

Sedbergh & District

LOOKAROUND

October 2017

Issue 359

Donation £1

Another big issue for October but please see the important information on Page 80 regarding the future of Lookaround. Under my Editorship, there are only 13 issues left so it is important for some people to volunteer to keep it going. For it to not continue would be a great loss to the community, that is you and everyone else that reads and contributes.

A continued big thank you to everyone that has contributed to this

month's issue. There are many events on in the area so please go and support them if you can. This is what makes this such a vibrant community, envied by many.

Dennis & Jacky Whicker



Sunday 1st October at 2:30pm
followed by the

Sale of Produce

Monday 2nd October at 7:30pm

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Sedbergh Branch**



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Tony Parrini

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CLOSING DATE: 15th of every month for everything

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

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SWIMMING CLUB TIMES

From 12th September

Tuesdays

6.30 - 7.30pm children's lessons,

7.30 - 8.00pm training squad,

8.00 - 9.00pm adult swim

Thursdays

6.30 - 7.30pm children's lessons,

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SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 4th October

The Shap Stones

Jean Scott-Smith

7:30 pm Settlebeck School

Wednesday 18th October

Liverpool Cowkeepers

Dave Joy

7:30 pm Settlebeck School

Everyone is most welcome to attend
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www.sedberghhistory.org

Chairman: Graham Dalton 25436

Secretary: Karen Bruce-Lockhart 20224

Treasurer: Chris Elphick 20605

Membership Secretary: Chris Elphick 20605

October Birthdays

| Day | Name | Age |
|-----|---------------------|-----|
| 1 | Isla CRAWFORD # | 2 |
| 3 | William BLACKBURN | 10 |
| 4 | Isabella WOOF | 7 |
| 7 | Ross HORNER | 8 |
| 7 | Amy SAVIGAR # | 9 |
| 9 | Jed HARPER | 9 |
| 12 | Charlie MIDDLETON # | 1 |
| 15 | Kelly Ann SCOTT | 9 |
| 19 | Amelia GARDNER | 6 |
| 20 | Jade HUMPHREYS | 6 |
| 20 | Rosie HODGSON # | 11 |
| 25 | Hector GUBBINS | 6 |
| 25 | Alex SAYNER | 10 |
| 27 | Jessica WOOF | 6 |
| 27 | Sam WILSON | 11 |
| 30 | Jessica PARKER # | 4 |
| 30 | Olivia HUBBARD # | 8 |



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LOOKAROUND REQUEST

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Dennis Whicker

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The Sedbergh and District Christian Aid Committee

COFFEE MORNING



Wednesday 4th October

10am to 12 noon

CCC rooms Sedbergh

Coffee ~ Biscuits ~ Home-baking ~ stalls

All welcome



FRIEND OR FOE, FINAL CHAPTER

Philip Johns, clerk to Garsdale PC,
015396 22170,

ps.johns@btinternet.com,

www.garsdaleparishcouncil.com

The official bit:

As the September meeting of Garsdale parish council is after the submission date for Lookaround, a more comprehensive report will be in the next issue but I can report that B4RN is making good progress and the majority of Garsdale's residents are looking forward to being connected to a hyperfast fibre optic broadband. There are still a few potholes to repair on the A684 and representations have also been made to Cumbria County Council to

instigate repairs to The Back Road. Early morning bikers have been making their presence heard as they strive to beat their circuit records before police or residents start using the roads and there have been reports of near collisions. The police have been made aware of these concerns.

The unofficial bit:

Philip Johns, Rose's Place.

In the last 3 editions of Lookaround I have been charting the first timorous steps of a fledgling parish clerk, from standing guard on Clough River, on the lookout for dastardly grey squirrels and shouting "Friend or Foe?" at anything that moved, to discovering horses and kittens in

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 £17.00 - call 20536 or 20964 or email: jd@jdifa.co.uk or dmparratt@gmail.com for a form.

For more information, visit our website:

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



Hidden Figures

Taraji P. Henson, Octavia Spencer
Janelle Monáe, Kevin Costner, Kirsten Dunst
Jim Parsons. Certificate PG

Saturday 7th October

film starts **7.30pm**

Sedbergh People's Hall

Our 10th Anniversary Season!

Flicks in The Fells

trees and to realise that if I were to take minutes at council meetings, I was in need of some serious education in the dialects and folklore of the Yorkshire Dales.

A couple of weeks before my first meeting, I answered a knock on the door to find a lycra clad cyclist balancing boxes of dusty files precariously on the handlebars of his bike. "You the new clerk?" he asked. "Er, yes" I replied. "Right then these are yours", thrusting the boxes at me. "OK" I said, taking them, at which he turned round and sped off at high speed, I could hear his cackles of laughter echoing for miles down the dale.

Blowing the dust off, I cautiously

opened the boxes to find minutes, agendas, accounts and lots of correspondence dating back decades. Looking through the most recent it became apparent that council meetings had become a war zone with battles over un-signed leases, to costly water treatment initiatives for the village hall, to impending trench warfare with



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logging companies, leading to acrimonious mass resignations. Boy, was council in a mess! Thoughts of cosy little chats with a few locals over the odd brew, writing a few notes down about planning applications, flew out of the window. Suddenly, my first council meeting, not knowing anyone or anything about Garsdale,

was rapidly becoming a nightmare of huge proportions.

I arrived at the village hall for my first meeting, clutching pen and paper, way too early. I had no key so I prepared to wait outside in absolute darkness for someone to arrive. "Who are you?" barked a voice from the depths. Already nervous, I jumped a mile in the air, pens and paper flying everywhere. The darkness was absolutely impenetrable, no lights, no moon or stars, as I scanned round to see who was there. "Erm, the new clerk" I finally muttered. "Kevin, District Councillor" was the brief response. Now, that had to be one of the most bizarre experiences of my life, trying to conduct a conversation with

someone you didn't know and couldn't actually see, about things I hadn't got a clue. The next twenty minutes felt like twenty hours until, mercifully, a wobbly torchlight emerged through the gate, heralding a key holder in the form of Tom, the vice chairman. A quick flash of his torch showed the face of "Kevin", who I had been valiantly trying to talk to. "Kevin, Phil" muttered Tom in greeting, letting us into the hall.

As there were just a handful of us, the meeting was conducted in the kitchen to the sounds of a heater rattling away in the corner. I poured myself a glass of water and was about to take a sip when the cry came up "don't drink it, it might kill you!" Thinking it was a joke, I

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laughed but looking round, I saw that they were deadly serious. I put the glass down and slunk back onto my chair. After that, I didn't utter a word and after about 90 minutes, the meeting broke up. I looked at my notes in despair, how on earth was I going to write up the minutes from the hieroglyphics scrawled across the page? The meeting had been a kind of free for all, with lots of different conversations about people and places. Apparently, there were lots of "Metcalfe's" and "Middleton's", but not necessarily all the same families, with lots of "John's" and "David's" thrown in for good measure. Then there were the place names. Garsdale is the name of the dale but also the village, there were no street names

Sedbergh Gala Group Annual General Meeting



Monday 9th October

7.30pm

People's Hall Committee Room

All welcome
*particularly anyone interested
in bringing the Gala back to life*

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and no house numbers, some houses were even known by multiple names, some had names that sounded like places and not houses, such as "East Rackenthwaite" or "West Little Town". "You live in Rose's place" I was told, "no, Bens Bridge End, Rose Cottage is further down The Street" I replied. "Aye, but we call it "Rose's Place" as Rose used to live there". How was I ever going to master the ins and outs of being a parish clerk in Garsdale? Well, 3 years later, I'm still here, a little wiser but still learning. 3

SEDBERGH PARISH COUNCIL

Janey Hassam – Clerk

This report covers items from the Parish Council meeting on the 14th September. The next meeting is on Thursday 12th October at 7.30pm in the Committee Room, The People's Hall, Sedbergh.

AMENITIES

Works are progressing on the

refurbishment at the ladies toilets on Main Street and will include artwork from Main Street Gallery, soap from The Bath House and a contribution toward the new vanity area by No6 (thanks were expressed by Members). The Hut at the playground is now almost complete, thanks to the work carried out by the NCS Group in August, with final repairs to the roof taking place soon. A replacement piece of play equipment for the recently removed rocking horse will also soon be installed. Oscar the Octopus was the winning character following a survey of parents at the park in the summer. There are continued discussions with Sedbergh Wanderers FC over the football pitch and continued

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maintenance programme. It was also noted that the commemorative bench, marking the Queen's visit in 1986, had been restored and returned to Main Street.

MARYFELL PARKING AND TRAFFIC FLOW

Following recent pre-application planning advice sought from YDNPA, Sedbergh Parish Council will now make a formal enquiry with South Lakes Housing (as landowner) over the proposal to increase parking on the green area at Maryfell. It is hoped that this will help relieve some parking and traffic flow difficulties at Maryfell and the schools. A public consultation will follow once a response has been received.

SEDBERGH TOWNSCAPE PROJECT

The works at the car park/boundary/ entrances of the People's Hall are now almost complete and the car park surface should be complete by



**SEDBERGH
MEDICAL CENTRE**

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

Wednesday 11th October
Thursday 16th November
2018
Thursday 8th February
Wednesday 14th March



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the end of September. Further updates in regard to the park at Maryfell are expected from SLDC in due course. In regard to the parking area at St Andrew's Church, it is hoped to secure grants towards these works in the near future, therefore, allowing the project to commence later in 2017

OTHER MATTERS

Various other matters were discussed, including: grant applications for the Community Orchard Group - £250 approved and KSet - £3900 rejected. Planning applications, including for the former St John's Ambulance HQ on Bainbridge Road and Baliol School, the continuing works by the Friend's

of Queen's Gardens Group, the planned works to the culvert close to Guldrey, the boundary wall at the Bowling Club, The Sedbergh Economic Plan recently completed by South Lakeland District Council and the theft of the ATM at Spar, Sedbergh.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions. **Public Participation is now at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend from 7.30pm.**

If you have any thoughts/views on any of the above, or wish to contact

EST. **SEDBERGH • MARKET** 1538

EVERY WEDNESDAY ON JOSS LANE CAR PARK

11 October is the second Wednesday
of the month, so
look out for extra stalls ...

*Regular stalls currently greengrocery, artisan bread, fish, farm fresh meat and eggs,
cakes, bric-à-brac, Greek food and sweet and savoury vegan snacks.*

Sedbergh Parish Council, please email me at 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. 3

TIM FARRON MP

I took advantage of the last few weeks of the Parliamentary recess to get out and about as much as I could. So whether you came along to tell me about something you needed my help with, to say "hello" or just cheered me along a bit in the fell races that I took part in (I didn't come last and am feeling rather good about that) thank you so much.

If you think about it being an MP is

really all about meeting people, hearing what they have to say, finding out where I can help and then going off to meet with other people to start sorting the issues out. So I try really hard to ensure that I get as much time out meeting people as I can.

Much of the start of September was spent meeting people to talk about the problems caused by the closure of the New Road car park in Kendal. I fully understand the need for the car park to close but then I also understand the concerns felt by people who use it. But if the car park isn't safe and if it is illegal for the council to let people park there then letting it continue in its current form is really not an option. It just leaves the council vulnerable to massive costs if

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anything goes wrong and it would be all of us who had to pay then not just the people who use the car park.

We can debate at length the timings of decision making and the wisdom of spending money to make the area more attractive to visitors and residents but the key issue going forward has to be solving the parking problem that is being created. To be honest I do think that the council has done a good job there, they have listened to what people have said and are putting in place a lot of really good discounts for everyone who needs to park all day in the centre of town, not just those who can squeeze into a space on New Road. Taken altogether these measures should benefit a lot more than just the people who get into Kendal early enough to find a space on New Road. However, I am conscious that quite a few users will come from outside Kendal from places like Sedbergh and Dent and that they may not have been able to make their voices heard as the meetings have tended to be in town. If you are one of those then please do get in touch and let me know your thoughts.

We had a great day at the County Show. I took the opportunity to launch our "Save the Family Farm" petition. A lot of farmers have been telling me how worried they are about how things seem to be going with the Brexit negotiations. Currently they receive £3.8 billion in support from the EU, the Government has committed to continue this until 2020. But that is only one year after we will actually leave the EU so it really isn't a commitment at all. Added to which if

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GRAFFITI REMOVAL

People's Hall
Old Time Sequence Dance
with Denis Westmorland



Saturday 14th October

Doors open at 7.30 pm
Dancing to 11.30 pm
Bar facilities and Jacobs Join
Tickets at the door £4.00

there is no trade agreement with the EU and we go to World Trade Tariff rates that could be disastrous, currently the tariff on lamb imports is 40%. And then there is the fact that Michael Gove is in charge of the ministry. So I am giving them all the support I can.

If you would like to support the petition or need to get in touch for any other reason then please email tim@timfarron.co.uk or ring us on 01539 723 403.

Thanks

3

COUNCILLOR CORNER

Cllr Nick Cotton

Just when you thought you would escape this year without a report on Himalayan Balsam, here it is, a look back over 2017 with a mix of success stories and 'Groan' moments when I realise just how much there is still to be done.

As a quick recap, Himalayan Balsam

is a fast-growing, pink-flowering, invasive species that spreads along riverbanks to become a monoculture, crowding out native species and, when it dies back with the first hard frost, leaving the banks bare and exposed to erosion from winter storms. It appears in May, flowers from late June to September with the flowers turning to explosive seeds which spread the plant to the surrounding area or float downstream to colonise new areas.

Anyone can do their bit from May to August, pulling up the plant (it has very shallow roots) and breaking off / snipping off the roots. The two separate bits of the plants cannot regenerate and piles of plants quickly rot down.

The good news? The areas where work started up to four years ago are largely clear of Balsam and just need monitoring each year, pulling up the occasional plants that have reseeded or have germinated from seeds brought down from upstream. These include areas at the top of the catchment near Newbiggin, places on the River Clough through Garsdale, in Jubilee Wood at the top of Settlebeck and from Settlebeck School towards Millthrop Bridge. There have been work parties in various areas and on my many trips I have seen that there are other individuals out there doing their bit.

The bad news? Seeds carried downstream by Storm Desmond (and other storms) in December 2015 tended not to germinate last summer (2016), but did germinate this summer (2017) so large areas I thought I had cleared of Balsam were

full of plants this year. Plus a realisation of the size of areas of Balsam still to be tackled to the west of Sedbergh around Shacklabank and Havera Beck; to the east around Ashbeck; and to the southwest, near the junction of the Rawthey and the Lune downstream from Middleton Bridge.

One has to be philosophical – I was out ‘Balsam Bashing’ on sixty days this summer and if each time I go out I pull up a few hundred or a few thousand plants then year on year there will be more areas that are relatively clear and fewer ‘Groan’ moments. And one shouldn’t underestimate the joy of being somewhere so beautiful, with the occasional glimpse of a kingfisher and some stunning scenery rising up from the river – it makes a welcome break from dusty committee rooms.

3

SEDBERGH.ORG.UK VOLUNTEERING OPPORTUNITY

Andi Chapple

The group looking after the sedbergh.org.uk website continues its work, and visits to the site are growing in number year on year. We’ve had some nice comments about the site; we hope it is useful in telling visitors and the curious about the town and its surroundings, and in providing information about groups, facilities and events to people who live here.

<geeky bit> The site is built using the popular WordPress system with various plug-ins providing security, SEO function, tables and so on.

<geeky bit> While everyone in the



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group pitches in to provide content for the site, along with volunteers at the Information and Book Centre and a number of other people, most of the effort to keep the site working and provide what is turning into a stream of clever improvements comes from Mike Clarke. We are looking for someone with technical experience to help Mike, learn what he’s added to the site and eventually share the work with him.

<very geeky bit> If you have experience using HTML, CSS, PHP and JavaScript, and maybe some familiarity with WordPress and would like to develop your skills and help Sedbergh, please get in touch.</very geeky bit> The best way is to contact Mike on mikec@sedbergh.org.uk to get the ball rolling.

We look forward to hearing from you.

3



SETTLEBECK NEWS

Sarah Campbell, Headteacher

In a year of turbulence in the examination system, Settlebeck School students have once again achieved excellent GCSE results, placing them above the average for Cumbrian schools in English and Maths. GCSE results in English were outstanding with 14% of the cohort achieving the new 9 grade, placing them in the top 5% of students nationally.

'With our largest intake of students into Year 7 this September and another set of excellent examination results, Settlebeck School is going from strength to strength. It is a privilege to be taking this vibrant school forward as their new

Headteacher.'

Paul Beach, Deputy Headteacher

In July, 27 Year 8 students and 4 staff visited France and Belgium. During their trip students visited the Nausicaa Aquarium in Boulogne, explored le Touquet, and also had the opportunity to visit War Cemeteries around Ypres and learn about the battles that took place there during the First World War. We were very honoured to lay a wreath from the British Legion at Tyne Cot cemetery and attend the memorial ceremony at the Menin Gate. This was an experience that all who took part will never forget.

Lynsey Goodyear, Year 7&8 Progress Leader

Kendal Torchlight procession is the

Project Manager Vacancy Sedbergh

Sedbergh and District Chamber of Trade and Business wishes to appoint a Project Manager on a part-time, self employed basis.

