

Sedbergh & District
LOOKAROUND

November 2006

Issue 239

Donation 50p

Words fail us when we look at this Edition of *Lookaround*. It is the largest ever with 84 pages full of things that have happened and of events that you can attend over the coming few months.

Don't forget that next month will be a double issue with no January edition. Get

your items for December, January and early February in now to avoid disappointment. Closing dates as always appear at the bottom of this page.

*Dennis & Jacky,
John & Charlotte*

Stalls
Fibre Optic Sparklers
Games
Tombola
Home Made Soup
Mulled Wine
Jacket Potatoes
Bran Tub
Sweets Pop
Toffee Apples

**SEDBERGH**
BONFIRE CELEBRATIONS
SATURDAY 4th 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 2006



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:-

Ben Sedgwick who is
9 years old on 11th 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.

A Belated Happy Birthday to Phoebe Hall who was one year old on 11th October
and Cally Lawson who was two years old on 4th October.

Day	Name	Age
3	Kobe CRESSEY	3
4	Jade COWIN	10
9	Iona STEPHENSON	7
11	Ben SEDGWICK	9
17	Katie WOOF	8
18	James ABBATT	4
18	Robbie KENDAL	5
19	Sam FEARNHEAD	9
22	Ben FERGUSON	7
24	Melissa SPROUL	5
24	Jake COWPERTHWAITTE	9

Lookaround Advertising Rates

Single Column x 1"	=	£7.50
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Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
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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

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (06/09) <i>IT; PB; TV; NS; NP; P; DR; VB</i> brantrigg@btinternet.com	21455
Mrs P Bainbridge	Ullathorn's Farm, Middleton, Kirkby Lonsdale (06/09) <i>1F; 1D; 2ES; CH; L; TV; NS; P; VB; PetsW; CW</i> e-mail: pauline@tossbeck.f9.co.uk	015242 76214
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (06/10) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: holmecroftbandb.co.uk	20754
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 (06/11) <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 (06/12) <i>1D; 1T; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amsolve.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (06/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mr & Mrs Wilkinson	Netherclough Holiday Cottage, Garsdale (06.09)..... <i>S/C, B&B or full S/C 1D(4 poster); 1T; 1S; PB for 4/5 people;</i> <i>Garden; P; TVL; NS; CW; S/C EM; use of Kitchen</i> Web Site: www.nethercloughcottage.garsdalesedbergh.co.uk	21397/22019

CAMPING, CARAVANNING & SELF-CATERING

Ingmire Lodge, Marthwaite, Sedbergh (06/08)	22136
<i>Sleeps 6; Detached Self-Catering Cottage; NS; 1 Dog welcome; 2 Bathrooms; VB; 5 star</i>	
Primrose Cottage, 17 Back Lane, Sedbergh (06/09)	21339
<i>Sleeps 4, (1D & 1T) sunny south facing. 2 Bathrooms. Holiday Lets & Winter Let available</i> www.primroseholiday.co.uk	
Various Cottages sleeping 2 - 12 (06/09)	21002
e-mail: holidays@dalesdusters.co.uk	
Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (06/09)	21567
<i>4-5 Berth; H+C; Shower; Sep WC; Full Kitchen; TV; Dogs Welcome (Max 2); NS</i>	

KEY

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

PERSONAL & SMALL ADS £1

BREWER

Karen would like to thank all friends, colleagues, parents & children for the beautiful flowers, gift vouchers & chocolate I received after stepping down as Playgroup Chairperson.

CAPSTICK

September 29th was a lovely happy morning at Gladstone House where so many family & friends came to help celebrate my **90th Birthday**. They all gave most generous support to the annual MacMillan Coffee Morning where, with the raffle & sale of cakes, together gave the marvellous sum of £520 which has been sent to the Fund. The helpers were busy serving coffee & cake & that little bit extra. I also had lovely roses and beautiful cards, all sent with love. Again, a bog thank you & God Bless you all.
Nora

CONCHIE

I wish to thank most sincerely all my family & friends, both here & away, also the neighbours for all the surprises they gave me. I was overwhelmed with the amount of beautiful cards, presents & flowers. You certainly gave me a birthday to remember on the occasion of my **90th Birthday**. With grateful thanks to everyone. God Bless you all. Ruth.

GARDNER

Congratulations Philip & Marie on the Birth of your lovely daughter Charlotte Helen on 21st September 2006. Our love & best wishes to you all. Mum, Graham, Kieran, Nicola, Craig & Sally.

DICKIE

Happy **18th Birthday** Thomas on 2nd November 2006. Good luck on being selected to play for the England Schoolboys Football Team. Also happy **2nd Birthday** to George on 27th November. Love from Carol, Steve, Martin, Ian, Garry & Nicola. XXXXX

DICKIE

Happy **18th Birthday** Thomas on 2nd November 2006. Congratulations on being picked for England Schoolboys Football Team. Also happy **2nd Birthday** George on 27th November. Love Gran & Grandad.

HARPER

Thomas & Jennifer would like to thank family & friends for their kind gifts, cards & best wishes they received on the occasion of their **Ruby Wedding Anniversary**. God Bless you all.

RUBY WEDDING ANNIVERSARY

Congratulations Mum & Dad on your **Ruby Wedding Anniversary** on 19th November 2006. With love & best wishes from Christine, Cy, Steph, Tony, Julie, Scott, Liam, Ian & Lewis.

MIDDLETON

Gordon would like to thank the First Responders & Ambulance people, the Doctors, nurses & staff at Kendal Hospital. Also for the Get Well cards & good wishes during my stay in Hospital.

PERSONAL & SMALL ADS £1

MOORE

Well done Tom on winning the British 125 ICC O Plate UK Class earlier this year.

Congratulations to Sam for wining the British O Plate 125 Super 4 ICC plus the Midland Championship earlier this year. Also now for becoming the new British Super 4 125 ICC Champion. Well Done Sam. We are proud of you both. Love Grandma & Grandad.

MOORE

Well done Samuel Chapman Moore. You have worked hard to become the new British Karting Champion *plus* Way to go Dad (Graham) actions speak louder than words. Congratulations. Love Auntie Helen.

PLAYFOOT

Margaret & Tony would like to say a Big Thank You to our neighbours & friends who said prayers for us, the lovely flowers & Get Well cards and kind thoughts which were sent to us after our accident in August. Also to everyone who gave their precious time to come and help us, bring us shopping & provided us with wonderful food & support when it was most needed. We could not have managed without you. We are making slow progress & managing to be more independent now. Once again, our grateful thanks to everyone, your generosity has been overwhelming.

PLAYGROUP

We would like to thank Karen Brewer for five years of very hard work & dedication to her post as our Chairperson. Best wishes from the Playgroup Committee & friends.

SHAW

Happy Birthday Lorna. Just compare yourself to a good bottle of wine. The older you get, the better you get! Lots of love. Trace, Dave, Aimee & Craig

THOMPSON

Happy **21st Birthday** to Jessica & Joanna. Love Tracy & Family.

WHICKER

Thank you to Dennis & Jacky for all the hard work you do for The Lookaround, working hard all year round. The Lookaround is always very nice when it comes out. From Georgina.

WINN

Sydney would like to say a very big Thank You to all family & friends for the lovely cards, gifts, flowers & phone calls during his recent stay in Hospital.

FOR SALE

MacLaren Baby Buggy £120 new. Never used. £80. Tel: 21109.

FOR SALE

Carpet. 15' 8" by 10 ft. Wool, new, unused. Beige. With underlay and grippers. Cost £150 - only £49.50. Can deliver. Tel: Sedbergh 21166.

PERSONAL & SMALL ADS £1

FOR SALE

Alinco DJ-X3 Handheld Wideband Radio Scanner with rechargeable battery pack and charger plus extra wideband antenna £90. Realistic Pro-2042 Desktop Radio Scanner. HF/VHF/UHF. £60. Skyscan Wideband Antenna £25. Electric Massage Mat – fits on chair or bed and has 7 internal vibration motors to give full body or localised massage, also has heating function. Hardly used £15. Telephone Andrew on Sedbergh 21255.

FOR SALE

Berber Carpet. Vgc 14' x 9'. Full mirror two door bathroom cabinet 3' x 2'. Full radio & tape stacking system. CD player. Video recorder. Folding 5' high screen. No reasonable offer refused. Tel: Dent 015396 25592.

FOR SALE

New Hen Cabin 7' x 5' including laying boxes, etc. Tel: Sedbergh 21771.

FOR SALE

Extending wood ladder, each leg 8'. £23. Central Heating radiator, nearly new. 24" high 16" wide £10. Heavy duty large head rubber mallet for laying flags £8. Oxygen & Acetylene kit to include gauges. 60' heavy duty tubes, 18" cutting torch, goggles £100 ono. Tel: 015396 20422.

FOR SALE

Pedigree Boxer Dog. 1½ years old. Owner change of job, no time to walk etc. Reasonable price to a good home. Tel: 015396 20464 or 07870272571

FOR SALE

Horse Manure. Delivered in small trailer to Sedbergh and surrounding areas. Tel: 015396-21073.

FOR SALE

Geese ready for Christmas. Orders now being taken. Tel: 015396-20968 evening.

FOR SALE

Alinco DJ-X3 Handheld wideband Radio Scanner with rechargeable battery pack and charger plus extra wideband antenna £90. Realistic Pro-2042 Desktop Radio Scanner. HF/VHF/UHF. £60. Skyscan Wideband Antenna £25. Electric Massage Mat - fits on chair or bed and has 7 internal vibration motors to give full body or localised massage, also has heating function. Hardly used £15. Telephone Andrew on Sedbergh 21255.

FOR SALE

Handmade Lancashire Pine TV & Video Corner Unit. Light oak with 2 lead glass doors. 4 years old. Good condition £55. Tel: 015396-20753.

FOR SALE

Baby Items. McKinley Baby Back Carrier (original cost £60) £30. Dark Wood Cot with Mattress and duvet £25. Blue grey strap-on seat with tray, to attach to dining chair and with play cover £18. Grey fur lined muff/sleeping bag for pushchair £15. Buy all 4 items together for £80. Also Sit-on-ride with balls and music £15. Tel: 015396-20625.

PERSONAL & SMALL ADS £1

FOR SALE

Chair Bed (unfolds into single). Rust coloured fabric. Unused. £30. Pine hi-fi cabinet. Two shelves. £45. Tel: 20275.

FOR SALE

Mahogany corner unit for TV, video, DVD and storage for DVD's, CD's etc. Excellent condition £30 ono. Black Wrought Iron bunk beds. Single on top, double on the bottom. Double can also fold into a sofa. Excellent condition £55. Tel: 015396-25561.

HOUSE CLEARANCE SALE

Imminent house move forces sale of the following items. Baby Belling electric cooker and stand £65. Hoover upright cleaner £25. Indesit Freezer £45. DVD+R&R/W recorder as new £65. Microwave oven £23. Pair snow tyres on Nova wheels virtually unused £35. Tropical fish tank £20. Porch awning unused £25. Lapidary tumbler set, stones powder etc., £25. Lapidary diamond table saw £45 ono. Wonderfire LPG gas living flame stove £250 ono. **Leisure/Hobby Items.** Yamaha Clarinet £150. Martin Sigma DM5 acoustic guitar £150. 5 string G Banjo £120. Tatra classic acoustic guitar £23. Autoharp £20. Speedfire 14" side-drum £25. Cheetah MD5 dumb midi keyboard £35. Voice synth box £40. Small sampling keyboard £22. Akai 4000D reel to reel tape recorder £55. Ferrograph model 4A reel to reel tape recorder re-valved £75. Casio pocket colour TV set £35. 5" Black & White portable TV set £23. Pye Black Box record player £60 ono. Short wave scanning radio receiver £75. Nikon FT2 35mm camera body £100. Vivitar 400mm

Telephoto lens FT2 fit £40. Various Nikon camera lenses from £50. **Sailing and boating.** Skipper Family 14ft sailing dingy, ready to sail £320. Yamaha 2hp outboard motor £150. Trailer with launching trolley to suit above £120. Yamaha EF600 watt portable generator £175. Radio controlled model steam boat £595 ono. Radio controlled model yachts from £165. Model aeroplanes part complete £ offers. Webra speed 40 RC engine, never run £ offers. Mamod steam tractor enging £65. Collection of old radio's, valves TV and Radio £ offers. CRT restorer set £ offers. 16 mm cine film projector £ offers. Above items are very clean and in good working order. J. Wilkinson (015396) 21397.

FOR SALE

4 dining chairs with upholstered seats £0. Mirror with pine frame £5. Mirror 18 ins x 30 ins £15. Tall mirror 45 ins x 64 ins £15. Stainless Steel tray with teapot, hot water jug, sugar bowl and milk jug £10. Stainless steel Coffee percolator £10. Bathroom mats and seat cover £6 the set. White painted towel rail £5. White painted bedroom chair £. V shaped pillow £3. Various cushions from £2 each. Pine corner cupboard made by local craftsman £50 ono. Ottoman £5. Mrs Armitstead, Westgate, Southfield Road

WANTED

Lift to Oxenholme Station or Kendal to catch 8 am train to Preston. If you can help please ring Lucia on 015396-21166.

SCOUTS POST

Please note that there will be no Scout Postal Service in Sedbergh this year.

