VB; DFB;; Free Wi-Fi</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> e-mail:- stay@drawellcottage.co.uk	21529
Mrs S Sharrocks .....	Holmecroft, Station Road, Sedbergh LA10 5DW (2013/11) <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 Free Wi-Fi available	20251

## CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09) .....	01969 667356
<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	
Mrs A Bramall .....	20360
<i>Self-Catering Sleeps 6-8</i>	
Borrett Barn Flat, Marthwaite, Sedbergh (2015/06) .....	21175
<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	

## KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom  
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking; DA = Disabled Access; NS(B) = No Smoking (Bedrooms); NP(\*) = No Pets (\* by arrangement); DW = Dogs Welcome  
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; EM = Evening Meal  
 CW = Children Welcome; TL = Table Licence; DFB = Dairy Free Breakfast

DECEMBER CHURCH SERVICES					
St. Andrew's	6th	13th	20th	27th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC CW	HC CW SS	HC CW	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	2nd	9th	16th	23rd	30th
11.00	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
St. Mark's	6th	13th	20th	27th	
9.30 am	HC	MP NC	MP NC		
2.30 pm				Taize	
St. John's	7th	14th	21st	25th	28th
9.30 am	MP	MP	HC	MP	
LUNE PARISH SERVICES					
	6th	13th	20th	25th	27th
Holy Trinity Howgill	10.30 am Joint MP Howgill	2.00 pm Carol Service Firbank	2.00 pm Carol Service Firbank	10.30 am Joint HC Firbank	10.30 am Ecumenical Service TBA
St John's Firbank			4.00 pm Carol Service Killington		
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	6th	13th	20th	27th	
St. Andrew's	10.30 am HC	10.30 am HC *	10.30 am HC	10.30 am HC	
St. John's	9.00 am HC		2.30pm EP		
worship@peopleshall					
	6th7th				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
PC = Parish Communion			Taize = Modern Chants & Choral		
MP NC = MP with Northumbrian Community			NSV = New Sedbergh Version		

<b>JANUARY CHURCH SERVICES</b>					
St. Andrew's	3rd	10th	17th	24th	31st
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC CW	HC CW SS	HC CW	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	6th	13th	20th	27th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
St. Mark's	3rd	10th	17th	24th	31st
9.30 am	HC	MP NC	MP NC		
2.30 pm				Taize	
St. John's	3rd	10th	17th	24th	31st
9.30 am	MP	MP	HC	MP	
<b>LUNE PARISH SERVICES</b>					
	3rd	10th	17th	24th	31st
Holy Trinity Howgill	Holy Trinity, Howgill Closed until March 2016				
St John's Firbank	10.30 am Joint MP Firbank	2.00 pm Joint HC Killington	2.00 pm Joint HC Firbank	2.00 pm Joint HC Killington	10.30 am Ecumenical Service TBA
All Saints Killington					
<b>DENT &amp; COWGILL PARISH SERVICES</b>					
	3rd	10th	17th	24th	31st
St. Andrew's	10.30 am HC	10.30 am HC *	10.30 am HC	10.30 am HC	
St. John's	9.00 am HC		2.30pm EP		
<b>worship@peopleshall</b>					
	3rd				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
PC = Parish Communion			Taize = Modern Chants & Choral		
MP NC = MP with Northumbrian Community			NSV = New Sedbergh Version		