The successful candidate will be a dynamic local person with excellent interpersonal skills. The post holder will be line managed by the Chair of the Chamber, on behalf of a Project Management Committee, and will work closely with Sedbergh businesses, organisations and volunteers to make existing and new projects a success.

In addition, the post holder will build on established links with key stakeholders, including the Yorkshire Dales National Park Authority and South Lakeland District Council.

More details can be found at:

www.sedbergh.org.uk/community/project-manager

Interested applicants should send a C.V. and covering letter outlining their suitability for this post to:

The Chairman, Sedbergh and District Chamber of Trade and Business,
72 Main Street, Sedbergh, LA10 5AD
by Monday 9th October.

annual parade where local businesses, schools and community groups all come together for one night. This year we relished the opportunity to showcase our art department. With the theme of Fairy Tales, we designed the float around the film Shrek. The students were involved in designing the float and the costumes. It was a fantastic night and the weather was just about in our favour. The evening couldn't have happened without Colin Parker and his lorry and Simon Shaw at Lakes Scaffolding who both volunteered their services to the school. Also special thanks to Philip Gardner and the fire service for their support. A real sense of was community felt.

It was lovely to see so many Year 6

pupils at our Open Day. They enjoyed a day of Norman battles and archery in a history lesson, fire and experiments in science and lots of bouncing in trampolining. Any parents of primary school aged children who would like a tour of our school, please feel free to contact Settlebeck to arrange an appointment. 3

SEDBERGH SCHOOL NEWS

Karen BL

October 2017

Exam Results

The A Level results were very good this year with a higher proportion of A*-B than ever before. Local pupils Alice Slattery and James Thomas each gained A*AA, and the Head of School Maria Mendoza and Deputy



SEDBERGH SCHOOL

Catering Staff Required (Weekend Shifts)



Sedbergh School are looking to employ enthusiastic people who would like a varied working environment. The School is currently looking for weekend Catering Staff to join our Hospitality Team. The ideal candidates would be happy working flexibly in accordance with the changing requirements and needs of the School as part of a group delivering catering and waiting on support. We currently have available the following shifts:

Saturdays, from 6.30am to 2.30pm

Sundays, from 8.30am to 2.30pm

Additional shifts will also be available in the afternoon and the evenings so we will certainly have shifts to meet your requirements.

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Staff benefits package, including store discount cards;

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For an informal chat please contact us on 015396 20303.

An application form can be obtained by:

Downloading from our webpage

<http://www.sedberghschool.org/senior/Information/Vacancies>

Emailing hrrcruitment@sedberghschool.org

By calling in to the Sedbergh School Bursary or telephoning 015396 20303

James Horan gained 3A*, 2A and a B between them despite their duties and other interests. Three pupils doing vocational courses gained triple starred Distinctions, the equivalent of A* at A Level.

GCSE results were also very successful. 103 pupils sat the exams and the results were the best the school has had. 39% were A-A*. 93% were A*- C. Five pupils achieved 10 or more A-A*

Events

The new Headmaster at the Prep School, Will Newman, is in the saddle and hard at work. His wife, Liz, teaches science and maths, and they have two children, Tom (11) and Hattie (9) who have joined the school.

The U13 National Children's

Orchestra again spent a week at the School in the vacation and about 75 people attended their final rehearsal in Powell Hall before their concert in Leeds the next day.

Cumberland played Buckinghamshire on the school pitch, slightly spoilt by rain stopping play on the third day, but it was good to see the cars and people parked on the boundary in the sun for the first two days.

On Thursday 14th September the whole Prep School took part in sponsored walks in aid of the North West Air Ambulance and the Grenfell Tower Disaster fund. Years 3-8 walked from the school via Barbon and Middleton Fell to Sedbergh, while Reception to Year 2 went from



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Barbon Beck to Barbon and back to the school. Reception to Year 2 covered 6 miles and were still smiling on their way home. Those in 3-8 did 19 miles in 7 hours 15 minutes "weary but proud" – it was a little further than they had at first thought. The walks were postponed from June because of bad weather.

Mrs Hattam and Mrs Seymour took part in the Great North Run also in aid of the North West Air Ambulance

The Old Sedberghian Club Pilgrimage to the graves of WW1 Old Sedberghians this year went to Paschendaele

The Year 9 intake this year is the largest ever

Five pupils and three staff took part

in the Great North Run

In the first week of term Chinese visitors inspected the School to see how a boarding school should be run.

In the period between submitting this article and publication there will be three events in connection with the Heritage Lottery Fun project celebrating the history of Casterton School: a talk by Isobel Stark of the Bronte Society and exhibition at Cowan Bridge "*The Brontes and Their Education*"; a viewing of the exhibition at Space2Create, Kendal; and a talk by Rachel Roberts, Archivist of Cheltenham Ladies College "*Dorothea Beale Championing Education for Girls in the 19th Century*"

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Sport

Daisy Armstrong (yr 9 aged 14), who won the Alexandra Trophy at Bisley for target rifle shooting at 600 yards, did so against two experienced shots, one of whom had represented GB in Canada. She was the youngest to win this trophy in its 80 year history.

Lauren Crowson OS has been selected to shoot for GB in the tour to Canada in 2018. Four Sedberghians have taken part in the CCRS UK cadet tour to the Channel Islands.

Will Ross and Harriet Bramwell have represented GB in the Athelings tour

OS Abbie Scott was one of the team that played New Zealand in the World Cup Rugby Final in Belfast (losing 32-41)

OS Becky Glen was picked for the

Scottish cricket team and Ella Telford for Lancashire.

George Hill was picked by the North of England for the National U17 Super 4s Cricket Festival. Hart's Head of House Rob and Prefect Rouban have been called up to train with the U18 England Camp

The 1st XV won their pre-season matches against Melville College and Falcons AASE, and won the first match of the term 20-13 against Whitgift.

The sailors brought home two cups from the Southport 24 hour race

Fraser Sproul won the U14 Grasmere Sports fell race in a record time.

Future Events

The 1st XV matches at home during

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'Seeing the Light in Life'

a quiet day using photography to help us slow down and see in new ways, with Rev. Steve Radley.

**Saturday 21st October,
10am-4pm**



Steve is an Anglican Priest & an award-winning photographer. Any level of experience is welcome from beginner to more expert.

To participate, a digital camera will be required (anything from a smartphone upwards).

Cost: minimum donation of £10

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October are Ermysted's on Wednesday 4th October, Barnard Castle on Saturday 14th October, and Llandovery Saturday 21st October, all starting at 2.30 pm

The Music Scholars' Concert is on Sunday 1st October at 3 pm

The "Night at the Movies" concert this year will be on Friday 13th October at 7.30 pm.

The School play this year is to be Fiddler on the Roof from 29th November to 1st December

The Prep School will hold Open Days on Friday 10th and Saturday 11th November from 9am-12 noon

The Prep School will host the Preparatory Schools' Academic Challenge (Year 6) on 5th October.

They will also host the National Schools Equestrian Championships on 19th October

The Senior Chamber Choir at the Prep will sing at the Harvest Festival. There will also be a lunchtime recital by the Prep School at 13.30 on 19th October in Holy Trinity Church, Casterton

It is hoped that the Bull may be open in time for the Wilson Run next year, and the Hirst Centre is on track for completion by May 2018

Half term begins on 20th October and ends on Sunday 5th November, and the School will go onto its winter timetable (ie games first and then classes in the afternoon). Term ends on 14th December.

Z

SIGHT ADVICE SEDBERGH

Sue Harper

We met once again for our first session after the summer break. We were pleased to welcome two new members, John and Barbara Douglass.

Dennis opened the meeting and asked for a minutes silence in memory of Jessie Bradshaw, one of our most long-standing and well liked members, who sadly died recently. Prior to her recent ill-health, she rarely missed a meeting and was a much valued member who will be sadly missed.

Linda Greensmith had kindly agreed to talk to us about her work in the community under the title of "A Helping Hand". Linda was a most

interesting speaker who has clearly had a varied and worthwhile career, right from leaving university. Although she has lived in Sedbergh most of her life, after obtaining a degree in Spanish and Tourism, she lived for a time in both Spain and South America.

After a fulfilling career working for "Age UK", she is now freelance and is very busy with her work, helping and supporting older people and anyone requiring a helping hand in the community.

Her activities range from shopping for clients, taking people to doctors and hospital appointments, helping with gardening and even walking dogs! She is very busy but enjoying the variety of tasks and people she



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meets. She was responsible for setting up a Lunch Club, Cream Tea group, Swimming Club and Walking Club in Sedbergh. Her interesting talk was much appreciated.

Dennis reflected on how lucky we are to live in a place like Sedbergh with a good community spirit, and where everyone is exceptionally friendly and supportive.

We discussed venues for our pre-Christmas Lunch on 21st November and ended up with a light-hearted quiz on the theme of the Second World War. Our next meeting is on 17th October when Colin Kendall is to tell us about the excellent work of the Blood Bikes service. z

DENT, SEDBERGH & DISTRICT ORAL HISTORY SOCIETY

Anthea Boulton and Veronica Whyman

...“it was rain every day”.

“Well one year we tried all ways. We’d put a new barn up, about 1954, and we’d no hay in it. We had to sell some cows off that we should have kept, it was such a bad time. You couldn’t get it in. It was rain every day. And floods. Every two or three

days you were in floods. There was twelve acres never did get mown.”

Jim Middleton born 1913

“One year it rained and rained and the last plat hadn’t been mown and it got into, oh, late August, early September and we thought well, we’ll just have to leave it unmown. Then the weather took up so we got all our things out again – they had been put away into lofts and places for the winter – and so at least it was a crop. And it wasn’t too bad because it hadn’t grown an awful lot, it was herb rich, shortish grass. Lots of lovely wild flowers in it and very attractive kind of hay for animals to eat. These flowers have deeper roots and they bring up minerals, and whether that’s why

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stock like it I don't know but they certainly do and they'll eat that rather than a heap of rag grass and clover any day!" Helga Frankland born 1920

From Telling it like it was: Dent, Sedbergh and district in living memory.

z

CHURCHES TOGETHER

*Susan Sharrocks
Tony Reed Screen
Churchwardens
News from the Pews*



Your Parish Church

Our very wet summer has not been kind to visitors in our area especially the walkers who have had to wade through overflowing streams of water and trudge along many muddy paths. The ones I have encountered have not been too dismayed by the walking conditions but have taken great delight from the countryside around them, remarking how lucky we are to live in such a beautiful place.

Four of St Andrew's congregation found a great way to spend the wettest of wet Sunday afternoons on Sunday 10th September. Following the morning service we hastened home for a quick lunch before hitting the M6 and travelling north to Carlisle Cathedral.

We joined in part of the "Big Day Out" celebrations, omitting the bucking bronco and the Big Picnic but taking part in the "Songs of Praise". WOW! The cathedral roof was raised by the singing from the four religious groups that make up our Mission Communities in the Carlisle Diocese. The Bishop of Penrith, Richard Teal (Methodist), Sarah Moore (United Reformed) and Mel Goulding from the Salvation Army took prominent parts

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and the service was MC'd by the Radio Cumbria presenter Richard Corrie with humour and sincerity.

A cairn from named stones representing each parish present was built (ours included). Each church in turn will be prayed for in the lead up to next year's "Moving Mountains" weekend.

To our surprise we found the sun was shining in Carlisle plus tea and hot dogs were served free of charge after the service.

With any luck there will be no shortage of flowers left in our gardens to decorate the church for Harvest Festival celebrations on Sunday 8th October when we have a Choral Evensong at 6.30pm. All gifts of tinned and dried food will be

welcomed and taken to the Kings Food Bank collection in Kendal, as there are many people in our area reliant on this charity to help feed them and their families during difficult times.

As the daylight lessens it has been decided to hold the short Sunday evening service still at 6.30pm but just on the first and third Sunday of the month.

Keep safe, warm and if you can... dry! z

CYCLE RIDES

Pauline Symonds

Getting back on the bikes - the fun of travel at a slow pace!

Since we retired in 2010 Hugh and I have pedalled our way through many

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captivating countries of the world. Our first trip was to South America, followed by Australia and New Zealand. In September 2012 we set out from home to see how far we could pedal in a year. 9000 miles and ten countries later we reached Almaty in Kazakhstan. Soon after we returned home from that trip a bombshell hit. A cancer diagnosis put the brakes on our touring bikes. Hugh went through 9 months of intensive treatment, during which time he kept on riding locally - only a little slower than usual!

It was a momentous occasion when we were finally able to set out on a tour once more. We left for Cuba in December 2014, followed by a trip to Mexico and Arizona in 2016. Our latest trip began in Chengdu, China and finished in Phnom Penh, Cambodia. We are looking forward to telling the story of these last three trips on Sunday 26th of November in the People's Hall, Sedbergh at 7.00

pm. Half of the money raised from the bar and ticket sales will go to the Rosemere Cancer Foundation, to which Hugh owes his life. It is wonderful that we have a community hall and a very helpful committee which gives us the chance to present our show, and so half of the money raised will go to the People's Hall. Tickets (at the door) will cost £6 for around an hour and a half of pictures and music including an interval. 3

TOUR DE LUNE

Anne Pickover

Staff, friends and family from J N & E Capstick Insurance Consultants embarked on a charity cycle ride "Tour de Lune" on the 20th August.

They followed the course of the River Lune from its source at St Helen's Well in Newbiggin-On-Lune to the sea at Morecambe Bay Pier in aid of Cancer Research UK and The Great North Air Ambulance.

So far they have raised over £1200



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for the chosen charities an enjoyable day was had by all in the sunshine while raising money for two worthy causes.

Z



FAMILY MUSINGS

Sarah

The bunting is put away the tables and chairs in storage and the tents have gone, the lawn will recover eventually. My 60th celebrations were FUN and now normality kicks in.

The chapel next door is no longer the landmark it was, "turn R after the building covered in white plastic"! We can't say that any more. Phew. Whether the Bamboo has survived we have yet to discover but it will be quiet without the workmen. They have done well the new roof looks great.

Our family are precious to us. We enjoyed a fab day at the County Show, saw lots of friends but not a glimpse of HRH. Shook hands with a Bear, had hug with Mickey Mouse and inspected every toy tractor on the site I think. Every year we buy farm toys for our grandchildren and this year two were there to assist with the choosing.. "that one Grannie .. and

that"! A sleep over the night before worked well and the rain stayed away.

I have become well acquainted with the nurses at our local Health Centre but live in hopes the compression bandages on my ulcer prone leg are coming to an end ... and being swopped for a stocking. I will never have legs worthy of a wolf whistle but just to have ones which are not sore will be fantastic.

Autumn is here. The garden produce including the grapes are coming along nicely and seed potatoes been planted for Christmas.

My apologies about Musings in August and thankyou for missing us!

(Modern technology is a wonderful thing - when it works. Sarah sent me the August Musings BUT it never arrived so if anyone finds it in the ether, please send it on. Ed)

THE JOINT IS JUMPIN'

Gill Rea

On Saturday 25th November, the 3 piece Harlem Swing Band will put on their hit show 'The Joint is Jumpin' in the People's Hall starting at 7:30pm.

The show is set in 1920's Harlem and consists of live music from the

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Second Annual

APPLE DAY



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Saturday 28 October

People's Hall

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era carefully woven into a story that encompasses engaging characters, comedy, dance and poetry. Classic favourites like 'Ain't Misbehavin', 'The Joint is Jumpin' and 'Your Feet's Too big' are carefully woven into well known hits like 'Sing, Sing, Sing', 'Darktown Strutters Ball' and 'St. Louis Blues' to create an authentic 1920/30's Harlem party atmosphere.

They bring back to life the forgotten era of Prohibition, Speakeasies, Vaudeville, Tin Pan Alley, Rent Parties, Stride Piano and Hot Jazz.

The trio are made up of piano, percussion/ clarinet, guitar/ vocals.

Tickets are available from Sedbergh Tourist Information Centre on 015396 20125 or buy online at

www.highlightsnorth.co.uk.

Alternatively tickets can be bought on the door. Adults: £9; Children: £5; Family: £20.

For more information contact me on 079 62 113284.

3

COGS APPLE DAY 2017

Jacqueline Smith

We are delighted to announce that our second Apple Day will take place on Saturday 28 October in the People's Hall, from 10:00 am until 2:00 pm.

What is Apple Day?

Apple Day gives everyone the opportunity to bring along their apples - any type, cookers or eaters - to be made into delicious apple juice. If you came last year, you will know that you can get a surprising amount of juice: expect over half a litre for each kilo of fruit.

It would be great if friends and neighbours got together to bring in all those apples that would otherwise drop off and go to waste. If you would like us to help gather your unwanted apples, please call Ann Parratt 20964 or Jacqueline Smith 20760. from late September onwards.

Sounds good. What's the cost?

There's no charge, but we welcome donations towards the cost of hiring the juicing equipment. What should I bring?

Apples! They should be clean, undamaged and bruise-free, either windfalls or those you have picked. Please give them a wash before you come.

You will also need to bring clean glass or plastic bottles containers for your juice. Please sterilise them first.

How long will my juice keep?

It will keep for a couple of days in the fridge. Apple juice - in plastic bottles - will last for months in your freezer.