COUNCILLOR KEVIN

I imagine few of us were surprised that the Health Trust has decided to press on with its service reductions at Westmorland General Hospital. The so-called consultation documents were obviously written with one outcome in mind. I heard the whole process in South Cumbria described on national radio as a text book example of a bogus consultation exercise and I doubt if they are many who would disagree. The misuse of statistics – 42 minutes response time etc brought particular discredit on the Health Trust. At the moment national government is standing firm, they are adamant there will be no new money. However I have a feeling that the financial targets might well be relaxed a little as time goes on. In the meantime we must continue to press for full use to be made of all the facilities at Westmorland General.

One important function of South Lakeland is Licensing and I was pleased to become a member of the committee for the first time this year. When I wasn't on it I found it difficult to give full advice to those seeking licences. I have long thought that full licensing training should be offered to all councillors. Last year,

Christian Aid Open Evening **MOZAMBIQUE**

faith, hope and despair in the face of HIV

Guest Speaker – Ben Humphries
of North West Christian Aid staff

Monday 6 November

at 7.30pm in

The Methodist Schoolroom

Followed by light refreshments

Retiring collection for Christian Aid

because of the new Licensing Act there were meetings day after day hearing the contested applications for licenses to sell alcohol. However, that work is more or less complete now. You might be interested to know that there are 881 licensed premises in South Lakeland and 1,041 people who hold personal licences. This year most of our time has been taken up with issues concerning taxis. There are 190 licensed hackney carriages in the district and 39 private hire vehicles. Next year the work is likely to change again as the new Gambling Act is implemented. As councillors we are regularly consulted on all sorts of proposals. Usually we can see the idea behind the proposal even if we don't agree with it. However this month many of us have



CHRISTMAS SHOPPING EVENINGS



Sedbergh Tourist Information Centre

Discount Christmas Shopping evenings

8th – 22nd November, 14th December

Visit us up to 9pm for a chance to browse books and gifts,
share some refreshments and get to know your TIC better.

(See article for more information)



been asked what we would think about removing the cattle grids from Junction 37 of the M6. I am at a complete loss to understand how anyone could think this was a good idea, in deed I think it is little short of madness. Sheep do get on the A684 once in a while and the cattle grids are doing a heck of a good job keeping them off the motorway. They also slow down the traffic coming off the motorway and that is a good thing as well.

On a more positive note work on our South Lakes housing stock is well under way now. The programme really is good news for Sedbergh. It is part of the Decent Homes Standard and will see £20,000,000 invested in housing in the district by 2010. However, I know there are several tenants who have had difficulties as the work has been proceeding. Please let me know if you have any specific problems, there is no excuse for some of the things I have heard about.

I agree totally with everyone about the enormous sign which has been erected on the end of Maryfell, particularly with those who have to live under its shadow. I have raised it with our National Park planning officers. However, because of the temporary nature of the sign there isn't a lot which can be done about it at present. That might change.

This week is Local Democracy Week. Joe Nicholson, Robin Brown and I were delighted to meet with pupils at Settlebeck. I'm not sure how much they learnt, I know we learnt quite a lot. I understand that those who attended Full Council the day before found it interesting – probably more than some of the council members did. While Full Council is important I prefer the more

focussed work of the committees and working groups. That is the place where you are more likely to make a difference.

In the course of the next few months everyone will be sent yet another Housing Needs Survey. As yet the details are still being worked out. PLEASE do take the trouble to fill it in even if you are not in housing need yourselves. Unlike some other surveys this one really is important. The better the response rate the more it will count. You might wonder why South Lakeland has to do a survey into the obvious, of course there is housing need. I would agree but unfortunately national law requires the survey before the National Park can grant permissions for Local Needs Affordable Housing. So, PLEASE, fill it in.

On National Park we have been doing the preparatory work for next year's budget. Now I am "Member Champion for Finance and Democratic Core" I am much more involved than in previous years. I think this new way of working is really exciting and will bring real benefits to the area.

Thanks to everyone who turned up to my History Society talk in Dent Memorial Hall about the corn mills in Dentdale.

Kevin Lancaster



Pulse
Community Gym
will be officially opened by
Tim Farron
November 9th at Baliol School
Come and look around
Between 1 pm & 2 pm
Refreshments provided
Enquiries 015296 20232/21808

COFFEE MORNING & SALE

10am

Saturday 11th November

URC Rooms

Over 100 Cross Stitch Kits @ ½ price
Home Baking ~ Wool ~ Crafts

Come & Buy your Christmas presents

KILLINGTON WI

Press day again and luckily it's raining so the prospects are looking good! What a wonderful Indian summer we have been having with weather that makes it a crime to be indoors until it is dark. Then it's time to eat (if you are lucky!), bath and bed. Certainly there's no time for writing. That reminds me of an old Tom Lehrer song, '*The Leaping Nuns*', where their days ended with *Evening Leaping, Vespers, and Bandaging!* Does anybody else remember that one?

At our October meeting our appreciation of our gardens was greatly enhanced by John Mounsey's illustrated talk about the Wildlife in the Garden (grandchildren excepted!). John explained at the outset that his intention was not to tell us how to make our own patches more wildlife friendly but merely to show us what is already there. His own excellent photographs opened our eyes to so much, from bugs to butterflies, from birds to bats, from ferns to flowers, and lots, lots more. It is always particularly rewarding to learn about what is **here** for the looking, and to be shown by a **local** expert. Thank you, John.

By the way, we have another wildlife spectacular coming up in January when Nick Henderson from the Corio-Raptor (Birds of Prey) Centre at Settle will bring falcons, owls and hawks along to our meeting. We already have several hawks and some owls among our members so the birds should feel quite at home! We hope that many of you, young and old, male and female, bandaged and unbandaged, will show fellow feeling and come and join us for this special meeting.

You might even have the chance to sample one of Shirley's famous cakes!

Details to follow in the next issue.

We had a 'back to front' meeting this month with our speaker first and business to follow. November 14th at 2-00pm is our AGM when we foregather to elect our committee for next year. We are looking for some more eager volunteers, otherwise it will be a case of You, You and You! So please roll up.

Our teatime was brightened yet again by a birthday celebration and accompanying cake. This time our congratulations were for Mary Bateman's 80th birthday. Well done, Mary! How did it get here so quickly? We are also happy to be welcoming Avril Hobson as a new member and look forward to her company.

Mary Tallon won the raffle for an address book and pen, and the competition victor, for a picture of a bird, was Barbara Kooper with a photo of a Mandarin Duck which she took in Moscow. Stylish!! And clearly no racial discrimination! Perhaps next month's competition, for a *pressed leaf*, will be won by a Japanese Maple! WFU

CHRISTIAN AID

in Sedbergh and District

Each year Christian Aid has a focus for its annual campaign week. Last year, in 2005, it was Mozambique. People here gave generously and at 7.30 pm on the 6th November there will be an opportunity to hear at first hand what kind of projects the money given has enabled to take place. The local Christian Aid Committee and the Methodist Church invite you to come along to the Methodist Schoolroom to hear Ben Humphries speak on:

Mozambique – faith, hope and despair in the face of HIV

Ben is the Acting North West Unit Manager and Area co-ordinator for Cumbria and Lancashire. Earlier this year

he spent three months in southern Africa as a volunteer with an ecumenical group of Mozambique churches on their home-based care programme for people with HIV. He worked with local pastors to address the pastoral and theological implications for their ministries. He saw how the community is coming to terms with the special needs of orphans, fostering schemes and support to lone parents. Ben will share his experiences with us and show some of his slides. There will be opportunities to ask questions and raise issues and also to enjoy some light refreshments.

Thank you to all who supported the October Coffee Morning on 18th October. £279.25p was raised for the funds.

TOILERS'S GIFT CONCERT

Saturday November 11th 7.30pm **Dent Memorial Hall**. £7.50 (£5 conc.)

Fabulous concert with some of folk music greatest singers:

Barry Coope and Jim Boyes of Coope Boyes and Simpson; Janet Russell and Geogina Boyes; and the 80 voice Roses and Thorns Choir. "A celebration of the traditional songs and music of rural Yorkshire" - solos, large and small group harmony, and the stories that became legends.

Just come to the concert - or join the SINGING SETTLE-CARLISLE RAILWAY weekend, taking the songs out into the hills.

"Those mad singers singing to the viaducts again," Ron, Sportsman's Inn.

FOLK CAROL FESTIVAL

SEDBERGH AND DENTDALE - December 8th to - 10th

English and Slovene carol concerts, workshops, Ceilidh, singing supper and walks with several choirs from Slovenia, Scotland and England.

"A fantastic celebration of everything you love about Christmas."

- Friday 8th 7.30pm "Hail to the Mistletoe Bough," Concert, **Dent** - with opening address from His Excellency the Slovenian Ambassador. Slovene and West Gallery choirs.
- Saturday 9th 10am - 5pm - learn English and Slovene folk carols alongside the choirs. **People's Hall**.
6pm - Carols Ceilidh - **Dent Memorial Hall**.
- Sunday 10th 10am - carols workshop **Dent Youth Hostel**.
1.30pm Singing walk.

To book and for more details contact David Burbidge 015396.21166 or

Visit www.lakelandvoice.co.uk

Sedbergh & District
Beekeepers' Association

Whether it is due to a rapid change in our climate or not, this beekeeping season is *still* confusing *us* as well as our bees! As I write, the outside shade air temperature is 17C/63F, it's much warmer in the sunshine, and my bees are behaving as if it were still high summer! Normally by now, the queen bees have slowed down or stopped laying their eggs until next February. But on each fine day, large numbers of new bees that have just been born are coming out to exercise their wings and to 'orientate' themselves

with respect to the entrance to their own hive. They do this by flying a few feet only from the hive, and facing towards the entrance all the time. Meanwhile their older sisters are arriving with large loads of ivy pollen in the pollen baskets on their hind legs, ready to feed to still more young larvae in the brood nest. Others are continuing to bring in nectar from late flowering shrubs and plants that don't know it should be well into autumn by now! But, as last year, such a fine autumn is good news for the beekeeper who will not need to feed the bees with sugar-syrup. All the hives are 'hefting' full of honey for the bees to feed on during the winter and early spring months.

Not just the weather is breaking all records. Most of our members have enjoyed large or even record large honey crops, the club has several new members all now with their own apiaries of two or more hives, as our 'bee-bank' has worked very well again. No swarm or complete colony has been short of a good home! We have enjoyed record attendances at our meetings and apiary visits, most of which have been in fine weather, so the new and novice beekeepers have had plenty of opportunities to gain hands-on experience with the bees.

After the honey shows and the bees finally put to bed, it's time to plan our programme for 2007, so our last club meeting of the year is at 7.30pm on Monday, November 20th in the People's Hall committee room, when we shall be reviewing this extraordinary year, and planning for 2007. You will be made most welcome if you would like to attend.

Malcolm Fraser-Urquhart

So much to see at

Farfield Mill
Arts & Heritage Centre

Open **SEVEN** days a week
10:30 - 5:00 pm
Last admission 4:30 pm

'THE GODDESS'

An Exhibition of Paper Art
by

Chaine de Papier

Saturday 4th November
to Wednesday 6th December

Also the 2nd Dover Gallery Exhibition
staged by our resident Artists.

Wednesday 11th November
to Sunday 14th January

'A MID WINTER FEAST'

Take this opportunity to explore beyond the High Street and feast upon our exciting variety of locally designed winter gifts.

**PLUS Artists' Studios, Heritage Floor
Galleries & Riverside Tea Room**

One mile from Sedbergh Town Centre on A684

Email: themanager@farfieldmill.org
www.farfieldmill.org Tel: 015396 21958

SETTLEBECK HIGH SCHOOL

I will be retiring at the end of this school year, which means that from next September 2007, Settlebeck will have a new headteacher. This will not make a difference to the quality of the students' education at Settlebeck and it will, in fact, be a wonderful opportunity for Settlebeck to grow and develop further in the future.

I have decided to make this announcement now, in order for the recruitment process for a new headteacher to begin in this autumn term, which will provide the maximum time for the handover and induction of a new head. I will be supporting this process to ensure that the arrangements go as smooth as possible.

For my own part I will be retiring a little early to pursue my other interests but my wife and I intend to stay in Sedbergh and I will continue to support the school and community in whatever ways I am able.

I think very highly indeed of Settlebeck. I have taught now for nearly 33 years, 12 of them to date at Settlebeck and I can say without a shadow of a doubt that Settlebeck is not only the best school I've taught in but also undoubtedly the best school that I've ever seen. It has been an immense privilege to work with such a devoted, hard-working and committed staff and the quality of relationships that exist between staff and students is quite unique in a secondary school, partly due to our small size but very significantly due to the excellent partnership between the school and parents.

In addition, our supportive governing body, our dedicated PTFA and our close

**PLEASE NOTE
THERE WILL BE NO SCOUT
CHRISTMAS POST SERVICE
THIS YEAR**

community links all contribute to the very special ethos, within the school, of respect, goodwill to others and an incredibly positive approach to life and learning. I believe that Sedbergh is indeed very fortunate to have, along with Sedbergh Primary School, such a jewel in its midst. Settlebeck continues, year on year, to be one of the most inclusive, successful, and highly regarded schools in Cumbria and when our students leave us at the age of 16 they all, invariably, no matter what ability level, go on to succeed, not only in their chosen sixth forms, colleges, training courses or employment but as well-balanced, mature young adults who care for each other and their community.

