

Sedbergh & District LOOKAROUND

November 2005

Issue 228

Donation 50p

Will contributors remember that the next Lookaround will be a bumper colour issue for December and January. Please submit your advert or article as soon as possible but by the latest, 15th & 19th November.

A continued thank-you to all contributors for their inserts and you, the reader, for obtaining and reading our local Newsletter which is still going from strength to strength every month.

Dennis, Jacky & John Whicker

Stalls Fibre Optic Sparklers Games Tombola

Home Made Soup Bran Tub

Mulled Wine Sweets Pop

Jacket Potatoes Toffee Apples

SEDBERGH
BONFIRE CELEBRATIONS
SATURDAY 5th NOVEMBER
People's Hall Playing Field

6.45pm GATES OPEN
7.00pm LIGHTING OF BONFIRE
7.00pm BEST GUY/PUMPKIN/TURNIP
7.30pm LIGHTING OF FIREWORKS

*** MASSIVE FIREWORK DISPLAY ***

ADMISSION: ADULTS £2.50 - CHILDREN UNDER 16 FREE
No Sparklers allowed ~ No Rubbish required

Steadman's Delicious Hot Food Stall



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

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788
e-mail: lookaround@whicker73.freeserve.co.uk ~ Web Site: <http://www.whicker73.freeserve.co.uk>

CHILDREN'S BIRTHDAYS NOVEMBER 2005



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

The recipient this month is:-
Jake Cowperthwaite who is

8 years old on 28th November

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



<i>Day</i>	<i>Name</i>	<i>Age</i>
3	Kobe CRESSEY	2
4	Jade COWIN	9
9	Iona STEPHENSON	6
9	Llana FEARN	11
11	Ben Sedgwick	8
17	Katie WOOF	7
18	James ABBATT	3
18	Robbie KENDAL	4
19	Sam FEARNHEAD	8
22	Ben FERGUSON	6
24	Melissa SPROUL	4
24	Jake COWPERTHWAITTE	8
25	Tom COOLING	11
27	Adam SCARR	11
30	Natalie MILBURN	11

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs C Cooper	Far End Farm, Garsdale Head, Sedbergh (06/10) <i>1F (ES); 1D (ES); 1T (ES); CH; L; TVL (Satellite) P; DR; VB; CB; CW; PetsW; NS; EM</i> e-mail: farendfarm@onetel.com	21906
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (05/11) <i>2D; (1ES, 1 Private Bathroom) CH; L; NS; DR; VB; CB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh (05/12) <i>1D; 1T; CH; L; NP*; P; DR; VB</i> e-mail:- antique.thurlby@amserve.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (06/02) <i>1D; 1T; 1S; CH; TVL; NSB; P; CB; VB</i> e-mail: sangold.kwood@virgin.net	21808
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (05/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> brantrigg@btinternet.com	21455
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (05/10) <i>2D; 1T; CH; TVL; NS; NP*; P; DR</i> e-mail:- susan@holmecroftbandb.co.uk	20754

CAMPING, CARAVANNING & SELF-CATERING

Moss Barn Holiday Caravan, Garsdale Road (05/10)	21567
<i>4-5 berth; full sized kitchen; shower; sep. WC; TV, NS, Dogs (up to 2) welcome</i>	

KEY

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

Lookaround Advertising Rates

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

All enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ
 Adverts by 15th of every month.
No adverts
by e-mail or FAX please
*Can all adverts please be
 accompanied with the correct money
 at the time of submission.*
 Articles etc. by 19th of every month

PERSONAL & SMALL ADS £1

FISHWICK

John and Marjorie thank family and friends for the lovely cards, good wishes, flowers and other surprises received on the occasion of their **Golden Wedding Anniversary**. It was a wonderful weekend! Donations for North West Cancer Research totaled £445. Love and thanks to you all.

WHALLEY/WHICKER

Congratulations Charlotte and John on your recent engagement, and best wishes for the future. Love from Mum and Dad. XX.

WHALLEY/WHICKER

To Charlotte and John. Many congratulations on your engagement. Nice One! All the best from David.

WINN

The family of the late Mark Winn would like to thank everyone for letters, cards and kind messages of condolence. Special thank to Cumbria Ambulance Service, Lance Forbes, also Officers and Cadets of St. John Ambulance Brigade, to Marks work colleagues including Steven Moore, and Canon A. Fell for his service. Sincere thanks to Doctor and Staff on Ward 5 and H.D. Unit at R.L.I., to all who gave donations so generously amounting to £740, finally to Brian Goad for his help and kindness with the funeral arrangements.

WOODHOUSE/JAMES

We would like to say a big THANK YOU to everyone who gave donations in respect of and competing in The Great North Run on September 18th. You helped us to raise £1,285, which has been divided between The Autistic Society and Mencap. Thank you for your generous support. Joyce and Liz.

W. MILBURN

As we are now giving up our Christmas Turkeys, we would like to 'Thank' all our customer's, over the last 40 years, for their valued custom.

FOR SALE

2' long Brass Antique Tiger £100 ono. Quantity of videos £1 each. Tel: 015396 21202.

BIKES FOR SALE

Blue Raleigh Sports for 4-7 years. Barbie Sports for 4-7 years. £25 each. Telephone 015396-20062.

FOR SALE

Upright Lindner Piano. Can be dismantled for removal and re-assembled. Open to offers. Telephone Sedbergh 22115.

FOR SALE

(N) Reg Citroen ZX 1.9 Turbo Diesel. C/L E/W S/R radio/cassette. 5 door. 12 months MOT. Lady owner. High (ish) mileage. OK for another 50K. Well maintained, good condition and excellent runner. £600. Sedbergh 21047.

PERSONAL & SMALL ADS £1

FOR SALE

BMX Stunt Bikes. Chrome frame, black rims £40. Front and back pegs. Cost £140 new. Sedbergh 20993.

FOR SALE

Word Processor. Canon Starwriter with instructions and extras £15. Telephone Sedbergh 20993.

FOR SALE

New Hen Cabin, 7' x 5'. Telephone Sedbergh (015396) 21771.

FOR SALE

Road Knight Mobility Scooter. 10 miles from new. Folds down to go in boot of a car. Pulls up hills. Was £1,650 new, will sell for £900. Immaculate. Sed. 21840.

FOR SALE

Some kitchen units for sale. Cream Linen. Sed. 21840.

FOR SALE

Matching Satin Veneer Cupboard on Chest 21½ x 52½ x 50 £210 - £230 & Chest of Drawers 19½ x 46 x 46½ £180 - £190. Small Display Cabinet for wall mounting 7 x 19¼ x 13 £75 - £85. Philips Midi Hi-Fi with 3 CD changer £100. For further details, contact Mrs Moran 015396 22013.

FOR SALE

Two seater sofa excellent condition. Dark green and gold in colour. Small wooden legs with brass casters on front legs. £100. Telephone 015396-20917 evenings.

FOR SALE

Oval mahogany dining table. Reproduction Regency on two pedestals with central insert. Will seat up to 8. £70
Six reproduction splat-back dining chairs with upholstered seat. £60
Large wall cupboard made from reclaimed yellow pine. 4 shelves. Approximately 1.5m high, 1m wide. Would suit farmhouse or barn conversion kitchen or dining room. £100
Single divan bed with guest bed that slides underneath when not in use. Hardly used. £150. Tel: 20360

URGENTLY REQUIRED

Two Bedroomed house in Sedbergh area. Required a.s.a.p. or early January at latest. Please contact 21095 or 20816.

HOUSE TO LET

Three bedrooms with private parking in The Laning, Dent. For details telephone 015396-25352.

WANTED

5 Berth Touring Caravan - Must be in good condition. Please contact Tel no. 01524 781081

PEOPLE'S HALL

per session

Committee Room £6 (inc. heating)

Main Hall (*daytime*) £9

Main Hall (*evening*) £20

(£35 for functions with bar serving alcohol)

Regular bookings may attract discount

Changing Rooms can be booked

Bookings: Sedbergh Office Services

13 Kings Yard, tel. 20788

SEDBERGH PARISH COUNCIL

From the minutes of 31st August

GUEST SPEAKER -

Liz Rice -Reminiscence Quilting Project

Ms. Rice is a textile practitioner and intends to set up a community reminiscence quilting project with the residents of Gladstone House. The residents will be filmed talking about their lives and then the memories will be turned into fabric pictures depicting scenes from their lives. Farfield Mill has offered open work space and an exhibition.

An application for £4,740 will be made to Awards For All and this application has to be made in the name of the Parish Council and funds will be channelled through the Council. A sewing machine

and digital camera will be purchased for future community use.

It was agreed that the Parish Council would support this project and wished Ms. Rice every success.

Nicola Packham and Helen McFadden - Playground Playgroup

The work on the new playground is now complete and the Chairman expressed the thanks of the Parish Council for all the hard work that the playground committee had put in to make the playground such a success and an asset to the community.

The only problem is shingle getting onto the play surface from the drive down into the field. It was agreed that surplus earth on site could be used to stop this.

Police Report - Dennis Whicker advised that there were no major problems to report. The issue of cars speeding down Back Lane was raised and the police will keep a watch on this.

JOSS LANE CAR PARK

Details of the costs of running the car park and the revenue have been received from SLDC and these were considered. Questions were raised as to why SLDC wanted to dispose of this and how the Parish could run it profitably if SLDC were unable to run it profitably. Also what would be the fate of the market as no mention was made of this.

It was agreed that the Parish Council was not interested in taking over this at the rental proposed by SLDC. Concerns were expressed that this might not be a viable project for the Parish to run and it was felt that this was a service that the district council should continue to provide for the town.

HIGHWAYS

Work has been carried out on the

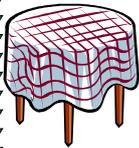
Table Top Sale

Dales United FC

Saturday 5th November

At Peoples Hall from 10am

Tea, Coffee and Sandwiches



Tables £6



To Book your Table Please Phone

Julie Lowther 21007

Tina Cowin 21643

Donations Welcome

Take a closer look



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Cautley Road but concern was expressed at the poor standard of workmanship.

Various defects were reported including - Settlebeck Corner a new sign has been erected but old one not removed, Buck Bank Lane pothole, road outside Thornsbank still in a very poor state, crossings on Main Street need urgent attention.

Hedge cutting on the roads has started but the comment was raised that it was not cut high enough to accommodate larger vehicles.

Various street name signs are missing around town and efforts should be made to get them replaced.

Complaints were received about parking along Howgill Lane during a recent fell

race. Next time permission is sought to hold a race the organisers should be asked to organise parking better and no parking should be permitted on Howgill Lane.

PLAYING FIELDS

It was agreed that we wished to continue to maintain the present regime of professional maintenance so that continuity could be maintained.

QUEEN'S GARDENS

Cllrs Blair and Gerrard had been on a visit to the gardens and reported that they were looking overgrown and neglected. The fallen tree has still to be removed as Sedbergh School unfortunately do not have the right equipment to remove such

(Continued on page 8)



MEADOWSIDE CAFÉ-BAR

The Laning, Dent
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of Speciality Teas

Fish & Chip Suppers

Friday 11th November
festive Chip Night 9th December
Friday 14th January

a large tree. Quotes will be sought for this job which is likely to be expensive. Paul Wilkinson, the Park ranger, will be asked if he can provide any help. It was agreed to have a meeting in the Park to discuss the way forward. The park is an asset to the town but needs to be used more.

TOWN TWINNING

The Highways department have been asked to provide signs to show that the town is twinned with Zrece. They will survey the present signs and submit proposals for our approval but we may have to make a contribution towards the cost of any new signs.

The Mayor of Zrece will be coming to visit at some stage and it was agreed that

the Parish Council should support this visit and provide financial help towards the cost of entertaining the visitors.

ELECTORAL REVIEW

This is underway for district council representation. Sedbergh is over represented but can't be split. There are two main options either Barbon and Casterton would be moved into the Sedbergh ward or to have 3 representatives for the whole Sedbergh and Casterton area. It was felt that this was a matter for SLDC.

PLANNING

Planning applications were considered as follows:

FPP Erection of 2 storey extension at 12 Woodside Avenue, Sedbergh

<p><i>Concern about the effect on neighbouring property and also that his will take the house of affordable housing range.</i></p> <p>FPP extension to bunkhouse barn to provide laundry, stores and showers at Castlehaw Barn, Castlehaw Farm</p> <p style="text-align: right;"><i>We support</i></p> <p>FPP erection dwelling to replace existing building at the Old Telephone Exchange, Cockle St.</p> <p style="text-align: right;"><i>Application to be withdrawn</i></p> <p>Planning decisions were received as follows:</p> <p>FPP change use from light industrial to retail/storage as bookshop at Leisure House, Long Lane</p> <p>FPP Erection 2 storey extension at Cragg Lea, Guldrey, Sedbergh</p> <p>LBC to rebuild gable end of barn at</p>	<p>Uldale Farm, Ravenstonedale</p> <p style="text-align: right;"><i>Granted</i></p> <p>FPP erection extension to porch and bay window at 15 Fairholme, Sedberg</p> <p style="text-align: right;"><i>Granted</i></p> <p>FPP conversion of garage to kitchen and store, former kitchen to be used as dining room at 16 Rawthey Gardens</p> <p style="text-align: right;"><i>Granted</i></p> <p>The National Park Authority has appointed 3 new Planning enforcement officers and the officer for our area is Mr. Bill Crosby who will be based in Bainbridge.</p> <p>Also the planning officer has recently met with SLDC (Mr. Whittaker, Housing Section) with regards to affordable housing in Sedbergh. They are currently working together to try and identify sites for affordable housing.</p>
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A TOUCH OF ELEGANCE

(of Rothbury, Northumberland)

LADIES CLOTHING EVENT

Classic Styles & Quality Makes
for the Discerning Individual
on sale at

The People's Hall
Sedbergh

Wednesday 9th November
10 am until 3 pm

*LADIES SKIRTS, SUITS, COATS,
JACKETS, DRESSES, ETC*

**ALL ITEMS ARE OF THE HIGHEST QUALITY
AND INCLUDE ITALIAN KNITTED SUITS
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CUMBRIA WILDLIFE TRUST

Hedges

What is a hedge? In modern parlance, it may be defined as “a sustainable field boundary”. At the other end of the sustainable series come wire fences which must be replaced relatively frequently, followed by wooden railings, and then walls. The materials of walls – the stones – last indefinitely, but requires skilled work to repair fallen “gaps” from time to time.. Obviously, these other types of boundary must be used where hedges will not grow; hence the prevalence of walls on the higher ground around Sedbergh.

Fortunately hedges have advantages additional to functioning as field boundaries; they are a veritable haven for wildlife! Much of their value for wildlife depends on their species diversity and how they are maintained. If hedges are to provide their primary function of providing stock-proof barriers between fields, hedges, like walls, require skilled

management. Left to themselves, they would turn into rows of trees and sprawling bushes. The aim is to keep hedge growth dense and thick from ground level to a height of a few feet. Tall growth beyond that gives shelter for stock. Traditionally this aim is achieved by “laying”. At intervals of several years, the tall stems are cut almost through as low down as possible and then bent down horizontally. Stakes keep the laid stems firm. The sides and top of the hedge are then trimmed. However, many farmers now use time-saving tractor-mounted cutter bars to trim the tops and sides of their hedges – more in the style of garden hedges.

Many hedges, especially those dating from the 18th century Enclosure Awards and more recently, are composed mainly of hawthorn. Older hedges, whatever their original composition, comprise a greater range of woody species. Some hedges are “ghost woods”. These originated as narrow strips of woodland left between fields carved out of national forest. Others contain whatever species happen to have seeded in among the planted material.

Thus, there may be a wide range of trees, such as Oak, Sycamore, Ash, Rowan and Alder, some of which may have been allowed to grow up into hedgerow trees. There will also, of course, be shrubby species including Hawthorn, Blackthorn, Elder and Bird Cherry (Heg). The herbage in the hedge bottom depends largely on the nature of the soil, the aspects of the sides of the hedge and whether it is set on a bank or level with the adjacent field, with or without a ditch. Primarily, this herbage



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comprises woodland and woodland edge species, including ferns and mosses and flowering plants ranging from grasses to the familiar Primroses, Wood Anemones and Violets. Less common species may include Moschatel and Herb Paris, Giant Bellflower and Melancholy Thistle flourish in the lea of hedges on some road verges. Additional to this variety of species, where hedges are laid, there is beneficial structural diversity, the range of growth stages embracing close dense areas, mature trees and tall stems.

All this floral and structural diversity is complemented by a rich fauna. Birds use hedges as food (berries and seeds), song posts (tall sections) and safe sheltered nesting and roosting places (dense growth). Mammals, mainly rodents, but also shrews and squirrels, feed on berries and seeds and use hedges as safe refuges and highways. Invertebrates frequenting hedges are legion. Apart from being valuable food sources for fellow hedge-dwellers, hedges are vital to invertebrates for their own lives. They range from butterflies and moths, notably the Small Ermine Moth whose caterpillars defoliate Heg (apparently without harm) year after year, to bumble bees feasting on Hawthorn nectar, and nesting in nooks on hedge banks. Earthworms, snails and innumerable other species are also present.

Clearly, therefore, hedges play an important part in the conservation of nature. Fortunately, management of a hedge for its primary purposes need not conflict with management favourable to wildlife. A well-laid hedge provides shelter for stock as well as a home for plants and animals. In the ordinary way,

only a proportion of a hedge's length will be laid in any one year, so all stages of growth will be present in the hedges on a single farm. Avoiding herbicide spray damage of hedge banks will protect the flora and keep the bank strong by the presence of living roots holding the soil together.

Happily a hedge's value for conservation has been recognised locally with several individuals and organisations planting new hedges or augmenting existing ones which have become damaged or thinned. Autumn is a good time for this warming activity and support and advice is available from the Cumbria Wildlife Trust at their headquarters at Plumgarths, Kendal. 01539 816300. HG

We invite you to join our launch, celebrating completion of the:

LOCAL ACCESS PROJECT

An initiative of Sedbergh and District Community Trust supported by Yorkshire Dales National Park Authority and Voluntary Action Cumbria

Date: Friday 11th November
Time: 2pm until 4:30pm
At: Community Office

To include:

- Introduction to the project
- Display
- Stroll along Access paths (weather permitting)
- Buffet and Drinks

WANTED!