What else happens on Apple Day?

a helping hand
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There will be an apple display and an information desk where experienced growers from South Lakes Orchard Group will help to identify your apple varieties.

Local ceillidh band Common Ground will be playing throughout the day.

There will also be light lunches, a cake stall, jams and chutneys, plants for sale, children's activities and a raffle. And of course, you'll be able to chat with your friends over a nice cup of tea or coffee.

In other news, we have been given a very generous grant by Sedbergh and District Community Trust to help with the next stage of development at the Orchard. This will include work on

the raised beds and installing cordons for a number of Yorkshire apple trees.

Earlier this month a group of enthusiastic Young Rangers from the National Park cleared out the Orchard's Bug Hotel, and last week the new Bug Hotel was rebuilt by Y5 pupils from Sedbergh Primary School. They have constructed a very neat and inviting home for helpful pollinators. Do go down to the Orchard to admire it!

z



DENTDALE WI

Thelma Belfield

September is traditionally quoted as being 'the season of mellow fruitfulness'. Here in Dent we squelched our way through puddles and the pouring rain to our annual Open Evening when we invite members from other local WI groups to join us for a social evening. We were please to welcome visitors from Howgill and Firbank WI, Barbon WI and within the Dale.

As this meeting is primarily a social event the business section was kept to a minimum. Marion our president expressed a huge thank you to all of us for the support and help given in providing afternoon teas at the recently held Dent Gala. A thank you

card had also been received from the Memorial Hall committee. Other essential business included the confirmation that our Christmas Party meal is booked at the golf club restaurant in Sedbergh. The next Dining club outing is to Stone Close in Dent and finally that preparations are well in hand for our annual charity fund raising event. **A Family Quiz Night with Pie and Peas supper to be held on Friday 10th November in Dent Memorial Hall.** This is definitely a date for your diary, it will be fun, including a quiz for the children, one for the adults and there will be food, what more do you need? Proceeds from the event will be shared between two charities this year, the Air Ambulance and Growing



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Well.

Business over it was time to devote our attention to socialise. Marian gave a warm welcome to Steve Swithin and his life within the music industry. His career began as a youngster aged 8 when he won a singing competition. He went on to singing with a band in his teenage years, became a DJ, a 'roadie' with local star Mike Harding, a tour manager managing artists, groups and bands, producing records and ultimately in Entertainment Promotions. Working primarily in the UK and Europe promoting events in famous venues such as the Palace Theatre, the Apollo, Hampden Park Stadium and, in his own words 'other less salubrious places'. He



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The Silver Workshop & Gallery Sedbergh Cumbria

shared his experiences of working with internationally known stars and some of the 'demands' they made. Steve likened his job as the equivalent of being a gambling man as all his work involved a high level of risk financially. Bad weather or other unrelated local and world events could make the difference between a break even result or a loss, with occasionally a small profit when all went well. It was the pressure of the 'long days, late nights and hotel rooms' (the title of his talk) that eventually caused him give up the role of promotions manager. He ended with telling us of the many ploys people made to try and gain access to a show without a ticket. Steve left us in no doubt that to the onlooker his may seem glamorous and exciting, in reality it was very hard work.

Following Steve's interesting and humorous talk we all enjoyed a buffet

supper and our evening ended with Marion being the winner of our competition for writing a limerick and rewarded with a special prize of a basket of fruit. Pam and Rita were worthy runners up. Finally the raffle was drawn and prizes won by Jackie, Belle, Marian and one of our visitors. As always we welcome visitors to join us at our meetings which are held on the second Wednesday of every month. z

KILLINGTON WI

Dilys Evans and Valerie Cann

We arrived for our September meeting in beautiful sunshine. The People's Hall looked so good, lovely planted gardens and very smart entrance and car park.

Congratulations to the People's Hall committee.

Our president Susan Sharrocks, welcomed us all and after the singing of the song of Friendship, we congratulated Barbara Kooper and Elspeth Griffiths on their respective birthdays.

A vote of thanks was given to Marion and Sally for arranging such a good day out on our Annual Trip. We had a sail up Ullswater and a lovely lunch provided by Pooley Bridge WI.

The weather was kind, an added bonus.

Finances are in good shape.

The year is galloping along. Orders were taken for the 2018 W,I Calendar, and menus were given out for our Christmas mea, this year at Sedbergh



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Golf Club.

There was enthusiasm for the forthcoming WI Quiz, teams were suggested and we all wished them good luck and a fun night out.

Shirley Richardson, Margaret Fernhead and Susan will attend the Annual WI Council meeting and Susan and Lorraine Millington will go to a course entitled 'Let's be on a committee'.

In the September newsletter there was acknowledgment that the name of our late member, Mary Bateman, had been entered into the 'Memorial Bursary Book'.

Now we were ready for our afternoon entertainment—a talk entitled "Our Local Landscape" by our own Wendy Fraser-Urquhart.

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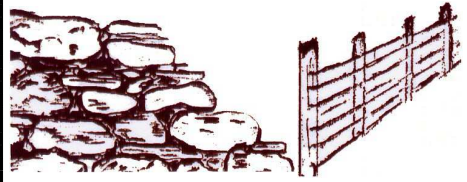
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Wendy's first slide was of a painting by Henry Sowerby done from the top of Black Horse Hill, where we see so many people stopped in the layby taking photographs of the view.

Wendy told us why the Howgills have their distinctive shape and we saw photos of them from various sides. She then gave us a brief geology lesson on how and when the different rock layers were laid down in shallow seas and what happens when the land on one side of a valley rises and the other falls as in Barbondale. We were shown slides of limestone pavements which are common in this area, an early one of the Buttertubs and Gaping Ghyll cave.

We enjoyed photos of Wendy as a teenager with friends at various of these sites while on holiday in the Dales all that time ago. Little did she think she would one day return to this area to live.

She finished with an explanation of the formation and changes to the landscape that glaciers brought over numerous Ice Ages. The funny little mounds that we see when we go to Kendal and look left towards the coast, just before we reach the turn off to Old Sedbergh road are called drumlins and are deposits left by ice age movement.

Wendy said her house is built on a drumlin and we hope a glacier does not come any time soon to reclaim its spoil heap.!

Shirley Richardson gave the vote of thanks for such an excellent entertaining talk

The competition of an interesting stone was won by Wendy, one she had brought back from the

Himalayas.

The raffle was won by Ruth Gamsby and then tea was served. z

SEDBERGH WI

Moira Folks

On September 13th the People's Hall committee room was buzzing in anticipation of a demonstration by Heather Askew on arranging 'Autumn Flowers', her subject for the evening. While Heather chatted to us and demonstrated some larger arrangements, her friend and former colleague Pauline Wilkinson made up some small arrangements in 3.5 inch plastic pots packed with stones and taped-on oasis, a suitable size for slipping inside the memorial flower containers found on gravestones,



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using mainly conifer cuttings along with either fresh or even small silk flowers which will look good for several weeks. The same style of small arrangement also looks good in the home when space for flowers is at a premium! Heather, meanwhile, made up floral works of art using various containers packed with oasis, using garden foliage as a basis for autumn flowers, mainly smaller chrysanthemums and carnations, but in one particular arrangement destined for a church harvest festival, she used beautiful dark red gladioli. The arrangements which stood out for me, though, were two dramatic large ones: firstly, one made entirely of different types of foliage, varying in texture, height and colour; and

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secondly, in a tall jug sprayed with gold paint, the three biggest and chunkiest sunflowers we had ever seen, backed by foliage. Jean Jones thanked Heather and Pauline for a most enjoyable evening and several of us went home with lovely arrangements won in a draw. We welcomed two visitors, Sandra Cary and Jo Birbeck, to our meeting and hope to see them again.

When the book club met at Ellen's home next day, four of our members were away but three had sent comments about our book for August, 'The Glass Room' by Simon Mawer, so we had lots to talk about. The 'Glass Room' of the title, a modernist house of glass built in Czechoslovakia in the late 1920s by a wealthy Jewish industrialist and his non-Jewish wife, becomes almost like a character in the book: it is central to several three-way personal relationships as well as symbolic by

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its changing uses of the political upheavals of Europe over the decades that followed. Two of our group had read the book previously and found even more of interest in it at this second reading. Another member has even ordered a hardback copy for her bookshelf to reread in the future: praise indeed! With the exception of one of the group who only gave it 6, all the other readers gave it 9/10, feeling great empathy for the characters and the situations they found themselves in. It's a book which reverberates in your mind on several levels.

Led by Rosemary Blanchfield, the walking group is planning a 4- or 7-mile walk from Clapham on September 21st, depending on

weather and ground conditions!

Visitors and new members will be welcome at our next meeting on Wednesday 11th October at 7.30pm in the People's Hall committee room. Jude Jackson's subject is 'Finding Voices': make sure you find yours to bring along! z

FREEMASONRY IN THE COMMUNITY

Dennis Whicker

In the August issue of Lookaround, I reported that some money raised by the Freemasons of Cumberland & Westmorland, would be presented on 9th September in the Kendal Leisure Centre to local (Cumbrian) charities.

The event was a resounding success which was enhanced by



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The Provincial Grand Master of the Province, Norman James Thompson DL made the following presentations:-

Kendal Museum £1,000

South Lakes Carers £16,000

Great North West Air Ambulance £1,000

Mencap £10,000

Hospice at home Carlisle and North Lakeland £10,000

West House £10,000

Chrysalis £35,000

West Cumbria Carers £10,000

West Cumbria Society for the Blind £4,000

Danicas Dream Fund £4,000

Northside Community Centre £4,000

Eden Mencap £15,000

Blood Bikes Cumbria were also

presented with a brand new liveried Motorbike which will be based in Whitehaven £17,000



If you would like more information about the Society which is becoming more open every day, please contact me. z

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Grants support Dales Communities
Sarah Pettifer

Grants of up to £1500 are available to help community groups in and around the Yorkshire Dales to develop new and existing initiatives that benefit local people.

Local charity Yorkshire Dales Millennium Trust (YDMT) will distribute funds through the Roger Stott Community Grant programme to support small voluntary organisations and community groups with an annual income of less than £30,000.

The aim is to deliver real benefits to communities across the region. Funding can be used to cover revenue expenses such as staff costs, rent or training, or for capital investment in assets such as furniture, computers or catering equipment, to name just a few. No match-funding is required, so groups can apply for up to 100% of the total

project costs.

The grant programme was launched in March 2016 in memory of Roger Stott, the founding Chairman of YDMT. Since then 42 grants totalling just over £50,000 have been awarded to support a wide variety of projects that are making a real difference to local people in and around the Yorkshire Dales and Nidderdale.

Tanya St. Pierre, YDMT Project Officer, said: "The region is home to many passionate and dedicated individuals with great ideas that have the potential to deliver real benefits to their local community. We can help to get these ideas off the ground and become a reality. I'm looking forward to receiving proposals for projects that will have a big impact for communities in and around the Yorkshire Dales and Nidderdale."

Recent successful applications came from the Yorkshire Dales Young Archaeologists Club, Thornton Rust Institute, Sedbergh Community



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Swifts, and Langcliffe Community Garden Trust.

David Croll from the Langcliffe Community Garden Trust, said: "The Roger Stott Community Grant provided the tree seat in the centre of our community garden. The seat really has the 'Wow' factor - everyone comments on it and it has become the focal point of the community garden. It is so good to see people who have been working on the garden using the seat to rest and recover. Also to see people from the village meeting there to enjoy the surroundings, watch the wildlife and in the evenings watch the sunset. All of this would not have been possible without the support of YDMT's Roger Stott grant. We are all very grateful for their help and support."



Tanya Hoare from Sedbergh Community Swifts (Page 48) said: "Swifts hurtling around the rooftops give huge enjoyment to the community in Sedbergh - but for how much longer will this endangered bird survive? Funding from YDMT has enabled us to employ contractors to put up special nest boxes at Settlebeck School and other high and

inaccessible buildings in the town."

The Roger Stott Community Grant programme is made possible thanks to support from players of People's Postcode Lottery, who have awarded £1,226,332 to YDMT since 2008, supporting this and a variety of other projects across the region.

Clara Govier, Head of Charities at People's Postcode Lottery said: "It's fantastic to see communities coming together to make a big difference in their local area. These relatively small grants have the potential to make a big difference in and around the Yorkshire Dales. I'm delighted that players of People's Postcode Lottery are making this possible."

The application process is quick and simple. Please visit www.ydmt.org/resources to download the application form and guidance notes document, and to view a map showing the eligible area. For more information please contact the project officer Tanya St. Pierre on 015242 51002 or email tanya.stpierre@ydmt.org.

The closing date for this round of applications is 5pm on Friday 20 October. Final decisions will be made on 7 December and applicants will be contacted soon after.

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THE NATIONAL MEMORIAL ARBORETUM

David Parratt

The National Memorial Arboretum near Alrewas in Staffordshire on the edge of the National Forest is the UK's year-round centre of Remembrance; a spiritually uplifting place which honours the fallen, recognises service and sacrifice, and fosters pride in our country. It is a living and lasting memorial.

Since planting began in 1997, the National Memorial Arboretum has been a special place honouring those who have served, and continue to serve, our nation in many different ways.

It's not a cemetery. It's a place of life, represented by the 30,000 trees

planted here, where older and younger generations alike can wander and wonder.

Covering 150 acres, the Arboretum has something for everyone. For some it's a wonderful place to stroll and enjoy the trees; for others it's a peaceful and beautiful place to remember loved ones, particularly those who made the ultimate sacrifice for their country.

The trees and more than 300 dedicated memorials on the site make the Arboretum a living tribute that will forever acknowledge the personal sacrifices made by the Armed Forces and civil services of this country.

Importantly, the focus isn't totally military. There is a large area devoted

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to Police who have fallen while on duty, as well as other areas devoted to the Fire and Rescue and Ambulance services. National charities representing those who have died in particular circumstances, including children, are also to be found in the Arboretum grounds.

The Arboretum was the brainchild of Commander David Childs CBE who wished to see established a national focus for Remembrance. Following a meeting with Group Captain Leonard Cheshire VC, an appeal was launched in 1994 by the then Prime Minister, John Major.

The future of the project became assured when three proposals were agreed. These were: for the site to be the location of the Armed Forces

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Memorial; for the Ministry of Defence to pay a significant grant-in-aid to allow for free entry and that The Royal British Legion would accept the gift of the site as the focus for the Nation's year-round Remembrance.

The project began with no money, no land, no staff and no trees. The National Lottery, in the form of the Millennium Commission, granted some forty per cent of the funds needed and this was matched by thousands of donations, both large and small, from a wide variety of organisations both military and civilian, men and women, corporate and voluntary.

The site was developed on reclaimed gravel workings, bordered by the Rivers Trent and Tame, gifted to the charity by Lafarge, which has generously supported the idea from the beginning.

It was created by a staff of thousands: a small paid group; a

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dedicated and active Friends of the National Memorial Arboretum organisation; and countless others who have either planted individual trees or helped create a memorial for their organisation. The initial planting took place thanks to grants from the Forestry Commission and the National Forest.

It was once estimated that the involvement of so many supporters made the Arboretum the most popular of all the Millennium projects. It will certainly be one of the longest lasting.

The Arboretum was officially opened to the public in May 2001.

From the start it was seen as a place of joy where the lives of people would be remembered by living trees

that would grow and mature in a world at peace.

As planting began in 1997 it seemed appropriate that the site should also celebrate the turn of the century. The Millennium Chapel of Peace and Forgiveness is a central part of the site and was created to offer a place of tranquility and reflection to people of every faith or none.

The Arboretum's planting philosophy has always been inclusive, as can be seen in the many and varied plots. Nearly all were designed in partnership and consultation so that every group could feel a sense of ownership of the memorial to which they had contributed.

Now, more than 10 years on, the

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site hosts an abundance of wild plants, woodland areas, grassland, a reed bed and wetland. It is populated by a variety of wildlife including brown hares, skylarks, lapwings, otters, tits and finches, green woodpeckers, buntings and an occasional black redstart. The Wildlife Watch Group meets every month and enjoy activities including, bat detecting evenings, bird watching and walks.

Although many of the trees are still young, they are rapidly growing into a unique living tribute. Every year sees the dedication of new memorials and special events at the Arboretum. Over eighty percent of our visitors surveyed say they will return, many time and again, to see the Arboretum



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as it develops.

At 7:30pm on Friday 13th October, there will be a Presentation in the People's Hall on the Arboretum by Mr Tony Parrini in which everyone is welcome to attend. Tickets are £5 available from the TIC or on the door.

3

ROYAL BRITISH LEGION SEDBERGH BRANCH

David Parratt

President's Report to the 2017 AGM

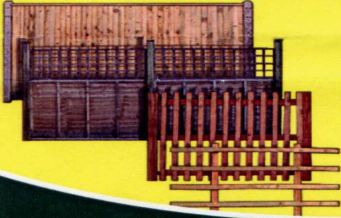
At the annual County Conference in December Chairman, John Douglas, was presented with the Poppy Day Rose Bowl in recognition of an increase in Poppy Appeal takings over 3 years; a well-deserved accolade for a fitting achievement on which to hand over his role as Poppy Coordinator to Vice Chairman, Nick Cross.