Every year for the last twelve I have been so proud to see our year 11 students return for their presentation evening as successful young people going out into a challenging, exciting world filled with positive energy and determination. It has been a privilege to play a part in this process and a source of great personal satisfaction and fulfilment to have been a member of this great school.

I know that the next headteacher will inherit a school at the very height of its success and influence, a staff to die for and a student body that is a joy to work with. It makes me wish that I were young enough to do it all over again!

Dave Smith

UNITED REFORMED CHURCH

The idea of writing a brief piece for *Lookaround* to introduce myself was a great one over a coffee one Wednesday morning but now I'm sat looking at a nearly blank screen where to start.

Hello! (a good start I hope) my name is Carole Gotham and I have recently become the new minister serving Sedbergh United Reformed Church on Main Street. I've moved up from the Manchester area and am still amazed that I have ended up in such a beautiful part of the world. I'm a generation or so away from my family roots in Swaledale and Keld, but this part of the world is already feeling like home.

I am working for the Sedbergh Church part time and linking it to training job for the wider church in the North-West region. In order to return to local church work I left my most recent job which was as an instrumental and class music teacher in 6 schools in Manchester. 350 children a week, most of them bearing descant recorders, does little for the ears I assure you. I'll miss it though as I loved the job.

Music has always been a great love of mine and although it will no longer be

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my profession I hope I'll never stop playing something. I'm loving being in town band though the instrument and uniform may take me a while to get to grips with!

I will probably be most often seen wandering, whatever the weather, around Sedbergh and the surrounding fells with my rather lovely labradoodle, Kenzie, between us we are enjoying exploring and building up leg muscles.

Now I'm stuck, what else to say? I enjoy archaeology, conducting my choir (in Stockport), playing the oboe, I've been on page 3 of *The Sun* newspaper (clothed I assure you), I believe I am still the youngest female minister in the whole of the United Reformed Church and I have an unusually fanatical liking of Cadbury Chocolate!

On a more serious note, I am really excited about serving both the church in Sedbergh and the local community. I work from the church most mornings of the week and am always open to visitors so feel free to pop in and say hello.

All the best, and many thanks for such a warm welcome to the area.

Carole Gotham (Revd)

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FAMILY MUSINGS

A year, and what a year it has been, lots of tears and anxious moments, journeys to Bristol and back, arrangements to make, furniture to move, alterations to the house and B to welcome home to Dentdale. A year, perhaps we cannot have a party but we could have a Thanksgiving and believe me we will!

Brother and I have both been away on holiday, with different people to places miles apart and both spent an enjoyable time, he to the Lakes and Auntie Rose and I to Warwickshire with a trip to London thrown in. The hi-light however was to go to the RST to see Romeo & Juliet, excellent, we also helped to make Sloe Gin, walk the dogs and play with the grand-children and hearing 6 yr old T call his Gran "Nana" with such love in his voice made me realize it will never really matter what any grand-children may want to call me so long as we enjoy the same loving relationship!

Not, I hasten to add, that we expect any for some time yet. Driving through town I saw a chap pushing his working Lawnmower along the pavement and not a blade of grass in sight, is it me or is that not a bit strange? Possibly a perfectly sensible explanation but it made me think ... as I expect I often make others do. Just to keep them on their toes.

The animals survived in hubby's tender care while we were away, no home comforts like conversation or daily brushing, except of course we do not really know, perhaps he did both those things?

Cleo spent a while, about 2 hrs to be exact, down by the road waiting for my return the eve before I came home and

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 1st November
With only Crows to Sedbergh
Furness & Yorkshire Railway
Professor Roger Fawthrop

Wednesday 15th November
Botchergate, Carlisle
Roman Industrial Suburb?
Ian Miller

Wednesday 29th November
The Other Windermere
Dr Brenda Callaghan

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

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

Chairman: Richard Cann 20771
Secretary: Josie Templeman 20790
Treasurer : Marlene Mason 20509
Member Sec: John Sibley 25024

was very excited when I did come back.
Aww.

Our married offspring are well and happy except for the footy fan who has a bruised ankle, just to make life a bit more interesting. Our un-married offspring is also well and happy, working hard as always. I recently was in touch with someone I worked with in my teens who could not grasp I have married children or that I have gone grey, the same day I saw a wonderful card which said "Grey? You call it grey? It is stress highlights- if you don't mind!"

Quite. As a fridge magnet reminds me "I used to have a handle on life but it broke!" Enjoy your thanksgivings and your hilights!

DENTDALE WI

This was the last meeting before the AGM and we were down on numbers for various reasons. There was quite a full business meeting and to start, Catherine Sugden our President, gave us her report from the Annual Council meeting of the Cumbria Westmorland Federation which she had attended along with five other members. The Federation seems in good shape financially thanks to the tremendous effort at the Cartmel Flower Show. Noreen Leese our County Chairman, expressed her concerns over the way the rise in subscriptions and the launch of a new magazine which will be sent to all members had caused such controversy. She hoped that Members would look to the future of the WI, and to value what we have, perhaps in some way, this episode had pointed us to the fact that we are part of a very large organization and the National Executive in London is constantly asked to give opinions, and to be a much needed voice for Women in today's modern world.

Dentdale WI has been lucky enough to receive a grant from "Awards for All" for the total cost of a portable amplification system. The system was tried out at the meeting for the first time, but it was battling against the slightly odd acoustics made by the fact that there were still no curtains at the windows following the refurbishment of the Memorial Hall but we hope it will be beneficial to all those who find hearing difficult at meetings.

Sally Farnell gave a talk on "Issues surrounding strokes" She feels that it is somehow the Cinderella of the National Health System. The Stroke Association



Quiz Night

17th November 2006

6.30pm to 8pm

Entry Fee: £1.00

Refreshments: FREE

This event will be run by Sam Bolsher and Harry Ellison, Year 9, as a Fundraiser for their Zrece Twin Towns visit and would be a big help to them if you could come along.

has a Mnemonic which is very helpful in educating people to recognise symptoms and it is F A S T - F for facial weakness. A for arm weakness S for Speech problems and T Test these symptoms and if you suspect a stroke act FAST and call 999. Apparently every three minutes someone in the UK has a stroke and it can happen at any time of life so Sally's talk was very informative and positive for us all. She was thanked by Freda Meakin.

Pat Allen won the competition for a menu for a day for a healthy heart and Judith Newsham won the raffle prize.

Next month the AGM is on November 8th in the hall, so do come along to hear how we have been doing over the year and to choose a new committee.

HIGHLIGHTS

RURAL TOURING TEAM

Cocktails & Candles with Frankly Sinatra

On the 6th October the Peoples Hall was transformed into a bar in downtown Las Vegas as the Frank Sinatra tribute singer Jo King hit town. "Frankly Sinatra" was the latest concert from the Highlights Rural Touring Scheme, brought to the town by Sedbergh CDC. With the kind help of Sandra Gold Wood we laid out the hall with tables in true cabaret fashion. By the light of candles we watched and listened while Jo did a superb impression of a young Frank Sinatra singing some of his best-known songs. Dancing was ably provided by members of the audience!

Our cocktail menu was enthusiastically received, and consumed! Special thanks go to Rebecca Clark, Abbie Mason and Rosie Wood who did a brilliant job as waitresses, and to Marion Wood for her sterling support.

Motus O – not to be missed!

The next Highlights event is on Friday 24th November when we will be hosting Motus O, a modern dance group known for their lightning quick action, grace, raw energy and humour - trademarks of their unique style which has earned them rave reviews in their native Canada and beyond. They will be performing Variations in Love, a series of energetic and humorous short works exploring the emotion of love. If you thought dance shows were boring then think again! Tickets from Sedbergh Tourist Centre tel 015396 20125

Just to remind you – the Highlights Rural Touring Scheme is sponsored by the Arts Council and other organisations to bring professional productions to small rural venues in the North East and Cumbria. We aim to continue to host four events per year and we would welcome further volunteers to help us to do this. It's great fun getting involved.

Rosie Dent & Chris Wood

* Sedbergh's Toys & Books * Howgill's Gift & Home * Nicki's Avon * Phoenix Trading * Country

Christmas Shopping Evening

Friday 17th November

Sedbergh Primary School

7.00 pm to 9.00 pm

Entry £1 to include Tea & Coffee or Cheese & Wine

**Get all your Christmas Shopping
under one roof from some of your local retailers**

(as listed on the border)

All Proceeds Will Go To Sedbergh Playgroup

Sarah M's Cakes * Blossom * Plus Many Many More



Kids * Stork Exchange * Pink & Sparkly Kitten Fever

* Chocolate Fountain * Pauline's Chocolates & Sweets * Farfield Clothing * Westwood Books

WHEN IS A BARN NOT A BARN?

*When it's called 'Howgills Bunk Barn' -
Your invite to view*

Nigel & Liz Close are ready to celebrate the opening of their latest business venture almost 10 years after they first bought the Barn. Long ago falling into redundancy from it's former use as a hay storage and milking byre for the Castlehaw Farm behind 'Tommy Winns Hill', this barn was fast decaying into the grounds. Many a person used to look at the property as they walked past on one of the myriad of footpaths around it and wish that they could turn it into a home. Having superb views to its North side directly onto the Settlebeck Gill between Winder and Crook of the Howgill Fells on the backdrop of Sedbergh, it was this wonderful aspect more than any other that prompted Nigel to consider how best to utilise this barn.

"We first started in the Holiday letting business in Sedbergh through Cobble Country Holidays in the mid 90's and became aware of a need for good quality accommodation for larger groups. We also used to find difficulty ourselves when planning to meet up with friends and family on Holidays in larger

St. Andrew's Church
Sedbergh



Christmas Fair

Saturday 18th November
People's Hall 11am—2pm

Admission 50p
Cakes - Lunches - Preserves
Gifts - Books - etc

properties.

In 1998, our first designs and applications for outline planning permission from the Yorkshire Dales National Parks Planning Department were submitted.

As the Planning Officer could not recommend the application for approval, a campaign to persuade Committee members to vote for our Barn was set in motion. I am glad to say that after a site meeting, committee members saw that the advantages of the development were so strong that Planning Policy was overcome in favour of our scheme.

On gaining that approval, funding was sought from a lender and plans drawn up for the project to commence in the new

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millennium. The disastrous Foot & Mouth experience in the area and other business setbacks of the early Millennium years soaked up those funds without any progress on the conversion and it had to wait until 2005 before funding was once more available to start. By this time, new demands regarding construction for Environmental and Disability regulations were in place that had a huge impact on the original concept for a simple structure for a large group holiday gathering.

It was therefore a straightforward economic decision to raise the standard from basic to something that has already been described as 'de-luxe' and provide modern, warm, efficient and very comfortable accommodation within the barn. You are invited to come along

yourself on Thursday 14th December between 12 noon and 3.15pm when we will be happy to show you around. Please join us for a celebration drink and snacks. We will also be pleased to see those who can't make the daytime viewing anytime between 7.30pm and 10pm.

To allow us to prepare for numbers on the day, please call in at Cobble Country Property Office at 59 Main Street to collect your free voucher for you and friends to enter a draw on the day for a Half Price Voucher for an event in 2007.

Some events already booked by local people are Weddings, Birthdays and family gatherings just to give you some idea of the uses of the Barn for local people as well as Visitors and Holidaymakers to the area.

Snail Racing at The Bull

Saturday 18th November

9pm First Race

Great Fun Night's Entertainment

All Proceeds Going to Hearing Dogs for the Deaf



Italian Nights!

Every Sunday Evening Throughout November!

From 6pm

Sample Menu

Starters

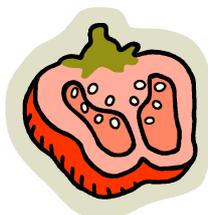
Baked Stuffed Peppers
Pesto and Chick Pea Soup

Main Courses

Fusilli with Peppers and Sun-Dried Tomatoes
Mixed Seafood Risotto

Desserts

Tiramisu
Special Lemon Sorbet



THE HELLIONS

Continued from last month.

The Hellions were a group of enthusiastic teenagers based in Sedbergh who got together to enjoy making music. We were all beginners and we all lived for our music. We were one of many such groups gripped in the early 1960's by the modern sounds and changes that were happening on the music scene as Rock and Roll was born.

Quite early on in the Hellions life we hired a recording studio at Hest Bank, near Morecambe, for part of an afternoon and recorded 9 of our songs. We did not have much money at the time so they all had to be "first take" and no messing around. I have now had them transferred to C D. I am glad we made the effort as

we have lots of good memories from those times.

In the mid sixties Carole stood down to start a family and we took on base player Mike Jones from Kendal who remained with us up to the end. Changes were coming however and we agreed to separate amicably in 1968. We all needed to move on. By then I had a business and a wife and son. Dawson's job was now at Preston, Pete, Mike and Alan joined some Kendal musicians and became "Front Room Blues Band". Pete still plays occasionally with some Blues musicians in Kendal although he now lives in Newcastle. Alan has now been playing drums with various bands since he started with the Hellions at 14 years old in 1961. He has lost count of the

COBBLE COUNTRY property

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If you are considering any future involvement in the market in Sedbergh, then please do not hesitate to call

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number of bands that he has performed with but is now playing drums for "Moonlight Shadow" a Kendal based group who are worth hearing as they are very talented.