Have **YOU** Got Any Old Singers That Have Lost Their Voice?

No, I don't mean the 'doh, ray, me' type of Singer (see David Burbidge if you have a problem on that score!). More of the 'sew, ah, tea' is what is needed here.

Dales resident, Sylvia Crookes, was first prompted to start collecting machines and tools by a friend in Bradford who had become involved with a charity.

'**Sew**': she put an article in the local Wensleydale Newsletter, asking for Singer sewing machines – and got two delivered to the front porch of her Bainbridge home!

'**La**'-ter, Sylvia began collecting tools and computers, as well as sewing machines.

Since then, Sylvia has sent over 90 machines and dozens of tools.

She says:

"Dales people are very generous and I must have got a sewing machine or a tool from just about every house in the



St Andrew's Church
Christmas Fair
 Saturday 12th November
Peoples Hall
11am—2pm
 Admission 50p
 Lunches, Cakes, Gifts etc

(Wensleydale) area.”

Any old Singer sewing machine, working or not, can be put to good use by the 'Tools For Self-Reliance' team.

The charity, who take all kind of tools and machinery (see the list below), refurbish them, compile them into kits and ship them off to Africa. Once there, the kits are not only distributed by TFSR, but villagers are taught to use and refurbish them, and so become self-reliant.

'**Tea**': Quite often, Sylvia will be offered a sewing machine or tools by someone who is unable to deliver it, but welcomes her visit as a social occasion to drink tea and chat about the previous owner of the tools or machine. She has been called upon to give talks to WIs, lunch clubs and other organisations, which usually result in a busy period for the porch!

Sylvia came recently to give a talk to the combined Garsdale Ladies and Mothers Union groups, which has sparked enthusiasm for a satellite collection point in Sedbergh to take up offerings from the Sedbergh, Dent and Garsdale areas.

'**Do**': have a **Lookaround** to see if you

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have anything to add to the collection!

As Sylvia says: "We can't all give money, but most people have unwanted tools or a sewing machine gathering dust in the shed or attic".

Tools For Self-Reliance welcomes: round-bobbin Singer hand and treadle sewing machines (working or not), fully-working modern electric sewing machines (zig-zag), good quality tools, including anvils and blacksmithing equipment, large woodwork vices, metric taps and dies, arc welders, hand-operated pillar drills, metal triplanes and jackplanes, mortice chisels, hand-operated bench grinders, good quality carpentry, metalwork and leatherwork tools, metric rules, tapes, spanners and sturdy spades and shovels. It cannot use imperial-sized tools, gardening tools, domestic electrical tools, hardpoint saws, broken or worn out tools. The project activities include shipment and refurbishment of tools, training need

assessment, and general and occupational educational sessions for artisans. It is hoped to enhance the quality and efficiency of production and maintenance, and enable them to supervise and train workers with lesser skills.

The charity web-site is found at: www.tfsr.org.uk. Mrs Crookes can be contacted on 01969 650525. Please bring all contributions to the collection point at the Community Office in Sedbergh.

G B Building Services

Condor Barn, Dent, Sedbergh LA10 5QT

Tel: 015396 25433

Mob: 07778874855



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Roofing, Plastering Contractors*

WINTER WARMERS

We all want to be warm in winter, especially at home, but we must avoid tragedy”, warns Tom Donnelly of Cumbria Fire and Rescue Service, who is the Group Manager for Sedbergh and surrounding area. “Some people end up misusing badly maintained appliances which could easily start a fire and cost lives. Dusting off an ancient electric fire from the attic or pulling out an old electric blanket may not be good enough if you want to be safe and warm. Each year in the U.K. over 1000 fires are caused by electric blankets and some of these result in death and injury.”

“When you buy an electric blanket, make sure it carries the British Electrotechnical Approvals Board

(BEAB) or the British Standard BSEN 60967. Keep electric blankets dry and flat and have them serviced every two to three years by the manufacturer. If neglected, electric blankets will become a serious risk. Always follow manufacturer’s instructions.”

“Never use an electric over-blanket under you or an under-blanket over you. Switch off the under-blanket before you get into bed and unplug it. Some over-blankets may be safely left on - check the instructions.

“Have your blanket inspected at least every three years by the makers or more often if they recommend it. Some local councils also provide this service free or at a nominal cost.”

“Heating appliances don’t go on

The Swan Inn & Restaurant

015242 76223

A delightful Country Inn Since 1590 on the A683 midway between Sedbergh & Kirkby Lonsdale

Cumbrian Real Ale Guide 2005



A choice of nearly 40 meals to suit all tastes.
including Vegetarian

Christmas Menus now available and bookings being taken

Beautiful Large Beer Garden with Children’s Play area

3 Course Sunday Lunch £8.95

Booking advisable

Winter Opening Hours

Tuesday to Friday	12 noon to 2 pm	Food Served
Tuesday, Wednesday & Friday	6 pm to 11 pm	Food Served till 9pm
Saturday & Sunday	Open All Day from 12 noon	Meals served all day

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forever,” he says, “they need regular maintenance and proper care to avoid becoming dangerous. Many people think that having a fire is something that won’t happen to them. Unfortunately, firefighters know differently, we see people who suffer because of house fires. We want people to take just a little more care to prevent typical winter fires involving heaters.”

* Electric heaters must be fitted with the right fuse, which should be stated in the manufacturer’s guide. The guard must prevent children or clothes coming into contact with the heating source. Cables should not be frayed or damaged, and don’t lay them under rugs or carpets where

they can be walked on and damaged. Don’t trail the leads across the floor where someone may trip over them and pull over the fire at the same time. If you find any damage, or aren’t sure about the fuse or wiring, get a qualified electrician to advise you.

* If you have central heating, ensure the boiler is regularly serviced.

* Chimneys used for open fires need regular sweeping to prevent a build-up of soot which can easily catch light and may spread inside the roof.

* Paraffin heaters also need to be thoroughly cleaned and the wick checked and trimmed. Be very

(Continued on page 16)

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careful when filling, doing so in the open air to avoid a build-up of fumes. Once lit, don't move the heater or top up the paraffin. Wipe up any spills and change clothes if they become soiled with fuel. Be careful to let fumes escape safely from wiping cloths.

- * Portable gas heaters should be well maintained and checked over by a qualified gas engineer periodically.
- * If a leak of gas is detected all naked lights and cigarettes should be extinguished, the cylinder should be turned off at the main valve and removed to the outside. The heater should then be serviced and repaired.
- * Cylinders should be changed in the open air if possible.
- * Spare cylinders should be stored outside, protected from frost and direct sunlight.
- * All portable heaters should always be secured in position to prevent them

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 2nd November

652 Horseshoes and some Old Clout
Kirkby Stephen in 17th Century

Mrs Margaret Gowling

Wednesday 16th November

Ruskin's Legacy

The Rev'd Canon David Peacock

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

EVERYONE IS MOST WELCOME TO ATTEND ANY
OR ALL OF OUR LECTURES

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Secretary: Diane Elphick 20605
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Member Sec: Richard Cann 20771

accidentally being knocked over when in use.

- * Always use a fireguard and never leave a heater unattended, especially when there are children about. A child's skin is very sensitive to heat. Children should not be left in a room with an unguarded fire.

"Many people think that the noise of a fire and the smell of smoke will alert them, but it doesn't always work out that way. In fact, if a fire starts while you are asleep, the effects of the smoke could mean that you would never know a thing about it. Unless of course you have a smoke alarm which we would strongly recommend."



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SEDBERGH PRIMARY'S BOOK WEEK

Sedbergh Primary School enjoyed a 'hair-raising' time during National Book Week, 3rd -7th October.

Penny Dolan - a children's author and storyteller, known for her hair-raising tales, spent a day in school telling stories and sharing her story-writing tips.



Parents and members of the community were also invited into school to read extracts from their favourite children's book to individual classes.

Each class also took turns to write a chapter for a whole school story entitled 'The Incredible Adventure'. They amazed everyone with their fantastic imaginations!

The week culminated with a spooky fancy dress parade in the school hall. An enjoyable time was had by all, and a big thanks to everyone who participated.

**AGE CONCERN
SOUTH LAKELAND**

ADVICE SURGERIES for people aged 55+, and their carers

Age Concern South Lakeland is an independent local charity which works on behalf of local older people (those aged 55 and over, and their carers). The aim of the charity is to offer help and support to older people living throughout South Lakeland to enable them to retain their independence.

The charity offers a wide range of services, which include Information, Advice and Advocacy as well as Day Care, Social Lunch Clubs and Bereavement Counselling. The charity is looking to develop a more proactive local service in Sedbergh, Dent and Cowgill by

setting up regular local surgeries (or Community Hubs) at which residents can get help on any issue which is causing them concern. The idea of the surgeries would be to provide a “one stop shop” for Information, Advice and Advocacy, at which people could access the help they need either directly through Age Concern’s services, or be helped to contact those other agencies which could provide the support that they need. Age Concern would be able to help the older person by listening to the issues, helping people identify possible courses of action and agencies who would be able to help. Once possible solutions have been identified, the person is able to choose the action they would like to take and, if the person wants them to, Age Concern



Sedbergh Community Development Centre

*** Courses for November ***

***** Create Christmas Cards on Your PC ***** A fun workshop learning how to make your own cards! Add photos, graphics and text. Saturday 12th Nov 10 - 1pm

Introduction to IT - Spreadsheets: Create home accounts, membership lists etc using Microsoft Excel. Monday 28th November, 7 - 9:30pm, 4 weeks

Advanced Photoshop - Tips & Tricks: Getting the most out of your digital pictures using Adobe Photoshop. Wednesday 2nd November, 7 - 9:30pm, 6 weeks

CLAiT Advanced with Chris Wood

This is where computing gets really useful! Learn advanced Spreadsheet, Database and Word Processing skills and stretch your knowledge. Great for work & business. Take any subject individually, or all 3 to gain full qualification.

Tuesday 8th November, 7 - 10pm, 3 x 10 weeks

Felt Making One Day Workshop with Liz Rice

Slippers, hat, bag or cushion-come and spend a fun and productive day making a truly unique gift for Christmas from your own hand made felt. No skills required.

Saturday 19th November, 10am - 4:30pm

Floral Designs for Christmas

Join Gillian Rowlinson to learn how to create fantastic floral designs for the festive season.

Thursday 3rd November, 7 - 9pm, 7 weeks

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& sometimes composed
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can help the older person take action to achieve the choice they have made.

So what is Information, Advice and Advocacy?: These three elements of our surgery service are really part of a continuum which, through up to date and accurate information, helps people to see the issues clearly and thus enables solutions to be identified. Choices are then possible and the advocacy service can help people argue their case either themselves, or with the support of a skilled worker who can act merely as an independent witness, or take a more proactive role in representing the wishes of the older person. We define the three terms as follows:

Information: The answer to a question which can be provided verbally, over the telephone or face to face at our surgeries, or by sending out written information to a client. If this is all the client needs he/she is left to interpret the information, and to act upon it without further input from Age Concern.

Advice: is offered where the client would like help to interpret and understand the information, and to identify possible ways forward with their problem. We can help clients to determine what to do next,

though the actual decision about what is to be done is made by the client.

Advocacy: is available where a client has (with or without help from Age Concern) identified what he/she would like to do to tackle the problem. Age Concern South Lakeland can help the client put his/her case and to ensure that their wishes are heard, and taken notice of, by the agencies/individuals involved in the issue. This might involve writing or speaking to people with, or on behalf of, the client. We are also able to stand by, or represent, the client at meetings or in other forms of dispute resolution. Examples of agencies might include private firms (consumer issues) or public authorities such as Social Services, Health Care (eg. Doctors / Hospitals etc), the Dept for Work and Pensions, South Lakeland District Council ... or any other agency with whom a client needs advocacy help.

Our Information, Advice and Advocacy team is made up of experienced advisers with the following specialisms:

- **Welfare Benefits.** Dave and Jane, our Benefits Advisers, offer financial health checks to ensure that older

(Continued on page 20)

Mobile & Home Based Beauty Therapy

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Eye Treatments

Manicures

Pedicures

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Janine Zanetti M.I.F.H.B.

Tel: 015396 25027

Mobile: 07815 447391

people are receiving all the benefits due to them. Should we find that a client is not in receipt of a benefit we, with their permission, will:

- Apply for the benefit on their behalf
- Fill in the form with them
- Send it to the Benefits Agency
- Deal with any appeal should it be necessary.
- Our Welfare Benefits advisers have helped older people access over £3.9 million in benefits in the past three years ... benefits which otherwise would not have been claimed!
- **Nursing and Residential Care.** Jenny Mitchell is an expert on the Care Homes in South Lakeland and

neighbouring areas. She is available to advise clients who are contemplating the move from independent living to care. She can advise on suitable homes, arrange accompanied visits and advise on funding, top up payments and other issues to do with the whole complex processes involved. She is also able to offer advocacy support to residents within care homes.

• **Advocacy.** Dave Thomson is our specialist advocate and has worked with, and on behalf of, many older people in South Lakeland on an extremely wide range of issues such as planning applications / neighbour disputes / paying for care / family

- abuse / problems with solicitors / complaints against social services and health care / public transport issues / public liability claims, and many others. We are able to offer advocacy help to any older person who is unsure how to proceed with an issue and who needs help and guidance in a dispute.
- **General Advice.** Judy Kilty offers information and advice on a very wide range of topics, not covered in other specialist areas. Before coming to Age Concern, Judy worked for the CAB and is a highly skilled adviser. Judy can help with a range of issues facing older people including health care / housing / family / help at home / education and leisure / travel / consumer issues and any other issue with which an older person needs help.
- **Telephone Information** can be obtained, from Hilary Wilson or Susan Rimmer, by ringing **01539 728180**. Hilary and Susan hold a mine of information and are extremely willing to talk things through and, if necessary, will pass you on to the appropriate specialist adviser.
- Our **Drop In Resource Centre** is available for those visiting Kendal and who wish to call in to research the information they need in a supportive, assisted environment. We invite older people, and their carers, to call in at our Finkle Street premises and to have a cup of coffee, talk to our advisers, research the

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information they need and to “surf the net” ... all with assistance from experienced advisers and trained volunteers, should they be needed.

We are looking to establish a regular “Community Hub” surgery in Sedbergh, perhaps once a week at first, and to establish a similar surgery in the Dent/

Cowgill area on a monthly basis. We are also looking for volunteers, either individuals or professional agencies, who could provide information about, and act as access points to, our services.

Contact made in our surgeries will be fully supported by our normal home visiting service, bearing in mind that the bulk of our information, advice and advocacy work is carried out in people’s homes.

For further information about our services, or to contact us directly about a problem, or for dates and venues of our surgeries (as they become available) please ring our **HELP LINE** on **01539 728180**

*Jeremy Richardson,
 Information Services Manager*



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SLOVENE CAROLS SINGERS COMING TO SEDBERGH

You would be forgiven if you thought that the Slovene singing which will ring out in Dentedale over the first weekend in December is an echo of the splendid singing we were fortunate to hear in May and August - that's because the acapella harmony quartet from Zrece who are visiting our Folk Carol Festival is called Echo in Slovene: Odmev.

The four singers - Marjan Hren, Ivan Smogavec, Milan Gricnik and Alojz Smogavec - have been singing together for five years. "We were all singing in different choirs and realised that we had a common love of Slovene folk carols," says Marja. They also sing Slovene

liturgical songs and drinking songs - so they will be in good company with the British folk carollers who include our very own Cautley Carollers, Howgills Harmony, The Gladly Solemn Sound and a choir from Edinburgh, Harmonise.

The weekend will include many English Folk carols as well - some of which have been sung in these valleys for centuries - and there are workshops to learn how to sing them, which are very well attended so don't worry if your fear is of having to sing on your own!

The West Gallery Carol workshop (18th and 19th century country church music immortalised by Thomas Hardy) includes several musicians from Sedbergh who will be playing the harmony parts on their

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instruments making them easier to learn (other players are also welcome - music can be sent in advance), as well as occasional instrumental breaks! In the Saturday morning workshop I will teach rousing old carols which are easy to learn by ear - some of which originated as dances.

Our Slovene friends will be teaching their carols in the Dent Youth Hostel on Sunday morning, as well as performing in the Dent concert alongside The Gladly Solemn Sound on Friday evening - everyone is welcome to any, or all the events, whether to sing or just to listen.

I hope you can join us, and wish you all a very merry start to the season.
David Burbidge, Farfield 015396.21166
and davidburbidge@hotmail.com

QUARTET ODMEV

Singing quartet Odmev (echo) is acting for 5 years. The members of Quartet Odmev are singers of average age 45 years. We're all in love with Slovene folk carols. After many years singing in different choirs and music groups we met and found out that we have something very similar in our hearts. So we started to sing together.

In our repertoire the Slovene love folk

carols are the majority, the next are Slovene drinking songs, folk carols from our region and some Slovene liturgy folk songs.

The members :

Milan Gricnik – 1. tenor
Marjan Hren - 2. tenor
Ivan Smogavec – baritone
Alojz Smogavec - bass

We are very thankful to KUD Vladko Mohoric who kindly invited us to present Zrece on annual singing event in Sedbergh England. We have many public appearances behind us, but this will be first time for us in England. If you decided together for us we will send you some pictures from our gallery and 1 or 2 copies (songs) with our singing.

Marjan Hren



A SEDBERGH VIEWPOINT

It fascinates me how we adjust to the changing seasons and passing years without really noticing what is happening to us. We accept changed lifestyle in the different seasons and we accept our increasing age because each day is rather like its yesterday. We have to stretch our memories to appreciate the long sunny days of summer at this time of year in the same way that we have to stretch our memories to think of our childhood and remember that we aren't as agile as we once were.