Although we did not manage to break the £10,000 record of 2016 we still raised over £8,000 which is a remarkable sum for a small community. We are very grateful for Killington Service Station's continued support which boosts house to house and street collections. For the future we are looking at different ways of fund raising to maximise the sale of mementos to supplement the poppy collections.

Change has been all around us this year. At national and county levels there have been major reorganisations and changes in personalities. A review of how branches go about their business has resulted in a clearer definition of the prime functions of keeping everyone aware of the Legion and what it does,

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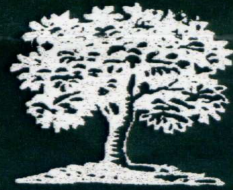
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support to the community through telephone buddies, hospital and home visits and bereavement support. In all of these areas the Branch Committee has been very active promoting the Legion and identifying where help and action is needed.

The Committee has met once a month to plan events and monitor progress. Events of note during the past year were: a fascinating talk on the 1st Airborne Battalion Border Regiment at Arnhem; activities surrounding Remembrance Day when we were visited by the Great Cumbria Poppy Ride in the guise of a classic coach suitably dressed in poppies, the service of

Remembrance and the concert by the Town Band; an award ceremony when 22 poppy collectors received awards; two successful coffee mornings and the annual dinner.

Norris Chamley, one of the Branch's most loyal supporters, died in January. Norris was one of the rocks on which the Branch was founded. He had held almost every office on the Committee and was a mine of information. We will miss his wise words in committee and his enduring presence as an escort to the standard. Kay Whittle has decided to stand down from the Committee but Glenise Brood, who has recently transferred from Langdales Branch, has joined the Committee. Our thanks

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DENT GALA

Chairman Sarah E Woof.

Thankyou to all the wonderful people who supported this years Gala in whatever way. Individuals and businesses /organisations who all gave generously of time and money. I never underestimate time given because in some cases it is by very busy people and in others by people who are struggling to cope with the 'everyday' yet come and help.

We were all on the field with a central area for Fancy Dress and Dog Show and the new 'Sumo Wrestling' which was well supported and great entertainment. There was music from "Rawthey Rythm" and the WI Teas continued in the Hall and ice cream in the yard. Minnie Mouse entertained and despite the 'sea fret' we had good support.

We think the day raised around £2,000 Inc sponsorship but will confirm ASAP. Thankyou all. 3

to Kay and our welcome to Glenise. Most recently Les Fletcher, who had been a member for twenty-seven years and Branch Chairman from 2002 – 2004 died in August.

Sadly we are losing members faster than we are recruiting new members. Although our membership is a healthy 187 our full membership is only 73, the remainder being pupils from Sedbergh School. We do need to recruit more full members and I hope everyone will encourage new members to sign up.

In conclusion I would like to thank all the Committee members for their individual contributions without which the Branch would cease to flourish.

Nick Cross

Collecting Tins and Poppies for Sedbergh can be collected from the 10th to the 14th of October from the following outlets: The Tourist Information Office, The Green Door sweetshop and St Andrew's Church.



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DENT MEDITATION CENTRE

What Place is there for Dent Meditation Centre Today?

Andy Weller, Chair of Trustees

Why Meditate?

All of us know the consequence of living life at an increasingly rapid pace, of rushing to make badly considered judgements and then fumbling our way through the impact that our actions have on those around us. Despite our sometimes good intentions we can often feel that we have failed to make an impact or made a bad situation worse.

The ancient practice of Meditation on the other hand can help to promote good mental health by ensuring regular time is put aside for quiet reflection and considered action, ensuring time for relaxation and the slow enjoyment of life as it unfolds. This can greatly improve the quality of life of those who practice it, but also has a wider impact too. This wiser form of living is sometimes criticised as an escape from "real life" rather than what it is, an opportunity to live life at greater depth.

Why Dent Meditation Centre?

The Meditation Centre provides a beautiful and inspiring space for quiet

reflection and contemplation. It is a place of genuine spiritual enquiry, where beliefs are not imposed or demanded and intellectual curiosity is encouraged. Ritual is used carefully and sparingly to provide safety rather than to impose ideas. There is an emphasis on hospitality, kindness and compassion, which values the unique contributions which each person brings to the centre. It is also a community of people who respect each other's journey wherever this takes them.

This is reflected in the grounds of the Centre which are lovingly tendered by John Stanton so that a multitude of native and non native plants can live together without any one plant being able to dominate or eliminate others. At many times of year the grounds are a riot of colour and pungent scents, full of wildlife and insects including bees and butterflies once common around the Dales but now sadly absent from many of the "improved" green pastures which surround Dent.

The chapel building has retained its name as a testimony to those who toiled to build it, many of whose names remain in the grounds of the

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Centre. However there have been important changes to the building since it was first built including the creation of a beautiful space freed from the dark wooden furniture which used to fill it and transparent glass in the windows to allow natural light to flood in. There is now a small kitchen for refreshments, toilets to provide comfort and soft carpets in the school room.

This living building, much used and loved, is kept clean and fresh, with flowers from the garden. The building is kept open all year to allow anyone to share it as a quiet, reflective space. Ultimately the Meditation Centre is more than a building though.... It is about the people who attend courses, teach, meditate and look after it.

The experience of Meditators at the Centre parallels the Seekers who populated Dentedale several centuries before. These religious dissenters were local farmers and artisans who met regularly, waiting silently for divine inspiration. Similarly those who experience the Centre are becoming a spiritual community of seekers after universal Truths, increasingly concerned about the wider world.

The course programme is influenced by Eastern and Western contemplative traditions. Some of the courses utilise movement, poetry or music to achieve a sense of inner calm.

The Centre continues to attract teachers from different spiritual traditions. In May last year the Centre was visited by Swami Yogeshwaranda who gave a talk on the "Mystery of Silent Awareness. On November 11th 2017 Denise Treisman, from the Julian Institute is running a workshop on the teachings of Julian of Norwich.

Teaching Meditation is a fundamental aim of the Meditation Centre and enshrined in our Mission Statement. The Teacher Training programme developed for the Meditation Centre is gaining increasing interest. And the Trustees of the Centre – a charity - are considering ways in which the practice of Meditation can be shared even more widely by re-examining our charitable aims and the values.

Please do come and see us.

Everyone is welcome –

www.meditationcentre.com

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SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

The bird world has its share of amazing migratory feats, and now the Common Swift has also conclusively entered the record books.

The Arctic Tern, for instance, has the longest overall migration, clocking up almost 60,000 miles, and covering 5 oceans, on its roundtrip journey between England and Antarctica. Nothing in the animal kingdom beats this track record for distance. The bar-tailed godwit, a wading shorebird, has the record for longest non-stop flight: 7,145 miles in the air as it migrates between the Arctic and New Zealand. But swifts have finally been proved to accomplish what was long suspected, ie. to hold the world

record for continuous uninterrupted flight.

Although Common swifts are seen in the skies in Africa during our winter, no evidence has ever been found of roosts where they may land.

Ornithologists and bird watchers have long speculated that, with the swift's aerodynamic streamlined wings and flying efficiency, they could remain in flight throughout the non-breeding season. Support for this view came from radar studies tracking swifts during their daily dawn and dusk ascents and descents: swifts spiral up to altitudes of up to 2-3 km at night, descending again in the morning. Thus swifts can spend nights entirely on the wing – which is what happens when they disappear



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from our view late in the evening.

Then, in 2013, a study from the Swiss Ornithological Institute proved that another European swift, the Alpine Swift, remained airborne non-stop for an amazing 6 months during the winter. Alpine swifts are larger than our Common Swift and were capable of carrying a type of geolocator device that also had an accelerometer, thus recording both location and movement. By taking measurements every few minutes, the results showed conclusively that the swifts were constantly active and did not land at all during their migration to, and wintering in, Africa. Up until then such long-lasting locomotive activity had only been reported for animals living in the sea such as whales and dolphins.

But now there is a new record holder, the Common Swift. Last year, with the further advances in miniaturising technology, Swedish researchers were able to fit similar devices on this species as well. And the results proved that Common Swifts could remain in the air continuously throughout the non-



breeding season, staying aloft for a staggering 10 months. They also confirmed the swifts daily dawn and dusk ascents and descents. These studies are finally evidence that they do indeed eat, drink, mate and sleep in the air and land only to breed.

So how do they sleep? Studies on other animals indicate that it varies greatly across species and challenge our notions of sleep altogether.

Dolphins and killer whales can go about 3 months without sleep after birth, and they have also been shown to sleep by using only 'half' of their brain. The Great Frigate birds that live off the coast of Ecuador can spend weeks at a time flying over the sea diving for fish, and during that

time have been shown to sleep for a total of only 45 minutes a day, in 10 second bursts, and even then only half their brain may be active. On land they sleep for a minute at a time throughout the day and night

for a total of 12 hours a day. Investigations of Pectoral Sandpipers, a wading bird, have shown them to survive and even thrive for weeks with very little sleep.

Swifts are far too small to be studied

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in this way. So for now, how, when, and if, they sleep remains a mystery.

It's extremely unlikely that any other species can challenge the common swift's aerial record. However, among common swifts it could be that the juveniles are the true record holders, since they do not breed for anything up to 2-4 years, remaining on the wing all that time.

To contact SCS: email ta.hoare@btinternet.com or ring 01539 824043

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Also see Page 38.

CUMBRIA WILDLIFE TRUST

Watching out for wildlife this winter

Susan Garnett

Wind, snow and floods disrupt our lives every winter. Wind brings down

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

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

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

Feed your garden birds

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

Watch out for mammals

- Hedgehogs will be deep in hibernation, so it is essential to leave their safe areas alone. Do

not cut back overgrown areas until spring.

- Ponds provide drinking and bathing water for all sorts of animals so keep a hole in frozen ponds.
- Long grass and ivy provide valuable roosting and hiding places for small creatures



Cumbria
Wildlife Trust

Help your pond to breathe

- In autumn and winter it is important to clear fallen leaves to prevent garden ponds clogging up resulting in nutrient overload.
- It is best not to clean out the pond completely as many eggs, grubs and larvae need old vegetation and silt in which to hide and survive the winter.
- A good depth of water is an important guard against freezing conditions, so if rainfall is low it is a good idea to keep your pond topped up.
- Never smash ice or use chemicals to create a hole. Instead place a metal saucepan full of hot water on the ice to slowly melt a hole.

Apart from saving hundreds of creatures from a difficult winter these actions will encourage wildlife into gardens and open spaces to provide an ever-changing cast of characters for us all to watch and admire.

www.cumbriawildlifetrust.org.uk z

PEOPLE'S HALL NEWS

Dr Gina Barney, Hon. Secretary,
015396 20790

PEOPLE'S HALL REDEVELOPMENT PROJECT

Those of you passing the People's Hall recently may have noticed that the remodelling of the **frontage** to the People's Hall has been **completed**, except for a few minor details. People have remarked how nice it looks including the Memorial Seat to "Ted".



The project came in on time for the Voluntary Action Cumbria AGM and Information Event on 8 September 2017, when we were able to show off what the People's Hall Committee had done to other Cumbrian village halls and community centres.

The project came in with about £1,000 over budget – so please can we **appeal** for a few more **donations** please?

The Parish Council will have put a new cover over the parking area by the time you read this.



John Martin ~ Dennis Whicker ~ Robert Taylor

The 1982 photo above shows our Lookaround Editor handing over a cheque for a new roof for the Hall. Well that could be our next project. Any chance of another Barrel Roll Dennis? (**NO! NO! NO!**)

The front beds and borders have been planted up, but we do need a few more bushes, shrubs, small trees and perennial plants. This is the right time to ask for vegetative donations as most gardens will be in process of tidying up for the winter. Many plants will need splitting or even may become redundant or unwanted. Please consider **offering** suitable **plants** to the Hall. Let Dr Barney know (20790) and if necessary transportation can be arranged.

Over the past four years the People's Hall has raised and spent over £450,000, with significant sums raised in the Town. On behalf of the People's Hall Management Committee we **thank you** for your support and encouragement.

We will be holding a thank you "drop in" in the New Year – details later.

PEOPLE'S HALL DANCE

There will be a Sequence Dance at the People's Hall on Saturday 14 October 2017 to the music of Bill Johnson. Doors open 7.30pm, dancing from 8pm to 11.30pm. Jacobs join and bar.

For information about the Hall including availability got to:

www.sedberghpeopleshall.org

DATES FOR YOUR DIARY

25 November Rural Highlights – 52 Skidoo *The Joint is Jumpin'*
Dances in 2018:

21 April, 23 June, 13 October.

z

OCTOBER GARDENING

Elaine Horne

Whilst my garden teeters on the edge of organised chaos, the plot of a friend, who I visited this summer, displays order, neatness, and control. Her garden contains a selection well mannered and easily subdued shrubs and small perennials, most of which grow, or can be managed to form "tuffits" of neat growth and pleasing foliage.

The recurring theme throughout the garden is clipped euonymus – the evergreen, low growing forms which are often sold as "groundcover" or "winter colour" for tubs or windowboxes. She has two main cultivars: *Euonymus fortunei* 'Blondy' which has glossy, dark green leaves, marked with a generous central splash of butter yellow, and *E. fortunei* 'Emerald Gaiety' has cream edged foliage. The plants, which are probably around 20 years old, are clipped each summer to form squat mounds.

The same treatment is given to deciduous, yellow leaved *Berberis thunbergii* 'Aurea Nana' and red leaved *Berberis thunbergii atropurpurea* 'Bagatelle' (Sorry! Two

very long names for two small plants), whilst evergreen *Cotoneaster microphyllus* is clipped into a flat topped box shape. Green and white leaved *Cotoneaster horizontalis* 'Variegatus' is trained up as a standard and pruned to form a neat umbrella.

Other shrubs which naturally have a neat form are left to their own devices – as long as they stay within bounds. Hence *Spiraea japonica* 'Little Princess' and *Spiraea japonica* 'Golden Princess', *Hebe* 'Red Edge' and *Hebe topiaria* and dwarf conifers *Picea albertina* 'Conica' and *Tsuga canadensis* 'Jeddeloh' add some different, evergreen texture.

Low, herbaceous mounds are provided by several cultivars of *Heuchera*, *Dianthus*, Saxifrage and the beautiful, long flowering daisy – *Erigeron karvinskianus* which is allowed to form swathes along the edges of the paving and beside paths.

Most of these plants would quickly be overwhelmed by my rampant, spreading, seeding subjects, but they do make a charming, neat collection in a small space where good behaviour is required.

3



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ROSE COMMUNITY THEATRE

Sandra Gold-Wood.

By the time you read this the People's Hall Stage Curtain fund will be over £1000; however at the time of writing after a coffee morning held in June and the August bake sale at 'Number Ten' it stands at £885 Simply marvellous. So I am guessing that the quiz night which took place on September 29 should take the funds over the £1000 mark. Mind you the way that 'Quiz Master Woody'

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gives away prizes it a wonder we raise anything. Thanks must go to all those who have given such generous donations such as Lakes Scaffold and Lyn's hairdressers plus numerous individuals.

Also in September the RCT held its AGM in the Committee room at the PH. Chair Gordon Hosker stepped down after 3 years of hard graft whipping the unruly members into line. He failed but had lots of fun.

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Stuart Byatt now takes as chair and as he is very good at Karate so we may all be better behaved. Joking aside I speak for all the Roses when I say thank you very much Gordon you have been efficient and effective despite us. Brenda remains as secretary and has taken on the additional role of Pantomime stage manager. Kev Kendal remains as director with Robbie Kendal as assistant director. Sandy Roy our superb Musical director has had to step down for various reasons and we all wish him well and will miss him terribly but with free tickets for each performance he won't be able to get away completely. Yes, we are short of a musical director but we will trust in

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the Lord and someone is bound to turn up.

By the time you read this rehearsals will have already begun for the RCT's first play of a serious nature.

'Sedbergh and the Great War' is due to be performed in the People's Hall on Sunday November 5, first performance at 2.30pm and the second at 5.30pm. It is a fictional view of the effects of WWI on a family in Sedbergh. Music will be provided by members of the town band and the performance will include some moving poetry. Proceeds from the two performances will go to the British Legion Poppy Appeal. The members of the RCT will do their very best to make this a fitting tribute to the fallen of the Great War.

Next year's Pantomime is entitled 'The Wars of the Noses' featuring 'Richard the Nerd' and will take place in March 2018 on Thursday 15, Friday 16 and Saturday 17. It is a quick romp through the Wars of the Roses in true RTC style there will be absolute no regard for historic fact. Donations of axes, scolds bridles and suits of armour gratefully received.

The main obstacle that faces us with regard to the 2018's Panto is the lack of a keyboard player. Please do get in touch if you play or know someone who is willing to play for us at some rehearsals and of course for the show itself which is set to be performed in March on Thursday 15 Friday 16 and Saturday 17.

If you missed the meeting and or the

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auditions do not fret just give me a call. The RCT always need helpers for performances; put the chairs out and help with the setting up and clearing up. Someone to take on the publicity would be an asset and if you enjoy singing and acting all the better. A big thank you all those who turned up for auditions see you at rehearsals. If you would like to help out behind the screens in any way please do give me a call on 015396 21808 or Email sangold.kwood@virgin.net

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B4RN

Douglas Thomson Progress Report

As half promised in last month's Lookaround our luck and the weather just held and allowed us to put in the ground the first ducts that will eventually bring hyperfast broadband to the Sedbergh area.