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

St. Andrew's Parish Church  
 Sunday 08.00, 10.30 & 18.30  
 Wednesday 11.15

**Rev. A. McMullon Tel: 20018**

*Church Wardens:*

Tony Reed Screen 21081  
 & Susan Sharrocks 20754

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

### ROMAN CATHOLIC

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

**Rev. Dr. P. Campbell Tel: 20918**

### METHODIST CHURCH

New Street  
 Sunday 10.30

**Rev. H. Stuteley Tel: 20329**

### UNITED REFORMED CHURCH

Main Street  
 Sunday 10.30

**Rev. C. Marsden Tel: 22030**

### SOCIETY OF FRIENDS

#### QUAKERS

Brigflatts  
 Sunday 10.30

**Tess & Philip Satchell Tel: 20005**

### DENTDALE

#### CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ  
 Every 4th Sunday 1900

**Sarah Woolf Tel: 25212**

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

### CHURCH OF ENGLAND

Cautley & Garsdale

**Rev. A. McMullon Tel: 20018**

*Church Wardens:*

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

& Jean Dixon 20435

Howgill: Mary Stainton 20426

& Dorothy Parker 20493

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

**Rev. P. Boyles Tel: 25226**

### METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

**Rev. H. Stuteley 20329**

### SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

**Tel: 28151**

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

**worship@peopleshall**

10:30 am 1st Sunday each month

**Beth & Sandy Roy Tel: 20785**

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Wednesday 19.30

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

## Lookaround Advertising Rates

Single Column 2.56" x 1"	=	£7.50
Single Column 2.56" x 2"	=	£10.00
Single Column 2.56" x 3"	=	£12.50
Single Column 2.56" x 4"	=	£15.00
Double Column 5.2" x 2"	=	£15.00
Double Column 5.2" x 3"	=	£20.00
Double Column 5.2" x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month to Britain	=	£2.00
Postal per month Overseas	=	£4.00

All information to  
 72 Main Street, Sedbergh LA10 5AD  
 New Adverts by 15th of every month.

*Can all adverts please be  
 accompanied with the correct money  
 at the time of submission.*

All else by 19th of every month

*Last Price Update August 1999.*

## BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	0900	0935 (L)	Sat	564A	WDB
0820 (L)	0855	Sat	564A	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1250	1325 (L)	Sat	564A	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1125	Sat	564A	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (L)	Sat	564A	WDB
1340 (L)	1415	Sat	564A	WDB	1615	1650 (L)	Sat	564A	WDB
1530 (L)	1605	Sat	564A	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
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				
0935 (L)	0950	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (L)	1510	Sat	564A	WDB	1930 (R)	1945	Sat	564A	WDB
1650 (L)	1705	Wed	564A	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	564A	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	564A	WDB
0950	1005	Sat	564A	WDB	1515	1530 (L)	Sat	564A	WDB
1705	1720	Sat	564A	WDB	1805	1820 (L)	Sat	564A	WDB
1855 (R)	1910	Sat	564A	WDB	1945 (R)	2000 (L)	Sat	564A	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: December 2014				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1040	1732	1920						

L = Sedbergh Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

R = Request Only

WDB = Western Dales Bus

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

For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)