The beginning of the year seems a long time ago but I have happy memories of good days out in lovely Spring and Summer weather. I think we do tend to remember good times better than the bad

times though I'm sure we all remember the January gales and floods. I do have a note in my diary of some rotten weather in June, but for the note I wouldn't remember it.

Overall November stands out in my memory as tending to be generally a dull and miserable month with not a lot going for it – best to get it done and over with. The Diary of events in Sedbergh and District in last month's *Lookaround* was pretty thin for November if you take out all the regular monthly meetings of WIs and local societies. (It might have grown a bit for this edition). November seems to be a respite before the rigours of December and its Christmas preparations.

So far in this item I've done much remembering, and, of course, early

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Cumbria Tourist Board talk on marketing 11:30am

Homemade lunches Tea & coffee*

Further information 015396 21031 Sedbergh CDC

Sedbergh CDC & Sedbergh Book Town Ltd present
highlights rural touring scheme

Appalachian Roots.

Fiddles & Feet, Banjos & Ballads!

An old time music and dance variety show from North Carolina and beyond. Performed by Ira Bernstein & Riley Baugus. Riley's singing features in the film "Cold Mountain".

Come & join the Hillbillies!

**Friday 25th November at 7:30pm,
 People's Hall Sedbergh**



Tickets: Adults £5, Concessions £3, Family £15
 Bookings (Sedbergh Tourist Information)
 015396 20125

our nation's history of times of war and religious intolerance, and this year both Remembrance Sunday and Guy Fawkes Night are significant anniversaries. 2005 marks the 60th anniversary of the end of World War II and the 400th anniversary of the night when Guy Fawkes attempted to

November 5th, 1605. Whilst we remember the former with respect we enjoy the latter with our fireworks and bonfires perhaps forgetting its historical significance. After Queen Elizabeth I died in 1603, English Catholics who had been persecuted under her rule had hoped that her successor, James I, would be more tolerant of their religion. James I had, after all, had a Catholic mother. Unfortunately, James did not turn out to be more tolerant than Elizabeth and a number of young men, 13 to be exact, decided that violent action was the answer. Indeed, the thing to do was to blow up the Houses of Parliament. In doing so, they would kill the King, maybe even the Prince of Wales, and the

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 Prompt Start at 7:00pm
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(Continued on page 26)

Members of Parliament who were making life difficult for the Catholics. Today these conspirators would be known as extremists, or terrorists. Guy Fawkes was the one who was caught under the House of Lords with 36 barrels of gunpowder, but all who had participated in the plot were eventually caught one way or another and killed. Those who survived capture were executed publicly in March 1607. They were "hung, drawn, and quartered", a brutal practice which the authorities hoped would instill terror in other potential traitors.

In this country life is very different now to both 400 years ago and even 60 years ago – hopefully for the better. We remember and celebrate that this month.

If the Editors allow I would like to end with a couple of poems.
Best wishes,

N. Hastle.

Remember, remember the fifth of November,
Gunpowder treason and plot.
We see no reason
Why gunpowder treason
Should ever be forgot!

Guy Fawkes, guy, t'was his intent
To blow up king and parliament.
Three score barrels were laid below
To prove old England's overthrow.

By god's mercy he was catch'd
With a darkened lantern and burning
match.

DISCO

People's Hall

Saturday 26th November 10 pm till late

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So, holler boys, holler boys, Let the bells ring.
Holler boys, holler boys, God save the king.

And what shall we do with him?
Burn him!

In Flanders Fields by Major John McCrae, May 1915.

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place: and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

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CHRISTMAS CHARITY SALE

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We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep,
Though poppies grow
In Flanders Fields.

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BONFIRE NIGHT SAFETY

Fireworks

“Fireworks are dangerous and can be lethal” is the message from Tom Donnelly of Cumbria Fire and Rescue Service, who is the Group Manager for Sedbergh and surrounding area.

“The utmost care is necessary in their storage, handling and use, whether you are organising a display for the family, friends or the general public. **Cumbria Fire & Rescue Service** wants you to have a safe event - by following some simple do's and don'ts risks can be greatly reduced.”

DO'S and DON'TS

- Keep fireworks in a closed metal box and take them out one at a time.
- Follow the manufacturer's instructions on each firework. Read them by torchlight - NEVER a naked flame.
- Light fireworks at arms length using a safety firework lighter or fuse wick.
- Stand back after lighting.
- NEVER go back to a firework once lit - it may go off in your face.
- Keep a bucket of water handy.
- Used fireworks should be collected after the display with care. Douse with water, bury or place in a metal container.
- Keep children under control. (see BONFIRES below)
- Keep pets indoors

BONFIRES

Bonfires present additional hazards when it's dark.

DO'S AND DON'TS

If you must light a bonfire, in connection with a fireworks display, then:

- Site well away from houses, garages,

sheds fences, overhead cables, trees and shrubs AND ALWAYS AWAY FROM FIREWORKS.

- Before lighting the fire check that no pets or children are hiding inside it.
- Build the stack so that it is stable and will not collapse outwards or to one side.
- NEVER use flammable liquids - paraffin or petrol - to light the fire.
- Don't burn foam-filled furniture, aerosols, and tins of paint or bottles.
- Keep everyone away from the fire - especially children, who must be supervised all the time.
- For an emergency keep buckets of water, the garden hose or a fire extinguisher ready.

Pour water on the embers before leaving.

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### HISTORY SOCIETY

The Sedbergh and District History Society opened its 2005/6 season on 5<sup>th</sup> October with a lecture by Dr Peter McCue on "Ghostly Armies: an Examination of some British Cases".

Over the centuries there have been numerous reports of people seeing apparitional warriors, soldiers or armies. Dr McCue dealt with three such cases the first happening at Edgehill, the site of the first battle in the English Civil War, which was fought on 23<sup>rd</sup> October 1642. About two months later according to two tracts 'A Great Wonder in Heaven' and 'The New Years Wonder', ghostly sounds and sights related to the battle were experienced in the area on a number of



occasions. It was claimed that King Charles I sent people to investigate the phenomena and they themselves saw the apparitions. However, no documentary evidence supporting this has been found in the royal correspondence.

The second case of a ghostly army was reported from Souter Fell near Keswick.

The army was allegedly seen on the eastern side of Souter Fell on several occasions in the Eighteenth Century. They were reported in 'The Gentleman's Magazine' in 1747 and in a book by Clarke in 1787. William Lancaster of Blake Hills and his household observed the phenomena and he, at least, did exist dying in 1788 aged about 78.

The third case involved a phantom battle near Loch Ashie to the east of Loch Ness. Sightings have been reported over the centuries including some from the second half of the Twentieth Century. One account reported the men as being dressed in ragged clothes with bare feet and bare legs. They carried either short swords or sticks. Short swords were used by the Picts and they may have been the warriors in the sighting.

Finally Dr McCue mentioned an alleged sighting of a Danish or Viking army in Dent. There was a reference to this in a book in the 1950's. It was reported as having been seen by the Middleton family but he had not been able to confirm that. His lecture stimulated his audience to ask him many questions and they provided him with information about sightings in Dent and Souter Fell.

Dr McCue had given the society an excellent lecture on an unusual topic.

*Richard Cann*

*Different Strokes*



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## SETTLEBECK HIGH SCHOOL

*Year 8 Activities Week*

*Technology Day - Manchester Trip*

On Monday 18<sup>th</sup> July in Settlebeck High School, Year 8 were having an activity day. The first two lessons were with Mr Henderson which was in the ICT room making a box on the computer to put cheesecake in. I found it really fun because it was funny because the lines were moving around. In lesson 3 and 4 we made boxes with Mr Sedge. Then we finished off our mechanisms. I made a butterfly rotate. In lesson 5 and 6 we were making lesson cheesecake with Mrs Mather, which tasted lovely. In fact, that was my favourite part of the day. I thought it was very nice to do different things than usual. *Rose Longlands*

For our Alternative Curriculum Week, we went to Manchester to see a film at an IMAX cinema. It was called 'Bugs' and was 3D so when we went in we had to wear some funny glasses which made us look really stupid. The film was really good. It took you deep into a rainforest and showed you loads of bugs that live there and how they hunt and live and what they eat. The images were so real and seemed so close we all tried to reach out and grab the bugs and butterflies. Sometimes it was really scary though, because at one point a spider dropped out of nowhere below you.

Next we went to the Imperial War Museum. It was interesting because they had someone acting a scene in the middle of the museum, pretending to be someone from the war-time. Also, there were little games we could play on which were things like making codes.

Overall, it was really fun and I enjoyed

going to the museum and IMAX Cinema.

*Robyn Lewes*

It was great. I especially enjoyed the film "Bugs" at the Imax Cinema. It was really cool because we had to wear orange goggles which made it 3D. It was really good and we all looked like we were wearing gas masks. I really liked the bit when the butterflies flew towards us because we all tried to catch them!

There was also a bit when a spider came down and we all leant back in our seats.

The Imperial War Museum was really interesting as well. We started by learning why the building was like it was and who designed it. There was a massive air shaft which we went up. The floor was a grate so we could see down to the floor. It was about 44 metres. On the way down Hannah and I counted the stairs. There were 169!! There was a really interesting bit about women in the war. We had a really good day.

*Zoe Craven*

*Sailing – Art or Science?*

A report from Summer School (Marine Technology) at Newcastle University

Between 4<sup>th</sup> and 7<sup>th</sup> July I attended a course at the School of Marine Science and Technology at Newcastle University. The idea was that I would get some idea of the facilities on offer at Newcastle and go sailing on Kielder.

Tuesday was the first full day and we went sailing. There was a group of six on the course so it wasn't difficult to get enough boats for us. John, a Scot, and I decided to take a new RS Feva out which was great fun when the wind filled in and so we spent the morning around Kielder, mainly drifting. However, when the wind picked up about half an hour before

dinner we went nice and fast with race sails and we both got soaked from spray. After dinner I had more fun on the lake, death-rolling a comet, driving the RIB, etc. Overall, a great day's sailing.

Wednesday was different. Instead of sailing in wind and sun it was raining hard as we walked to the university, being interrogated on our way as it was Graduation Day. Our first class was on small boat design, focusing on the aspects that a design must fulfil; speed, stability, etc. There was also a demonstration of things going wrong; the Australian Americas Cup yacht, which snapped in half and sank in two minutes.

We then had a tour of the facilities; the towing tank, cavitation tunnel and a demonstration of the computer design software, though most of our boats went beyond being strange; the guy next to me produced something like a seagull, but never mind – he claimed it would float.

Our tour of the engine facilities took place on Thursday morning, after a visit to Ovington Boat Yards. Ovington build most of the winning boats in the Olympic 49er Class as well as many other classes internationally. The boats they build are the best in the class so to go with this you would expect their factory to be pristine, like a car factory. Well, it's not. Most of us were surprised when we turned up at some WWII relic with trailers piled everywhere and leaky roofs. However, it was really great to see where the boats are built.

Overall, I thought the course was really useful. It allowed me to see the facilities in action and actually use them. I think it

was much better than if I had gone for an open day where I would have just seen them. It also allowed me to see Newcastle because I got slightly lost going from the station to the Halls.

*Nick Smith-Saville*

#### *Year 7 Residential to Derwentwater*

This term students in Year 7 went for a week's residential to the Derwentwater Youth Hostel with a number of staff from Settlebeck. During the week they did a wide range of outdoor activities including rock climbing, raft building, swimming and hill walking as well as Music and Drama. As always on the Year 7

introductory residential trips

(which take place during the third week of term) the

students enjoyed the

experience immensely and

gained many new skills and knowledge about outdoor activities.

However, the week is designed to be much more than a series of adventure activities. At Settlebeck we seek to

mould the culture of each of our tutor

groups by ensuring that all students begin

to see themselves as part of a caring,

supportive, tolerant and co-operative

group. We take the opportunity to

introduce our core aims and values,

providing students with clear boundaries

for acceptable behaviour and attitudes

and making clear our high expectations in

relation to every aspect of their personal

development and social relationships.

These messages are further reinforced in

the follow-up work, which takes place in

school, and in the ongoing personal and

social education programme which

continues for the rest of the students time

at Settlebeck.





**DENT HERITAGE CENTRE**

The Centre is at last on track for March 2006 with an Official opening in May.

Many of you have taken part in the filming and recording by Jim Bownass to recall life as it was in the early 20th Century in the valley and the lovely recollections of personal lives.

As a little 'Thank-you', a Film Show, which will be used in the Heritage Centre, will be shown on Saturday 19th November in the Dent School Hall when everybody is invited to view snippets of the recordings, lasting for about one hour.

The Film will be shown at 4pm and 7pm to accommodate all who wish to come, without turning anyone away.

You are all very welcome to this event and hope that you will not be disappointed. Refreshments will be available.

**SEDBERGH AND DISTRICT  
ART SOCIETY**

Our first meeting of the winter season was held on 14th October at Farfield Mill - a new venue for us, because of the closing of the Masonic Hall. We found it

very welcoming and comfortable.

The speaker for the evening was Frances Winder, who uses mixed media in her work. Her theme was "Water and Reflections". She began by offering us a selection of her photos, from which we choose one for her to work on while we watched. We also looked at a large number of her finished works, which ranged from the representational to the abstract, using water colour, acrylic, gouache, and oil pastel, in various combinations, using both conventional techniques and others, such as scratching out. Some of us were pleased to see that Frances was not too fussy about keeping paints and palettes clean! This was a pleasant and informative start to our season.

We are grateful to Farfield Mill for accommodating us, and hope our members will soon get used to the change of venue.

The next meeting will be on 11th November, when Nancy Murgatroyd will be talking about "Colour in our Lives" - hope to see you then.

*Valerie Finch*

### EXPO 2005

*Calling all tourist accommodation businesses!*

On Thursday 24<sup>th</sup> November Sedbergh CDC will be hosting an advice day & trade fair for tourist accommodation providers in the area. The event, called EXPO 2005, will be held in the People's Hall, Sedbergh from 10am – 5pm. We are inviting experts in a wide range of fields to give advice to anyone who currently runs, or would like to run, a B&B, hotel, guest house, or self catering accommodation.

The day is being organised in response to demand from people who are interested in setting up an accommodation business, both on farms and in the villages. It is also an opportunity for existing businesses to drive up their quality standards.

There will be advice available in small business development, tax & VAT issues, grants & finance, inspection & certification, health & safety, marketing and training. Cumbria Tourist Board will be giving a talk on marketing at 11:30am. Business suppliers and trade stands will be attending.

This is a great opportunity to get all the

information you need under one roof, and to meet with fellow accommodation providers. Entry and tea/coffee will be free. Lunch will be available for a modest price.

We are running the day in conjunction with Sedbergh Booktown Ltd and Sedbergh Tourist Information Centre. Funding comes from Cumbria Community Foundation and Cumbria Tourist Board.

Please ring us on 015396 21031 if you would like further information.

*Chris Wood*

### DENTDALE MEMORIAL HALL

Would all committee members please note the CHANGE OF DATE for the AGM. It is now MONDAY NOVEMBER 28th and not Wednesday 23rd., at 7.30 pm in the Sedgwick Room. As it is the AGM members of the public are invited. Secretary Mrs S E Woof.

### FRIENDS' NEWS FROM BRIGFLATTS

On 25th September, we heard a talk on the Hindu Faith by two ladies from the Hindu Centre in Preston. We learned that Hinduism is not a founded religion, but a way of life with a history going back to the beginnings of civilisation. We found many similarities to our faith in its expression in everyday life.

The talk was preceded by a shared lunch, and followed by a trying on of saris--for the ladies present.

On December 11th, a visit is being arranged to a Hindu Temple. If you would be interested in coming, please contact Nick Chetwood on 21715.

In Friendship

*Valerie Finch*

**Daphne Jackson**

**MSc (Ost) DO**

*Registered Osteopath*

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### **SOUTH LAKES SOCIETY FOR THE BLIND**

The members of Sedbergh "Blind Club" were re-united after the summer break when they met on September 20 at the People's Hall, and, judging by the animated conversations taking place, there was a lot of catching up to do.

Catharine Hannaford, who is the Outreach Support Worker for the SLSB brought items useful for the partially sighted, including special diaries, Christmas cards and watches, which she demonstrated.

The highlight of the afternoon, following tea and biscuits, was an amusing but informative talk on the day to day problems of being blind, given by Mrs. Margaret McDuff, who is a volunteer at Kendal SLSB and is herself blind. She struck a chord with her audience when describing opening a tin of beans which proved to be pineapple chunks and applying toothpaste to her face from a tube she assumed contained cold cream.

She stressed the importance of everything always being kept in the same place in a household where there is a blind person. Her large handbag was a

useful aid, having her keys taped to it so that they could not be dropped. Another tape held coin holders in different colours. Margaret also demonstrated using her long folding stick. Her positive attitude to her disability was truly admirable and an inspiration to her listeners.

Sedbergh meetings of the Club are held at the People's Hall on the third Tuesday of the month from 2 pm to 4 pm. Transport is provided and new members are very welcome. Contact SLSB office, Kendal on 01539-742633.

*E H.*

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### **CONCERT IN GARSDALE**

Sincere thanks to those who supported the concert in aid of St. John the Baptist, Garsdale. £140 was raised and your help is greatly appreciated.

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### **THOUGHT FOR THE MONTH**

Snap! Crackle! Bang! The night sky is aglow with the lights from all the Bonfires and all the fireworks, rockets squeal into the sky, cart-wheels spin and turn, roman candles shower reds and orange and yellow high in the sky. Then it's all over for another year. We all go home and the fellowship shared over the sparklers and the hot-dogs goes inside houses and shuts the doors. Some people never step outside their homes, some people never answer their door to anyone except the milkman or postman. How about extending the warm glow of fellowship into their homes? Care in action! We cannot always leave it to someone else because they might do the same and who knows, perhaps we are the "someone else"?

*L. D.*



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## NOVEMBER GARDENING

It may seem a funny time of the year to be thinking about propagating things, but now, when the leaves are falling from trees and shrubs, is the ideal time to take hardwood cuttings.