Since our start last November considerable progress has been made on a project that is far from simple. As yet you will see little activity in fields and gardens but that belies the progress that is being made.

There is still a huge amount of work to be done on route planning, wayleaves to acquire, gathering interest in having the service, estimating the materials needed and raising the money before the service will be available to many properties. A few that are besides the main routes will be offered the service earlier.

When we started this project there were two of us. We have been delighted with the response to our requests for help. We now have 25+ people offering various forms of help and more showing an interest in investing. However, more volunteers are need. Can you offer to help, however little, in one or more of the following areas: -

1. Route Planning, including the documenting of planned routes, producing maps and schematics.
 2. Arranging Wayleaves, by discussing the planned routes with landowners, and getting sign-off.
 3. Utilities/Environmental/Historical considerations; Contacting utility companies to see if the planned routes impact their assets, identifying whether the routes raise environmental issues, or impact sites of historical importance.
 4. Civil Engineering knowledge, by identifying any specific challenges produced by the planned routes.
 5. Help with the installation of ducting in fields and gardens.
- Please help us to help you and Sedbergh and the surrounding areas will soon have an unrivalled broadband service.

Please register your interest at www.b4sa.org.uk

Z

YORKSHIRE DALES NATIONAL PARK

Andrew Fagg

Regular farm advice surgeries start in Cumbria

Farmers and landowners can now receive free expert help and advice by dropping-in to the Yorkshire Dales National Park Authority's new offices in Kirkby Lonsdale and Orton.

Staff from the Authority's Farm Conservation team will be at the Kirkby Lonsdale office, on Main Street, on the first Monday of the month and at Silver Yard in Orton on the third Monday of the month.

The Trees & Woodlands team will alternate with the Farm Conservation team, setting up at Orton on the first Monday and at Kirkby Lonsdale on

the third.

Officers will be available from 11am to 3pm to answer questions about applying for funding and choosing the most beneficial schemes for farmers' land, ensuring they get the best out of their farm business.

Helen Keep, the Authority's Senior Farm Conservation Officer, said:

"Through these free surgeries, we can offer one-to-one advice on agri-environment schemes and discuss your project ideas.

"At the same time, as both offices are in the new part of the National Park, it will give us the chance to gain a greater understanding of the issues facing farmers locally."

Geoff Garrett, the Authority's Senior Trees & Woodlands Officer, said:



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"Our team can provide support with such things as the creation and management of woodlands - including sourcing suitable grants - as well as advising on all protected tree queries.

"These are drop in sessions - appointments aren't essential - but it is recommended to call ahead to ensure the appropriate advisor is available as we may be out on site visits."

The Farm Conservation and Trees & Woodlands teams can be contacted on 0300 456 0030 or by emailing farming@yorkshiredales.org.uk or trees@yorkshiredales.org.uk, respectively.

The Authority shares the Grade II-listed building at 29 Main Street, Kirkby Lonsdale, LA6 2AH, with the recently relocated Tourist Information Centre. Its phone number is 015242 97177.

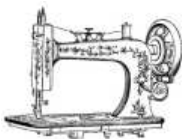
Steve Hastie, the Authority's Area Manager West, is permanently based

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at the Orton office along with the Area Ranger for Cumbria, Paul Wilkinson, and two Access Rangers. Its full address is Unit 1A, Silver Yard, Orton, CA10 3RQ and its phone number is 015396 26104.

The Authority also holds a regular planning surgery at Orton - as well as at its Grassington and Bainbridge offices, and Sedbergh Community Office - to give free advice to people wanting to do work to their property.

An appointment is essential for these sessions. Full details are available on the Authority website at www.yorkshiredales.org.uk/planning-advice-surgeries

Z

A CHRISTMAS CAROL

Spellbound Theatre Christmas
Production.

Heather Pakeman.

Spellbound Theatre Chairperson.

Rehearsals for our planned
Christmas production of 'A Christmas



Carol' began in September ,

We have been lucky enough to secure again, the talents of Hilary Stephenson , who directed our very successful production , Alan Ayckbourn's ' How the Other Half Loves' in April 2016 .

'A Christmas Carol' by contrast, has a large cast spanning every age group and we are very pleased to be welcoming to the stage several younger generation local performers in this production , There will be music, Dickensian jollity and a festive atmosphere in which to celebrate the Christmas season .

Performances will be at the Peoples Hall on Thursday 14th December , Friday 15th December , and a matinee and evening performance on Saturday 16th December .

Please look out for our half page advertisement in the November and December Lookaround , which will contain details of times, ticket prices and concessions .

We are still hoping to attract anyone wishing to be involved in any way; whether it be in set design , costumes, front of house or stage management . Please contact Heather on Sedbergh 21279 if you are interested in getting involved with us. We are a small local group and welcome all comers. z



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AGAMEMNON 5

Nick Cross

One of the great unsolved mysteries of the ancient world is the sudden demise of Bronze Age Mycenae. Somewhere before 900 BCE a disaster struck this civilization, a period known to classicists as the Lyric Age. Why did this great Palace society so rapidly collapse into a long 'dark age' and take more than two centuries to recover? Recent research into the Oxyrhynchus papyri now held in the Ashmolean Museum reveals a surprising tale that casts some light on the fall of Mycenae and this is now brought exclusively to readers of 'Lookaround'.

"Good evening and welcome from me Dumbbedees for our latest edition of

'Question Time' coming to you live from the Agora here in downtown Mycenae. We have a mixed panel for you here tonight.

"Without further ado let me introduce Rheesmogodon, son of Rheesmogodon, and his nanny. Though not a member yet of the inner Council, Rheesmogodon, a scholar of long dead languages, is tipped as a possible leader in the unlikely event of our beloved Clytemnestra stepping down."

"Good evening Dumblebedees, thank you for having me, (and nanny).

"Next to him we have Ambriseis, our beloved high priestess of Phoebus Apollo who, as a member of the inner council, may be able to offer insights

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into current Government thinking.”

“Hello.”

“And on my left, we have Thrasymachus, the slippery son of the slippery Odysseus and friend to the foul old bearded Nestor.

“Hi.”

“And finally, we have that fiery feminist, activist and writer Electra, recently referred to by our beloved wit Aegisthus as being ‘off her rocker’”

“Hello.”

“Now our first question comes from that lady over there in the blue himation. Yes, you with the big nose. Yes you, now speak up so that everyone can hear.”

The woman shuffles to her feet. “Dumblebedees, I should like to ask the panel just who does Nestor think he is?”

“A good question. Electra?”

“As a feminist...”

“The questioner was perfectly clear in her question. Thrasymachus?”

“Well Dumblebedees, I have difficulty understanding the question...”

“Of course you do, Ambriseis?”

“In my view Nestor is totally unfit to lead this country. Why he even questioned the legality of the Trojan



war. I mean he is positively unpatriotic.”

“Extremely well put Ambriseis, if I may say so. Finally, Rheesmogodon?”

“I was only telling nanny the other day what a splendid person I am. Do you know that I can use frightfully long words and quote ancient Sumerian epigrams that only clever people like me can understand?”

“Thank you Rheesmogodon, a powerful answer as always. Now our next questioner. Yes, you sir, yes three rows back in the filthy smock, long hair and the iron band round your neck.”

An old slave slowly gets to his feet. “Well master Dumblebedees, I want

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to know if the panel thinks that slavery is both morally right and economically effective?"

"Thrasymachus?"

"It has always been my view...."

"Your views are irrelevant in this case. Ambriseis, favour us with the fragrance of your opinion, if you would.

"Thank you Dumblebedees, always the gentleman. My view is simply this, where would we be if we didn't have slaves? Who would clean the Temple? Who would wash my himation and do my hair? We need slaves so that we can get on with the important stuff."

"Well said Ambriseis. Now you, Rheesmogodon."

"Nanny here is a slave, and a jolly

good one too, an absolute treasure who absolutely adores being a slave. Don't you nanny?"

Nanny nods.

"I think that that deals very well with that question. Now, yes you, the ugly old woman two from the back. In the yellow, yes you."

"Dumblebedees, why don't you let Thrasymachus or Electra speak?"

"As you know we have limited time on this show and neither of them has tried to answer the questions."

"But you cut them off before they can answer."

"Are you a Hittite?"

"What's that got to do with anything?"

"Just as I thought, a troublemaker bussed in by Nestor to disrupt the

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programme. If security would just.....yes, that's right, that's her. Throw her out. Now where were we. Ah yes. The cross-eyed gentleman with his hand up. Yes you."

"What does the panel think about the rise of nudity on our black figure pottery?"

"Good question. Morals. Ambriseis?"

"Well, as you know I stand for family values and, well, some of these vases are positively pornographic. I would not want my children or slaves to look at them."

"Rheesmogodon?"

"Well, Nanny says that I shouldn't look at the naughty vases. She says it is a sign of a societal moral turpitude. You see, I can use big and complicated words."

"Bravo Rheesmogodon, Bravo! Give him a cheer everyone. Yes, there are even those who believe that in three thousand years these crude vases will be the subject of serious academic debate. Laughable I know."

Electra stands up in fury. "Who is the biggest supporter of Clytemnestra, Rheesmogodon and

the rest? Well I'll tell you: Murdok the Edomite, that's who. And who do you think produces these pots and their crude pornographic designs but Murdok the Edomite, designs that demean women as mere sex objects....."

Dumblebedees is by now on his feet trying to still the cheering crowd. "Sit down please! Put those rocks down. Look, left wing violence! We'll be back next week with a new panel for 'Question Time'. Clear the Agora please. Who threw that?"

HELP!

We need 'Lookaround' to continue when Dennis vacates the editor's chair. As a result we are urgently seeking people to join an editorial board, no previous experience required, to carry on the good work. All that we require is a little time, consistently given, to help put the magazine together. Interested? Contact Dennis or me, Nick Cross, for further details.

Z

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SEDBERGH ART SOCIETY

Jenifer Alison

Exhibition August 2017

"Wow! The art is amazing". "So much talent I could spend a fortune in here!" "What enthusiasm!"

This is just a selection of comments from this year's visitors' book. We value your comments, which are a great source of encouragement to us. Our thanks go to all the people (800 plus) who visited us in Sedbergh School Library over the first five days of the Sedbergh Art Society Exhibition 2017.

The exhibition was opened by Peter Rothery, chairman of the Trustees of Farfield Mill. After its five days' residence in the Library, it was installed at Farfield Mill for a further 6

weeks, and closes on Tuesday October 10th. You can find it the café annexe and in part of the café itself. Ruth Clayton, our secretary, and Stuart Gray arranged this with the management of Farfield Mill. You could also visit the Ruth and Stuart's studio. We are grateful to them and to all at Farfield for allowing the show to continue. What an exciting development!

During our 5 days in the library we welcomed a record number of visitors, and took a record amount, which included the sale of 50 framed pictures. If you bought a raffle ticket and won a picture, we hope you are pleased with it! Many thanks go to those who donated these. The proceeds have all been sent to the Air

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If you would like to attend a demonstration or try a workshop to see whether it is for you, contact Jenifer Alison: -
jen.alison10@gmail.com ; tel. 01539 824666 or Gill Impey: -
gillimpey@hotmail.co.uk ; tel. 01539

Ambulance.

All this could not have happened without Helen Shields, the organiser of the exhibition, and chairperson of our committee. We owe an enormous 'thank you' to Helen and to our other members who gave their time, expertise and energy – not forgetting the artists of course! We thank Sedbergh School for once again being willing to rent us the library, which is a wonderful venue and a great attraction to visitors.

We now look forward to another enjoyable season of demonstrations, workshops, portrait sessions and regular painting sessions 2017 – 2018.

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www.sedberghartsociety.org

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AGE UK ACTIVITIES

Ruth Taylor

Volunteer Support Officer

This month, lunch club members enjoyed a delicious 2 course lunch at the Red Lion in very pleasant company. The lunch group continues to meet every 2nd Thursday of the month so come along and join us -

you will be made most welcome. Just ring us to book a place.

The swimming class for beginners continues to run at Sedbergh School Pool from 11.45am to 12.15pm .

A new gentle exercise class has started at the Lunesdale Hall in Kirkby Lonsdale on Tuesdays from 11am- 12 noon. Come along, keep fit and have some fun and join in a chair based exercise class.

For more information please contact Age UK on 01539 728118 . z

St JOHN'S HOSPICE

Sara Brown, Community Fundraiser at St John's Hospice.

Thank You from St John's Hospice.

On Wednesday 6th September, St John's Hospice were very kindly

welcomed in to the Cornerstone Church Rooms for our second coffee morning in Sedbergh.

I am delighted to inform you that we raised an incredible £304.85 and I can assure you that all of the funds raised go directly to the hospice, providing specialist palliative care in your local community.

It was another lovely morning and I would like to take this opportunity to thank everyone who came along and visited, I hope you enjoyed it as much as we did. Very special thanks to Doris Howarth who helped set things up and run the event, and a huge thank you to all those who brought cakes, those who helped on stalls, worked in the kitchen, and everything else!

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Volunteers are the cornerstone of what we are able to achieve at the hospice, and I am very grateful for all of your hard work. I am always looking out for volunteers to help on the day, if you would like to be involved please contact me at sara.brown@sjhospice.org.uk. We are looking forward to coming back in 2018 and hope to see all of you again. With very best wishes, and grateful thanks. z

COLD CALLERS

neighbourhood alert

Cumbria Trading Standards are warning residents in Cumbria to be on their guard from cold callers looking for driveway resurfacing or tarmac work. Consumers should be extremely cautious when approached by any cold callers offering to conduct work on their property. These types of callers often use persuasive or aggressive tactics to get people to agree to have work carried out and then charge far more than was quoted for poor quality work or poor quality goods.

In most cases traders who call at your home should give a cooling off

period which gives 14 days in which to cancel (there are some exceptions). Trading Standards advice is to always say 'NO' to any cold callers, shop around for quotes and consider using a local trader who has been recommended by others.

For advice on such issues or to report an incident call the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org.uk or you can contact the Police on 101.

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GRIEFSHARE

Elspeth Threlfall
Carnforth GriefShare Support Group.

It hurts to lose someone, but you can find help at GriefShare, a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. Sometimes grief can cause people to feel very lonely as others may not want to talk about it. You don't have to go through the grieving process alone.

The GriefShare course starts on

Monday October 16th at CFM, Hunter St, Carnforth, 7pm until 9pm. Sessions include "Is This Normal?" "The Challenges of Grief," "Grief and Your Relationships," "Why?" and "Guilt and Anger." All ages and backgrounds are warmly welcomed.

Website: www.griefshare.org

Sponsoring church website:

www.cfm.org.uk

For more information contact carnforthgriefshare@gmail.com or telephone Elspeth, 01524 702966.

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Anyone wishing to apply for a grant should write to the clerk by Monday 16th October stating their name, date

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AUGUST WEATHER

A fairly damp month with a total of 4.59 inches (116.7mm) but with only 5 days on which we did not record any rainfall!! It was also a breezy month with only 4 days when the maximum gust was not in double figures though the strongest gust was 17.2mph (27.68kps) on 2 occasions.

Temperature-wise it wasn't the warmest month but we did have some days in the 70sF (20+C). We had a maximum of 76.6F (24.5C) but a cool minimum of 40.1F (4.5C) on the night of the 13th. As to be expected in August wind chill was not dramatic though half the month dropped into the 40sF i.e. single figures in C.

The rainfall, though not excessive, was enough to keep the grass growing and the mud accumulating! I don't think I have cut the grass in the garden more than a handful of times, not that it didn't need cutting, but it is too wet to get on it. It is a viscous circle! The buddleia has flowered and



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gone without seeing many butterflies. Fortunately I have had only one minor fly-strike on the sheep this summer and no signs of the giant horse flies which were a nuisance last year. One local farmer had a case of Schmallenberg in his young stock. This disease is transmitted by midges but I always thought we were too far North for these midges to survive! This proves we're are not anymore. The major problem has been getting them clean and keeping them so for the sales. These didn't start too well but at least I was able to get rid of a few. Cull prices were actually better than breed sales!! The collared doves have had another clutch as there are 7 birds on the roof regularly. The

sparrow hawk keeps putting in an appearance. It goes very quiet around the feeding area after he makes himself obvious. There are lots of voles about this year it seems with well worn tracks in the grass. The badgers continue to visit the field most nights and young rabbits are very plentiful. They certainly give one of our dogs some sport. It's a good job they have a good start of we would be having rabbit pie regularly!

KILLINGTON NEWS

Maureen Lamb

The curate at Killington has published a sermon denouncing the drunken behaviour of his parishioners.

As you might guess, this was a while ago, in 1599 and it is one of the many stories in this small book about Killington: stories about Cromwell who shot across the valley from Beckside at the Royalists stationed at Middleton Hall. You can still see the damage it did to the curtain wall which was never repaired: stories about Firbank stealing Killington's church.

The first part of the history of Killington, Cylla's Village, is now available. Copies can be obtained from the Sedbergh TIC or if you would like a signed copy contact me at 015396 20553 or call at Broad Raine Cottage Killington LA10 5EP.

next spring.