What of the Hellions now? I have my own butchers business in Sedbergh. I am chairman of the North West Guild of Q Butchers and chairman of Sedbergh Town Twinning Group. Alan has his own busy building business also in Sedbergh, Pete moved to Newcastle where he still lives and works as a conciliator for A C A S. Dawson moved to Preston where he has his own business in the textile machinery industry. Mike stayed with music he was a very talented bass guitarist. He soon moved down to London where he gigged and jammed with various bands and worked as a session musician. We understand that he was finally offered a permanent position with "John Mayall's Bluesbreakers", just in time for their first tour of America. He returned to Kendal before taking the job up, unfortunately he never went back and sadly he died shortly after this.

My father used to play an accordion in an old time dance band called "The Silver

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Star Band" and was fortunate to play at the Peoples Hall on the opening night. On November 25th 2006 The Peoples Hall at Sedbergh is celebrating its 50th Anniversary. The Committee are inviting people who have performed at The Peoples Hall in the past and are part of the halls history to entertain. What a surprise when the Hellions were invited. We got together about 16 years ago to play three numbers at Alan's 40th Birthday party along with a number of musicians that Alan had played with in the past. Apart from that one evening it will be 38 years since we performed together. Should be no problem!

Garth Steadman



From Left to Right, Carole, Pete, Alan, Garth, Dawson

JACOB'S LADDER

Ecumenical Fun for Families

The sun shone for the start of our new season of Jacob's Ladder on 10th September. Fifteen children came along with their bikes for a Cycle Rally on Dent School playing fields. A quick check showed that almost all of the bikes needed some maintenance. We learned how to mend a puncture, put air in the tyres, and put a chain back on if it comes off. After refreshments, we had relays and prizes were awarded for the bike in best condition, the safest bike and rider, and the most willing participant.

The sun kept shining in October for our Music Workshop on the 8th in Dent Memorial Hall. Everyone brought an instrument: keyboards, violin, flute, French horn, cornet, trumpet, bongos, didgeridoo, and a full drum kit. We also had tambourines, xylophones and maracas. The Gospel Choir had sung in Sedbergh the night before so we decided to sing some gospel songs. Then everyone had a go at trying different instruments. Our visitor from Sedbergh Town Band helped. While we had refreshments everyone had a go at completing a music quiz for a prize.

Jacob's Ladder, Dent School, and Crazy Club are joining forces with the



Settlebeck High School CHRISTMAS FAIR

Friday 24th November

5.30 to 7.30 pm



Christmas Items

Raffle

Homemade Crafts *The 'Green' Stall*

50 pence stall

Tombola Plants

Home-Made Produce



Admission: Adults 20p, Children 10p

Methodist and Anglican churches in Dentdale to support this year's Operation Christmas Child Shoebox Appeal. We will hold a Shoebox Party in the Memorial Hall immediately after school on Tuesday 7th November. Parents, brothers and sisters, church members, and anyone who is interested is welcome to come. There will be music, refreshments, videos and games, while everyone helps to wrap the shoeboxes and fill them with gifts.

This is how people can help:

- Send items to school or church to include in shoeboxes
- Contribute wrapping paper, sellotape, large elastic bands
- Contribute refreshments for the party



- Come to the party and help!
- Fill a shoebox and send it to school before 7th November

Last year we filled 74 shoeboxes. Can we beat that record?

We hope this will be a joyful community event that will help bring smiles to the faces of children in need and hope to their communities. Operation Christmas Child is sponsored by Samaritan's Purse.

AFFORDABLE HOUSING

In The Sedbergh Area

The lack of affordable housing is a major issue affecting local people's ability to continue to work and live in the Sedbergh area. South Lakeland District Council has asked Cumbria Rural Housing Trust to undertake an independent survey of housing needs of the people of Sedbergh and neighbouring parishes, particularly young families and the elderly. The information gathered by this survey will be used by Parish Councils together with the Yorkshire Dales National Park and South Lakeland District Council to find solutions to the problem of affordable housing in the area.

A recent sample survey was undertaken by South Lakeland District Council, but the information received was only

Howgill Harriers present

The Steadman's Ravenstonedale Red 10k Road Race

Saturday 25th November 2006 at 1pm

Registration at
The Black Swan Hotel
Ravenstonedale

Entry forms from
Steadman's Butchers or
Howgills Gift + Home or
Tel 015396 21212

Enter online at
www.runnersworld.co.uk
or download an entry form
from
www.ukresults.net

**Entries on the day if limit
of 250 not reached**

sufficient to provide an overview of housing need across the district as a whole. It was not detailed enough to inform planning at the local level, nor to satisfy the requirements of the Housing Corporation which provides funding for affordable housing.

Cumbria Rural Housing Trust will be sending out survey forms to all the households in the Sedbergh area in early 2007. Sedbergh Parish Council wishes to emphasise how important it is that all households in the area complete and return the survey form, whether or not you have a need for affordable housing. The more completed survey forms returned, the better the overall information to base plans for affordable housing.

SEDBERGH & DISTRICT
HISTORY SOCIETY
Annual Dinner

Sedbergh Golf Club
Friday 24th November
7 for 7.30pm

Chairman: Richard Cann 20771
Secretary: Josie Templeman 20790
Treasurer : Marlene Mason 20509
Member Sec: John Sibley 25024

Friends of Dent
PROMISE AUCTION

Friday 24th November
Sun Inn, Dent



Viewing from 6.30 pm
Bidding Starts 7.00 pm

Brochure Available mid November

Everyone Welcome

THOUGHT FOR THE MONTH

On some Saturday nights when most of us will be tucked up in our beds some young people are out and about on the streets of Lancaster with the aim of talking to other people about Jesus, some times they are listened to, sometimes they

are shouted at and made fun of but they keep going back for more. Why? Perhaps because they take the command of Jesus "Go out into the world." very seriously. Will you support them by your prayers or at least think of them as you tuck yourself up in bed. *LD*

**Sedbergh CDC & Sedbergh Booktown present the
Highlights Rural Touring Scheme**

Motus O - *Variations in Love*

A modern dance group all the way from Canada.

Motus O explore the human emotion of love. Expect quick action, grace, raw energy and lots of humour.



People's Hall,

Friday 24th November, 7:30pm.

"fresh, exciting ... their energy is amazing"

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

EATING OUT..... ON OUR DOORSTEP!

Mr E.N. Joy had kindly advised us about the joys of eating locally, but so far Sedbergh hasn't had a mention.

For those of us who also enjoy a treat or two, but don't want to travel far know about some of the delights available for us 'foodies' a bit closer to home.

Ever tried the Steak Pie at the Red Lion? It takes some beating! Pastry (made by the landlady each day) to die for, and the steak (from Garths next door) is cooked to perfection!

Ellies Bakery has a good selection of house made cakes, pies and snacks, with new additions to the menu all the time.

The Cross Keys at Cautley (take your own wine) manages to live up to its

reputation unfailingly, with amazing views from the conservatory to accompany your meal. A warm welcome awaits everyone and the menu is superb.

Sedbergh's latest venture to tempt our taste-buds is The Gallery. A pleasant atmosphere with friendly staff awaits you.

Portions are generous and the owner/chef offers a great selection of snacks/meals with fantastic house made cakes and puds. All his recipes were handed down from Grandma, and his rendition of her chutneys, pickles and sauces, to accompany the food, do her proud!

With so much to threaten our waistslines, aren't we also lucky to have such an amazing array of walks to choose from on our way home.

G. Orr-May

Come and join us for the... **Saturday 25th November 7.30pm 'til late**

PEOPLE'S HALL

50th

Sedbergh Town Band ❖ *Ken & Claire Pope* ❖ *The Peppercot Musicians* ❖ *Moonlight Shadow*

Anniversary Celebrations

Plus! - The HELLIONS **an evening of local musicians**

★ **Hot Supper** ★ **Licensed Bar** ★

❖ **Tickets £10** from **Sedbergh Office Services, Les Maddox Insurance Services and the Dales & Lakes Book Centre** ❖

SEDBERGH SCHOOL REMEMBERS

The annual memorial service held for OS Richard Wild was held on Sunday. Richard was killed in Iraq at the beginning of the conflict in July 2003, shot whilst doing his job as a free lance journalist.

Richard had been an outstanding Sedbergh boy, Head of Hart House, Head of School, 1st XV rugby player and 1st VIII runner, Richard went on to Cambridge before taking up a career in journalism.

Richard's parents Robin and Daphne Wild established a bursary fund to



support the training of young journalists about to go to dangerous areas of the world. The first recipient was Leyla Lac, a journalist who works for Channel 4 making documentaries. Leyla gave the sermon at the memorial service where she talked about the three week course she went on, funded by the bursary, in preparation for going to Kashmir after the recent earthquake. She told the pupils and congregation how moved she had been by the dignity of hundreds of refugees in a camp completely cut off in deep snow waiting for emergency supplies of food and medicine to be dropped by the

helicopter she was in. She also talked about her experience of meeting a 15 year old boy in Namibia who had to look after his five brothers and sisters after his parents had died of HIV and got himself trained as a builder to enable to pay for food, clothes and their education.

Richard Oliver

S.L.S.B & WESTMORLAND ORCHESTRA

A wind ensemble and a string quartet each formed of players from the Westmorland Orchestra gave a concert in St. George's Church, Kendal on Saturday evening 14th October. All proceeds of the concert went to the South Lakes Society for the Blind, a voluntary organisation helping to care for people with visual impairment.

A live concert is always a pleasure, more so on this occasion when we had the rare treat of hearing arrangements of works by Schubert, Dvorak and other composers played by ten fine local instrumentalists: two flutes, two clarinets, two oboes, two bassoons and two horns playing in concert as a wind ensemble (a dectet).

It was a delight to hear the Pepperpot Players and to join in their musical quizzes. Their two violins, viola, cello and "man with a flat cap" are also drawn from the ranks of The Westmorland Orchestra.

Barry Sharkey and the cohort of talented musicians gave us a most enjoyable evening of music. The members and volunteers of S.L.S.B do appreciate their very significant effort in raising funds at this particularly difficult time.

K.L.

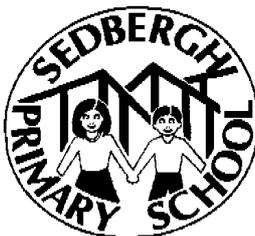
SEDBERGH PRIMARY SCHOOL

The pupils of Sedbergh joined together on World Peace Day to celebrate our Harvest festival. Year 6 amazed everyone by telling us how many thousands of miles the ingredients for a pizza travel to get to our shops.

“Year 6 was set a task of making pizzas from ingredients that had travelled the furthest, except for one group, their task was to use local produce. The ingredients for one pizza travelled 5000 miles, another 17000 miles and the furthest was 32,917 miles. The local pizza only travelled 128 miles but if they had not used tomato puree it would have been 12 miles.”

Aidan Bell and Martin Bainbridge

“We have discovered lots of things about what happens to food we serve at our dinner tables. The fruit and vegetables we eat regularly might be months older than we expect, they are covered with special chemicals to preserve them for longer. It is better to buy local produce but sometimes we do enjoy foreign food. Of course when we had finished our research we got to eat the



pizzas.....and they were very very nice.”

Yasmin Ball and Mary Ormerod

Reception thought about our gardens. They said they felt very brave playing instruments and singing “Mary Mary quite contrary” in front of the whole school.

Year 1 showed us some lovely paintings of fruits and vegetables.

“I painted a picture of some sweet corn.” *Isabel Abbot*

Year 4 “We made up a poem about farmers harvesting their crops all over the world and

we said thank you for all their hard work.”

Erin Proctor

Year 5 “For our Harvest festival we wrote a poem about our senses at Harvest time. Golden brown, crackling, crunching and crispy are some of the words we used.”

Year 3 sang a song called Stone Soup. “We can all enjoy soup. You only need a few vegetables. You don't have to be rich.”

Katherine Lawson

Year 2 sang to us about being good friends and the Harvest festival concluded with the juniors singing a song for World peace.

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CHAMBER OF TRADE MEMBERSHIP

Another year and another AGM passed. As the new committee sets about its tasks for the coming year and I volunteer to take on the role of Membership Officer for this year, can I just ask you (whether in business or not) to consider what the Sedbergh & District Chamber of Trade has done for the area over the last few years.

As a long established organisation in the Town, it has had it's ups and downs over the years with the inevitable swings of enthusiasm that such rural groups enjoy due to the limited number of people available and those people usually being active in more than one group at any one time.

I first became actively involved in the late 80's with the S&D Chamber of Trade and there was a genuine willingness to work together (as members and with other groups) for the betterment of the area. It was a memorable time for me personally and I think for some others as we outshone the likes of neighbouring Towns much bigger than Sedbergh with our growing membership of over 120 members and some extremely interesting

THE LUNE VALLEY OUR HERITAGE

by Chris Abram

A showing of this fascinating film all about our region will be held

Tuesday 28th November at 7.30pm

The People's Hall

Admission – **FREE** to everyone
(all ages welcome)

Refreshments and Craft stall

Members social events.

Although I then took a back seat in this group during the last 10 years as I concentrated on some of my business interests, I have remained a member to support those who had the time to work on my behalf for the Town and it's business opportunities. And have they worked!!

A look at the success of the two most notable results of their efforts during these last few years shows what an outstanding success they have made of it. There are many more achievements of note of course but these two are the most widely known.