This type of propagation is easy to do and can be used for a wide variety of different plants. It is my most successful way of growing on favourite roses - shrubs, hybrid teas and climbers, and also works well for fruit trees and bushes and ornamentals such as *Cotoneaster*, *Spiraea*, *Forsythia*, *Philadelphus* and *Weigela*

Hardwood cuttings will produce most roots from the area of stem which is at the base of the current years growth. If you look closely, you should be able to see where last year's growth ended in a wrinkled scar and this year's growth began. There is usually a change in stem colour at this point with new growth being brighter than the old. Cut your cuttings as close as possible to this join, making sure that, if the stems are hollow and pithy (*Philadelphus*, *Weigela* and *Forsythia* all fall into this group) you take the cuttings right at the point where the stem bears next years buds (a node). At this point the stem should be solid and therefore less prone to rotting.

Cuttings should be around 6 inches (15cm) in length with the top cut being made just above a bud. I dip my cuttings in hormone rooting powder and plant in pots leaving only the top inch of cutting above compost. I use sandy compost - a mixture of 2 parts John Innes to one part sharp sand.

Cuttings here seem to weather the winter best if they are kept in a cold

frame although the traditional nursery method is to plant directly into trenches in the ground, or to store cuttings in bundles in a sand box over the winter and plant into the ground in early spring. Either way, rooting does not actually begin to take place until the new growing season begins and plants are not usually potted on until the following autumn.

*Elaine Horne*

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## SEDBERGH BARNARDO'S

The Sedbergh Barnardo's Support Group wish to thank all the people who supported our recent Coffee Morning. £210 was raised to help finance the work at Barnardo's in the Cumbria area.

## FARFIELD LUNCHEON CLUB

Regular and semi-regular members will have received a letter from me with the opportunity to give their views about the future of the club. I have been told of changes afoot at t'mill which will result in a new committee which should organise this activity, so I will shortly be bowing out. We have enjoyed good times over lunch over a wide area and perhaps this will serve as a springboard for the future.

*Sarah E Woof*

Luvli

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**DIALECT DIGEST**

I don't know where this year has gone, but here we are with Bonfire Night on the horizon again. One unwelcome spin-off from bonfires and fireworks when I was a lad was the fact that we invariably came home covered in soot and smuts. Modern plumbing deals with this more swiftly than the tin baths which were once common in working class houses. They were usually placed in front of the kitchen fire and painstakingly filled by kettle. Then we mucky children would be issued with carbolic soap and a scrubbing brush, and woe betide us if we emerged still bearing a 'muck roke' – a tide mark around the neck.

Of course, such bathing arrangements had little concern for privacy, which reminds me of the tale of the woman having her weekly bath in front of the fire as usual when there came a knock on the door. The husband answered it to find the rent man out collecting his dues.

"T'wife's jist hevin' her bath," sez t'husband. "Oh, in that case Ah wean't cum in," said the rent man. The husband replied, "Nay, lad, cum on in. It's orlreet, she won't splash thoo."

Hev a grand, an' safe, Plot Neet, an' dean't fergit t'Yorksher parkin – it's traditional, tha knaws!

*Michael Park*

**NEW GROUP**

The inaugural meeting of the Dent Branch of the Grumpy Old Men's Society will be held in the Sun Inn at 7.30pm on Thursday 3rd November.

To qualify for membership, you must be over 40 (*counts out the Ed!*), live in the Dale (*counts out the Ed again!*), male and grumpy (*eligible!*).

Why not come along and have a right good moan? Pie & Pea Supper provided.

**THREE PEAKS WALK**

The final total for my sponsored walk in June was a staggering £1,000. This sum has now been forwarded to the 'Breast Cancer Campaign' to be used in its valuable work of education and research into the cure.

Thank you again to everyone who helped me raise this incredible amount.

*Rosemary Lord*

### **COMMUNITY OFFICE NEWS**

PHAT cafe has shut for a while and there is concern that there is now little unstructured provision for young people in Sedbergh. Young Cumbria is asking for suggestions / alternatives to support our young people. If you have any ideas or can offer any voluntary help, please contact the Community Office.

We have one computer up and running and are planning another internet terminal. If anyone has a computer (or parts of) that they would like to donate to the Community Office, please be in touch.

There are now books for sale in the Tourist Information office / Book Town to support office funds. Do go in and have a browse. We always welcome gratefully donations of books if you are having a clear out.

The allotment saga continues but we are pursuing possibilities and it's looking hopeful.

Look out for a homeopathic clinic coming to the office on Wednesdays. It's a chance to have a brief consultation with a qualified homeopath about acute conditions, kiddy coughs and colds - avoid endless antibiotics!

We can also give advice on Neighbourhood Forum Grants that are available for local people for ideas ranging from music projects, village halls to sewing or video projectors.

Up until Christmas we will be closed on Friday afternoons due to volunteer shortage. 2006 promises to be an exciting year of new projects happening at the office so if you could offer a Friday afternoon to help, please call in.

### **SOUTH LAKELAND CARERS ASSOCIATION**

The September meeting of our Sedbergh Support Group provided the opportunity to catch up on the events of the summer including a trip to Morecambe and tea in a garden in Dent.

In October Mrs Heather Larkin-Jones spoke about "HELP is a four letter word" and we the enjoyed tea and Battenburg cake.

This month Mr Charles Ely of the Society for the Blind tells us about the Assisted Technology Service before we share some 'Bonfire' food!

On 6th December we will have a Christmas theme with favourite readings etc and seasonal food.

Our meetings are open to all Carers, past carers and interested people and are held in the treatment Room down the corridor at Sedbergh Health Centre at 2 pm on the first Tuesday in the month, except for January.

We also have a group in Kendal which meets at 2 pm on the second Thursday in the month at Sandylands Methodist Church and people do go to both! For details ring the office on 01539-732927 or contact me, on 25212. *Sarah Woof*

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### **HOWGILL TODDLERS SHOPPING TRIP**

Howgill Toddlers are organising a shopping trip to McArthur Glen Designer Outlet at York on Friday 25th November, leaving Joss Lane Car Park at approximately 9.15 am, at £7.50 per seat.

If you would like to book a place please give Trish a ring on Sedbergh 21644 before Monday 14th November. Everyone is welcome.

### DENTDALE W.I.

Can it be that I am writing about the events of Dentdale WI during October with the season of Autumn well upon us. The Business meeting was full. The Federation walks on 1st October were very successful and President Margaret Fothergill thanked every one for their efforts. The walk up Flintergill saw us ploughing through hail and wind on the Occupation Road as we might have predicted following the preceding week of poor weather. However, as so often happens in this part of the world, the weather dramatically changed and our visitors were able to appreciate the glorious views of Dentdale. How wonderful though, to return eventually, to the Memorial Hall where the ground

team had that welcoming cuppa and cakes waiting.

We had a report on the Annual Council meeting at Appleby in late September that five of us had attended. We had witnessed the presentation to Sheila Parkinson stepping down as Federation chairman and welcomed Noreen Lees who is taking her place.

The annual Pub quiz night on the 31<sup>st</sup> October has two teams entering from Dentdale. Win or loose, it should be a good evening out. It is Halloween too, so, anything could happen!

Members were asked for their choices of venue for the Christmas dinner on the 14<sup>th</sup> December and reminded about the Federation carols and readings taking place on the afternoon of 5<sup>th</sup> December in

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Monday to Friday open every evening from 6 pm

Saturday open all day 12 noon to 11 pm ~ Sunday open all day 12 noon to 10.30 pm

*(Closed Weekday Lunchtimes)*

**CHRISTMAS BOOKINGS NOW BEING TAKEN**

Proprietors: David and Elizabeth Martin

Kendal Parish Church.

Our planned speaker for the evening was unable to be with us, and here we are so very lucky that our Programme secretary Freda Meakin was able to step into the breach herself and give a superb talk with slides on Estonia. One of the Baltic states, Estonia's capital Tallinn in the north is just 80 Km to the south of Helsinki. Located by a short ferry ride across the Gulf of Finland.

Freda's interest in the country had started with a chance meeting with Anne, an education officer with the Estonia National Park, while both on holiday. Freda has made two trips to Estonia and had plenty of information to give us about the history and geographical



features of this flat densely forested and sparsely populated country. It has vast areas of swamps and wetland with diverse wild life and surrounded by sandy beaches. Her slides showed us the medieval walls of the city of Tallinn and the fine buildings of the university town of Tartu. Other fine buildings too, that have been sympathetically transformed and used as hotels, museums, concert halls etc..

Catherins Sugden thanked Freda for her interesting and informative talk.

Margaret Schofield won the competition for a pressed leaf and Doris Foster went home with the raffle prize!

Next month is the AGM after which Gill Iannou will demonstrate Cypriot cookery.

| Starters                          |       | Fish Dishes                     |            |
|-----------------------------------|-------|---------------------------------|------------|
| Prawn Cocktail & Marie Rose Sauce | £3.90 | Salmon Steak with Parsley Sauce | £9.40      |
| Garlic Mushrooms on Toast         | £3.40 | Grilled Rainbow Trout           | £9.40      |
| Pate with Garnish, Toast & Butter | £3.30 | Breaded Scampi                  | £6.80      |
| Soup of the Day                   | £3.25 | Breaded Haddock                 | £6.80      |
| Egg Mayonnaise                    | £3.40 |                                 |            |
| Grapefruit Cocktail               | £3.40 | Vegetarian Dishes               |            |
| Garlic Bread                      | £2.50 | Tropical Vegetable Curry        | £6.80      |
|                                   |       | Stilton & Vegetable Crumble     | £6.80      |
|                                   |       | Vegetable Lasagne               | £6.80      |
|                                   |       | Mushroom & Nut Fettuccini       | £6.80      |
|                                   |       | Broccoli & Cream Cheese Bake    | £6.80      |
|                                   |       | Vegetable & Pasta Bake          | £6.80      |
|                                   |       | Vegetable Tikka Masala          | £6.80      |
|                                   |       | Macaroni Cheese                 | £6.80      |
|                                   |       | Rice Dishes                     |            |
|                                   |       | Chilli                          | £6.80      |
|                                   |       | Chicken Tikka Masala            | £7.70      |
|                                   |       | Salads                          |            |
|                                   |       | Ploughman's Lunch               | £5.40      |
|                                   |       | Cold Meat Salad & Roll & Butter | £6.40      |
|                                   |       | Prawn & Rice Salad              | £6.80      |
|                                   |       | Sandwiches                      |            |
|                                   |       | Prawn with Marie Rose Sauce     | £4.20      |
|                                   |       | Ham, Beef, Cheese & Tomato;     |            |
|                                   |       | Cheese & Pickle or Salad        | from £2.70 |
|                                   |       | Toasted Sandwiches              | from £2.90 |
|                                   |       | Portion of Chips                | £1.70      |
|                                   |       | Mixed Side Salad                | £1.70      |
|                                   |       | Portion of Mushrooms            | £1.70      |
|                                   |       | Roll & Butter                   | £0.65      |

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# Menu

| Main Courses                       |        |
|------------------------------------|--------|
| Roast Dinner of the Day            | £6.80  |
| Mixed Grill                        | £12.40 |
| Fillet Steak                       | £12.40 |
| Sirloin Steak approx. 8oz uncooked | £10.30 |
| Half Roast Chicken                 | £7.90  |
| Chicken Kiev                       | £6.80  |
| Lasagne                            | £6.80  |
| Steak & Kidney Pie                 | £6.80  |
| Cumberland Sausage                 | £6.80  |
| Gammon & Pineapple                 | £6.80  |
| Barnsley Lamb Chops                | £9.90  |
| Marinated Lamb Steak (6oz)         | £9.90  |
| Pork Chop in BBQ Sauce             | £7.20  |
| Cheese & Ham Pasta                 | £6.80  |
| Tuna Pasta Bake                    | £6.80  |

**TALKING LOOKAROUND  
EMERGENCY**

As many readers of *The Lookaround* may know, each month an edited edition is recorded and circulated to people in the community (currently numbering 16) whose visual problems prevent their reading the Newsletter for themselves. Up to the present we have been able to house our equipment and hold the recording sessions in a room in the St John's Ambulance building tucked in behind Bainbridge Road. However, that room is needed by St John's from January so we find ourselves desperate for a new home. We have been very grateful to the St John's Ambulance for giving us a home. We particularly pay tribute to the late Mr Mark Winn for his special

helpfulness in the early days.

If this community service is to continue, we need to find somewhere where we can both store our equipment and make the recordings. The Lookaround, I am sure all readers will agree, provides a wonderful public service. Originally started as a single sheet by Dennis and Jacky Whicker, it has become a real symbol of the vibrant community we have in Sedbergh and District, and it would be a tragedy if this extension of the service should be lost, thus leaving our listeners even more isolated.

If you have any suggestions or offers, please contact either Elspeth Griffiths (20677) or Rosemary Handley (21411) as soon as possible.

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## SETTLEBECK HIGH SCHOOL

*Year 7 Activities Week – July 2005*

On Monday 18<sup>th</sup> July Year 7 went to the Wildlife Oasis where we held some animals and watched them being fed. Then we went into the shop. We then travelled to Williamson's Park and had lunch. We then went into their shop before going round the Butterfly House and mini beasts. I enjoyed the day and liked holding some of the animals. My favourite animals were the snake and tarantula.

*Hannah Mason 7L*

It was great. When I held the snake I thought it would be slimy but it was quite smooth and dry. My favourite animal is now a snake.

*Harry Ellison 7L*

I liked the trip on Monday. I took loads

of good photos. The animals there were well looked after and active. I liked holding things like the cockroaches and the snake. It's very recommendable. I also liked the shopping there. I was also fascinated by the butterfly house. It was very good.

*Lizzie Hunt 7O*

On the bus journey we listened to music and chatted a lot and it didn't take long to get to each of the places. I liked the views we saw of Lancaster whilst eating our lunch. I thought the ants crawling up the rope above our heads at the Wildlife Centre was horrible and also when they got the tarantula out I was terrified. I loved the Butterfly House, looking at the patterns of them was nice. The weather was damp and wet but it didn't spoil my day.

*Chloe Iveson 7L*

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## **SEDBERGH TOWN BAND**

### **Annual Brass Band Festival**

As in the two previous years in which the festival has been held, four bands participated. The 'home' bands, Sedbergh Town and Sedbergh School, were joined by returnees Burneside and newcomers Kirkby Stephen.

The festival was again held at the Bull Hotel under the patronage of Steve Mansfield, the landlord, who generously donated the prize money on offer to the competitors.

The weather on Sunday 18th July encouraged the attendance of a sizeable audience who were able to sit in the Bull's fine beer garden and listen to an excellent demonstration of brass band music.

The conventional brass band competition format was followed by the four participating bands - a march from the Joss Lane Car Park to the Bull, followed by a programme, performed on the Bull's bandstand, consisting of a concert march, a hymn and a musical selection.

We were able to welcome the new head of music at Sedbergh School, John Seymour, as compere, who introduced each band and their programme with style and aplomb. The demanding task of adjudicating and declaring various winners was ably undertaken by Tex Carlton, a former band master of the Black Watch Band.

In spite of performing all elements of their programme with great panache and

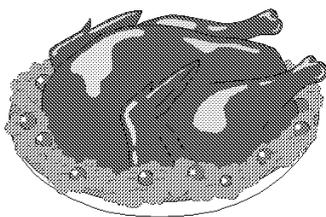


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confidence the Town Band had to be content with an honourable third position overall behind Sedbergh School and Burneside. Burneside's performance in the concert march gained them the trophy for this section of the competition whilst Sedbergh School added the marching trophy to the overall winner's Trophy. Kirkby Stephen, under the direction of John Ockenden, received the award for the best hymn.

The final trophy to be contested was for under 16 soloists: Jamie McCloed of Sedbergh School on Euphonium was a clear and worthy winner.

Whilst the adjudicator added up the marks awarded and organised the results the Sedbergh School CCF Band played a short concert to conclude what had been a very successful day.

#### **Charity Concert**

Each year since its formation the town Band has responded to requests from various organisations to give a concert, all proceeds going to that organisation. Thus the funds of such worthy causes as North West Cancer Research, MacMillan Cancer Relief, Cardiovascular Research and North West Air Ambulance have benefited from the receipts of well attended concerts.

This year the band responded to the request by Settlebeck School to give a concert with the receipts going to the fund designed to give financial assistance to Settlebeck student who will be visiting our twin town of Zrece next year. However, owing to extenuating circumstances, the audience on Wednesday 12th October (and therefore the addition to the Zrece fund) was disappointingly small.

The programme comprised of a mixture of tried favourites and numbers having their first public outing amongst which were an arrangement of the Beatles' 'Hard Days Night' and two popular cartoon themes 'Scooby Doo' and 'The Muppets'. A romantic note was struck with the first ever playing of an Alan Lewis blues-style number, 'A Song for Sarah'. As the title suggests Alan composed this as a surprise for his wife, arranging for it to be played at the concert which coincided with their thirtieth wedding anniversary. The number was beautifully played on cornet by Fraser Precious of Sedbergh School, who was accompanied on piano by the School's Director of Music, John Seymour.

*G. B.*

#### **FOLK & CAROL FESTIVAL**

*with English & Slovene Singers*

**Friday 2nd December 7.30 pm  
CONCERT**

with the Gladly Solemn Sound Choir  
& Singers from Zrece  
*Dent Memorial Hall*

**Saturday 3rd December**  
10am to 5pm

#### **FOLK, CAROL & WEST GALLERY CAROL WORKSHOP**

*People's Hall, Sedbergh*  
8pm

#### **HARMONY SINGAROUND**

With the Cautley Carollers  
& Slovene Singers  
*Sportsman's Inn, Cowgill*

**Sunday 4th December**  
10am to 12.30pm

#### **SLOVENE CAROLS WORKSHOP**

*Dent Youth Hostel followed by*  
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## **HALLOWE'EN**

At the risk of being burned at the stake, I'd like to take issue with LD's October 'Thought for the Month', in particular his/her assertion that 'there is an underlying evil about Halloween'.