# DIARY OF EVENTS

*Dates are held up to 14th December 2016*

DECEMBER				
1	Scouts Post till 18th (27)	Sedbergh	31 1930 Celebrations @ Rhumes (51)	RD
1	1600 Tinsel Tuesday (77)	CHI	31 Eve New Years Eve Celebrations	WHC
1	1900 Aglow International	KLI	<b>JANUARY 2016</b>	
1	1930 Town Band Christmas Concert (21)	StAS	2 1000 StAD Coffee Morning	DMH
2	1000 Coffee Morning - Homeless (22)	URCR	4 1930 SMG Slide Show MHA	SMCR
2	1800 Late Night Opening	Sedbergh	9 1400 Howgill Hobblers (69)	SSAT
2	1930 HS Manorial Courts (22)	SSAT	11 1930 SMG Church of Nazarene	SMCR
3	1930 WIH - Christmas Party	TBA	12 1400 WIK Tree Planting in Glen Afric	PH
3	1930 Sedbergh Labour Group (24)	Bull Hotel	12 1930 Domino Drive	FCH
4	1330 Age UK - Christmas Party	DMH	13 1930 WIS Magic & Mystery Poetry	PH
4	1930 Dent Folk Carols (24 & 32)	DMH	13 1930 CWT Kalahari & Okavanga	URCR
4	1930 Baghdaddies (23)	PH	15 1900 Food with Fellowship (31)	RD
5	1000 Dent Folk Carols (24 & 32)	DMC	15 1930 Barbon Show Domino Drive (75)	BVH
5	1900 Flicks in the Fells (25)	PH	16 2000 NWAA Quiz Night (76)	G&D
5	1930 Dent Folk Carols (24 & 32)	DMH	17 1930 Appleby Concerts (Oct)	APH
6	1000 Dent Folk Carols (24 & 32)	Dent	18 1930 SMG Christian Service	SMCR
6	Family Portraits (Nov)	SSAT	19 1400 Sight Advice South Lakes	PH
6	1230 Dent Folk Carols (24 & 32)	DMH	20 1930 HS Evacuation from Burma (22)	SSAT
6	1600 Messy Church (25)	SMCR	21 1300 Medical Centre Closed for Training (98)	MC
6	1600 Christmas Fair (26)	DMH	22 1930 SYC Domino Drive (82)	PH
6	1700 SS Advent Church Service (23)	SS Chapel	23 1400 Gala Children's Party	PH
6	1900 Dentdale Choir Carols (26)	StAD	25 1930 SMG Dialects & Accents	SMCR
6	1930 Appleby Concerts (Oct)	APH	<b>FEBRUARY</b>	
8	1200 WIK - Christmas Lunch	TBA	1 1930 SMG Cumbria Agricultural Chaplain	SMCR
8	1330 Age UK Christmas Party (28)	GH	3 1930 HS Sedbergh in the Past (22)	SSAT
8	1930 Domino Drive & Mince Pies	FCH	6 1000 StAD Coffee Morning	DMH
9	1000 Coffee Morning - TBA	URCR	8 1930 SMG 50 Years of local Preaching	SMCR
9	WID - Christmas Lunch	TBA	9 1400 WIK The Yorkshire Dales	PH
9	WIS - Christmas Lunch	TBA	9 1930 Domino Drive	FCH
10	1200 Lunch Club	Red Lion	10 1930 WIS Our Disappearing Swifts	PH
10	1915 Royal British Legion	WHC	10 1930 CWT Wildlife in Sacred Places	URCR
11	1900 Christmas Concert (77)	CHI	12 1900 Food with Fellowship (31)	RD
11	1900 Food with Fellowship (31)	RD	15 1930 SMG Devotional Evening	SMCR
11	1930 Christmas Domino Drive (31)	BVH	16 1400 Sight Advice South Lakes	PH
12	1200 Father Christmas (32)	QG	17 1930 HS Austrians & Germans in Cumbria (22)	PH
14	1930 SMG Coffee Evening Bible Society	SMCR	21 1930 Appleby Concerts (Oct)	APH
15	1930 Help for Heroes Concert	StAS	22 1930 FCH AGM	FCH
16	1000 Coffee Morning - Town Band	URC	22 1930 SMG World Church	SMCR
17	1900 Dentdale Choir Carols (26)	StJC	24 1300 Medical Centre Closed for Training (98)	MC
18	Scouts Post Ends (27)	Sedbergh	29 1930 SMG Prison Work. Haverigg & Ethopia	SMCR
19	1600 Winter Solstice (39)	DMC	<b>MARCH</b>	
20	1830 Town Carol Service	URC	1 St David's Day	
20	1900 Dentdale Choir Carols (26)	StAD	2 1930 HS Telling it Like it Was (22)	DMH
22	1930 Christmas Domino Drive	HVH	5 1000 StAD Coffee Morning	DMH
24	1430 Sedbergh Nativity Play (40)	URCR	8 1400 WIK Our Disappearing Swifts	PH
25	Christmas Day		8 1930 Domino Drive	FCH
26	Boxing Day		9 1930 WIS Lakeland Architecture	PH
26	Eve SWFC Boxing Day Disco	PH	9 1930 CWT Arrnhemland to Vanuatu	URCR
31	1900 Candlelit Meditation (39)	DMC	13 1900 Mozart's Requiem	SSPH
			13 1930 Appleby Concerts (Oct)	APH

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*The content of The Lookaround does not reflect the views of the Editors.*

*Whilst every effort is made to ensure that information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions.*

*Copies are available from Sedbergh Tourist Information Centre, Premier Store, Post Office, Spar Store, Dent Stores & Barbon.*