The Foot & Mouth crisis helped create the initiatives for economic regeneration for the area in partnership with other bodies. Two of those initiatives, Twin Town and Book Town, have most famously come about with outstanding success. The former with an unbelievable amount of National TV exposure already gained through the twice run 12 part BBC2 series "The Town that wanted a Twin" and the latter with the establishment of Sedbergh as a Book Town and now formerly recognised on the International scene as England's Book



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Town. Now that is success.

We are already seeing Sedbergh retail units reporting increased business this year against some National decline on Britain's High Street spending. Increasing numbers of people are registering with us looking for premises for storage and retail use for many purposes. In short, I believe the tide has been turned and Sedbergh is heading for an improving economic base for the business people and consequent employment opportunities for the people of the area thanks to the spearheading efforts of those groups of people who 'got active' in the post Foot & Mouth era.

To summarise, I want to now play my small part for our local 'Trade' group by asking all Traders and business people to sign up again promptly this year for their Sedbergh & District CoT membership by signing a Standing Order for the new fee of £50 per year (if paid before end of December). It's the least we can do to

thank those who have worked tirelessly on behalf of the business community over these last few years

Nigel Close
Membership Officer for
Sedbergh & District Chamber of Trade

SETTLEBECK HIGH SCHOOL

MacMillan Coffee Morning at Settlebeck

On Friday 29th September it was, 'The Worlds Biggest Coffee Morning' to raise money for MacMillan Cancer Care.

People who help organise the morning were William Richardson, Callum Hopps, Keirhan Hoyes, Sophie Schools, Charlotte Orr, Elizabeth Thexton, Mr Jermy, Mrs Hopps and myself. We did a raffle and Toby Richardson won the star prize of a DVD player. Cakes were kindly donated by the kitchen staff. The morning went very successfully and we managed to raise £230.

Natalie Iveson,
Year 10.

COUNCILLOR'S CORNER

'Plastic Recycling is Coming to Town..!' was the heading I used in last month's Lookaround article and it was surprising the number of questions it raised about recycling and what happened to the materials we all leave at the collection boxes on the car park. I am really pleased that this is a topic that generates a lot of thought and interest. So, I did a little investigating on your behalf, liaising with Margaret Blackstone, our Recycling Officer for SLDC and this is what I discovered ...

One of the concerns expressed was, that though recycling materials were collected, was there still not a danger that some of these materials were put into landfill sites? Not at all... glass that is

collected from the collection points is done so by a local firm and tipped into three separate bays at their site: clear glass, brown glass and green glass (blue glass is recycled with green). It is then crushed and taken to Barnsley where it is used by a company who process the recycled glass back into bottles and jars. Incidentally, I have learnt that glass is one of the best examples of recycling, because it does not lose its clarity or quality no matter how many times it is recycled. It also saves on the natural resources and uses less energy to make the recycled glass than it does to make glass from raw materials.

The paper that we recycle goes through a major national company and is recycled back into newsprint again. Many of you

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may already be aware that paper can only be recycled so many times and the fibres get shorter. When this happens the recycled paper is made into cardboard or jiffy bags. Cardboard is recycled back into cardboard and packaging.

The textiles are either re-used or recycled through the Charities directly, and not as the national press have suggested, via none charitable companies. Likewise the books and music are collected by Oxfam and the shoes either recycled or re-used in developing countries.

The materials from the kerbside collections go through a different process and perhaps I can share that with you next time... but in this edition, I also wanted to share my experience with you at the full Council Meeting on Tuesday, October 18th. It was a very challenging meeting and an intense debate was had, because the decisions we are making about addressing our 1.6 million pound deficit (that has accumulated over some time) needs to be got a grip of and addressed once and for all. But immediately prior to this debate, we watched three short video clips presented by three different youth groups about the issues that they face in different part of the constituency and what they wanted us to do about it. One of those video clips was produced by Sedbergh youth and it was done in a highly creative and thought provoking way and it certainly caught the attention of Council Members. Well done to all who were involved! As a result, there will be cross party site visits and meetings with youth groups and of course, I have put myself forward to meet

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with the Sedbergh youth group.

I know a number of you have heard and had concerns that there have been suggestions mooted to remove the cattle grids at the entrance to the motorway (Junction 37). The suggestion has been made on grounds of safety for motor cycles and others who may skid on the grids in wet weather. Let me assure you that the three SLD councillors consulted: Kevin Lancaster, Peter Thornton and I, have all strongly objected to the idea of the grids being removed and called for more safety measures, rather than their complete removal. There is, as I mentioned in my objection letter, a real and significant danger of livestock roaming onto the motorway. No matter how much care farmers take in maintaining fencing, livestock inevitably break out from time to time. There is also a feeling that the cattle grid actually slows people down and acts as a safety mechanism in itself.

Well, I hope you enjoy reading my articles and as always, don't hesitate to contact me, if you have any issues you wish me to follow up.

Craig Stephenson

SLOVENE CHOIR VISIT TO FOLK CAROLS FESTIVAL

As many of you will know, the Slovene Juri Vodovnik choir from Zrece will be visiting Sedbergh as guests of the Folk Carols Festival from December 6-10. They will be taking part in learning the carols alongside English singers, and performing alongside local choirs - and they will also be teaching some of their own Slovene carols and folk dances at events in Sedbergh and Dentdale.

If anyone would like to be involved in the visit there are many opportunities including the chance to learn about preparing Slovene cuisine (or just help), and to share the skills of preparing English dishes with the singers. Drivers and stewards for the concerts are also welcome.

There are also opportunities, for those who would like it, to invite small groups of between 4 and 7 Slovene singers to have an early evening meal in your home on Friday. This will be especially welcome to those who wish to return the kind hospitality they received while visiting Slovenia. Places are going fast - but if you are interested please contact me and I will arrange it for you. We will



try to have at least one English speaker with each group - please indicate if you also speak Slovene, German or Italian.

If you prefer not to join in the singing, you can relax while listening to concerts on Thursday December 7 at 12.30pm in St. Peter's church overlooking the sea in the village of Heysham near Morecambe, and also on Friday December 8 at 7.30pm in the Dent Meditation Centre. The Dent concert will include the Slovene choir, a local West Gallery choir, a Thomas Hardy enactment, festive fiddlers and a welcoming address from the Slovenian Ambassador, His Excellency Iztok Mirošic.

If you would like to sing alongside our Slovene friends, there are workshops to learn Slovene and English folk carols on Saturday in the People's Hall, Sedbergh during the day. And a chance to join in with lots of lively folk carols at a Carols

"The Dale That Died" Film show

Saturday December 2nd 7:30pm
In Dent Methodist Church

Refreshments on sale

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Ceilidh in Dent - with Slovene and English folk carols and dances.

All singers of whatever ability are welcome to join us - learning CDs are available for those who don't read music and for those who would like to learn some basic Slovene phrases and the correct pronunciation of our twin town!

Instrumentalists are also invited to join the West Gallery band at the workshop on Saturday afternoon and a scratch band to play Slovene dance tunes at the Dent Ceilidh on Saturday evening. (written music can be sent in advance.)

There are also some singing walks on Thursday, Friday and Sunday, and our annual harmony singaround in the Sportsman's Inn after the Ceilidh on Saturday night.

A programme and booking instructions are available on the website www.lakelandvoice.co.uk - if you have friends who would like to join us and need accommodation, there are still residential places available with food in the Dent Youth Hostel.

"Veselim se petja skupaj z vami." (I look forward to singing with you.) For more details please contact:

David Burbidge, 21166.

ART SOCIETY

The Art Society had it's first meeting of the season on Friday the 13th of October. In spite of the date all went well, exceptionally so in fact. We met at our new venue The Chaplaincy of Sedbergh School. We are enormously grateful to the School for allowing us to meet there and enjoy the convenience of a central location.

Our speaker on this occasion was an artist from Wray near Hornby, David Hartnup. We knew we were going to enjoy the evening and learn something as David had been to us before to speak about the war artists. This time however brought something rather different, 'Victorian Paintings and the stories behind them.'

We were treated to a series of slides of paintings by Holman Hunt, Millaise, Ruskin, and Ford Maddox-Brown and a few lesser known artists. We learned that Holman Hunt painted three 'Light of the World' . One of which is in Oxford. The detail and intricacy of some of the paintings belies belief and the allegory woven into the superficial painting had passed me by . I had thought of Victorian paintings as rather over detailed and sentimental. In future I shall give more respect and thought to the subject.

Our next meeting, at the same venue, on Friday November 10th is to be 'Considering Colour---Yours and Mine' . The speaker will be Carole Hamby. Some of you will know Carole as the power behind the beginning of 'Windows on Art ' in Kendal and perhaps you have visited her studio at Farfield Mill. If you would like to join us you would be most welcome.

R.A.G.

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SETTLEBECK HIGH SCHOOL

Year 7 Residential to Derwentwater

The annual 4-day residential trip to Keswick with the year 7 students, in the 3rd week of their life at Settlebeck, was a huge success once again this year. There were many interesting and challenging activities for students and staff. The atmosphere throughout our stay was extremely positive and everyone enjoyed their time even on the one very wet day when my group was miles away from civilisation. My thanks go to everyone who made the trip so successful.

Janet Oughton

I enjoyed the night hike because it wasn't raining and at the top we all turned our torches off and we could hear different noises and on the way down Kristina got her boot laces tangled and fell over.

Natalie Milburn

I really enjoyed the Ghyll scrambling because we had also to climb up some small waterfalls.

Emma Capstick

On Thursday group 2 and I were supposed to go Ghyll scrambling but it was too wet. So we went orienteering. I was in a group with Becky and Matty, we found all of the numbers but one we were looking everywhere and we couldn't find it. Becky went into some bushes and I followed her. I stood right on top of a wasps nest and I never knew until I got stung on the leg and turned around to see what had happened I looked and all the wasps were buzzing around and then I saw Matty coming he stood right in the middle of the wasps and he ran straight out when Becky ran out she found she had a rash on both arms. She told Mr

Trull and he said it was poison Ivy.

Samantha Haigh

On Friday we went to Keswick on the Launch to go swimming. It was really fun, the wave machine was excellent.

Jordan Iveson

I liked the big walk we went on Wednesday and it was 10 kilometres long. I liked it because of the beautiful views, but unfortunately it rained for us. We had a packed lunch to eat for dinner. The exciting bit of the walk was that we had to find clues everywhere. Half-way through the walk we stopped at the shop to have a hot chocolate. We were soaked at the end of it but it was very good.

Rosie Mason

I really enjoyed raft-building because I had never done raft-building before.

Louise Jennings

I liked climbing although the best bit was getting to the bottom and have a rest.

Tom Bainbridge

School Kitchen

Jamie Oliver and School Meals

Has it worked?

I guess most of you have heard all sorts of stories about how school dinners have been affected since Jamie Oliver made his appearance on television, so I thought you may be interested to hear how Settlebeck School canteen has been affected.

Much to my relief, the pupils and staff have taken to the new regulations really well. The menus have all been changed to fit in with the new regulations and rotate on a 3 week cycle and will change totally on a regular basis. The students and staff are encouraged to come up with suggestions for different meals and ideas on how they would like their canteen to

be run and hopefully some of the ideas I may be able to use. All the fruit, vegetables, and meat are bought from local suppliers in Sedbergh and free range eggs are used in the baking/salads. All meals are made fresh in the kitchen everyday, which keeps us all on our toes as we never know how many people will be coming for their lunch, and as I explain to the students and staff alike, if we have run out of the 2 main meal options we always have other meals available. Our aim is to provide fresh meals made daily and not to have to use some meals two days in a row. The students/staff are able to pre-order certain meals in advance to save them waiting for their lunch and to guarantee the meal that they want, for example: sandwiches, salads, jacket potato with various fillings, pasta salads, fruit salads. There is a choice of two cooked meals every day, which range from Curries, Pasta Bakes and Salads, Roasts, Homemade Burgers, Meatballs and Fishcakes, Lasagne and Salad, Spaghetti Bolognese, Macaroni Cheese, Cauliflower Cheese, to list but a few, followed by a range of hot pudding, fresh fruit and yoghurt. You may be wondering which meals chips come with but they have been removed from the menu altogether.

Pat Eccles (Catering Manager)

ENTERPRISING YEAR 9 STUDENTS

On 6th February 2007, Year 9 students will be going to Zrece in Slovenia for a 7 day cultural exchange trip. The trip will include traveling on plane, this is a new experience for many of the students as well as traveling by coach. The trip will include two days of skiing activities and sporting activities with many of the

young people from Zrece. The purpose of the trip is to develop links with local young people as it is hoped 15 students from Zrece will come to Sedbergh later in the year.

To help with the money towards the trip many students have been doing Enterprise activities such as bingo nights and domino drives, there are still some more to come and we hope you will support these as you have already. Members of Year 9 would like to thank you for your support and hope you will continue to support many of them in the coming events.

Tom Coates

We did a cake sale and a bingo night.

Lauren MacKereth

Thank you for all the people who sponsored us for doing the sponsored walk and the people who came to our music quiz.

Alex Lavery-Hoffe & Rose Bannister

Thanks to everyone who has sponsored me for who successfully cycling 43 miles. I have raised about £200 thanks to generous donations from the people of Sedbergh and the surrounding areas.