The origins of Hallowe'en go back well before Christianity to the ancient Celtic festival of Samhain (pronounced Sow-eeen). To the Celts, Samhain was the end and the beginning of their year, coming as it does at the end of autumn with the harvest gathered, the herds and flocks brought in, and winter approaching. The Celtic year was a cycle of death and rebirth, just as life itself is. The old year would 'die' at Samhain and to signify this, a community's fires would be extinguished then be rekindled (and reborn) the next day with the new year

from a large communal fire, perhaps lit on a hilltop (Bonfire night anyone?). Samhain falls between the Autumn Equinox, where night and day are of equal length, and the Midwinter Solstice, when the long winter nights finally start to become shorter and the sun begins its long journey back to summer once more. At Samhain, the Celts believed that the barriers between the worlds of the living and the dead were thin and could be broken through. Their ancestral dead were invited to rejoin them for the festival feast, places were set for them at table and rituals were perhaps carried out to communicate with departed loved ones (and if you consider this 'evil', why do we have cemeteries?). Perhaps they also believed in faeries, the fae folk, mischievous sprites or elves who would

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cross the weakened barriers between worlds and play tricks on them. To appease them, they would leave offerings outside their door such as a bowl of milk. A disguise such as a mask or costume might also have been worn in an attempt to confuse these spirits as to the wearer's true identity – clear echoes of 'trick or treat' there.

With the coming of Christianity, many ancient feast days and festivals were adapted and rewritten to fit the new religion as a way of persuading people to convert. Samhain became Allhallow's Eve, the day before Allhallow's Day or All Saints' Day on November 1st, eventually shortening to Hallowe'en. The natural cycle between the Light and the Dark (winter and summer, night and day, life and death) became corrupted into the

conflict between Good and Evil with all the Christian trappings of Heaven and Hell, God and Satan – ideas the Celts had no concept of.

So, any 'evil' on Hallowe'en is purely as a result of the churches meddling with the rituals and beliefs of a much earlier culture. Why not just wrap up warmly, get together with some friends, perhaps light a bonfire, and celebrate the wonderful cycle of nature? Incidentally, I've avoided using the word 'pagan' throughout this article because of its negative associations with heathenism, hedonism and non-Christianity. However, it's interesting to note that the word is probably derived from the Latin *paganus*, which means 'country dweller', a definition that almost certainly applies to most of the people reading this! *A Allan*

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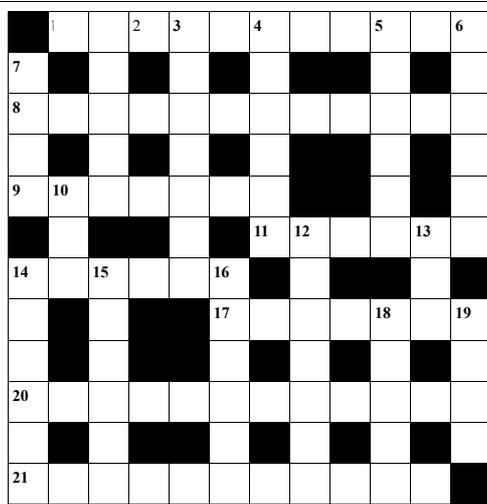
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**CROSSWORD 5**

**Across**

- 1 Likelihood of funny ol' rabbi sitting in shame (11)
- 8 Reserves rooms after hearing rough one-two in France (12)
- 9 Level graduate seen with large spear (8)
- 11 Head overseas with endless dried fruit (6)
- 14 Did Cat mangle fan? (6)
- 17 'Torments' of French in spoken examinations (7)
- 20 Finish way behind frequently, male back first (3,2,3,4)
- 21 I'm a stalk, AKA strange Eastern dish (5,6)

**Down**

- 2 King with lady standing in lake (5)
- 3 Romantic or corny? I change, after Barbera's heart (7)
- 4 Cleans paddles when man enters (6)
- 5 'Most cold' in Slavic, i.e. Estonian (6)
- 6 Agreeable chaps (3-3)
- 7 Start of music in record with out

- words (4)
- 10 Notice about one helper (3)
- 12 United gets new outfit/strip (7)
- 13 Every US shopping centre loses a million (3)
- 14 Say yes to an aroma - say it! (6)
- 15 Little Richard said 'twice the antelope' (3-3)
- 16 Drum tests up (3-3)
- 18 *Coral* feature, for a fee (5)
- 19 Journalists take me over the edge (4)

*Answers to #4 - ACROSS:* 6 Ugly Duckling; 7 Straw Hat; 8 Sea; 11 Arrest; 12 Run out; 15 Sow; 16 Discover; 17 Party-poppers. *DOWN:* 1 Outskirts; 2 Bylaw; 3 Sushi; 4 Skaters; 5 Minster; 9 Unaware; 10 Sundays; 13 Ascot; 14 Loopy.

**South Lakeland Council  
for Voluntary Service (SLCVS)**

*Sedbergh Outreach  
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SLCVS operates an information and funding advice outreach service to voluntary and community groups in and around Sedbergh, Garsdale and Dent.

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How to set up and run a group, Responsibilities for trustees, Becoming a charity, How to write a constitution and policy documents, fundraising

*When and where*

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No need to book, for more information please telephone 01539 742627 and ask for Chris

### TIM FARRON MP

After the last election the Liberal Democrats assigned a mentor to all the new MP's. The job of this person is to help us find our way, give some guidance as to how to best service constituents, that kind of thing. I was extremely lucky to be given Norman Lamb as my mentor.

Norman is a lovely chap and the MP for North Norfolk. Aside from absence of any hills whatsoever there are a lot of similarities between North Norfolk and Westmorland and Lonsdale. It is a rural constituency where agriculture and tourism play important roles and as a result incomes are low compared to the national average. 10% of their housing is taken by second homes and as a result house prices are high and local people cannot afford to get on to the housing ladder. All of which sound very familiar.

Of course, the other key similarity that they now have with this area is that they have a Liberal Democrat MP.

We were very lucky to have Norman come and speak to us in Sedbergh the other week. He was up in Blackpool for the party conference and so I asked him to come up and see us for a Longsleddale lamb hot pot supper in the People's Hall and let us have some of the benefit of his experience on campaigning on these and other issues.

Norman leapt at the opportunity – I think that he was just keen to remind himself what a fell looked like.

We had a very fine evening and Norman spoke at length about the things that he had learned in his time as an MP. As you would expect there were a great many

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ideas, but they all came down to working hard to make constituents lives better.

Fairly obvious when you think about it but it is good to be reminded as it is all too easy to get distracted by issues in the media that have very little to do with us here. This is particularly the case when we have such an urban focused Government as the one we have at the moment. In fact one of the key aspects of my job is to continually remind this Government that there are a lot of people who do not live in cities and so providing hospitals within easy travelling distance costs a bit more, or that have policing needs that are very different to those of urban communities. These are issues that they would quite happily ignore without MP's like Norman and I reminding them.

So if you if I there are any issues that you would like me to help you with then please contact me. You can reach me at Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or by email at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk). I need to be kept working.

Thanks for your support

*Tim Farron*

## SEDBERGH AND DISTRICT COMMUNITY TRUST

The charity has assisted and initiated some great projects over the years including the Disabled Access Project to be launched on November 11th (please see advert), a business directory and a rural challenge bid. However, it has not been particularly active in recent years - at present we are looking into the nature of the Trust, and whether it still has a role to play in the community, or should be dissolved.

As a registered charity the Trust has the advantage of being able to access pots of money that are not necessarily open to unregistered groups.

Ideas that have been put forward to re-activate the Trust are:

1. to form a Community Action Network that meets to fully explore local opinion, identify community needs and initiate another bid such as the rural challenge one.
2. to explore funding for an up-to-date business directory, perhaps with the co-operation of a university student or even students from the local secondary school.
3. also suggested has been a Sports

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Development bid, although I am aware that there is continuing progress within this field anyway.

If you have any thoughts on how the Trust could be used or re-activated, please call into the Community Office. The current trustees are due to stand down in January and if nobody comes forward to replace them, the charity will be dissolved.

### *GREEN INITIATIVE*

One vision for Sedbergh and District Community Trust would be to build on the accessibility to nature of the Local Access Project, the economic renaissance begun by the Booktown initiative and advocate on-going respect for our local and global environment.

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Why not make Sedbergh the centre for a 'Green Initiative' that includes:

- our current allotment creation scheme.
- producing a cycling access leaflet that links into the Cumbria cycling initiative and promoting family hiking, opportunity for a cycle hire to open, extension links to the Pennine Bridleway.
- looking at compiling a booklet of adventure walks / trails to attract families for days out on foot.
- Generating a farmers' market for Sedbergh - Emphasizing other aspects of green tourism such as links to the Settle- Carlisle railway and promoting open farms.
- building on the Fairtrade goods sold in Sedbergh and cultivating ethical trading practices in the town.
- inviting businesses and bed and breakfasts to think "green", and buy Fairtrade coffee, recycled copy

paper - perhaps include school students to conduct surveys, assess interest and compile an action plan.

- we could even think about an eco-renovation for the People's Hall that would address heating issues?

More than anything it would be nice to build a community that cares on a broad scale. Caring, that is, as a commitment to personal, local and global welfare, economy and growth. The three are not incompatible - it just needs an open mind. Creative thinking, flexible vision, co-operation and, daring to dabble in Universal love and compassion.

But of course, it needs people with time, energy and inspiration - a lot can be done through the Community Office if we have a core support group willing to collaborate on ideas and help organise and implement projects.

Please call into the Community Office if you can help in any way.

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### FAMILY MUSINGS

November. This used to herald the annual Bonfire party at our previous home. We had some really good ones, crowds of people eating mountains of food, getting stuck in the mud and leaving wellies behind, hubby trudging off to operate the fireworks at a safe distance, all the dogs and cats safely locked away, we could usually see the glow in the sky from other bonfires around the dale. Good memories. Hubby and I started "courting" in a November, something to cheer up the winter not permanent you understand, a bit of a surprise to some folk probably including him at first, but the relationship developed and her we are looking forward to our Silver Anniversary next

May. Some close friends have just celebrated their "Silver" and were victims of a surprise party arranged by their grown up kids and now they wonder what else those kids might have got up to over the years without their knowledge! I often tell mine, one in particular, that its good to keep me informed as I usually find out from somewhere, or someone eventually and its good to hear from her, oops, them!

If I hadn't seen Mitz up on the high shelf in the kitchen knocking the dog biscuits down onto the floor for Cleo I would never have believed it possible, they rub noses after they've been separated, and do actually sleep in the same room tho' not too close you understand. On the outward journey of a

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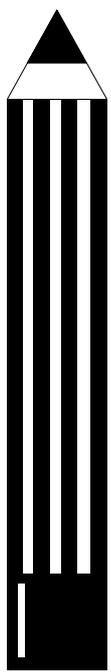
walk Cleo is an old dog with a slow sniffing pace but when we turn from home her pace quickens the sniffs are less and she ever bounds up the drive. At times she races down the drive after the postman and skids to a halt at the gate, 13? Someone's having a laugh! I don't laugh at the puddles and pools all over the house and certainly not at the smell, but pills from the vet are helping and a new bed for her with changeable cover and more trips out. Soon it will be time to compose the annual letter we send out at Christmas and this year the main focus will be the return of the girls, son and T's wedding and the celebration of it along with other party news. But, there is the other side to our year, four saying "goodbye" to special people and the

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effect this had on us all. On me. I am a strong person, I think I can cope with whatever life might throw at me, I know I should because of my wonderful family esp' hubby who is my rock, (perhaps I've got that the wrong way around but you know what I mean) because of my amazing friends especially the close ones, but that doesn't alter the fact that events have taken their toll. Just how we cope from here and where it takes us, me, time will tell, but lets just say some things will not happen or be done, by me, perhaps just for a while perhaps not at all. So please treat me with the kindness you would want if it were you, I am sure I will bounce back and probably better to help others because of the experience, first I have to come through it, call "it" reaction of that helps, reaction to so much change in this year, good and sad.

Enough of that, must end on a positive note, a client told me recently that their partner had been miserable all morning and I'd only been with them five minutes and the house was full of laughter, that shows all gifts do not come in paper packets! Enjoy your bonfires and don't leave your wellies behind!

### KIRKSTONE PASS PULL

On Sunday 18th September 12 Sedbergh and district lads took on 5 other teams Lowick and Broughton farmers, Lancaster Field and Trek, Manchester Police, Lancaster Prison Officers and Penrith Boxing Club, in the 24th Kirkstone Pass One Ton Car Pull. Three miles straight up from Ambleside town centre to Kirkstone Pass Inn. It was the first time we'd ever tried it and after 200 yards you were sober!, wide awake and aching and with a lot of moaning (Who's idea was this!) one of us kept our heads down.

Sedbergh and District *Lookaround* team came in second with a time of 1 hour 6 mins 4 secs but the last team in, the Farmers, were declared controversial winners with a time of 56 mins 24 secs. All teams were told they could only swap subs before we started the pull, but halfway up two of the farmers fainted and two fresh lads jumped in and took their place. But anyway we did well, enjoyed a good few beers at the top and the moaning had stopped.

Many thanks to Dennis, Jacky and *Lookaround* team for sponsoring us, John Metcalfe of Braithwaite Coaches for



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transport and good support and Allison and Scarlet O'Neil, Tank Wilson for the ongoing refreshments and support.

£600 was donated to Tuberosus-Sclerosis which help children born with tumours on all their major organs.

- |                                         |                         |
|-----------------------------------------|-------------------------|
| 1 Lowick & Broughton Farmers            | 56 mins 24 secs         |
| 2 Lancaster Field & Trek                | 59 mins 24 secs         |
| 3 Sedbergh & District <i>Lookaround</i> | 1 hour 6 mins 4 secs    |
| 4 Penrith Boxing Club                   | 1 hour 7 mins 32 secs   |
| 5 Manchester Police                     | 1 hour 8 mins 12 secs   |
| 6 Lancaster Prison Warders              | 1 hour 10 mins 27 secs. |



# Jodie Mitchell

Agricultural Engineer

Tel: 015396 20742

Mob: 07974 157002



ALL MAKES ALL MODELS WORKED ON

## NEIGHBOURHOOD FORUM

### *Cumbria Fire & Rescue Service*

Tom Donnelly, Group Manager, explained that his area covers Kendal, Kirkby Lonsdale and the Sedbergh areas. He explained that because of new legislation the newly named Fire & Rescue Service have new responsibilities, eg. attending road traffic accidents, floods etc. Tom added that a high volume pumping appliance is to be installed at the Kendal Fire Station in January (this type of appliance was used in the floods in Carlisle).

The Service also has an obligation to train for terrorist situations (Barrow in Furness has a tender reserved specifically for that purpose, plus a decontamination unit).

Tom added that fire officers are also to undergo further training and receive extra equipment for water rescues.

The service is also looking at having rescue boats on Windermere.

It was asked how often a householder should request a home safety check. Tom replied that a householder should get in touch with the service in the event of changes to the layout of the property/

building work or if it is a new occupancy. To request a free home safety check call the Fire Service on 0800 358 4777. (Tom added that all officers carry I.D.)

A question was asked whether there is a way of identifying exactly where emergency calls to the service are made from. Tom explained that British Telecom have 'System X' an electronic link which pinpoints exactly where the call has come from. All tenders also have onboard computers. In the event of an emergency in certain rural areas, the information is relayed to the local fire station and the appropriate tender is sent out. Tom explained that the service also have a legal obligation to promote Home Fire Safety and they provide free home safety checks where plugs, sockets, kitchens etc are checked and if needed fit a free smoke alarm.

### *Open Forum*

Cllr Lancaster reported that South Lakeland District Council has been directed by the Boundary Committee to re-examine their boundaries. He urged parishes to check their boundaries and to look at alternatives. SLDC are looking at using existing County boundaries. For further information contact SLDC Electoral Services on 01539 733333 or [www.southlakeland.gov.uk](http://www.southlakeland.gov.uk).

### *Neighbourhood Forum Grants*

The following grants were awarded:  
Kirkby Lonsdale Choral Society - £500 (towards purchase of stage platforms)  
Dent Pre-school Association - £350 (towards new storage unit & equipment)  
Kirkby Lonsdale Town Council - £250 (towards bunting to celebrate anniversary of Battle of Trafalgar)

## CHRISTMAS IN SEDBERGH

*The Sedbergh Family Festive Evening and Late Night Opening, Wednesday 7<sup>th</sup> Dec 2005*

Sedbergh Family Festive Evening, organised by Sedbergh & District Chamber of Trade, will take place on Main Street on Wednesday 7<sup>th</sup> December this year. The event will include the official switching-on of Christmas lights on Main Street by our guest celebrity Alastair Rae, star of the TV programme *Bad Lad's Army* at 6.30 pm, when Santa will pass through Sedbergh on his motorised sleigh, en-route to his grotto in the Bull Hotel car park.

To try to avoid the need for parents and children to stand in a long queue waiting for their turn to see Santa, numbered tickets to visit him will be available about a week in advance (at a nominal price) from the Tourist Information Office and other venues on Main Street. They will be available also on the night at the grotto. Santa will then be pleased to see children

in the numerical order of their tickets and the current number will be displayed conspicuously outside the grotto (and hopefully relayed to a board on Main Street!), so that only minimal queuing will be necessary. This will give parents and children more time to enjoy the events on Main Street, where games will be provided for children and musical entertainment and other seasonal events will take place.

As in previous years, shops on Main Street and adjacent streets will remain open throughout the evening to sell their usual goods and to offer seasonal hospitality to their customers. There will be a "spot-the-item" competition with a Book Town theme and a super prize, with the items to be spotted displayed in various shops. There will also be the usual Grand Raffle with generous prizes provided by Sedbergh traders.

With mulled wine, roast chestnuts and other seasonal goodies available in abundance, this promises to be a great evening for all and we hope that all the good folk of Sedbergh and surrounding areas will come and join in the fun and festivities.