We have also been in lengthy discussions with Kirby Stephen Town Council lately at their request we are also starting a new service on Thursdays to link Kirkby Stephen with Kendal. The bus will leave Sedbergh in the morning for Kirkby Stephen, and then make three return journeys between Kendal and Kirkby Stephen before coming back to Sedbergh in the late afternoon.

Full timetables for all our services can be obtained from the Western Dales Bus website at www.westerndalesbus.co.uk, from the Sedbergh Information Centre and from cafes, pubs and shops in Sedbergh and along the routes. z

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Jock Cairns

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LATE NIGHT OPENING

Wednesday 6th December

Gemma Suttle

It may only be October, but preparations for this year's Christmas Late Night Opening are already well

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under way.

To help you with your Christmas shopping, many of the shops will remain open, and there will also be craft market stalls.

Musical street entertainment will be provided by local individuals and groups, and for younger visitors, Father Christmas will be in his grotto in the Information and Book Centre.

St Andrew's will be hosting a Flower Festival, and there will also be an organ recital to enjoy.

There will be more details in the November and December issues of the Lookaround, and posters around town.

If you are interested in having a craft or food stall, or would like to take part in the Flower Festival, please email

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COMMUNITY OFFICER REPORT
CSO *Amanda Coleman*

Incidents of note:

17/8 – 24 Lambs were stolen from
Firbank.

20/8 – Caller reported youths seen
kicking at cars near Castlehaw.

24/8 – Criminal Damage caused to a
property in the area.

30/8 – ASB caused in the area by
youths.

4/9 – Tools taken from 2 x vehicles on
Havera and Fairholme.

9/9 – The ATM was taken out at the
spar by a JCB, anyone with any
information is requested to ring 101.

There have been burglaries in the
surrounding areas, please make sure
your houses/outbuildings are locked
and secured.

Money was found outside the Spar
(before the ATM was attacked...!) If
you have lost a quantity of money
then please get in touch with myself.

Amanda.coleman@cumbria.police.uk

3

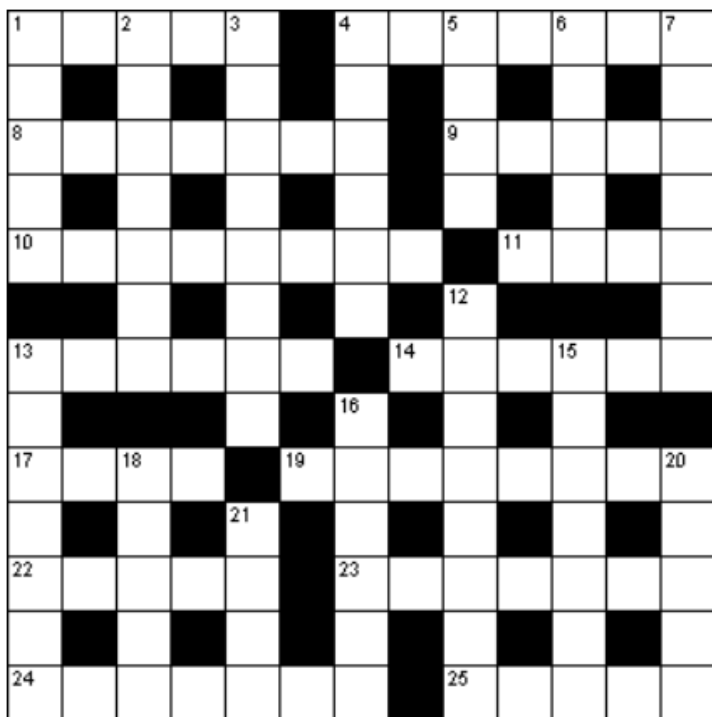
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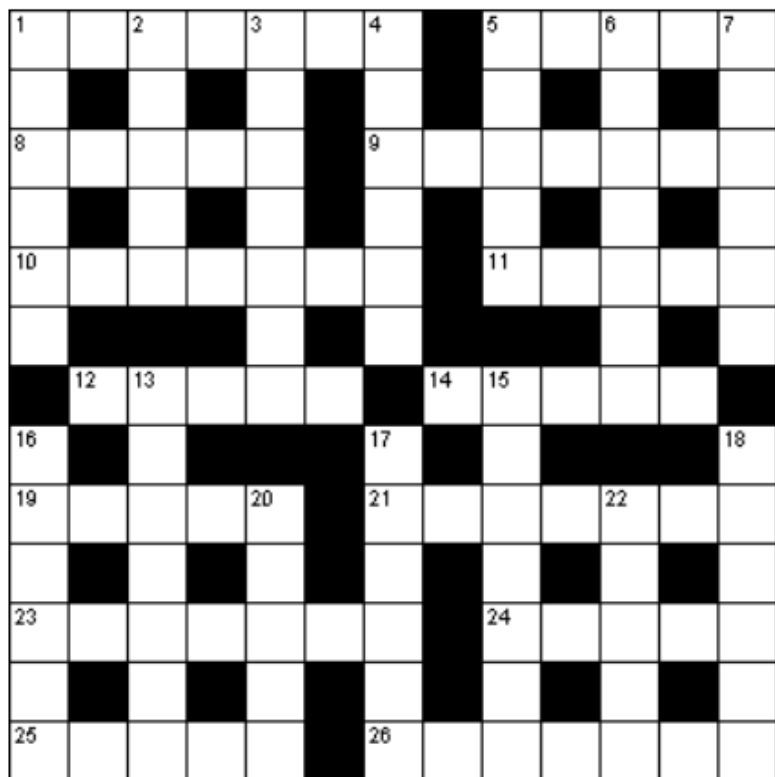


Across

1. Topic (5)
4. Environment (7)
8. Layer (7)
9. Soda water (5)
10. Cheap passage (8)
11. Sport (4)
13. Six feet deep in water (6)
14. Invalidate (6)
17. Artifice (4)
19. Glorious (8)
22. Torpid (5)
23. Quantities (7)
24. Aged (7)
25. Covers a wide area (5)

Down

1. Chores (5)
2. Sincere (7)
3. Outside (8)
4. Respectful deference (6)
5. Computer memory unit (4)
6. Latin American dance (5)
7. Diplomatic (7)
12. Famished (8)
13. Surreptitious (7)
15. Brilliant musical passage (7)
16. Bee house (6)
18. Velocity (5)
20. Measured portions of medicine (5)
21. Celestial body (4)

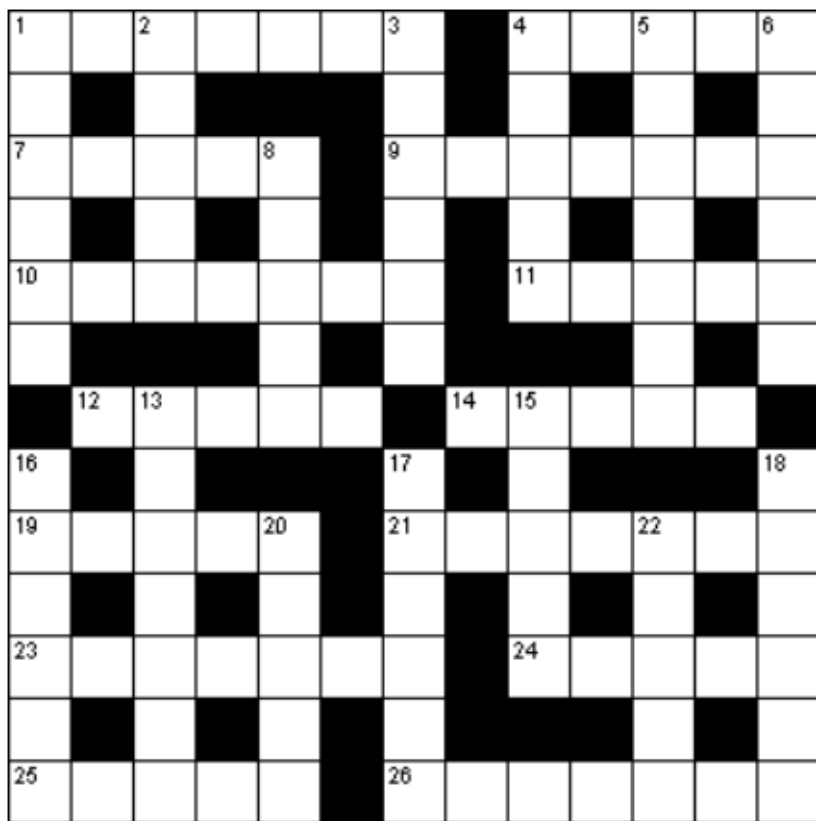


Across

- On the way (2,5)
- Sound (5)
- Dog-like mammal (5)
- Free from blame (7)
- Entrap (7)
- Music speed (5)
- Compare (5)
- Book of maps (5)
- General kind of something (5)
- Unaffected (7)
- Pasta strips (7)
- Impromptu (2,3)
- Part of a church (5)
- Defraud (7)

Down

- Reverberated (6)
- Rolls of film (5)
- Oblivious (7)
- Jubilant (6)
- Valuable item (5)
- Quandary (7)
- Nocturnal wildcat (6)
- Type of rock (7)
- Percussion instrument (7)
- Schedule (6)
- Visitors (6)
- Comestible (6)
- Figure out (5)
- Legally acceptable (5)



Across

- Mode (7)
- Pole tossed in the Highlands (5)
- Relating to the moon (5)
- Diplomatic (7)
- Aromatic herb (7)
- Cove (5)
- Main artery (5)
- Sturdy (5)
- Relinquish (5)
- Burrowing rodent (7)
- Four-sided parallelogram (7)
- Stories (5)
- Abated (5)
- Despised (7)

Down

- Bird of prey (6)
- Meaning (5)
- Country (6)
- Desert plants (5)
- Perplexed (7)
- Connect (6)
- Respond (5)
- Forbidding (7)
- Let in (5)
- Veer (6)
- Dissertation (6)
- Rubbed out (6)
- Flowed back (5)
- Claw (5)

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WILLIAM AIREY

Thank you to all those who sent cards and good wishes to William on the occasion of his 80th birthday on 1st September. These were greatly appreciated.

=====

JESSAMINE MARY BRADSHAW

Jessie passed away peacefully at home, after a short illness, on 1st August 2017. Nick, John, her grandchildren and I would like to THANK so many people for embracing Mum into the communities of Killington and Sedbergh when she joined us, to live here, nearly 10 years ago. Your love, help and support have been truly heart-warming. Thank you, Janet Chetwood

=====

NIGEL

Happy Birthday Nigel on 31st October. Love from Laura, Marie, Ben, Jenny, Dawn & Georgina.

=====

THANK YOU

Many thanks to the kind gentleman who telephoned the breakdown people when I was stranded at Lambrigg Wind Farm on September 19th with a puncture, then also waited with me until they arrived. Joan Saunders

=====

THANK YOU

I would like to thank all those people who responded to my advertisement inserted in the Lookaround from which I was able to receive several of

the requested items. The only outstanding one, an old fashioned office type audio voice recording machine. I was also kindly given a box of back copies of the Lookaround, which I look forward to reading, having been delayed due to a family matter.

As promised I have chosen a charity for a donation and hope people agree with my eventual choice of "First Responders Sedbergh". This was partly due to having witnessed this marvellous life-saving work by dedicated people, while at the Eagle and Child in Staveley, when the newly designed and rebuilt Gavin Bridge was re-opened on 18th of May 2017. I feel full of admiration for these volunteers who, often in their own busy lives, have taken the time and effort to train in how and when to use all the bags of equipment the First Responders use, to save lives. Once again, thank you. D. Meakin.

=====

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PERSONAL & SMALL ADS £1

FOR SALE

Girls kids mountain bike. Suit 5 to 8-year-old £10. Childs violin in case £25. Trailer-bike for small child £15. David Burbidge Sedbergh 21166
=====

FOR SALE

Electric paper shredder. Small domestic shredder suitable for A4 sheets etc. Hardly used. £10. Telephone 20182 (evenings).
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(Continued from page 81)

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.

This account is valid from June 2017.

Account: Lookaround
Account Number: 90931551
Code: 20-45-45
Reference: Invoice Number,
your name or reference.

CAN YOU PLEASE INCLUDE THE INVOICE NUMBER WHEN PAYING BY BACS?

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 to be used in Sedbergh or Dent 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 Birthday Voucher, please contact us. Full credit will be given.

D J Whicker

| Organisation | Updated | Contact | Tel: | 015396 |
|--------------------------------------|----------------|----------------|--|---------------|
| Age UK South Lakeland | 09/16 | Helpline | 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 |
| 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 | 09/17 | | Sed: | |
| Citizens Advice Bureau | 12/16 | Kendal | 03444 | 111444 |
| Community Orchard Group | 06/16 | Mrs Parratt | Sed: | 20964 |
| Community Swifts (Sedbergh) | 03/16 | Mrs Hoare | 01539 | 824043 |
| Conservative Association - Sedbergh | 01/09 | Mr Beck | Sed: | 20336 |
| Cricket Club - Sedbergh | 02/15 | Mr Hoggarth | 01539 | 583793 |
| Cumbria Wildlife Trust | 01/09 | Mrs Garnett | Sed: | 21138 |
| Dementia Friendly Community | 06/16 | Dr Ripley | mylesripley52@gmail.com | |
| Dentdale Choir | 04/17 | Mr Feltham | Dent: | 25689 |
| Dentdale Head to Foot | 04/17 | 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 |
| 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 |
| 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 | 11/16 | Mrs Labbate | Sed: | 22114 |
| Golf Club | 12/08 | Mr Gardner | Sed: | 21551 |
| Good Companions - Dent | 04/16 | Mrs Woof | Dent: | 25212 |
| 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 | 03/17 | Mrs Houghton | admin@howgillharriers.co.uk | |
| 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 | mylesripley52@gmail.com | |
| 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 | 02/17 | Mrs l'Anson | Sed: | 21757 |
| Messy Church | 09/14 | Mrs Raw | Sed: | 20542 |
| Methodist Church Hall | 04/14 | Mr Allen | Sed: | 20194 |
| Orchestra (Sedbergh) | 11/11 | Mrs Smith | Sed: | 21196 |
| Parent Support Group | 01/09 | Mrs Goad | Sed: | 20402 |
| Parish Council - Dent | 04/17 | Mr Thornley | Dent: | 25185 |
| Parish Council - Garsdale | 12/14 | Mr Johns | Sed: | 22170 |
| Parish Council - Sedbergh | 08/16 | Mrs Hassam | 07966 | 134554 |
| 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 | 04/17 | Mr Hopps | 07870 | 785322 |
| Residents Association - Sedbergh | 01/09 | Mrs Capstick | Sed: | 20816 |
| Rose Community Theatre | 08/15 | Mrs Gold-Wood | Sed: | 21808 |
| Schools | | | | |
| Dent Primary | 03/13 | School | Dent: | 25259 |
| Dent Primary - Friends of | 03/13 | School | Dent: | 25259 |
| Sedbergh Primary | 01/09 | School | Sed: | 20510 |
| Settlebeck | 01/09 | School | Sed: | 20383 |
| Settlebeck PTFA | 04/15 | Mr Hartley | Dent: | 25317 |
| Sedbergh School | 01/09 | School | Sed: | 20303 |
| 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 |
| Sight Advice South Lakeland | 04/15 | Miss Harper | Sed: | 20613 |
| Sing Joyfully! (Casterton) | 09/16 | Mrs Micklethwaite | 07952 | 601568 |
| South Lakeland Carers Association | 01/09 | Mrs Woolf | Dent: | 25212 |
| Squash Club | 10/15 | Mr Bannister | Sed: | 21664 |
| Swimming Club | 03/16 | Mrs Thexton | kate574@btinternet.com | |
| 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 |
| Yoga | 11/16 | Mrs Hennedy | Sed: | 20899 |
| 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 let us know.

EDITORS COMMENTS

NEW ADVERTISERS

We have another three new advertisers this month with:-
JHS Joinery on Page 4
Allan Gould Window Cleaner on Page 10
Lakes Scaffolding Pressure Washer on page 13
Please support them and mention that you have seen their Advert in Lookaround.

OOOPS!

Haven't made many mistakes lately (or you haven't told me) but I didn't change the month of the Children's Birthdays and got the Pages wrong for the Swimming Club and Sedbergh WI.

FUTURE OF LOOKAROUND

Back in 1988 when it looked like Lookaround would finish, the 'Lookaround Support Group' was formed which kept things going. There is currently enquiries being made to form a similar Group. Back in those days, everything came in on paper and it was hard work. Today, most of the information comes in electronically which makes the task so much easier. Regular Editorial Meetings would not be required and not so many people to put things together so just a couple of hours per month would be required. If you feel you would like to volunteer to keep *Lookaround* going, please contact Nick Cross on 015396 34139 (you must ring the whole number).

If there is no support or help, the last issue of Lookaround will be December 2018. As of now, I will not be taking any payments for

Advertising after that month. Should the Lookaround continue, new Contracts will be made from February 2019.

LOOKAROUND INFORMATION

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

Whilst every effort is made to ensure that information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions. If there is an error with your article or advert, it is your turn this month in amongst hundreds of entries each month.