Cai Roberts

Thank you Richard Gladstone

We were surprised and delighted at Settlebeck with the kind and generous bequest of £5000 from the late Richard Gladstone.

Richard clearly wished to contribute to the education of children in our community and the governors of Settlebeck will ensure that his gift is directed to enabling our students to gain the very best of their education in their local school.

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SEDBERGH CDC NEWS

I am pleased to say that our range of courses for this autumn has been very well received. Several of our computer and language courses are full and almost all have been really well supported. In total we will run 26 courses this autumn.

Not bad for a small place!

Part of our mission this year is to support the Booktown initiative by trying to build up a series of

courses with a literary theme. So far we have had two successes. Firstly we have joined forces with the Sedbergh poetry group to run fortnightly poetry workshops tutored by Jonathon Allen. Secondly we have started a Creative Writing class run by well-known children's author Janni Howker. Both are going well.



Keep pestering us if you didn't manage to get on a course you fancied as we will try to organise additional classes where possible. Some courses that might interest you are:

- Machine Embroidery with Liz Rice. A 6 week course about creating pictures and panels. Monday evenings from 6th November
- Begin Using Your PC. 5 weeks from 16th November.
- Know Your Computer Better. January. An afternoon course for people who already know the basics.
- How to Buy & Sell on eBay. 20th November. An evening session about how to use the world's most popular online market place.
- European Computer Driving Licence. A 27 week course leading to a valuable qualification.

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SLDC RECYCLING NEWS

It is now three years since the Kerbside Recycling Service was introduced in Arnsdale, Milnthorpe and Kirkby Lonsdale. Since then we have extended the service to over half the district, with Kendal being added next year.

There are a number of reasons why the service is being introduced, not least that the landfill sites in use are filling up. Back in 2003 it was thought that the Lancaster landfill site had two years capacity remaining, introducing the service helped extend the life of the site and it has lasted another year. However it will be closing at the end of this year and the waste from the parts of the district to the east of Coniston Water and A5084 will travel even further for disposal.

As we send vehicles to all corners of the district collecting waste it also makes sense to collect segregated recyclables



rather than take everything to landfill. The recyclables have a financial value that can offset the cost of collection as well as the environmental value of using the paper, glass or cans as a raw material used in the manufacture of new products.

The success of the service depends entirely on the willingness of householders to recycle their waste. Around 45% of the waste collected from household using the kerbside recycling service is now recycled or composted. We'd like to say a big thank you to everybody who recycles for helping to achieve this and keeping South

Lakeland environmentally friendly. If you have any questions about recycling please contact us either through the Customer Contact Centre on 0845 050 4434 or by emailing us at recycling@southlakeland.gov.uk Thank you for recycling.

SEDBERGH ART EXHIBITION

After many years at the now unavailable Masonic Hall, the Sedbergh Art Society had to find a new venue for its 2006 Summer Exhibition. At one time it looked as though it would not take place, suitable buildings being quite scarce in Sedbergh, especially at a price we could afford, but after much searching a new site was eventually found. Here a great debt of gratitude must go to our past chairperson, Dr. Ann Lendrum, who tirelessly searched for and finally secured the Sedbergh School Chaplaincy after negotiations with Mr. Hirst the Headmaster. Situated next to the Health Centre, the School Chaplaincy is much more central than the Masonic Hall, but would the interior prove suitable for hanging pictures? Only time would tell!

In fact the bright, airey, newly decorated interior, proved the ideal space for an art exhibition and, with many Art Society members and friends helping, the erection of screens and the hanging of pictures was accomplished in no time at all.

The preview, held on a Wednesday evening on the 23rd August, was very well attended and thanks to Mr. Hirst, for letting us use the Chaplaincy, were expressed by Mr. Ron Gerrard our new Chairperson.

But was the exhibition a success?

Well, one or two people voiced their opinion that the standard was not as high as in previous years and that it was a shame that some experienced local artists had not exhibited work. True, there were fewer pictures than in previous years for



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one reason or another, but the majority of people felt that it was a great success. The facts are: that we had more visitors, many commenting that it was one of the best exhibitions they had visited, that we sold almost twice as many pictures as last year and it was the best year in terms of sales, for several years.

Obviously, if we are to continue to have an exhibition we need to pay for premises, etc., and the commission from the sale of paintings enables us to do this. With the excellent returns from this years exhibition we now look safe for the forthcoming years.

To put on an art exhibition we need helpers to erect screens and hang pictures. We need the public to support it by visiting it, but most of all we need artists who are prepared to support our exhibition with pieces of work.

So, if anyone interested in art would like to join Sedbergh Art Society please give Margaret Copestake (21842) or Carol Nelson (20034) a ring for details.

David Tomlinson
Exhibition Secretary

MICHAEL TRENERY RUTTER

Michael was born in Halifax, Yorkshire in 1933. His Father was MD of family engineering firm of Sagar Richards.

The following are some notable events in his life.

Educated at Rishworth School followed by a commission in the Royal Artillery and TA. Took degree in Metallurgy at Imperial College, London and Rowed in IC 1st eight in the Head of the River Race. Awarded Charlton Prize for the Most Outstanding Student of the year in 1957. President of the Royal School of Mines students' union. Awarded a Management Training Scholarship with Tube Investments followed by management positions in the Francis Group. Joined BICC and became MD of Pakistan Cables followed by MD of Conductores Electricos Roque in Spain. Returned to UK and was Chairman of an emerging technology group. Set up the West Lancs. Enterprise Trust based in Ormskirk offering expertise to new business ventures. Retired to Burnt Mill, Sedbergh where he became Secretary of the Art Society, edited the Lookaround local



newsletter and was a Trustee of the United Charities.

Whilst resident at Weavers Court, Kendal was a Director and Chairman of the Management Company before moving to Grange over Sands. He was diagnosed with Motor Neurone Disease in March and died in St Mary's Hospice on 11th September leaving his wife Joy and two married daughters. Elder daughter Louise a GP Trainer in Oxford whose husband

Nick, is a Consultant Oncologist, has two daughters, Felicity and Vicky.

Younger daughter, Leonie who followed her father's footsteps into engineering, has set up a Consultancy company in New Zealand with her Dutch husband, Rob, who a drilling engineer.

Michael was instrumental in helping to keep the Lookaround

going with the Lookaround Support Group when I was moved away from the area in 1988.

Sadly, Sedbergh has also recently suffered the loss of another hard worker with the Passing of Carol Dawbarn.

Carol did quite a lot of work behind the scenes for The Audio Lookaround.

Both Michael and Carol will be missed.

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SEDBERGH & DISTRICT HISTORY SOCIETY

The first lecture of the 2006/2007 series drew an audience of forty people to hear Yvonne Luke's talk on "Rethinking Ingleborough".

From Victorian times up to the Royal Commission of Monuments survey in 1988 it was considered that the summit of Ingleborough contained an iron age fort surrounded by a rampart. It was thought that there were twenty hut circles within the rampart. These were clustered in the central area of the summit with the north-western and north-eastern areas apparently empty.

Yvonne had studied aerial photographs and detected a faint circle in the north-western corner and later investigation on

the ground had suggested that this was a ring cairn pre-dating the iron age by about a thousand years. A path appeared to lead from it to a break in the south-western part of the rampart. From there a pathway occurred in the scree below leading to a grassy area. Ring cairns are well known in the Peak District and are thought to be ritual structures dating to the second millennium BC. They are also found in the Dales where they are 10-12 metres in diameter. Yvonne wondered if what had been thought to be iron age hut circles on Ingleborough were really bronze age ring cairns. She also thought she had detected a few half ring structures there.

She had investigated the rampart and decided it could not be a defensive feature of a fort for various reasons. Firstly in places there was what appeared to be a ditch, or a quarry site for the stones of the rampart, on the inside the rampart. This would have been a nonsense defensively. Secondly there were several breaks in the rampart and many of these appeared to be part of the original design and marked by orthostats (standing stones). They did not have a ditch or quarry scoop behind them. Finally the most imposing part of the rampart occurred where it was least needed defensively as there were sheer drops below it. She thought

Ingleborough had been a sanctuary in that it was used for ritualistic purposes and also provide a shelter for cattle and people when danger threatened their pastures below but had not been a fort.

The surface of the summit was getting badly eroded by the large number of walkers there and already some archaeological sites had been lost. She

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hoped that money would be found for a dig to occur to answer questions before the evidence had been destroyed. After her talk she answered several questions before being thanked by the chairman who wished her success when she submitted her thesis for a Ph.D.

Richard Cann

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COMMUNITY OFFICE NEWS

**ENVIRONMENTALLY FRIENDLY
PRODUCTS**

We are now selling environmentally cleaning products and recycled goods including – washing powder, washing liquid, toilet rolls / cleaners, dishwasher tablets, bin bags, food bags, kitchen rolls and more. There is also opportunity to order in bulk, consider other products and be part of a community ordering scheme.

So please call in to explore and ask about this exciting new venture.

COMMUNITY CINEMA

We are busy looking into Grant funding for the cinema and already have our first booking, a queue of ‘projectionists’ and lots of enthusiasm. It is hoped that when established, different voluntary groups will take turns to provide refreshments or theme nights based around a film, as a fund raising opportunity for their group. If your group would be interested in doing this, please let us know.

CAMCORDER HIRE

We have a modern camcorder for hire if you want to record the activities of your club for funding or promotional purposes. The cost will be £5 per day and it is available for community groups only. We will require a deposit of £50, returnable unless there is damage to the camcorder.

BOOKS and JIGSAWS

Due to good sales over summer we would now be grateful for more book donations. So if you have any novels / children’s books / jigsaws lying around (in good condition please), please bring them in.

HOUSEHOLD BATTERIES

Please note that we only have facilities to recycle household batteries from the Community Office at present.

SHREDDING

We have a shredder at the office for making personal documents safe for a small charge. It is important that papers to be shredded have had the staples removed and not huge quantities please!

PULSE (Community Gym)

MEMBERSHIP

We have forms for the new community gym in the office so please call in and pick one up.

Dear Sir

May I, through the Lookaround, apologise most sincerely to the 20 or more young people of Sedbergh who expressed a keen interest in purchasing one of three affordable houses we were proposing to build in Southfield Road.

At the recent planning meeting, our application to build these affordable homes was turned down. The Yorkshire Dales National Park officers recommended approval of the site but YOUR Local Representative on the YDNP Planning Committee, Graham Dalton, voted against the proposals, and YOUR Parish Council Acting Chairperson, Dorothy Blair, objected to the proposals - both of these were on YOUR behalf. These objections were on

the grounds that Sedbergh would be losing an important industrial site. The site has been no more than a redundant chicken shed for the last few years. Even prior to this, the last owners only used the site for storage. BUT your Parish Council would rather the site stayed a useless eyesore in a residential area than fulfill an urgent need for you young people to remain in your hometown to live.

I would ask which would be more important to Sedbergh, a redundant site with no industrial use or three houses for LOCAL young people, available at a cost they could afford. I leave the decision to you!

We all know the dire situation this town is already in with people who have no intention of living here permanently

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buying up small cottages for holiday use, forcing the younger generation to leave town for good. Speaking as an employer in the town, we have 23 employees, 7 of whom are in the situation that they cannot afford to buy their own homes in the town.

Your readers might like to know that South Lakeland District Council commissioned a report entitled South Lakeland Housing Needs and Market Assessment (June 2006). This report identified a need for 16 affordable units per year (80 in the next 5 years) in the Sedbergh ward. As far as we are aware, there is nothing else in the pipeline as yet, and we are 4 months into the 5 years already. No doubt the Parish Council also objects to these findings.

Incidentally, we were working in conjunction with Two Castles Housing Association and the very nature of providing low cost housing is such that there is very, very little profit to be made by building such houses, so this is not a case of 'sour grapes' because we weren't granted permission to develop our site. We are just saddened that we are now having to let so many people down, people whose only chance of living here has just been objected to.

We wonder how many of the Parish Councillors struggled to get onto the housing ladder? We expect that they are all happy in their own homes and have peace of mind that the site will stay as it is. Yours faithfully

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		Portion of Mushrooms	£1.70
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SETTLEBECK HIGH SCHOOL

An A-Z of Work Experience

This is the first year, year 11 students have gone out on work experience right at the beginning of the autumn term. It seemed a good idea to go now instead of mid October so as to allow them to first focus on their futures and ambitions and then focus with new purpose on their GCSEs and coming mock exams in November. This change of date presented a few practical problems (employers not geared up to having trainees so soon after the summer and some students not having contacted them over the summer with no teacher around to remind them!), but these were not problems which were insurmountable, and I feel the early start achieved its two purposes.

Students joined a whole range of people for their placements, jobs ranging from A to not quite Z (with a few letters unrepresented in between) and below are some extracts from some of the reports they wrote on their return which I think show how much they gained from their week in work..

AGRICULTURAL ENGINEER

Michael Griffin

I learned some things I didn't know such as splitting a tractor and replacing a clutch plate

ARCHITECT

Nick Game

I learnt about the different layers of design and how to use a design package AutoCAD. I designed a house, external elevations and internal and my design is going to be turned into a 3D model which

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I can collect next month.