The Family Festive evening on Wed 7<sup>th</sup> Dec will follow the Town Band Christmas Concert at 7.30 pm in the People's Hall on Tues 6<sup>th</sup> Dec (with more mulled wine and mince pies!). Together with the switching-on of Christmas lights on Main Street, these events will provide a fine introduction to the Christmas period in Sedbergh. Please mark the dates on your calendar or in your diary and look out for further information in the December issue of Lookaround.

*EAH & MP*

## ACUPUNCTURE



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### **SEDBERGH Y F C**

In September Valerie and Craig assisted with car parking at the Westmorland Show. In the evening the Young Farmers held a disco, this was well attended by Sedbergh's members.

On the 14th September 22 members went Go-Karting to Carlisle. We had two goes, each lasting 10 minutes, this proved a very popular activity and was enjoyed by everyone.

A meeting was held on the 21st September in which teams were discussed for the county quiz's. Four teams were entered, 2 junior and 2 senior. By the time you read this we will know whether any of us have made it through to the finals.

Yvonne and Emma R attended National Competition day down at Stoneleigh and had a great time. Emma had made it through following her flower arranging at the Field Day back in May, a great achievement.

On the 12th October 29 members went Lazer Questing to Morecambe. Yvonne, Valerie, Emma M and Susan attended the County Dinner Dance at the Shepherd's Inn, Carlisle on the 14th October where Ben Gill was guest speaker.

Valerie and Jayne are attending the 2nd Level Computer Course every other Monday evening and Craig and Graham are attending the 1st Level on a Thursday evening. This is a great learning opportunity available to any interested member. Its provided by Young Farmers, sponsored by DEFRA and held at Lane Farm, Crookland.s

Coming up we've got Sheila from ASDA who's coming to give us a talk and freebies, Volleyball, County AGM at Penrith, Carrs Billington Challenge,

District and County Quiz Finals, Paramedic Jane Brown is coming to give us a talk on First Aid, Member of the Year Dance, Call my Bluff, Blind Fold Drop, and Mark Hartley has kindly agreed to give us a talk on his trip working in Australia. If you've enjoyed reading this article, are aged between 10 and 26 years and would like to join us please contact Valerie on 21032 for more details.

---

### **THE ROSE THEATRE GROUP**

The group are planning a new Panto for early March 2006. Rehearsals begun on October 27th with all the usual faces plus a few new ones. If 'Spar Wars' is as successful as Robin Hood we will easily reach our target for the Rose. Many thanks is due to the local people for their outstanding kindness and generosity. Any excess funds will be given to Ali's Dream ACT (Against Childhood Tumour). I am at present in contact with Amanda Beales of Peter Beales Roses, a well known rose grower. They have several charity roses in their catalogue so it is hoped that they will add another.

Naturally it costs money to put on a production and so sponsorship is always welcome. The Gala group have been good enough to help out, as have the Book Town, but we need in the region of £150 more. This will allow the group to pay for professional help with lighting, sound and printing. Last year this was given at a very low cost but the group would not expect people to do this again. Plus there are many other costs including costume fabric, sheet music, hall hire and so on. If you can help in any way please give me a call on 105396-21808.

*Sandra Gold-Wood*

### **HOWGILL W. I.**

On Thursday October 6th members met at Firbank Church Hall for the A.G.M. President Mary Silva gave a warm welcome to members, guest Tanya Hoare and W. I. Advisor Gillian Price.

A report was given on the Annual council Meeting held in Appleby on September 24th, that had been attended by Anita Carey and Audrey Hoggarth.

A vote for President was unanimous returning Mary as President for 2006.

No ballot was needed as the present Committee agreed to stand for the coming year, with the addition of Lesley Hennedy.

The Annual Report proved we had a successful and busy year. Treasurer Barbara Axford reported a healthy financial statement.

The Appleby Cup for the most competition points throughout the year was won by Helen Beare. Liz Coupe was thanked for arranging the 2006 programme. Elsie Middleton was thanked for the flower arrangement she brings us each month (from her own garden) for the Presidents table.

We were looking forward to the Quiz at the Bull Hotel, and some of us are going to the Hat Works at Stockport.

Guest speaker Gillian Price gave us ideas how to make our meetings more interesting and how to attract and guide new members and explain some of the jargon.

Founder members spoke about the early days and brought back memories. We are grateful to them for establishing us. Gillian explained the tactile book project. A group of enthusiastic and imaginative members have volunteered to work on it.

Mary Stainton thanked Gillian for an informal evening and putting everything over so nicely.

The competition for a slogan to celebrate CFWFI's 85th was won by Judith Stainton with Helen Beare second. The social half hour to identify the birds was won by Tanya Hoare.

Our next meeting will be on November 3rd at Howgill Village Hall when Carolyn Francis will give a Clog-Dancing demonstration and workshop. Everyone is welcome.

*A. H.*

---

### **KILLINGTON W.I.**

Unfortunately many members were missing from our meeting on 11<sup>th</sup> October and we send our good wishes to them all and hope that they will soon be well again. Nevertheless the rest of us with the addition of welcome guests, had a most enjoyable afternoon. The business of the day included choosing menus for our Christmas lunch on 13<sup>th</sup> December and hearing that our knitters have sent off more blankets and teddies to Ethiopia. Shirley gave us a report on the Federation meeting at Appleby that she and Valerie had recently attended.

Our speaker this month was Mr George Harrison from Kirkby Lonsdale, whose family have lived and worked there for generations. For him it is more usual to talk whilst leading a walk around the nooks and crannies of his beloved town. However his slides, illustrated map and vivid descriptions brought it all to life for us and we learned a lot about a place we thought we already knew! Did you know that the "new" bridge, below Devil's Bridge, is called "Stanley Bridge"? I didn't. And I'm quite sure that you didn't

know that in 1829 there were in Kirkby Lonsdale 8 hotels, 5 cabinet makers, 6 drapers, 2 nail factories, 2 rope makers, 3 wheelwrights, 5 academies, 4 attorneys, 3 bakers, 13 blacksmiths, 7 butchers, 2 druggists, 12 grocers, 3 hatters, 1 cooper and a partridge in a pear tree!

As usual our meeting concluded with tea and chat. The competition for a limerick starting "There was a young lady from Kirkby" resulted in a three-way tie between myself, Joan Moores and Mary Fisher who also won the raffle prize of a designer bag.

Next month on Tuesday 8<sup>th</sup> November, it will be our A.G.M. Time to elect new officers. Perhaps the committee will resign 'en masse'! Certainly time to enrol some new members, so don't be backward in coming forward, especially as you get the chance to entertain everybody at the close of the meeting! Next month will also be our last at the Methodist schoolroom before we return to the cosy committee room at the Peoples' Hall. We thank the Church for the use of their excellent facilities over the past year. *W.F.U.*

---

#### **FROSTROW W. I.**

Ann Petyt opened the meeting and welcomed the return of Brenda Rycroft after an absence due to illness. It was announced that the New Federation chairman would be Noreen Leese. Arrangements were finalised for the Quiz Night at the Bull Hotel. Several members would be attending the cavalcade of 85 years of W. I., and three lucky members had won tickets to attend the Celebration Dinner in Kendal. A small group would be visiting the Hat

Works in Stockport. A "Stepping Out" scrapbook produced for members contributions was circulated.

The Cartmel Flower Festival was a great success resulting in a £6,000 profit after donations had been made. W. I., Chairman Barbara Gill gave a report which was followed by an interesting humorous talk by anaesthetist Dr Frank Ryding on his years working in Afghanistan, Somalia and other parts of the world.

Jean Mitchell and Jean Jones had attended the Council Meeting at Appleby at which Sheila Parkinson spoke about her work as Treasurer and later Chairman before thanking members for their support. There was no longer a deficit in funds.

The next meeting will be the AGM with a Jacob's Join. Nominations are requested for new Committee members. New members and visitors will be welcome. *J. T.*

---

#### **TREK FOR TINY TOTS**

Laura Rhodes and Claire Pope would like to say a big 'thank you' to everyone who sponsored us on our walk on September 17th.

We set off on a beautiful sunny morning and walked from Peggleside to Cowgill and back, a total of 15 miles.

We raised the grand sum of £528 for the Lancaster Neo Natal Unit, our way of saying thank you for the care shown to Laura and her daughter Poppy, when she was born 9 weeks premature weighing 2lb 7oz! She is now 3½ years old and a little sweetheart!

Once again thank you to you all.

## SEDBERGH SCHOOL

*The Rededication of the Memorial Cloisters Sunday November 13<sup>th</sup> 2005*

Many local people will have seen the work that has been carried out on the Memorial Cloisters over the summer. Over £240,000 was spent excavating the back wall, putting a new waterproof membrane on the stonework, re-pointing, installing new drains, and repairing and re-carving the memorial panels.

Over 450 names of Old Sedberghians and staff are remembered in the Cloisters and many of their relatives and families are attending the rededication service on November 13<sup>th</sup> at which the address will be delivered by Old Sedberghian Dr Tom Wright, the Bishop of Durham.

Over 1500 Old Sedberghians, relatives and friends of the fallen, pupils, parents and guests will be attending the ceremony to be held at 10.30 am on the top of the Cloisters in front of the School Buildings. A private chapel service beforehand will be followed by the pupils and relatives walking up to the Cloisters following a piper from the school. The service at the Cloisters will include a two minute silence and a gun salute; the pupils will then each place a memorial cross on the lawns below the Cloisters and a number of relatives will lay wreaths.

The Headmaster and Governors recognise that there may be people within Sedbergh town who have their own reasons for wanting to remember the fallen from the School on this day.



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Although the Chapel Service is private, those in Town who might wish to attend the Rededication service at 10.35am are certainly welcome to do so. However as there will be a very large number of guests we would ask people to ensure that they contact the office in advance, with their names and the numbers of people attending, in order to ensure the ceremony passes off with the minimum of disruption. Please telephone or fax 015396 22228

During the week-end there will be a display of archives and memorabilia relating to both wars in the school library, including some local contributions for which we are most grateful. There will also be an exhibition of the memorial watercolour paintings that were presented by family members of some Old Sedberghians who were killed in the Second World War; this will be held in the foyer of the John Arden Theatre.

A special commemorative edition of the Rolls of Honour for both wars will be on sale over the weekend.

### SETTLEBECK HIGH SCHOOL

#### Year 8 French Fashion Show

On Tuesday 4<sup>th</sup> October, Year 8 students enjoyed a classy Parisien fashion show during their French lesson.

Each student wore an outfit of their choice. They walked the catwalk to French music and Mrs Brown read a script describing their chosen clothes which they had written in French.

This activity concluded a scheme of work on clothing in French.

*Alison Brown*

### CHRISTMAS CHARITY SALE

A sale, the proceeds to be shared between two charities, will be held in the United Reform Church on Saturday November 26. Doors will open at 10 am and close at 2 pm.

A limited number of table tops are available to hire: those interested should contact one of the following as soon as possible to avoid disappointment Sandra on 21805 or Sandra on 20885 or Sheila on 20056.

Stalls will be offering BOOKS, CAKES and BRIC-A-BRAC (no electricals or clothes). A RAFFLE will be held and refreshments (TEA, COFFEE, SOUP AND ROLLS) available.

The charities that will benefit from the sale are DERIAN HOUSE CHILDREN'S HOSPICE and the ROSE FUND. Fund raising events on behalf of Derian House have been a regular feature of Sedbergh's charitable life since Sandra Longlands was first sponsored to 'Freeze-the-knees' on their behalf some four years ago. Since then sponsorships, gifts,



table-top sales, open gardens and collection boxes have raised nearly £4,000 to assist in the £1 m plus annual cost of running Derian House.

The ROSE FUND is a means by which a charity named ALI'S DREAM will benefit over a protracted period of time. The Rose Fund's intention is to raise sufficient money to commission a specialist rose grower to cultivate a new rose to be named 'Indianna'. The naming will be in memory of the grand-daughter of a member of the Sedbergh community who sadly died in 2003 from a brain

tumour aged just five years. Ali's Dream (ACT - Against Childhood Tumours) is named after Alison Graham who died of a brain tumour at the age of seven in 2001. The fund is designed to support children with brain tumours, a condition that after

Leukaemia and accidents is the third largest killer of U.K. children.

A significant proportion of the profits from the sales of the rose will go to the Ali's Dream fund which will thus ensure an income from this source for a long period of time. To make this a reality £5,000 needs to be raised - the fund at present stands at £1,200. Though much remains to be done other fund-raising events both locally and

in other parts of the country means that the target is in sight.

The organisers of the table-top sale on Saturday 26th November look forward to welcoming the many people from Sedbergh who are always so generous in their support of the many good causes that request assistance.

*G. B.*



### PHOTO CALL

This month has seen a super response and I now have most of the names for the Settlebeck photo c1950.

Thanks to George Baines, Mary Hall, Joyce Mudd ( nee Alderson) Les Robinson, Terence Garnett and Willy Haygarth.

Top Row l - r. Jim Woof, Lester Woof, John Capstick, Lionel Pratt, David Gardner

Next row: John Raw, Lena Capstick, Edith Dixon, Val Snowden, Doreen Teal, xxx, Colin Greenwood, Harvey Williams ( teacher) Jeffrey Alderson

Next row: Mary Thompson, Joyce Alderson, Ennis Hodgson, Joan Birkett, Eva Metcalfe

Front row: Dennis Harper, George Baines, Ned Brooks, Norman Postlethwaite, xxxx, Terence Gregg.

This month is a mystery. I don't recognise anyone ... maybe it isn't even Settlebeck.. However I am sure that one of you out there must know so get in touch with me, Shirley Tebay, Walnut

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### SEPTEMBER WEATHER

September was again a mixed month weather-wise from glorious sunny days to the first frost of the season with some wind and rain thrown in for good measure. The first week was warm and dry with the maximum of 83.8F being recorded. The minimum temperature was during the night of the 17<sup>th</sup>/18<sup>th</sup> with the thermometer recording 33.6F. This was low enough for water in bowls etc. to freeze over and a heavy rime on the grass first thing. One other night produced a ground frost on the 24<sup>th</sup>/25<sup>th</sup>. Again only on 5 days did the wind blow from anywhere but the North West. The

maximum gust was 22.4mph. The total rainfall was 3.43 inches most of which fell in the last fortnight of the month.

The cock swallow had been roosting in the empty nest in the kennel each night but the first frost obviously warned him it was time to go to warmer climes as he hasn't been seen since. A couple of swallows were seen on the last day of the month flying South, they weren't hanging about! A late hatching of Red Admiral butterflies were seen around sucking up the juice from some squashed wild plums on the drive as there was little nectar around. The flock of sparrows has disappeared leaving only a handful. Whether this was due to the sparrowhawk's activities, thought I haven't seen her recently, or some other factor I don't know.

### WINDER 100 POPPY CHALLENGE

#### 99 Done - 1 to Go!

From November 11th 2004 to November 11th 2005 Paul Brassington, formerly of The green door Sweet Shop, is running up Winder 100 times and is seeking sponsorship to support the British Legion Poppy Appeal 2005. The last run will be made from the War Memorial in Sedbergh on Friday 11th November just after 11 am following observation of the two minutes silence.

Only one Winder run to go! October has seen the return of cooler weather with some rain and wind thrown in for good measure. The past year has gone by very

quickly and it doesn't seem that long ago that there was one run done with 99 to go. Gem the collie is now up to over 60 Winders which is not too bad as she has only just turned one year old during October!

Support up to date

has been really good and if you would like to sponsor Paul please call into the Green Door on Main Street to either obtain a sponsorship form or to leave a donation. Any contribution however small or large will be very welcome and go to aiding a very worthy cause. If you are leaving your sponsorship at The Green Door, please put your cash or cheque (payable to the royal British Legion) in an envelope with your name and phone number on the outside so you can be ticked off the sponsorship list, many thanks.



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### ORANGE SKIES BOOKS

I am very pleased to announce the forthcoming arrival of Orange Skies Books in Sedbergh. I have just moved up from Kent, where (as in Rutland and Guernsey beforehand) I have been trading both on the internet (as I will continue to do so) and at Book Fairs and the like.

As soon as some building work is completed, I will be getting ready to open my new book shop at 46 Main Street (*aka 'Little Knights'*), and I hope to have this open by Christmas.

I am specializing in all aspects of music – and will have a wide selection of material covering all aspects of classical music, jazz, blues, folk and right across the whole Rock and Pop scene from 1950's Rock and Roll, through the 60's Beat bands and the psychedelic scene to Punk, Dance and the avante garde. In addition I will be carrying a varied – if somewhat idiosyncratic – selection of general stock, from cheap paperbacks to some interesting and valuable material which costs considerably more! I am particularly interested in signed books, mainly – though not exclusively - on the non-fiction side of things.

I am also likely to be stocking a variety of what might be described as music related ephemera, as well as a small selection of collectable vinyl and discs.

I am presently purchasing both music material and general stock – from interesting individual items to whole collections – and if you have any books or other printed matter that you would like to part with, or indeed to get valued, please do not hesitate to contact me by

phone or email (*contact details below*).

Along with all my fellow Booksellers, and other supporters of the Book Town project in the town, I am thoroughly looking forward to the next stage in the development of Sedbergh Book Town as a thriving venture. The recognition that 'something is happening' here in Sedbergh is reaching deep into the Bookselling world and beyond, so the potential for success is growing all the time. With new book shops opening and others moving premises, these are exciting times indeed!

I very much look forward to meeting with many of you in the months ahead.

*David Johnston-Smith*  
Orange Skies Books  
0153 96 21039  
07904 186463  
orangeskiesmusic@gmail.com

(These contact arrangements are likely to be changed when the shop is up and running – please keep an eye out for my adverts in future issues)



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### SPONSORED WALK

£464 was raised for Howgill Church following a sponsored walk. Thanks to everyone who gave donations.

**SETTLEBECK HIGH SCHOOL**

*Appeal for wood off-cuts for Settlebeck*

The Design and Technology Department of the school is undergoing considerable growth and development. In addition to acquiring new equipment, there is a need for raw material to work with.