Current Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by Post (please enquire). *Back Copies* are available at the History Society at 72 Main Street.

All items for Lookaround must be sent to 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to

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 reproduce it (please mention if a particular Font is required). You can supply an original using Microsoft Publisher, a Word, a jpg (preferred) or as a PDF (*although the quality is reduced when importing it*).

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 everything is 15th of every month.

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999 (*Over 18 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 the text 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 (for the last 18 years). 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
(*Continued on page 77*)

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 | 1030 | 1056 (L) | M - F | 564 | W |
| 0940 (L) | 1010 | M - F | 564 | W | 1300 | 1330 (L) | Wed | 564A | W |
| 1015 (L) | 1045 | Wed | 564A | W | 1330 | 1356 (L) | M - F | 564 | W |
| 1240 (L) | 1310 | M - F | 564 | W | 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 to Sedbergh | | | | |
| 1330 (L) | 1345 | Wed | 564A | W | 1000 | 1015 (L) | Wed | 564A | W |
| | | | | | Last Update: May 2017 | | | | |
| L = Library | | | | | SCC = Stagecoach | | | | |
| C = College Days Only | | | | | W = Woof's of Sedbergh | | | | |
| <i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i> | | | | | | | | | |
| For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily) | | | | | | | | | |

| Western Dales Bus S1 Kendal Shuttle Saturdays from 7th October 2017 | | | | | | |
|---|-------|---------|-------|-------|---------|---------|
| Kendal Morrisons | | | | 12:45 | | |
| Kendal Blackhall Road [opp bus sta] | | 09:00 | 12:50 | 14:20 | 16:15 | |
| Kendal Asda | | 09:06 | 12:56 | 14:26 | 16:21 | |
| Westmorland Hospital | | 09:07 | 12:57 | 14:27 | 16:22 | |
| Oxenholme Station | | 09:10 | 13:00 | 14:30 | 16:25 | |
| Killington M6 Bridge | | 09:20 | 13:10 | 14:40 | 16:35 | |
| Sedbergh Dalesman | | 09:33 | 13:23 | 14:53 | 16:50 | 18:40 R |
| Sedbergh Maryfell | | 09:35 | 13:25 | 14:55 | 16:52 R | - |
| Dent village | | 09:50 | | 15:10 | 17:05 | 18:55 R |
| Cowgill | | 10:03 | | | 17:18 | 19:08 R |
| Dent Station | | 10:05 | | | 17:20 | 19:10 R |
| <i>Dent Station</i> | | | | | | |
| <i>Train from Leeds</i> | | 10:16 | | | | 19:23 |
| <i>Train from Carlisle</i> | | 10:40 | | | 17:32 | 19:20 |
| Dent Station | | 10:20 * | | | 17:35 | 19:30 R |
| Cowgill | | 10:22 | | | 17:37 | 19:32 R |
| Dent village | | 10:35 | | 15:15 | 17:50 | 19:45 R |
| Sedbergh Maryfell | 08:15 | 10:48 | 13:38 | 15:28 | 18:03 | - |
| Sedbergh Library | 08:20 | 10:50 | 13:40 | 15:30 | 18:05 * | 20:00 R |
| Killington M6 Bridge | 08:30 | 11:00 | 13:50 | 15:40 | | |
| Oxenholme Station | 08:40 | 11:10 | 14:00 | 15:50 | | |
| Westmorland Hospital | 08:43 | 11:13 | 14:03 | 15:53 | | |
| Kendal Asda | 08:45 | 11:15 | 14:05 | 15:55 | | |
| Kendal Blackhall Road Bus Station | 08:55 | 11:25 | 14:15 | 16:05 | | |
| Kendal Morrisons | | 11:30 | | | | |
| <p>* R = Calls on Request only.</p> <p>* On reaching Sedbergh Library at 1805 the bus will only continue with the last journey to Dent Station and back by request to the driver earlier in the day.</p> <p>* 1020 from Dent Station will wait up to 10min beyond the scheduled departure for a late running train from Leeds</p> | | | | | | |

BUS SERVICES

Western Dales Bus S3 Hawes Hopper
Tuesdays only from 2nd May 2017 R = Request only

| | | | | | |
|---------------------------|-------|-------|-------|---------|---------|
| Dent | - | 09:30 | - | 13:40 | 15:40 R |
| Spar | - | 09:44 | 11:20 | 13:54 | 15:54 R |
| Library | - | 09:45 | 11:21 | 13:55 | 15:55 R |
| Maryfell | - | 09:47 | 11:23 | 13:57 | 15:57 R |
| Farfield Mill (entrance) | - | 09:49 | 11:25 | 13:59 | - |
| Garsdale Street | - | 09:58 | 11:34 | 14:08 | - |
| Garsdale Station Arrive | - | 10:04 | 11:40 | 14:14 | - |
| Garsdale Station Depart | - | 10:06 | 11:42 | 14:16 | - |
| Moorcock Inn | - | 10:08 | 11:44 | 14:18 | - |
| Hawes Creamery | - | 10:19 | 11:55 | 14:29 | - |
| Hawes Market Place | - | 10:21 | 11:57 | 14:31 | - |
| Hawes Dales Centre | - | 10:23 | 11:59 | 14:33 | - |
| <i>Garsdale Station</i> | | | | | |
| <i>Train to Carlisle</i> | | 10:21 | 12:17 | 14:20 | 16:16 |
| <i>Train to Leeds</i> | | 10:02 | 13:02 | 15:13 | |
| Hawes Dales Centre | | 10:35 | 12:33 | 14:43 | - |
| Hawes Market Place | | 10:40 | 12:35 | 14:45 | - |
| Hawes Creamery | | 10:42 | 12:37 | 14:47 | - |
| Moorcock Inn | | 10:53 | 12:48 | 14:58 | - |
| Garsdale Station Arrive | | 10:55 | 12:50 | 15:00 | - |
| Garsdale Station Depart | | 10:57 | 12:52 | 15:02 | - |
| Garsdale Street | | 11:03 | 12:58 | 15:08 | - |
| Farfield Mill (entrance) | | 11:12 | 13:07 | 15:17 | - |
| Maryfell | | 11:14 | 13:09 | 15:19 | - |
| Library | 09:10 | 11:16 | 13:11 | 15:21 | - |
| Opposite Morphet's Garage | 09:11 | 11:17 | 13:12 | 15:22 | - |
| Dent | 09:25 | | 13:26 | 15:36 R | - |

- * R = At 1522 at Sedbergh Spar the bus continues to Dent village only on request to the driver.
- * Connection to Hawes from 1021 train provided by Little White Bus (tel 01969 667400).
- * The bus can be boarded or alighted at any place it is safe to stop. Please give a clear indication to the driver.

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

AUDIO & LARGE PRINT LOOKAROUND

A huge big thank you to everyone that helped at the Annual Coffee Morning held on Wednesday 13th September.

There were cakes, biscuits, scones, raffle prizes and manual labour, all of which was gratefully received.

The weather was a bit damp (for a change) but it didn't dampen the support. With donations on the day and many afterwards, we raised £301.80. Fantastic. *Dennis Whicker*

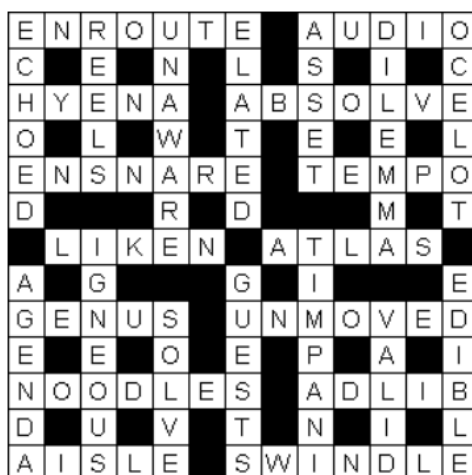
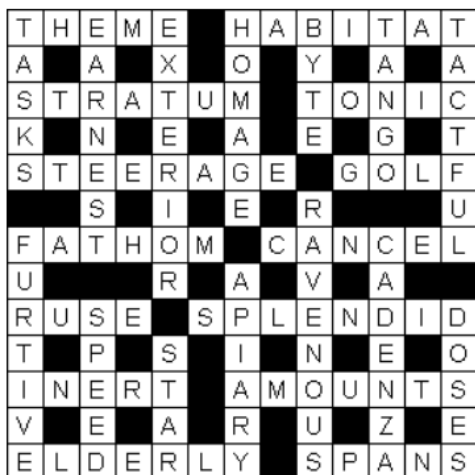
BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect
Fridays only from 6th October 2017 R = Request only

| | | | | | | |
|-------------------------------|-------|-------|-------|-------|---------|---------|
| Dent | - | 09:30 | - | - | 13:40 | 15:45 R |
| Sedbergh Spar | - | 09:44 | - | 11:29 | 13:54 | 15:59 R |
| Sedbergh Dalesman | - | 09:45 | - | 11:30 | 13:55 | 16:00 R |
| Sedbergh Maryfell | - | 09:47 | - | 11:32 | 13:57 | 16:02 R |
| Cautley Cross Keys | - | 09:54 | - | 11:39 | 14:04 | - |
| Fat Lamb | - | 10:00 | - | 11:45 | 14:10 | - |
| Ravenstonedale | - | 10:05 | - | - | 14:15 | - |
| Kirkby Stephen Station arr | - | 10:12 | - | 11:52 | 14:22 | - |
| Kirkby Stephen Station dep | - | 10:15 | 10:36 | 11:55 | 14:25 | - |
| Kirkby Stephen Town | - | 10:20 | 10:41 | 12:00 | 14:30 | - |
| Kirkby Stephen Co Op | | 10:21 | 10:42 | 12:01 | 14:31 | |
| <i>Kirkby Stephen Station</i> | | | | | | |
| <i>Train from Leeds</i> | | | 10:34 | 12:30 | 14:32 | |
| <i>Train from Carlisle</i> | | | | 12:49 | 15:00 | |
| Kirkby Stephen Co Op | | 10:24 | 10:49 | 12:34 | 14:48 | |
| Kirkby Stephen Town | | 10:25 | 10:50 | 12:35 | 14:49 | |
| Kirkby Stephen Station arr | | 10:30 | 10:55 | 12:40 | 14:54 | |
| Kirkby Stephen Station dep | | | 10:58 | 12:43 | 15:02 | |
| Ravenstonedale | | | | 12:50 | 15:09 | |
| Fat Lamb | | | 11:05 | 12:55 | 15:14 | |
| Cautley Cross Keys | | | 11:11 | 13:01 | 15:20 | |
| Sedbergh Maryfell | | | 11:18 | 13:08 | 15:27 | |
| Sedbergh Library | 09:10 | | 11:20 | 13:10 | 15:29 | |
| Opposite Morphet's Garage | 09:11 | | 11:21 | 13:11 | 15:30 * | |
| Dent | 09:25 | | | 13:25 | 15:44 R | |

* R= Calls on request only

* The 1530 from Sedbergh to Dent and back will only run upon request to the driver on the day.



BUS SERVICES

Western Dales Bus S5 Kendal Shopper
Thursdays only from 19th October 2017

| | | | |
|-----------------------------------|-------|-------|-------|
| Sedbergh, Dalesman | 08:55 | | |
| Sedbergh, Maryfell | 08:57 | | |
| Cautley, Cross Keys | 09:05 | | |
| Fat Lamb | 09:13 | | |
| Kirkby Stephen Station entrance | 09:19 | | |
| Kirkby Stephen Town, Market Place | 09:24 | | |
| Kirkby Stephen Co-op | 09:29 | 11:39 | 14:19 |
| Kirkby Stephen Town, Market Place | 09:30 | 11:40 | 14:20 |
| Kirkby Stephen Station entrance | 09:35 | 11:45 | 14:25 |
| Ravenstonedale, Nursery School | 09:41 | 11:51 | 14:31 |
| Newbiggin on Lune | 09:45 | 11:55 | 14:35 |
| Tebay Roundabout | 09:54 | 12:04 | 14:44 |
| Killington M6 bridge | 10:04 | 12:14 | 14:54 |
| Kendal Castle Green | 10:13 | 12:23 | 15:03 |
| Kendal Blackhall Road | 10:18 | 12:28 | 15:08 |
| Kendal Morrisons | 10:23 | 12:33 | 15:13 |
| | | | |
| Kendal Morrisons | 10:33 | 13:13 | 15:23 |
| Kendal Blackhall Road | 10:40 | 13:20 | 15:30 |
| Kendal Castle Green | 10:45 | 13:25 | 15:35 |
| Killington M6 Bridge | 10:54 | 13:34 | 15:44 |
| Tebay Roundabout | 11:04 | 13:44 | 15:54 |
| Newbiggin on Lune | 11:13 | 13:53 | 16:03 |
| Ravenstonedale, Primary School | 11:17 | 13:57 | 16:07 |
| Kirkby Stephen Station entrance | 11:24 | 14:04 | 16:14 |
| Kirkby Stephen Town, Market Place | 11:30 | 14:10 | 16:20 |
| Kirkby Stephen Co-op | 11:31 | 14:11 | 16:21 |
| Kirkby Stephen Town, Market Place | | | 16:22 |
| Kirkby Stephen Station entrance | | | 16:27 |
| Fat Lamb | | | 16:34 |
| Cautley, Cross keys | | | 16:41 |
| Sedbergh, Maryfell | | | 16:49 |
| Sedbergh, Library | | | 16:51 |

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

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| F | A | S | H | I | O | N | | C | A | B | E | R | | | | | |
| A | | E | | | | | A | | A | | A | E | | | | | |
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| C | | S | | E | | | | I | | T | F | A | | | | | |
| O | R | E | G | A | N | O | | | | I | N | L | E | T | | | |
| N | | | | | C | | N | | | | | E | | E | | | |
| | A | O | R | T | A | | | | H | A | R | D | Y | | | | |
| S | | M | | | | | | T | | D | | | | E | | | |
| W | A | I | V | E | | | | | H | A | M | S | T | E | R | | |
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| V | | U | | E | | | | | | | | | O | | E | | |
| E | A | S | E | D | | | | | | | S | C | O | R | N | E | D |

| October Church Services | | | | | |
|--|---|------------------------|---------------------------------------|----------------------------|-----------------------------|
| St. Andrew's Sedbergh | 1st | 8th | 15th | 22nd | 29th |
| 8.00 am | HC BCP | HC BCP | HC BCP | HC BCP | HC BCP |
| 10.30 am | Ecumenical Service | Harvest Festival | Holy Communion | Family Service | Choral Matins |
| 6.30 pm | Eveing Prayer | Choral Evensong | Evening Prayer | | |
| Wednesday | 4th | 11th | 18th | 25th | |
| 11.15 | HC BCP | HC BCP | HC BCP | HC BCP | |
| | 1st | 8th | 15th | 22nd | 29th |
| St. Mark's Cautley | 2:30pm Orlando Garnett Memorial Service | 9.30am MP (NC) | No Service | 2.30pm Prayer & Meditation | 11.00 am Ecumenical Service |
| St. John's Garsdale | 10 am Harvest Low Smithy | 10 am | 2pm Street Chapel | 10am Morning Prayer | 10 am HC |
| Lune Parish Services | | | | | |
| | 1st | 8th | 15th | 22nd | 29th |
| Holy Trinity Howgill | 10.30am @ St Andrew's | 2pm Harvest @ Firbank | 2pm Harvest @ Howgill | 2pm HC @ Killington | No Service |
| St John's Firbank | | | | | |
| All Saints Killington | | | | | |
| Dent & Cowgill Parish Services | | | | | |
| | 1st | 8th | 15th | 22nd | 29th |
| St. Andrew's | 10.30am Holy Communion | 10.30am Holy Communion | 10.30am Holy Communion | 10.30am Holy Communion | 10.30am Holy Communion |
| St. John's | 2.30pm Harvest | No Service | 2.30 pm | No Service | No Service |
| Cornerstone Community Church (CCCM/N) Services (Formerly URC & Methodist) | | | | | |
| | 1st | 8th | 15th | 22nd | 29th |
| 10.30 am | CCCM/PH | CCCN | CCCN | CCCN | |
| worship@peopleshall | | | | | |
| | 1st | | | | |
| 10.30 am | People's Hall | | | | |
| 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 | | |
| | | | 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

ROMAN CATHOLIC

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

Rev. Dr. Peter Campbell Tel: 20918

CORNERSTONE COMMUNITY CHURCH

New Street/Main Street
 Sunday 10.30

Rev. Carole Marsden Tel: 22030

Rev. David Crouchley Tel: 20329

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
 Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5JQ
 Every 4th Sunday 1900

Sarah Woof Tel: 25212

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. Andy 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: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

Rev. Andy McMullon Tel: 20018

Rev. Christine Brown Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostraw

Rev. David Crouchley Tel: 20329

Rev. Carole Marsden Tel: 22030

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

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 | = | £2.50 |
| Postal per month Overseas | = | £6.00 |

All information to
 72 Main Street, Sedbergh LA10 5AD
 Closing Date 15th of every month.