BUILDER

Dean Raw

I learnt how to mix cement and that you
have to put a special chemical in it to stop
water rising

BIKE REPAIRER AND RETAILER

Ryan Iveson

I learned about fixing bikes eg.
complicated v brake discs, front and rear,
and how to make a wheel from scratch

CAR MECHANICS

*Toby Reynolds, Philip Metcalfe,
Kai McMinn and Matt Burrow.*

It felt good because I felt I was being
given the chance to do the job I've
always wanted to do

There were a lot of good moments, like
finishing a job successfully on a car. I

learnt how to deal with recurring
problems on certain cars

I liked using the air lines for pumping up
tyres, doing MOTs and drinking the free
brews!

I was taught some of the tricks in the
motor vehicle world and it was good as I
was treated as an adult and furthermore I
was offered a Saturday job!

DESIGNER *Rebecca Martindale*

I designed a page for a magazine which
was actually used. Also I designed a logo
for a bike festival taking place soon.

ENGINEER *Ed Bannister*

I had to familiarise myself with an
advanced design engineering programme
and was given the task of remodelling a

(Continued on page 46)

pump for an Italian company.
I liked the responsibility I was given and the fact I was trusted to work independently and meet deadlines as well as being made to feel that my work was appreciated

FORESTER AND GROUNDSMAN

Iain Bainbridge

We constructed some fencing, cut firewood, repaired walls and some gates, and moved rocks and rubble. I learnt how to mix cement in the right proportions. I am now strongly considering a career in forestry.

HOTEL MANAGEMENT AND

HOUSEKEEPING

Kellie Schools

I learnt how things run in a hotel

JOURNALIST

Dan Case

“It was a great experience going round

with Paul and finding out about lots of different aspects of the media. My main interest was journalism and I was given chance to practice my skills in this”.

KITCHEN ASSISTANT

Adam Littlewood

I worked with a lot of fish! I disembowelled 100 cray fish, firstly ripping their tails off then pulling out their intestines. I prepared crabs into different types of meat, white and brown, and I washed scallops in ice cold water then dried them. This is essential before cooking.

LAWYER

Emma Teal & Natasha Hardy

We attended court on one day. We saw the trial of a man who'd been speeding at 99mph so he risked disqualification. His

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lawyer was from a firm who represents people like David Beckham suggesting he was quite well off. The lawyer was good; she was funny as well as serious but she spent one and a half hours on just one witness!

In another case a defendant made a threatening gesture and said rude words which is counted as witness intimidation and can extend the sentence given.

We were also allowed to look at some post mortem pictures after parents had given permission- gory but interesting!

MOTORBIKE SALESMAN

Codey Sharp

I learned which motorbikes are better to have and where to get good parts for them

NURSERY ASSISTANT *Sian Benson*

I realised that this isn't an easy job but it is enjoyable and rewarding because you get to see the children learn and enjoy new things

OUTDOOR PURSUITS ORGANISER

Daniel McCandlish

This is definitely the sort of work I want to do in the future.

PLANNER

Grace Hunter & Mary McCullagh

I put data into a computer, created a powerpoint presentation for some planning applications, scanned plans in for new houses, plotted plans onto maps and attended committee meetings

At the committee meetings there were a few arguments about the passing or declination of applications for developments, which were very entertaining. After this I certainly understood more about planning at the end of it.

I also visited a site of a burial, I saw some

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bones rotten and cracked which were believed to be 200 years old and those of an elderly female or weak male Quaker

RETAILER

Ryan Iveson

I sold some accessories at the bike shop and realised how hard it is to run your own business

SCHOOL TEACHER

(Performing Arts) *Jenni Lamb*

I particularly enjoyed joining in with the school choir singing No war will stop us singing for the 21st September- a day celebrating world peace. And it made me feel

I would like to come here to do A levels.

TOOLS AND MACHINERY

CONSTRUCTOR *Richard Martin*

I got put to work assembling a Scheppach table saw – a definite high point, as was the end of the day when I was given a saw blade free

Also I learnt to send faxes, answer the phone, charge credit cards, use an old

(Continued on page 48)

cash till, package items, sign for deliveries, price stock, talk to customers and much more.

VET

Amy Poole

I observed puppies and kittens receiving booster injections; I was allowed to use the stethoscope and weigh some animals; I watched cows who were pregnant being checked and a bull with salmonella being examined. I watched and yes, enjoyed operations – one on a dog who needed her womb removed as it was no longer the thickness of a pencil but had swollen to the size of a sausage.

What I didn't enjoy was seeing animals put down. I learnt that it's hard work managing a farm and that being a vet can be stressful but rewarding

WELDER AND FABRICATOR

Nathan Mattinson

I learnt so many skills I didn't have. I felt I could work here forever.

YOUNG PEOPLE'S SUPPORT

TEACHER

Melissa Barnes

I learnt that working with children involves a lot of patience especially when they're still not old enough to understand simple things.

All students commented on how welcome they were made to feel, how friendly staff were and as Lawrence Whitefield said how, "kind, caring and considerate" they were.

Several students commented on how work experience had helped them realise what work was really like and how it had helped them make decisions about what they want to do in the future. And many like James Thompson expressed how proud they were when they got a good



employer's report.

Reports back on our students from employers were generally excellent and included such comments as,

"He tackled tasks well and was keen to learn new skills",

"She showed a real aptitude for this career",

"She was a pleasure to have and the children loved her",

"a pleasant young man, eager to learn.

He will do well in whatever direction he chooses to go",

"She worked very hard",

"It was a luxury to have someone so reliable around"

"I have enjoyed his company and help"

"a responsive student, a

real pleasure to work with",

"We would welcome her back if ever she wanted to return"

and

"a young woman who is a credit to herself and her family".

One of our students Tracy Hodgson was given a rarely awarded certificate for her performance on work experience with Kendal Police.

Nathan Mattinson summed up how some felt about work experience rather poetically, writing that it made him feel like he was "at the start of a new era, the start of the rest of my life."

Particular thanks to Juliet in the office for her support with organising the work experience and Angela Nicholas (geography and PE teacher) who visited students, took photos and reported back on their progress.

by Sally Ingham

(Work Experience Co-ordinator)



PHOTO CALL

This has been a better month and I have had 3 replies regarding last month's photo. These came from Pamela Wilson, Jean Conchie and Betty Scarr. Thanks girls. Along with the names I had to start with, it is almost complete.

Top row l to r:

Edna Johnson, Jean Christian,xxxx
 Mabel Goss, Mary Conchie, xxx Betty
 Braithwaite, Dorothea Moss,Jenny Woof,
 Mary Atkinson, Betty Garnett, Kathleen
 Stoker

Middle Row:

Keith Harding,Peter Wilson,Leslie

Dixon,Billy Woof,xxx, ? Sedgwick,
 Wilferd Parker,James Procter,xxx,
 Bernard Dixon,Billy Greenwood,xxx
 Front Row:
 xxx, Nipper Harrison,xxx,Jean Wood,
 Teresa Towler,Margaret Sedgwick,Violet
 Harper, Edith Harrison,Vera Milburn,
 Laura Burton,xxx,Billy Conchie,Tommy
 Baines.

And the photo was taken in the 1930s.
 This month another National School one
 which was kindly given me by Ann
 Allen. I know quite a lot of these names
 but not all. Names to me, Shirley Tebay,
 Walnut Bungalow,Dent, LA10 5QT.
 Phone 01536 25001 or email
 shirley.tebay@btinternet.com



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FAREWELL TO THE WEAVER

A Tribute

Peter Fraser, the Scotsman from Wales! I am sure many of you were welcomed by his cheerful ruddy face if you visited Farfield at the back end of the week as you passed through the loom area.

Unfortunately you will see him no more but many I know will be grateful that he agreed to spend five years of his life at Farfield and offer it the benefit of his lifetime's experience in textiles.

From the beginning, the restoration of Farfield was all about rescuing the looms and getting them going again. There are many people in Sedbergh who remember mothers and fathers, grandads and grandmothers, aunts and uncles, great aunts and great uncles, whose lives

revolved around working in one of Sedbergh's mills. Two looms were only a small reminder of those days, but the original group of people who formed the Buildings Preservation Trust treasured them and were determined that those yet unborn would have a glimpse of those times.

At first we did of course have Bryan Hinton and his wife to help us demonstrate the looms to the public, even before the building was restored, but by 1999 we knew we were going to need someone more permanent, Finding such a person for what would probably be a part time job, was not going to be easy.

The answer came after a visit to a wonderful mill at Trefrew near Conway in North Wales - if you are in the area do



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Creating Web Pages - a 5 week beginners course in creating and editing web pages. A unit of the New CLAIT qualification. Thursday 9th November, 7 - 10pm

How to Buy & Sell on eBay - another session by popular demand! Monday 20th November, 7 - 10pm

Begin Using Your PC - a Thursday afternoon course for complete beginners. 5 weeks from 16th Nov, 1:30 - 4pm

Know Your Computer Better - a Wednesday afternoon course for people who know the basics. 6 weeks from 10th Jan, 1:30-4pm

Photoshop / Digital Imaging - Please enquire about a new course in January

Machine Embroidery - making panels & pictures using unusual fabric, paper & thread. 6 weeks starting Monday 6th November, 7 - 9pm

email: admin@sedberghcdc.org.uk

Tel: 015396 21031

go and see it - you can see every process through blending and carding to spinning and weaving. The owners gave me Peter's Telephone number.

Much later Peter told me what he thought about our project after his first visit to Farfield. He thought we were just plain mad! He was never a one for polite talk for politeness sake! He had visited almost every mill in the Borders and Wales, had watched the rise and fall of many of them and had sold textiles from Land's End to John o' Groats. There was hardly an outlet in the country selling rugs, whose threshold he had not crossed, and as far as I know he had never been thrown out.

Never-the-less his imagination was caught by what we were trying to do at Farfield. He was brought up in a small town in the Borders and his first job was weaving, on a Hattersley. He learnt about the Dobcross looms later. He was so passionate about weaving, the looms and about Farfield that he once said to me that if he won the Lottery, he would pay back all the wages Farfield had ever paid him.

Peter had many skills and excellent contacts within the textile business. He used these to buy yarn at very competitive prices, and found the Trust a new 'finisher' when the one in the West Riding closed down. He did all the designing at Farfield, not only for those rugs sold at the Mill but also for the clients who came with big orders for rugs for their chain of holiday properties. For them he needed computer print-outs which could not be done at the Mill and he had them done in the Borders for the price of a bottle of wine (which he paid



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for). There was nothing within the scope of his experience that he was not willing to do for Farfield.

His wife had often suggested to him, after he reached retiring age, that he gave up travelling to Sedbergh every week from Abergele, but he would not agree. The one ambition he had at Farfield was to teach someone to follow on after him. He wanted to see the tradition of using these very special looms, which are far more versatile than the fast modern looms, carried on by future generations. Do you know by the way that modern looms cannot produce kilt fabric because they do not make a firm selvedge edge? Kilts cannot have a hem!

There are few people in life that one instinctively trusts on first meeting. For me, Peter was one of those people. He made so many friends, and they were friends for life. As someone said to me, "The Mill will be a far lesser place without the likes of Peter."

The Mill of course desperately needs some-one to replace him. If anyone has any ideas on that, I am sure the Management at Farfield would be only too pleased to hear about them.

Maureen Lamb

A SEDBERGH VIEWPOINT

I don't often get the opportunity to have the last word, but thanks to the editors for that privilege last month!

For some years I have campaigned for our locally elected representatives on public bodies to give an account of what they are doing to represent our views. I am pleased to see that each month more of those we have elected are using

Lookaround to give account of themselves. Thank you Tim Farron MP, Councillor Craig Stephenson, and now also Councillor Kevin Lancaster for your contributions. It is good too to read the different shades of opinion of our councillors who hail from two different political parties. Keep up the good work keeping us informed. Sadly there is one body which doesn't tell us what it is doing. I find it extraordinary that Sedbergh Parish Council likes to keep us all in the dark and operate behind a veil of secrecy. Why doesn't the Parish Council have a column in *Lookaround* I wonder? Have they something to hide? Although I live in Sedbergh it was interesting to read the Dent Parish Council report in the last issue. If Dent can do it, so can Sedbergh; perhaps they are reporting elsewhere in this *Lookaround*. I do hope so.

South Lakeland District Council gives us their "Recycling News" which too is interesting to read, even if it isn't all that helpful. Last month we were encouraged to choose products which are not over-packaged (their words) when we go shopping. Often there is no choice, and often when we get home and start to open what we have bought we find there is even more packaging than we first

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thought. I wonder what annoys you most about present day packaging. We used to get our pills like aspirins in little reusable containers, open the lid, take out the tablets, put the top back on the bottle and put away for the next time. And when you had emptied the bottle it could be returned to the chemist for re-use or easily disposed of. Now they are in a cardboard box, possibly in shrink wrapped plastic. When you eventually get inside the box there is a leaflet to tell you how to take your tablet which you have to press out of a foil strip on the back of a plastic sheet. What about your toothpaste? When you get the tube out of the box and open the top to squeeze out the paste on the toothbrush, yes there is a little bit of foil to be removed.

One recyclable I have a lot of is plastic bottles; milk, cola, washing up liquid etc. Most councils pick them up in their equivalent of our blue boxes but not SLDC who can only promise us yet another skip at Joss Lane (even though that in itself is an improvement of sorts).

Last month I put forward the viewpoint that the dozen or so skips already at Joss Lane are an eyesore and inappropriately placed; we don't want even more of

them. Joss Lane car park will have more bins than cars before long. No doubt they all have season tickets to park there! I'm not sure whether to call my one man campaign "Ban the Bins" or "Tidy the Town".