If anyone is aware of any business or other source that may be able to provide materials such as wood off-cuts, both soft and hardwood, and any metals or plastics that the students could make use of in their project work, can they please contact either David Jermy, D & T Teacher or Peter Burrige, D & T Technician, at the school.

of honey and pollen in each hive at the start of the six months of 'winter' - the hive becomes measurably lighter. If this happens we can top them up with some sugar fondant fed through a small hole on the inside of the top of the hive.

Surprisingly, this is more likely to be necessary if we have another very mild winter as we have had in recent years. On calm sunny days some bees will fly out briefly to relieve themselves, always a good sign that all is well inside!

Bees do not hibernate in the winter as some readers might imagine. The workers all form a roughly spherical cluster around the queen in the middle of the brood chamber of the hive, and keep themselves and the queen warm by eating small amounts of honey and working their big wing muscles to produce heat, a bit like us shivering to keep warm! The centre of the cluster is the warmest spot, so as workers on the outside of the cluster get cold, they worm their way into the centre to warm up again. As they slowly consume their store of honey, the whole cluster moves upwards in the chamber. There is constant movement inside the hive - they never sleep!

Over the winter, beekeepers begin by meeting to discuss the successes enjoyed and the lessons learnt during the active season now ended, and to plan our programme of meetings, events, and visits to members' apiaries in 2006. Our last meeting of 2005, to review this year's activities and plan next year's, is at 7.30pm on Monday 21<sup>st</sup> November in the People's Hall committee room. If you would like to learn more about bees and beekeepers, do join us.

*Malcolm Fraser-Urquhart*

**SPARE TIME?**

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The bees have all been put to bed for the winter, in well-protected hives full of healthy bees, honey, and pollen. On fine days there are a few foragers still flying out to collect the last of the ivy pollen to top up their larder. All we beekeepers have to do between now and next March is occasionally to check the weight of each hive, called hefting. If the bees eat their way through their store of food faster than normal - there is some 35lbs

### THE PULSE PROJECT

Building work is about to begin on the Community Gym. The gym will be at Baliol School in the old Art block. Baliol school are working toward becoming a School of Sporting Excellence and part of this aim includes the gym.

This community facility will be run by a management committee with members taken from the Pulse Project, Baliol school staff and governors. There are a great many advantages in having the gym at the school; i.e. parking, maintenance and security. The committee will endeavour to keep the membership fees as low as possible and the opportunity to join will be offered early next year, 2006.

Talking of 2006, the Community Calendar which is produced by the Pulse

Project, is now available

These calendars go all over the world and serve as reminders to those folk who have relatives and friends here, what a beautiful place we live in.

If you have a picture that you think would be good for the 2007 calendar please get in touch. It should be a digital photo on high resolution in order to blow up well but anything is possible with today's ever improving and confounding technology. Call 015396-21808.

*Sandra Gold-Wood*

### OPERATION CHRISTMAS CHILD Your Gift Makes a World of Difference

Have you ever wondered just how much can be packed into a shoe box?

Have you ever wanted to find out?

Well you can, and your gift could make a world of difference to help meet the critical needs of children suffering the effects of war, poverty, famine, disease and natural disasters while also sharing the good news of Jesus Christ.

Boxes can be filled with a selection of pencils-pens - crayons - small toys - toothpaste - toothbrush - hat - scarf - gloves - the list is endless.

Boxes need to be ready to go by 20th November and there will be two services of dedication on that day, one at the Peoples Hall and one at Sedbergh Methodist Church, both starting at 10.30 am. You will be very welcome at either of those services.

You will need to pick up a leaflet giving exact details of how to pack your box. These are available from Sedbergh Office Services or by contacting Janet Widdess on 20329.

Happy Packing and thank you.



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### **“COLD MOUNTAIN”**

*singer will be one of the Highlights!*

On Friday 14<sup>th</sup> October Sedbergh was treated to a performance of a play called Black Diamonds. The play, performed by Quondam Theatre (a local professional company), told the story of a slave trading ship on its journey from Africa to Whitehaven. About 80 tickets were sold and everyone thoroughly enjoyed a superb show.

Another show, Appalachian Roots, will be held at the People’s Hall on Friday 25<sup>th</sup> November. This should be a sensational evening of banjo & fiddle playing, traditional song and dance mainly from the Southern Appalachian region of the USA. It will be performed by Ira Bernstein and Riley Bagus, both extremely talented and experienced musicians. Riley’s singing featured in the soundtrack of the film Cold Mountain. The show will appeal to folk music and dance enthusiasts, as well as anyone who enjoys a good night out. A bar will be available. Tickets can be bought from Sedbergh Tourist Information Centre (015396 20125).

Both these events are being brought to Sedbergh as part of the Highlights Rural Touring Scheme. This organisation receives funding from the Arts Council and others to bring high quality music, drama and dance shows to rural locations in the North Pennines and South Lakeland areas.

Highlights events are currently being organised here by a partnership involving Sedbergh CDC and Sedbergh Booktown Ltd. We obtained a small amount of funding from Cumbria Community Foundation and Cumbria County Council

to get things started, but in future the project will need to be self-financing and run by a small group of volunteers.

If you fancy getting involved with the Highlights scheme in Sedbergh please give us a ring on 21031. You could put up posters, help on the night, and even help choose the next shows!

*Chris Wood, Sedbergh CDC*

### **DENTDALE METHODIST CHAPEL**

Our AGM, joint with Dent Foot chapel folk was good and we were home by 9.30 pm, another meeting is needed to discuss the Accessible Wc and the fund raising which will be needed to have this done along with the re-surfacing of the chapel car park.

The Sunday services are now at 2 pm every week, no evening service in the winter, details in the box on the chapel wall and in the porch. Everyone and anyone are welcome.

The annual Network evening with service and supper and bring and buy is on Tuesday 1st November out afternoon Christmas carols is December 11th.

Our schoolroom is available for hire, it is so called because it was built to house the Sunday School which had outgrown meeting in the four corners of the chapel, and the land to build it on was given to the trustees by the late Mrs K Burton. The grave-yard across from the chapel was purchased by the late Mrs S Sanderson in memory of her father, it was formerly the Quaker Burial ground and is always known as the ‘Quaker paddock’ the chapel itself started life as a Quaker Meeting house. Just in case anyone is interested!

*J S Woof*

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### **PEPPERPOT CLUB**

The Sedbergh Pepperpot Club Coffee Morning on Saturday October 15 went off really well. Lots of Pepperpot members came to help at the URC rooms and the contributions for the stalls came pouring in. At 10.30 the Pepperpot Music Makers orchestra set themselves up in the church, kindly opened up for us by the Elders, and they performed a varied programme devised by Ann Wright and Judith Bush. This was an amazing feat because several of the youngsters taking part had only joined the orchestra at the beginning of the new school year. Their concentration was intense and it was clear that at the same time they were all enjoying themselves immensely. There

was an appreciative audience who enjoyed coffee and a chat upstairs afterwards. Then there was the raffle draw. All the youngsters who took part in the Pepperpot Music Makers Grand Practice Challenge qualified for a free strip of raffle tickets, so there was great excitement to see who had won what! The Coffee Morning made a very useful sum for the Pepperpot fund for young musicians and the youngsters who took up the Challenge and found people to sponsor their music practice over two weeks are to be congratulated on raising a lot of money for the same fund. Many thanks to all the people who contributed to the success of the event.

*Shirley Smith*

### **KIRKSTONE CAR PULL TEAM**

Back row, left to right.

Michelle Wilson (Driver), Tank Wilson (Water carrier), Craig Moffat, Mike Hinson, Danny Wilson, James Nash, Luke Laddell, Matty, Ian Moorhouse and John O'Neil.

Front row, left to right.

John Goad, Caspa, Darren Potter, Mike Packham, Scarlet O'Neil (mascot) and Allison O'Neil (Captain).



### **SOUND LAND**

I like music and I like landscape, and I'm very interested in the way they go together - especially now I live in Sedbergh and I can wallow in the shapes, light and sounds of the Western Dales.

On Saturday 19 November I am presenting some slow, layered, rich, meditative, surprising, beautiful sound and music at the People's Hall and I hope you'll come along. I'm mostly a DJ, so it'll mostly be other people's music; my job is to select the good stuff, to sequence and overlay material and to tidy up afterwards. I'll be using music made from landscape recordings, with computers, by improvising musicians and even by sculptures.

The event should be a cross between a

wildlife documentary, a concert of electronic music and a chill-out room. It will run from 2 to 10pm and will be free - I hope people will pop in and out during the day and see how it's developing. For more information, check

[www.music.freakout.biz](http://www.music.freakout.biz) - see you there!

*Andi Chapple*

### **POLICE REPORT**

How disappointed we all were that after last month's report about Settlebeck High School being broken into, Sedbergh Primary School also suffered the same fate. CID are currently investigating and it is hoped that arrests will be made soon.

I think most people saw the new equipment on Station Road which displayed the speed of vehicles. There were a few that chose to ignore the reading and continue to drive too fast. Many others commented that it helped them to be aware of their speed and slow down. If drivers do not slow down, the next move will be to have a Fixed Camera whereby £60 fines will be issued with 3 Penalty Points. Nobody can say that they were not aware. The Law is there for everyone to obey when they drive.

Winter will soon be upon us. Take two minutes out to check all of your vehicle lights, tyres, tyre pressures, antifreeze and wiper blades. Get someone to stand by the vehicle and check the brake lights and indicators are working fully. Isn't it frustrating when you are following another vehicle and one or more of the lights do not work. Take two minutes out to check yours.

*DJW*

## SETTLEBECK HIGH SCHOOL

### Year 11 Successful Learner Course

In the morning of Thursday 29<sup>th</sup> September, Year 11 students at Settlebeck started their Successful Learner Course with a visit from Chrysalis theatre company, who performed their short play 'More Than Dreams' and then led a forum theatre workshop on the topic of aiming for higher education. This was an excellent way to focus minds on being the best you can be, which is the foundation for a course designed to support our students with exam preparation and techniques. The rest of the course took place at the Great Tower Campsite near Bowness and, although it rained almost continuously, our cabins were cosy and provided working spaces to get down to the nitty gritty tasks of just how do you revise effectively for an exam. In between the working sessions a lot of fun was had by all – an Italian meal in Bowness at the excellent Rosellis, a film at The Royalty and lots of hanging out together and enjoying each other's company.

Here are a few typical students' reactions.

I found the Year 11 Successful Learner Camp a great experience and would definitely recommend it to Year 10 next year. I have learned a lot about exams and how to cope with it all. Also, the group has become really close.

*Rebecca Clark*

I feel this residential trip was good for two reasons:

Firstly, because you got to spend time with mates and talk to those you don't always spend time with. Secondly, you know how to manage revision time and

how to cope with stress. *Ian Mitchell*

It gave me good ideas on how to revise and I will be better prepared for exams

now. *Graham Capstick*

## SEDBERGH BADMINTON CLUB

The A.G.M. was held at Sedbergh School Sports Hall on Friday 2nd September. Season 2004/2005 was very successful. The first team gained promotion from Division 4 to Division 3 and the second team gained promotion from Division 5 to Division 4. Season 2005/2006 looks very exciting with the introduction of a third team in Division 5.

It was decided to keep subscriptions unchanged and visitors are more than welcome at £3 a session.

Sessions are as follows at Sedbergh School Sports Hall.

Monday

Seniors 7.30 pm - 9.30 pm

Friday

Junior Coaching 7.30 pm - 8.30 pm

Seniors 8.30 pm - 9.30 pm

All standards of player are very welcome. For more details contact Richard Mason on Sedbergh 20565.

Congratulations to some of our junior members. At the recent Cumbria County Tournament at Keswick, Rosie Mason won both the Girls Singles and Doubles in the Primary category. Adam Robinson and Emily Armitstead both got to the semi-final stage of the Boys and Girls U13's and were runners up in the doubles.

Well done to brothers Joe and Adam Robinson for being selected to play for Cumbria U15's at Ashington versus seven other counties. A big achievement. Well Done.

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### SEDBERGH GALA GROUP

At the AGM on Monday, 10<sup>th</sup> October the Group accepted regretfully the resignation of Graham Moore as Chairman, but were pleased that he is to continue as an active member of the Group. Jane Fisher was elected to the Chair and the other officers were re-elected. The Group reported another successful and enjoyable year, though increased costs meant there was a smaller surplus than in the previous year. Donations were made to Sedbergh Town Band, Sedbergh Scouts and The Rose Theatre Group. The Group accepted with gratitude a generous donation by the Dalesman of proceeds from the Shire

Horse Day.

The next event is Bonfire Night on Saturday, 5<sup>th</sup> November. Details are in the advertisement elsewhere in this edition. The Group are pleased that a site for a bonfire has been agreed with the Parish Council, but wish to emphasise that in order to reduce damage to the field material for the fire will be carefully controlled and no material can be accepted from the public. The "Lookaround" has again kindly sponsored a special firework to finish off the evening and we hope for a large crowd at what should be a very enjoyable social event.

## DAVID RYCROFT

**CENTRAL HEATING ENGINEER  
PLUMBER & ELECTRICAL CONTRACTOR**

*over 35 years of experience*

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**CALOR  
GAS**



## SETTLEBECK HIGH SCHOOL

### *Year 7 trip to Derwentwater*

There was lots of excitement in the music/drama room as we all waited for the minibuses to arrive to take us up to Derwentwater. Finally the wait was over and we headed off for our annual 4 day trip.

This was to become a very important few days as we had to live together as a group and take part in a range of activities arranged to be challenging but enjoyable. There was a very happy and relaxed atmosphere throughout with all of our year 7 students prepared to have a go at all the tasks and there were some real success stories of students rising to challenges particularly the rock climbing and the long walk.

We all, staff included, had a very enjoyable time. The students now have very fond memories of their time there and below are some of the comments from them

Janet Oughton

I liked the night hike the best because it was really exciting. We went up some slippery rocks and at the top we turned off our torches and we saw the plough star constellation

Hugh Gallagher

We took our torches with us. The stars were glowing. The view was beautiful in the dark.

Heather Harper

The things I liked best about Derwentwater were the climbing and the raft building. In the raft building we met a woman called Hannah who showed us what to do. We won and the other group lost and we got wet and fell in. Climbing was nearly the best because I was scared. It started to rain and we had to walk back.

Lauren Burrow

I enjoyed raft building. I liked watching

people doing all the hard work. I really enjoyed swimming at Keswick swimming pool. The slide was cool and I swam to the back of the pool when the waves were on.

Bradley Reid

## MATHS TUITION

Key Stage 2, Key Stage 3,  
GCSE or A Level

Regular or occasional lessons  
with an experienced Teacher to  
suit individual needs

Contact: Marjory Glover  
015396 25438

## LADIES N. F. U.

Thank you to Mr D J Whicker for standing in at short notice for our October meeting giving us a very interesting talk about the Sedbergh *Lookaround*. He told us how he put his ideas on to paper to make the first issue of *Lookaround*, which was just one page to how it has progressed through the years to today's large issues of 70 plus pages. It made us realise what hard work had gone into printing and publishing Sedbergh's Newsletter.

Our charity event had to be cancelled due to other functions that were happening in the town on the same day. Our next meeting will be held on Tuesday 15th November in the Peoples Hall committee rooms, and our guest speaker is G Yates on Farkers Coffee. This year our Christmas Dinner will be on Thursday 24th November at Prelude in Kendal.

### LOCALS SUPPORT HOWGILL

In recent months more than £1,000 has been raised to support the Howgill Village Hall. Two events, one in spring the other in summer, saw a total of £1,080 collected.

A duck race was held on the May Bank Holiday raising £800. The winners were, in winning order, Hazel Jackson (lucky duck number 561) Anne Oaff (10), Dorothy Capstick (172), Helen Bell (206) and Helen Hoggarth (509).

A coffee evening was held on August Bank Holiday raising a further £280.

Chairman of the Howgill Village Hall Committee, James Postlethwaite, said he was thrilled with the fundraising efforts. "They will go towards the ongoing maintenance of the Hall, ensuring that it continues to be a place the whole community can use and enjoy."

The next event will be a Christmas Domino Drive on December 21. All welcome.

## EXPERIENCED DRESSMAKER

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

### GLADSTONE HOUSE

On Friday 30th September, the tenants of Gladstone House Sheltered Housing joined in with the Macmillan's World's biggest Coffee Morning, by having a coffee morning in Gladstone House.

Although the weather wasn't good the event was well supported and raised £126.20 for the charity (not bad in an hour and a half). A huge thank you to all the people who kindly gave donations, hand made gifts and items towards the raffle etc. and to those who came along on the morning.

*Raffle Winners were:*

|                  |                  |
|------------------|------------------|
| Food Hamper      | Glyn Johnson     |
| Watches          | Arnold Rowsley   |
| Fruit/veg hamper | Dorothy Calkeld  |
| Basket Fruit     | Norman Gordon    |
| Basket Fruit     | Val Law          |
| Crochet Blanket  | Elsie Waters     |
| Wine             | Georgina Devine  |
| Bath Salts       | Audrey Winn      |
| Lavender Set     | Sandra Longlands |
| Jigsaw           | Olive Garnett    |
| Wine             | Mr & Mrs Dark    |
| Wine             | Ruth Conchie     |
| Coat Hangers     | Mr & Mrs Dark    |
| Wine             | Joyce Devine     |
| Wine             | Jim McKiefrey    |

A big thank you also to Eleanor Gordon - for making all the coffee and slaving away in the kitchen and to Norman Gordon and Shirley Rawnsley who did a super job in running the raffle. Your help was much appreciated. *K M*

## Weekend Waiting On Staff required

please call Andrea for further details

Luvi

Food at Farfield  
015396 20368

Rebecca Wheten  
Homeopath  
 Telephone: (015396 20959)  
 duck.cottage@btopenworld.com

**CHRISTMAS POST**

The following dates are the latest that you can post to the respective destinations

**Surface Mail**

November

25th:- Eastern Europe, Greece, Cyprus, Turkey, Malta & Iceland.