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

*Last Advert Update August 1999
 Last Donation Update December 2009
 Last Postal Update September 2016*



BED & BREAKFAST

| Proprietor | Address | Phone (015396) |
|---------------------|--|----------------|
| 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 |
| 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 Lappin | The Malabar, Garths, Marthwaite, Sedbergh LA10 5ED (2017/05) <i>4D (ES); 2T (ES); TV; CH; L; P; NP; DR; VB; CW; TL</i> | 20200 |
| Mrs S Gold-Wood | Number Ten Main Street, Sedbergh LA10 5BN (2013/02) <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB; Free Wi-Fi</i> e-mail: sangold.kwood@virgin.net | 21808 |
| Mrs G Baines | Howgill View, 11 Bainbridge Road, Sedbergh LA10 5AU (2017/09) <i>2D; CH; L; NS; NP; VB; CW; DFB; Free WiFi</i> e-mail:- gill.durie@hotmail.com | 21510 |
| 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 (2017/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk | 20754 |

CAMPING, CARAVANNING & SELF-CATERING

| | | |
|--|---|--------------|
| Mrs Whitfield | Old Station Cottage. Station Road, Sedbergh LA10 5HP (2016/12) <i>Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage</i> www.oldstationcottage.co.uk | 20799 |
| Mrs A Bramall | Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i> | 20360 |
| Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09) | <i>Sleeps 2; D; CH; TVL; P; NS; DW</i> | 01969 667356 |

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

| Regular Events/Meetings | | | |
|-------------------------|---------------------|--------------------------|----------|
| 1000 | Every Sunday | Free Entry to Locals | FM |
| 1600 | 3rd Sunday | Messy Church | CCCN |
| 1000 | Every Monday | Wild Goose Qigong | CCCM |
| 1030 | Every Monday | Sedbergh Songsters | GH |
| 1730 | Every Monday # | Brownies | CCCN |
| 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 |
| 1430 | Last Monday | Tea & Company | CCCN |
| 0930 | Every Tuesday | Drop-in & Relax | MCD |
| 1300 | Every Tuesday | Howgill Toddlers | HVH |
| 1830 | Every Tuesday | Cub Scouts | SHQ |
| 1830 | Every Tuesday | Swimming Club | SS |
| 1930 | Every Tuesday | Bridge Club | WHC |
| 1400 | 2nd Tuesday | Killington WI | PH |
| 1400 | 3rd Tuesday | Sight Advice Sth Lakes | PH |
| 1930 | 3rd Tuesday | Ladies NFU | PH |
| 0830 | Every Wednesday | Sedbergh Market | JLCP |
| 1000 | Every Wednesday | Coffee Morning | CCCM |
| 1000 | Every Wednesday | Yoga for All | HVH |
| 1145 | Every Wednesday | Age UK Swimming | SS Baths |
| 1315 | Every Wednesday | Art Society | PH |
| 1730 | Every Wednesday | Sedbergh Juniors | PH |
| 1730 | Every Wednesday # | Beaver Scouts | 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 |
| 1830 | Every Thursday | Swimming Club | SS |
| 1800 | Every Wednesday | Yoga for All | SPS |
| 1400 | 1st & 3rd Thursday | Child Health/Baby Club | PH |
| 1430 | Every 2 weeks | Cameo Club | CCCN |
| 1430 | 1st Thursday | Afternoon Cream Tea | Duo |
| 1930 | 1st Thursday | Howgill WI | FCH |
| 1200 | 2nd Thursday | Age UK Lunch Club | Red Lion |
| 1915 | 2nd Thursday | Royal British Legion | WHC |
| 1930 | 2nd Thursday | Sed. Parish Council | PH |
| 1100 | Every Friday | Mindfulness Course | MCD |
| 1700 | Every Friday # | Barrel of Fun | StAS |
| 1800 | Every Friday | Cub Scouts | SHQ |
| 1930 | Every Friday | Scouts & Explorers | SHQ |
| 1330 | 1st Friday | Dentdale Club | DMH |
| 1000 | Every Saturday | Swimming Club | SS |

= School Term Time Only

See Group Page for contact details & Diary Page for Keys

PLACES OF INTEREST TO VISIT IN THE AREA

Bowling Green, Queens Gardens
Bruce Loch Nature Area, Busk Lane
Cautley Spout, A683 towards Kirkby Stephen
Community Office, 72 Main Street
Cornerstone Community Church, Main Street
Cornerstone Community Church, New Street
Cumbria Wildlife Trust, Community Office
Dent Heritage Centre, Laning, Dent *
Farfield Mill, A684 Garsdale Road *
Free to LA10 Residents on Sundays
Friends Quaker Meeting House, Brigflatts
George Fox's Quaker Pulpit, Firbank
Golf Club, Catholes, Sedbergh *
Information Centre, 72 Main Street
History Society, Community Office
Holme Working Farm, Middleton *
Holy Trinity Church, Howgill
Jubilee Wood Nature Area, Castlehaw Lane
Langstone Fell, A684 Garsdale Foot
Motte & Bailey Castle, Castlehaw Lane
Pepperpot Folly, Busk Lane
Picnic Site, Ghyllas, Cautley Road
Picnic Site, Settlebeck New Bridge
Play Ground, Dent Village
Play Ground, People's Hall
Play Ground, Maryfell
Queen's Gardens, Station Road
St. Andrew's Church, Dent
St. Andrew's Church, Main Street, Sedbergh
St. Gregory's Church, Vale of Lune
St. John's Church, Cowgill
St. John's Church, Firbank
St. John's Church, Garsdale
St. Mark's Church, Cautley
Sedbergh Embroidery, StAS
Tennis Courts, Guldrey Lane
Winder Fell, above Sedbergh

* = Entry Fee Applicable

DIARY OF EVENTS

Dates are held up to 13th October 2018.

Dates in **BOLD** are start & finish events.

Numbers in Brackets indicate Advert/Article on a Page.

Month in Bracket relates to issue that details last appeared.

OCTOBER

| | | | |
|----|-------------|--|-------------|
| 1 | 1030 | Craft Council Exhibition Ends (8) | FM |
| 1 | 1030 | Angharad Thomas Exhibition (8) | FM |
| 1 | 1030 | View Textiles Exhibition (8) | FM |
| 1 | 1030 | Village Art Exhibition (8) | FM |
| 1 | 1430 | Private Garnett Memorial Service (Sept) | StMC |
| 1 | 1430 | Harvest Thanksgiving Service (1) | StCC |
| 2 | 1000 | Lucy Pittaway Exhibition Ends | DCMH |
| 2 | 1930 | Harvest Thanksgiving Sale of Produce (1) | StCC |
| 3 | 1030 | Sky High Exhibition (8) | FM |
| 3 | 1930 | Nightmares in Norfolk | DCMH |
| 4 | 0830 | Sedbergh Weekly Market (11) | JLCP |
| 4 | 1000 | CM - Christian Aid (6) | CCCM |
| 4 | 1930 | HS - The Shap Stones (4) | SSAT |
| 5 | 1930 | WIHF - AGM | FCH |
| 6 | 1000 | Voices from the Land Exhibition | DCMH |
| 6 | 1400 | Dentdale Head to Foot | DMH |
| 7 | 1000 | Saturday Coffee Morning | DMH |
| 7 | 1930 | Flicks in the Fells - (7) | PH |
| 8 | 1100 | Monthly Meditation Drop-In (7 & 46) | MCD |
| 8 | 1845 | Casterton Harvest Festival | HTCC |
| 9 | 1930 | Gala Group AGM (9) | PH |
| 9 | 1930 | Community Trust AGM | PH |
| 10 | 1400 | WIK - Windermere's Lakeshore Villas | PH |
| 10 | 1930 | Bingo & Tattie Pie Supper | FCH |
| 11 | 0830 | Sedbergh Weekly Market (11) | JLCP |
| 11 | 1000 | CM - Ladies NFU | CCCM |
| 11 | 1300 | Medical Centre Closed for Training (11 & 67) | MC |
| 11 | 1915 | WID - Gift Wrapping | DMH |
| 11 | 1930 | WIS - Finding Voices | PH |
| 12 | 1200 | Age UK Lunch Club | Red Lion |
| 12 | 1915 | Royal British Legion (6 & 1) | WHC |
| 13 | 1930 | National Memorial Arboretum (6 & 1) | PH |
| 13 | 1930 | Night at the Movies (17) | SS |
| 14 | 0900 | Flu Clinic (11 & 67) | MC |
| 14 | 1930 | Olde Time Dance (ph) | PH |
| 15 | 1030 | Angharad Thomas Exhibition Ends (8) | FM |
| 15 | 1600 | Messy Church (15) | CCCN |
| 16 | 1900 | GriefShare (68) | Carnforth |
| 17 | 1930 | Ladies NFU St John's Hospice | PH |
| 18 | 0830 | Sedbergh Weekly Market (11) | JLCP |
| 18 | 1000 | CM - Firbank Church | CCCM |
| 18 | 1930 | HS - Liverpool Cowkeepers (4) | SSAT |
| 19 | 1330 | Casterton Recital | HTCC |
| 20 | 1930 | A History of Askrigg | DCMH |
| 21 | | SS Half Term Begins | |
| 21 | 1000 | Seeing the Light in Life (21) | StMC |
| 21 | 1000 | Bats & Beasties | DCMH |
| 21 | 1030 | Village Art Exhibition Ends (8) | FM |
| 22 | 1100 | Rugmaking Workshop | DCMH |
| 25 | 0830 | Sedbergh Weekly Market (11) | JLCP |
| 25 | 1000 | CM - Garsdale Church | CCCM |
| 28 | 1000 | Apple Day (28 & 29) | PH |
| 29 | | Clocks Fall Back | |
| 29 | 1000 | Bats & Beasties Ends | DCMH |
| 29 | 1030 | View Textiles Exhibition Ends(8) | FM |

NOVEMBER

| | | | |
|----|-------------|--|-------------|
| 1 | 0830 | Sedbergh Weekly Market (11) | JLCP |
| 1 | 1000 | CM - Bowling Club | CCCM |
| 1 | 1000 | Voices from the Land Exhibition | DCMH |
| 1 | 1030 | Sky High Exhibition (8) | FM |
| 1 | 1930 | HS - Boskin, Skelbuse & foddergang (4) | DMH |
| 2 | 1930 | WIHF - Christmas Crafts | HVH |
| 3 | 1400 | Dentdale Head to Foot | DMH |
| 3 | 1930 | Domino Drive | HVH |
| 4 | 1000 | Christmas Bazaar | DMH |
| 4 | 1930 | Flicks in the Fells - (7) | PH |
| 5 | 1100 | Monthly Meditation Drop-In (7 & 46) | MCD |
| 5 | 1430 | RCT Sedbergh & the Great War (54) | PH |
| 5 | 1730 | RCT Sedbergh & the Great War (54) | PH |
| 5 | 1930 | North Westmorland Arts Concert (Sept) | Appleyby |
| 5 | | SS Half Term Ends | |
| 6 | 1900 | SS Bonfire & Fireworks (46) | Busk Lane |
| 8 | 0830 | Sedbergh Weekly Market (11) | JLCP |
| 8 | 1000 | CM - Royal British Legion (6 & 1) | CCCM |
| 8 | 1915 | WID - AGM/Charades | DMH |
| 8 | 1930 | WIS - AGM & Jacobs Join | PH |
| 9 | 1200 | Age UK Lunch Club | Red Lion |
| 9 | 1915 | Royal British Legion (6 & 1) | WHC |
| 10 | 1330 | AS Stuart Gray | CCCN |
| 10 | 1900 | WID Family Quiz Night | DMH |
| 14 | 1030 | Sky High Exhibition Ends (8) | FM |
| 14 | 1400 | WIK - AGM Plus | PH |
| 14 | | RCT Rehearsals (54) | PH |
| 14 | 1930 | Church Domino Drive | FCH |
| 15 | 0830 | Sedbergh Weekly Market (11) | JLCP |
| 15 | 1000 | CM - Vacant | CCCM |
| 15 | 1930 | HS - Monasteries in Cumbria (4) | SSAT |
| 16 | 1300 | Medical Centre Closed for Training (11 & 67) | MC |
| 17 | 1930 | The Missing Bronte | DCMH |
| 18 | 1000 | FLOW with Qigong (7 & 46) | MCD |
| 21 | 1930 | Ladies NFU Kendal Chocolate House | PH |
| 22 | 0830 | Sedbergh Weekly Market (11) | JLCP |
| 22 | 1000 | CM - Vacant | CCCM |
| 23 | 1330 | Casterton Recital | HTCC |
| 24 | 1900 | HS Annual Dinner (4) | Golf Club |
| 25 | 1000 | AS Autonomous Workshop | CCCN |
| 25 | 1930 | The Joint is Jumpin' (28) | PH |
| 26 | 1900 | Symonds Family Cycle Rides (25) | PH |
| 29 | 0830 | Sedbergh Weekly Market (11) | JLCP |
| 29 | 1000 | CM - Vacant | CCCM |
| 29 | | Fiddler on the Roof (17) | SS |
| 30 | | St Andrew's Day | |
| 30 | | Fiddler on the Roof (17) | SS |

DECEMBER

| | | | |
|-----|-------------|--|-------------|
| 1 | 1000 | Voices from the Land Exhibition | DCMH |
| 1-4 | | Dent Folk Carols Weekend | Dent |
| 1 | 1400 | Dentdale Head to Foot | DMH |
| 1 | 1845 | Casterton Carol Service | HTCC |
| 1 | | Fiddler on the Roof (17) | SS |
| 2 | 1000 | Dentdale Chapel CM | DCS |
| 2 | 1930 | Flicks in the Fells - (7) | PH |
| 3 | 1930 | North Westmorland Arts Concert (Sept) | Appleyby |
| 5 | | Town Band Christmas Concert | StAS |
| 6 | 0830 | Sedbergh Weekly Market (11) | JLCP |
| 6 | 1000 | CM - Vacant | CCCM |
| 6 | 1800 | Late Night Shopping | Sedbergh |
| 6 | 1930 | HS - The Highland Clearances (4) | SSAT |

COVER PHOTO
 River Lune through Lowgill Viaduct
Dennis Whicker

| | | | |
|----|------|-------------------------------------|----------|
| 7 | 1930 | WIHF - Christmas Party | TBA |
| 12 | | WIK - Christmas Lunch | |
| 12 | 1930 | Ladies NFU Old Sedbergh | PH |
| 12 | 1930 | Christmas Domino Drive & Mince Pies | FCH |
| 13 | 0830 | Sedbergh Weekly Market (11) | JLCP |
| 13 | 1000 | CM - Vacant | CCCM |
| 13 | | WID - Christmas Lunch | TBA |
| 13 | | WIS - Christmas Dinner | TBA |
| 14 | 1200 | Age UK Christmas Lunch Club | Red Lion |
| 14 | 1915 | Royal British Legion (6 & 1) | WHC |



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printers

of

Sedbergh Lookaround

Stramongate Press Aynam Mills
 Little Aynam Kendal Cumbria LA9 7AH

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

DIARY KEY

| | |
|--------|---|
| AS | = Art Society |
| BF | = Brigflatts |
| BVH | = Barbon Village Hall |
| CCCM | = Cornerstone Community Church, Main St |
| CCCN | = Cornerstone Community Church, New St |
| CM | = Coffee Morning |
| CO | = Community Office |
| CTIS | = Churches Together in Sedbergh |
| CWT | = Cumbria Wildlife Trust |
| DCMH | = Dales Countryside Museum, Hawes |
| DCP | = Dent Car Park |
| DCS | = Dentdale Chapel Schoolroom |
| DMH | = Dent Memorial Hall |
| DMC | = Dent Methodist Chapel |
| FCH | = Firbank Church Hall |
| FM | = Fairfield Mill |
| GH | = Gladstone House |
| GVH | = Garsdale Village Hall |
| HS | = History Society |
| HTCC | = Holy Trinity Church, Casterton |
| HVH | = Howgill Village Hall |
| JLCP | = Joss Lane Car Park |
| 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 |
| SASL | = Sight Advice South Lakeland |
| StAD/S | = St Andrew's Church, Dent/Sedbergh |
| StJCC | = St Johns Church, Cowgill |
| StMC | = St Mark's Church, Cautley |
| SIC | = Sedbergh Information Centre, 72 Main St |
| SPS | = Sedbergh Primary School |
| SS | = Sedbergh School |
| SSAT | = Settlebeck School Academy Trust |
| WID | = Women's Institute, Dentdale |
| WIHF | = Women's Institute, Howgill & Firbank |
| WIK | = Women's Institute, Killington |
| WIS | = Women's Institute, Sedbergh |

Entries in Bold indicate more than one date

Month in Bracket indicates when information last appeared

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

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

for further details

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

Location of Defibrillators

72 Main Street ~ People's Hall ~ Fire Station

POLICE

101 or 999

Crimestoppers 0800 555 111

DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Ian Dawson,
Miss Katie McKay & Sarah Boom (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

Tel: 015396 20125/20504

www.sedbergh.org.uk

If you are an event organiser or accommodation
provider and you would like a listing on the
website, or if you are a local organisation and
want the website to carry information about your
activities, please email the Information and Book
Centre on office@sedbergh.org.uk."

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 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

MARKET DAY

WEDNESDAY

Last Page Update:

May 2017