## COVER PICTURE

### Slack, Deepdale

Dimitris Dimitropoulos

16	1930	HS Highland Clearances (22)	SSAT
17		St Patrick's Day	
17	1300	Medical Centre Closed for Training (98)	MC
17	1930	Tantrum of the (Soap) Opera	PH
18	1930	Tantrum of the (Soap) Opera	PH
19	1430	Tantrum of the (Soap) Opera	PH
19	1900	HS Annual General Meeting (22)	SSAT
19	1930	Tantrum of the (Soap) Opera	PH
22	1400	Sight Advice South Lakes	PH
28	1000	StAD Easter Monday Sale	DMH
<b>APRIL</b>			
12	1400	WIK Why Can't you play golf?	PH
13	1930	WIS Craft Miscellany	PH
16	1930	Olde Time Dance	PH
19	1400	Sight Advice South Lakes	PH
23		St George's Day	
23		Spring Show	PH
<b>MAY</b>			
7	1000	StAD Coffee Morning	DMH
10	1400	WIK Resolutions & Hedgehogs	PH
11	1930	WIS Resolutions & Jacobs Join	PH
17	1400	Sight Advice South Lakes	PH
21	1200	Sedbergh Gala	Sedbergh
29		Sedbergh Music Festival Starts	Sedbergh
<b>JUNE</b>			
4	1000	StAD Coffee Morning	DMH
8		WIS Summer Outing	TBA
12		Sedbergh Music Festival Ends	Sedbergh
14	1400	WIK How to Drop a Brick	PH
18		Sedbergh Cycling Festival (Nov)	Sedbergh
18	1930	Olde Time Dance	PH
19		Sedbergh Cycling Festival (Nov)	Sedbergh
21	1200	Sight Advice South Lakes Lunch	TBA
29	1000	Coffee Morning WIK	URCR
<b>JULY</b>			
2	1000	StAD Coffee Morning	DMH
13	1000	Coffee Morning - British Legion	URCR
13	1930	WIS Is It True Miss?	PH
14	1400	WIK TBC	PH
<b>AUGUST</b>			
6	1000	StAD Coffee Morning	DMH
10	1930	WIS Balancing a Pulse of Life	PH
<b>SEPTEMBER</b>			
3	1000	StAD Coffee Morning	DMH
9	1000	Coffee Morning - Talking Lookaround	URCR
13	1400	WIK Britain in 50's & 60's	PH
14	1930	WIS The Baroness of Belsfield	PH
20	1400	Sight Advice South Lakes	PH
<b>OCTOBER</b>			
1	1000	StAD Coffee Morning	DMH
11	1400	WIK How to Make a Fabric Pumpkin	PH
12	1930	WIS TBC	PH
18	1400	Sight Advice South Lakes	PH
22	1930	Olde Time Dance	PH
<b>NOVEMBER</b>			
5	1000	StAD Coffee Morning	DMH
8	1400	WIK AGM	PH
9	1000	Coffee Morning - British Legion	URCR

## DIARY KEY

APH	= Appleby Public Hall
BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CHI	= Country Harvest, Ingleton
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	= Dent Methodist Chapel
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLL	= Kirkby Lonsdale Library
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
PH	= People's Hall
QG	= Queens Gardens
RD	= Rhumes, Dent
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
SMG	= Sed. Methodist Guild
StAS/D	= St Andrew's Church, Sedbergh/Dent
StJCC	= St Johns Church Cowgill
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SIO	= Sedbergh Information Office, Main St
SSAT	= Settlebeck School Academy Trust
SSPH	= Sedbergh School Powell Hall
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

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 – 10.00am

**(No appointment necessary)**

Late Morning – 10.30am -12.30pm

**(By appointment only)**

Afternoon – 2.30pm – 6pm

**(By appointment only)**

## **Surgery by appointment only –**

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

**Dent Surgery by appointment only - Monday**

## 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 ring

111 or 999 if appropriate

## Colling Optometrist

Friday only - 0900 to 1300 by appointment only.

## Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

## **DENTAL SURGERY**

Main Street 20626

Ben Houghton, Ian Dawson, Wendy Thompson,  
Katie McKay & Sarah Boum (Hygienist)

Monday to Friday 0900 - 1700

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 & DISTRICT INFORMATION CENTRE**

*for resident & visitor information*

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

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

Tel: 015396 20125/20504

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

## **SOUTH LAKES CITIZENS ADVICE BUREAU**

015394 46464

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

## **PENSION SERVICE SURGERY**

Stricklandgate House every Tuesday 1400 - 1600

01539 795000 or 0845 6060265

## **Age UK SL @ Sedbergh Library**

3rd Wednesday every month

2 pm to 3 pm

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