December

2nd:- Western Europe

**Airmail**

9th:- South & Central America, Caribbean, Africa, Middle East, Far East (Except Japan), Asia, New Zealand & Australia.

12th:- Japan, USA, Canada & Eastern Europe.

14th:- Western Europe

**United Kingdom**

14th:- Standard Parcels

17th:- Second Class

20th:- First Class

22nd:- Special Delivery

Please ensure that you include and use the correct Post Code to the destination as this will delay any delivery; put a return address on the envelope in case of problems and ensure that you pay the correct postage for International items.

**SETTLEBECK HIGH SCHOOL**

Football

*Settlebeck vs Ingleton*

The Settlebeck team came on to the pitch with high hopes.

Soon after the whistle Sam Bolsher the captain put the first one in the back of the net, not long after Lee Raw knocked one past the keeper to make it 2:0. The whistle blew for half time and Settlebeck were playing really well.

They started the second half not being able to score another although they had some chances with Harry Ellison volleying it just past the post. It finally came with Bryan Taylor volleying it into the back of the net. Soon after, Ingleton scored from a penalty, they scored another and it started to look down for the home side but Joe Claire held the defense together.

The final score was Settlebeck 3 Ingleton 2.

*Settlebeck vs. Kirkby Stephen Grammar*

The Settlebeck players ran onto the pitch with great confidence. The first half whistle blew and Settlebeck were doing the best they could in the dreadful weather it wasn't soon before Sam Bolsher hit the bar. Eventually he put it in the back of the net followed by Bryan Taylor's awesome shot that lobbed their keeper and went in. Kirby managed to pull one back with a lovely header and the half time whistle went. Settlebeck started the second half well but Kirby equalized, soon after Lee Raw managed to find the back of the net then Will Thexton put another in.

The final score was Settlebeck 5 Kirkby Stephen 2.

## Religious Services in Sedbergh

**CHURCH OF ENGLAND**

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

**Canon A W Fell Tel: 20283**

**ROMAN CATHOLIC**

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

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

**METHODIST CHURCH**

New Street  
 Sunday 10.30 & 18.30

**Rev. T Widdess Tel: 20329**

**UNITED REFORMED CHURCH**

Main Street  
 Sunday 10.30

**Secretary: Mr M Cope 20678**

**SOCIETY OF FRIENDS**

**QUAKERS**

Brigflatts  
 Sunday 10.30

**Mrs T Satchell Tel: 20005**

**UNITARIAN & FREE**

**CHRISTIAN CHAPEL**

Market Place, Kendal  
 Sunday 11.00  
 Wednesday 19.30

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

*For enquiries for the following services,  
 Please ring the relevant telephone number*

**CHURCH OF ENGLAND**

Firbank; Howgill & Killington

**Rev. A Pitt Tel: 20670**

Cautley & Garsdale

**Canon A W Fell Tel: 20283**

Dent & Cowgill

**Rev. P Boyles Tel: 25226**

**METHODIST CHURCH**

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

**Rev. T Widdess Tel: 20329**

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



## OPTIONS for health and well-being

|                   |                                       |              |
|-------------------|---------------------------------------|--------------|
| Denise Williamson | Homeopathy, Bowen Technique           | 015396 20846 |
| Jenny Heath       | Alexander Technique                   | 015396 25002 |
| June Parker       | Acupuncture                           | 015396 20972 |
| Ian McPherson     | T'ai Chi, Flower Essences, Homeopathy | 015396 20648 |

*Complementary therapists practising locally*

## DIARY OF EVENTS

*Dates are held up to 7th December 2006*

| <b>NOVEMBER</b>     |                                             |         |
|---------------------|---------------------------------------------|---------|
| 1                   | SS Half Term Ends                           | SS      |
| 1                   | 1030 Poetic Images & Still Life (28)        | FM      |
| 1                   | 1030 Marie Hartley 100 years to 17th        | DCMH    |
| 2                   | 1315 Zebras                                 | SMCR    |
| 2                   | 1930 HS Horseshoes & some Old Clouts (16)   | SHS     |
| 3                   | 1930 Domino Drive                           | KVH     |
| 3                   | 1930 Grumpy Old Men                         | Sun Inn |
| 4                   | 1830 FC Bonfire Night & Skittles            | FCH     |
| 5                   | 1000 dales FC Table Top Sale (6)            | PH      |
| 5                   | 1800 Bonfire Night (1)                      | PH      |
| 5                   | 1930 WIH Clog Dancing                       | HVH     |
| 5                   | 2100 Danny's Disco                          | DMH     |
| 8                   | 1400 WIK AGM                                | SMCR    |
| 8                   | 1930 Dentdale Cricket Club AGM              | DRR     |
| 9                   | 1000 Touch of Elegance (9)                  | PH      |
| 9                   | 1315 Zebras                                 | SMCR    |
| 9                   | 1915 WID AGM                                | DMH     |
| 9                   | 1930 WIF AGM & Jacob's Join                 | PH      |
| 9                   | 1930 GVH Domino Drive                       | GVH     |
| 11                  | 1400 Local Access Project (11)              | CO      |
| 11                  | 1830 Domino Drive                           | DMH     |
| 12                  | 1100 StAS Christmas Fair (12)               | PH      |
| 12                  | 2000 Howgill Church Dance                   | PH      |
| 13                  | 1030 Cloisters Rededication Ceremony        | SS      |
| 13                  | 1100 Remembrance Day Service                | StAS    |
| 13                  | 1530 Jacob's Ladder                         | DMH     |
| 15                  | 1930 FC Domino Drive                        | FCH     |
| 16                  | 1315 Zebras                                 | SMCR    |
| 16                  | 1930 HS Ruskin's Legacy (16)                | SHS     |
| 19                  | 1400 Sound Land (19)                        | PH      |
| 19                  | 1600 Dent Heritage Centre Film              | DMH     |
| 19                  | 1900 Dent Heritage Centre Film              | DMH     |
| 23                  | 1030 Poetic Images & Still Life Ends (28)   | FM      |
| 23                  | 1315 Zebras                                 | SMCR    |
| 23                  | 1930 DMH AGM                                | DMH     |
| 23                  | 1930 CWT Birds of Leighton Moss             | SHS     |
| 24                  | 1000 Expo 2005 (24)                         | PH      |
| 25                  | 1830 Promise Auction (25)                   | Sun Inn |
| 25                  | 1930 WIH Domino Drive                       | HVH     |
| 25                  | 1930 Appalachian Roots (25)                 | PH      |
| 26                  | 1000 Christmas Charity Sale (27)            | URCR    |
| 26                  | 2200 Disco (26)                             | PH      |
| 29                  | 1900 Neighbourhood Forum                    | PH      |
| 30                  | 1315 Zebras                                 | SMCR    |
| <b>DECEMBER</b>     |                                             |         |
| 1                   | SS Half Term Ends                           |         |
| 1                   | 1930 Christmas Domino Drive                 | KVH     |
| 2                   | 1930 LFH Domino Drive                       | SHS     |
| 2                   | 1930 Zrece Singers in Dent (43)             | DMH     |
| 3                   | 1000 G&CC Christmas Fair                    | URCR    |
| 3                   | 1000 Zrece Singers Workshop (43)            | PH      |
| 3                   | 2000 Zrece Carollers (43)                   | SIC     |
| 4                   | 1000 Zrece Singers Workshop (43)            | DYH     |
| 4                   | 1600 Christmas Fayre                        | DMH     |
| 6                   | 1930 Town Band Christmas Concert            | PH      |
| 7                   | 1315 Zebras                                 | SMCR    |
| 7                   | 1830 Late Night Shopping & Father Christmas |         |
| 7                   | 1930 HS Slate Quarries & Quarrymen          | SHS     |
| 11                  | 1530 Jacob's Ladder                         | DMH     |
| 13                  | 1430 WIK Christmas Lunch                    | tba     |
| 13                  | 1930 Domino Drive & Mince Pies              | FCH     |
| 14                  | WID Christmas Meal                          | tba     |
| 14                  | SS Term Ends                                | SS      |
| 15                  | The Great Santa Kidnap                      | GVH     |
| 16                  | The Great Santa Kidnap                      | DMH     |
| 17                  | The Great Santa Kidnap                      | SHS     |
| 18                  | The Great Santa Kidnap                      | SHS     |
| 21                  | 1930 Christmas Domino Drive                 | HVH     |
|                     | WIH Christmas Party                         | tba     |
| <b>JANUARY 2006</b> |                                             |         |
| 4                   | 1930 HS Scottish Wars of Independence       | SHS     |
| 8                   | SS Term Begins                              |         |
| 8                   | 1530 Jacob's Ladder                         | DMH     |
| 14                  | Women's Night & Disco (26)                  | PH      |
| 17                  | 1930 Domino Drive                           | FCH     |
| 18                  | 1930 HS Robert Lowther                      | SHS     |
| 25                  | 1930 CWT Pillars of Salt                    | SHS     |
| 28                  | 1030 Jumble Sale & White Elephant           | DMH     |
| 28                  | Charity Sports Evening (26)                 | PH      |
| <b>FEBRUARY</b>     |                                             |         |
| 1                   | 1930 HS Bristol to Sedbergh & Inventories   | SHS     |
| 2                   | 1930 WIH Settle/Carlisle Railway            | HVH     |
| 8                   | 1930 CWT Spring in the Burran               | SHS     |
| 10                  | SS Half Term Starts                         |         |
| 12                  | 1530 Jacob's Ladder                         | DMH     |
| 15                  | 1930 HS A Year at Killington Hall           | SHS     |
| 19                  | SS Half Term Ends                           |         |
| 21                  | 1930 Domino Drive                           | FCH     |
| <b>MARCH</b>        |                                             |         |
| 1                   | 1930 HS Adam in Paradise                    | DMH     |
| 2                   | 1930 WIH Twinning with Zrece                | FCH     |
| 7                   | 1930 FCH AGM                                | FCH     |
| 12                  | 1530 Jacob's Ladder                         | DMH     |
| 14                  | 1930 Domino Drive                           | FCH     |
| 15                  | 1930 HS Sedgwick's North Country            | SHS     |
| 17                  | SS Term Ends                                |         |
| 22                  | 1930 CWT AGM + Gardens & Jacob Joint        | SHS     |

*The S & D Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker*

*It is printed by Stramongate Press.*

*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.*

# THE HEAD

## AT MIDDLETON

*Nr Sedbergh, Cumbria*

*Tel: 015396 20258*

Proprietors: David and Elizabeth Martin



*Christmas Fayre available  
throughout December*

\*\*\*\*\*

### STARTERS

Soup of the Day with Roll & Butter  
Prawn Cocktail with Marie Rose Sauce  
Wedge of Honeydew Melon sprinkled with Ginger  
Farmhouse Pate served with Toast and Garnish  
or Grapefruit Cocktail

\*\*\*\*\*

### MAIN COURSE

Roast Turkey with Chipolata Sausage,  
Sage & Onion Stuffing and Cranberry Sauce  
Succulent Roast Pork with Apple Sauce and Stuffing  
Roast Beef & Yorkshire Pudding & Horseradish Sauce  
Grilled Rainbow Trout with Bacon and Almonds  
or Vegetarian alternative available

*All served with Roast and Boiled Potatoes  
and Seasonal Vegetables*

\*\*\*\*\*

### SWEETS

Festive Christmas Pudding with Rum Sauce  
Peaches and Brandy Pancake with Ice Cream and Cream  
Deep-filled Apple Pie and Custard  
Hot Chocolate Fudge Cake served with Cream  
Vanilla Ice Cream with Chocolate Sauce and Nuts  
or Cheese and Biscuits

\*\*\*\*\*

Mince Pie and Satsumas  
followed by Coffee and Mints

\*\*\*\*\*

£14.95 including Christmas Cracker



|                      |        |
|----------------------|--------|
| Christmas Day Lunch  | £29.95 |
| Boxing Day Lunch     | £16.95 |
| New Years Day Lunch  | £16.95 |
| New Years Eve Dinner | £16.95 |

#### DIARY KEY

|        |                                     |
|--------|-------------------------------------|
| BB     | = Barclays Bank                     |
| BF     | = Brigflatts                        |
| BS     | = Baliol School                     |
| BVH    | = Barbon Village Hall               |
| CDC    | = Community Development Centre      |
| CO     | = Community Office, Main Street     |
| CS     | = Casterton School                  |
| CWT    | = Cumbria Wildlife Trust            |
| DCMH   | = Dales Countryside Museum, Hawes   |
| DCP    | = Dent Car Park                     |
| DMH    | = Dent Memorial Hall                |
| DMC    | = Dent Methodist Church             |
| DYH    | = Dent Youth Hostel                 |
| EG     | = Embroiderers' Guild               |
| FCH    | = Firbank Church Hall               |
| FM     | = Farfield Mill                     |
| GL     | = Garsdale Ladies                   |
| GVH    | = Garsdale Village Hall             |
| G&CC   | = Garsdale & Cautley Churches       |
| HC     | = Health Centre                     |
| HS     | = History Society                   |
| HVH    | = Howgill Village Hall              |
| JLCP   | = Joss Lane Car Park                |
| KC     | = Killington Church                 |
| KL     | = Kirkby Lonsdale                   |
| KVH    | = Killington Village Hall           |
| L      | = Library                           |
| LHCP   | = Loftus Hill Car Park              |
| MCH    | = Methodist Church Hall             |
| MCKKL  | = Methodist Church Centre KL        |
| MH     | = Masonic Hall                      |
| PH     | = People's Hall                     |
| SBH    | = Sedbergh Bright Hour              |
| SC     | = Swimming Club                     |
| SCC    | = Sedbergh Cricket Club             |
| SHS    | = Settlebeck High School            |
| SIC    | = Sportsman's Inn, Cowgill          |
| SMCR/H | = Sed. Methodist Church Room/Hall   |
| StAS/D | = St Andrew's Church, Sedbergh/Dent |
| StJAR  | = St John Ambulance Rooms           |
| SR     | = Spooner Room                      |
| SSSH   | = Sedbergh School Sports Hall       |
| STO    | = Sedbergh Tourist Office           |
| URCR   | = United Reformed Church Rooms      |
| WHC    | = White Hart Club                   |
| WID    | = Women's Institute, Dentdale       |
| WIF    | = Women's Institute, Frostrow       |
| WIH    | = Women's Institute, Howgill        |
| WIK    | = Women's Institute, Killington     |
| WVH    | = Westhouse Village Hall            |

## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218  
 Repeat Prescription ☎ 015396 20239  
 Out of Hours ☎ 01539 781999  
 Bay Call ☎ 0845 0524 999

#### Dr W Lumb

|           |                  |               |
|-----------|------------------|---------------|
| Monday    | 0830 - 1045 *    | 1500 - 1745 * |
|           | 1230 - 1300 Dent |               |
| Tuesday   | 0830 - 1030      | 1500 - 1745 * |
| Wednesday | 0830 - 1030      | 1430 - 1645 * |
| Thursday  | 0830 - 1045 *    |               |
| Friday    | 0830 - 1045 *    | 1500 - 1745 * |

#### Dr C Hunt

|          |               |               |
|----------|---------------|---------------|
| Monday   | 0830 - 1030   |               |
| Tuesday  | 0830 - 1045 * |               |
| Thursday | 0830 - 1030   | 1500 - 1745*  |
| Friday   | 0830 - 1030   | 1500 - 1745 * |

#### Practice Nurses

|           |               |               |
|-----------|---------------|---------------|
| Monday    | 0845 - 1700 b |               |
| Tuesday   | 0845 - 1730 a |               |
| Wednesday | 0845 - 1730 b |               |
| Thursday  | 0830 - 1730 a | 1300 - 1800 b |
| Friday    | 0830 - 1730 b |               |

a = Adele Reynolds  
 b = Anne Crome

|                       |                       |
|-----------------------|-----------------------|
| <b>District Nurse</b> | <b>Health Visitor</b> |
| ☎ 015396 21690        | ☎ 015396 20979        |

#### A Collinge Optometrist

Every Friday 0900 - 1300      1400 - 1730 \*

#### DENTAL SURGERY

Finkle Street ☎ 20626  
 Mr I. R. Dawson, Ms G Turner & Mr M Brickles  
 Monday to Thursday      0900 - 1700  
 Friday      0830 - 1500

\* = *By Appointment Only*  
 # = *Telephone Consultation*  
 FP = *Family Planning*

### LIBRARY Main Street ☎ 20186

|           |             |             |
|-----------|-------------|-------------|
| Monday    |             | 1700 - 1900 |
| Wednesday | 0930 - 1230 | 1400 - 1700 |
| Friday    |             | 1400 - 1700 |
| Saturday  | 0930 - 1230 |             |

### SEDBERGH TOURIST OFFICE

Main Street ☎ 20125  
 Open every day

### COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600  
 e-mail office@sedbergh.org.uk  
 web page www.sedbergh.org.uk

### RURAL CITIZENS ADVICE BUREAU

Kendal Office  
 ☎ 0870 1264061  
 e-mail via site www.cabkendal.ndo.co.uk

### PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600  
 ☎ 01539 795000 or 0845 6060265

### SLCVS @ Community Office

1st Wednesday every month  
 10 am to 12 noon  
 ☎ 01539 742627

### COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031  
 e-mail: admin@sedberghcdc.org.uk

### POLICE ☎ Kendal 01539 722611

### PUBLIC TOILETS

Main Street, Sedbergh & Main Street, Dent

### VETERINARY SURGERY

22 Long Lane ☎ 20335  
 Mr N. Preston & Mr J. Bramley

|                  |               |
|------------------|---------------|
| Monday to Friday | 1400 - 1430 * |
| Mon, Wed & Fri   | 1900 - 1930 * |
| Saturday         | 1330 - 1400 * |
| Sunday *         |               |

|                  |           |
|------------------|-----------|
| MARKET DAY       | WEDNESDAY |
| HALF-DAY CLOSING | THURSDAY  |