A more appropriate place for our skips would be the old cattle market site; but that's another story. I see Spar have it and greengrocer Martin Powell is pleased that the site is to be a convenience store and not a supermarket. Tell me, what is the difference? But seemingly there is more to it than that. Is it not also to be a distribution centre - or have I misunderstood the situation? Kevin Lancaster seems to have his finger on the pulse; nothing can be done without planning approval, so it is up to us all to keep an eye on the situation - planning notices on site and in the press. As Kevin rightly says any development which increases the number of large, heavy lorries using our narrow winding and undulating road to the M6, particularly at

Lincoln's Inn Bridge (and I add to that Black Horse Hill) is unacceptable.

Already we have enough such vehicles going to Pratts at Birks Mill where a large extension of the property is presently being built.

I like to confine my remarks to views specific to Sedbergh, so feel Europe to be outside my remit. However Sedbergh is as much a part of Europe as it is of South Lakeland and of Cumbria. I've been bemused and saddened by the bickering correspondence in recent issues of *Lookaround*. We are part of Europe, we are in the EEC and likely always to be so. Let's look forward and make the most of it and get all we can out of it. Let's adopt the Euro so that I can spend my holiday money in Sedbergh as well as in Zrece - and stop the bankers making a profit every time we, and our businesses, go abroad, or import or export anything.

A recent article in the Sunday Express printed a glowing picture of Sedbergh, the Book Town, as a place to visit.

Particularly recommended was the Orange Skies music book shop which closed down within days of the article being published. The only place to shop on Back Lane has transferred to Main Street and now there is nowhere to shop on Back Lane. The shop on the corner of New Street has been in limbo for the past few weeks, closed, restocked and unopened. The Post Horn is still to "reopen soon". Are we deluding ourselves about the success of the Book Town and the economy of Sedbergh in general, I wonder?

Never mind Christmas is coming - and so is the gas man to dig up the rest of Main Street. Happy Days! *N Hastle.*

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DENT PARISH COUNCIL

Dent Car Park

At its last meeting, the council reviewed arrangements for the use of Dent Car Park by residents and others and agreed to operate the following policy with effect from 1st January 2007:

- The car park will charge for parking from 8am to 6pm. From 6pm to 8am parking will be free for private vehicles. *(At present, there is no free overnight parking)*
- Private vehicles of permanent residents of Dent parish, which display a valid permit, will be allowed to park without charge. *(This continues the present practice)*
- Employees of businesses and organisations based in Dent whose vehicle displays a valid permit will also be allowed to park without charge. *(New concession)*
- As overnight parking is free, no special permits or other arrangements will be made for holiday cottage owners, owners of second homes or bed and breakfast guests. *(New arrangements to replace the holiday cottage permits)*
- Commercial firms that use the car park as their normal parking place are required to buy an annual permit, the rate to be fixed annually. *(As at present)*
- Minibuses up to 17 seats will be charged the same rate as cars. *(As at present)*
- Coaches of 18 or more seats will be charged £8 per visit. *(As at present)*
- Vehicles displaying disabled stickers will be allowed to park without charge. *(At present, vehicles with disabled stickers are required to pay)*
- Motor bikes will be allowed to park without charge. *(As at present)*
- YDNPA Car Parking permits and Sedbergh Car Parking permits will not be valid in Dent Car Park. *(New policy as reciprocal arrangements with YDNPA and Sedbergh no longer exist)*

Residents permit badges, similar in design to the old YDNPA ones, are currently on order and will be available from the beginning of December. More details about how to obtain them will be given in Dent and in Lookaround when the permits become available.

The council has deferred a decision on car park charges for 2007 until the November meeting, in order to consider it in the context of the whole council

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budget and parish precept, but when a decision is made it will be publicised in Dent and in Lookaround.

Stonehouse Bridge

By the time you read this, the repairs to Stonehouse Bridge may be completed – as I write, the scaffolding is being put up and hopefully work will start within the next few days. However, this doesn't deal with the longer term issue of restricting the traffic that uses the bridge – but unfortunately the County Council does not accept that there are any measures it can take which will help to resolve the problem. The parish council disputes this, and is continuing to argue the case with Cumbria CC.

The parish council has been so frustrated by the way Cumbria CC have dealt with the whole matter, that a referral is being made to the Local Government Ombudsman in the hope of preventing a similar situation arising in future.

Finance

The council's accounts for 2005-06 have been approved by the external auditor.

As a result of running the Car Park, the council is now faced with more complicated accounts than previously, and at its last meeting the council agreed to take a number of factors into account when setting the precept. These included:

- the growing cost of running the council (in 2006-07, excluding the car park, the council's income was around £7,000 and its expenditure over £12,000)
- the projected income and expenditure for the car park
- the effect on the Council tax of any change to the precept
- the need to plan the spending of any

reserves

- comparisons with other similar parish councils

Footpath widening

The council approved a request from the YDNPA to upgrade a short length of the footpath that runs east from Church Bridge alongside the playing field so that it is suitable for disabled use. This will involve a new surface on the path from the road to the end of the playing field and a slight re-alignment of the boundary fence. Work is expected to start in the next few months.

Next Meeting

The next meeting will be on at 7.30 on Monday 6th November in the Sedgwick Room, when the public are invited to attend as usual. If anyone has any matter that they would like to raise with the council in the meantime, please let us know.

Jock Cairns

Chair, Dent Parish Council



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ZREČE 800 YEARS ON

On Friday September 22nd, a Sedbergh delegation comprising Garth Steadman, Kevin Lancaster, Susan Garnett, David Burbidge and his partner Lucia attended celebrations in Zreče to celebrate 800 years since the town was first mentioned in records.

As ever we were very well and generously received with Garth, Kevin and I staying at the Thermal Spa Hotel Dobrava.

With Zdenka and Urska from the Tourist Office as our guides, we spent every waking hour when not eating or enjoying the Dobrava facilities of pools, jacuzzis and saunas, touring the local area.

Lunch on Friday was at the Hotel Smogavc. The mayor Josef and proprietor Ludvig came to welcome us and send their best wishes to absent friends in Sedbergh. As this was Kevin's first visit Urska took us to visit the ski resort at Rogla and the youth centre at Gorenje. En route we made several stops so that Kevin could examine the methods, mechanical and otherwise, of hay-making on 45 plus degree slopes. Then back to the hotel for a quick swim in and out of doors.

That evening saw the hall at the Dobrava transformed into an over-sized railway carriage with historic footage projected onto the walls giving the impression of scenery passing the windows as we sat inside. A larger screen showed video clips of historic sites, manuscripts and local views with a narrative which we presumed was relating the long and no doubt fascinating background to our twin town. In between clips, we enjoyed songs and instrumental

music featuring amongst others Samo and his group. David was interviewed live for Slovenian Radio, mostly in English although the audience cheered appreciatively when David courageously replied in Slovene. Then he led the assembled company in a rendering of "Rolling Home".

The evening concluded with light refreshments accompanied by more spontaneous folk-singing from those present. One of the delights of being in Zrečian company is their ability to break into song at every opportunity. Everyone knows the words and a great time is had by all!

Saturday began with a swim and aquarobics before breakfast followed by another tour led by Urska. First we visited a moving and poignant memorial to 100 partisans who were executed in wartime reprisals during the German occupation. Then onto the valley of St John the Baptist. Here, in a wooded and secluded setting, are the remains of a

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Chartusian monastery, founded in 1160. The monks were particularly known for their knowledge of natural medicine and pharmacology. The name of the neighbouring village is Špitalič is derived from the word for hospital. Having withstood many assaults including a Turkish invasion, the monastery was finally dissolved in 1782.

From here we drove to Sloveneske Konjice (literally “horsetown”) to visit firstly the old manor house where a wide array of herbal products for health, bath and kitchen is produced from their own herb gardens. From there we drove to the old mediaeval main street. This sloping cobbled road with its central stream, bridged at intervals, is straight out of a film set. More was to come! We were taken to visit a private art gallery up a modest stairway in a quiet yard. A local industrialist had amassed a jaw-dropping collection which included, at least, paintings by Modigliani, Vermeulin and two Klimt drawings and many others which could be identified as Old Masters. The ceiling was embellished by a dramatic mural (?) of St George. Several churches in Slovenia are dedicated to St George and contain statues or paintings of him along with distressed damsels, dragons etc.

Zdenka, David and Lucia joined us for lunch at a tourist farm near Skomarje where, as ever, the table groaned with the array of home-made soups, meats and other mouth-watering local delicacies. We were entertained by the accordion played, we believe, by the young son of the house who, because of his diminutive stature, could only be glimpsed occasionally behind it. Not to be outdone,



and fortified by the comestibles, Garth and David then performed for us with Garth on keyboard. We all joined in the choruses.

Our next official engagement was lunch with the mayor on Sunday (only two hours after breakfast) before we were taken to Graz for our flight.

Singers from Zrece will be visiting us in Dent and Sedbergh in early December and hopefully, Zdenka will accompany them. We have also been promised a visit from Iztik Mirošic, the Slovenian ambassador.

The tourist industry in Zreče is supported by both Government and local industrial funds. Unfortunately we have no such support and rely on Twinning Club membership and any funds we can raise by various events or from local charities to entertain official visitors to Sedbergh. This delegation, as usual, paid air fares etc. out of our own pockets but we feel this was very worthwhile to keep the Town Twinning project alive and going forward. Should any reader wish to join the Town Twinning Club and support our ventures through their subscription please contact Susan Garnett (21138) Your annual membership will run from January 2007 (Special offer!!)

CANCER PREVENTION

This year I have been teaching on the Women's Health programme of the UK Taiji Qigong Foundation. The programme includes a sequence of exercises used in China for the prevention of breast cancer and, in hospitals, as part of the breast cancer treatment regime. So I was interested to read that a charity called CancerActive is running a cancer prevention fortnight from 3rd to 17th of November. This charity publishes literature on cancer prevention, available through its website (www.canceractive.co.uk).

The main thrust of the message is what they call the Four Pillars of Cancer:

- Poor diet
- Toxins
- Infection (by viruses, bacteria, yeasts or parasites)
- Mental state.

The first three of these have been recognised by the World Health Organisation as being the three main causes of cancer.

The basis of a good diet is to cook at home, starting from basic raw ingredients (cutting out processed food and food additives) and to eat as wide a range of natural foodstuffs as possible. The government advice of five portions of fruit and vegetables a day is good, but possibly it does not go far enough. In France they are advised to eat ten, which, considering they breakfast on coffee and croissants, must be quite hard to fit in.

Individual specific dietary requirements vary widely. Some indication of this can be obtained by tongue and pulse

diagnosis, as practised by acupuncturists and Chinese herbalists. Another point of view is that of Peter D'Adamo, who wrote "Eat right for your type", based on blood types.

Most of the toxins we are exposed to at home come from things we spend our hard-earned money on. Products like perfumes, beauty products, cosmetics and cleaning products contain harmful ingredients, that are inhaled, ingested and absorbed through the skin.

Environmentally friendly cleaning products are now available from the Sedbergh Community Office and non-toxic cosmetics and beauty products may be bought from "I Love Organics" underneath the new Booths in Kendal.

If you are interested in how it is thought that infections, including parasites, can cause cancer, you may want to read Hulda Clarke's book, "The Cure for all Cancers". She takes an extreme view, so be prepared.

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From a Traditional Chinese Medicine perspective, the start of cancer can be something quite simple. This model is based on the idea that energy or Qi (pronounced "chee") flows throughout the body and motivates all bodily functions. If, in a particular area, the Qi is not flowing smoothly, fluid and toxins can collect. Over time this can give rise to heat and blood stasis and it is these secondary effects which are recognised as serious pathology. So to avoid cancer, keep the Qi flowing.

The Qi which keeps the body functioning properly and, in particular, fights disease, is called upright Qi. In the face of serious disease, such as cancer, the prognosis is largely determined by the

state of the upright Qi. The strength of the disease is secondary. To prevent cancer, then, we must foster the upright Qi. This is where systems such as yoga and Tai Chi can be of benefit. They help the body to work at its optimum by relaxing the muscles, opening the joints, stimulating the flow of blood and lymph and massaging the internal organs. They even help with our mental state, promoting calmness and equanimity.

I am planning to teach the Women's Health Qigong over four Wednesday afternoons, starting on 15th November and thereafter roughly once a month. Everybody is welcome. If you are interested, please contact me. My number is (015396) 20972. *June Parker*

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LATE NIGHT OPENING

Sedbergh Family Festive Evening and Late Night Opening, Wednesday 13th December

The Annual Sedbergh Family Festive Evening, organised by Sedbergh & District Chamber of Trade, will take place on Main Street on Wednesday 13th December this year. This is one week later than usual, because Main Street is due to be dug up for gas mains replacement for about 5 weeks from the beginning of November. If this work were to be still in progress at the time of Late Night Opening, then it could severely affect the event. Consequently, the Committee decided that it would be best to defer Late Night Opening to the following week, in the hope that the

contractors' work will be complete by then and we can re-claim Main Street for Sedbergh's Christmas celebrations. We all sincerely hope that the contractors will adhere to the agreed timetable!

As in the last two years, the event this year will include the official switching-on of Christmas lights on Main Street by a guest celebrity at 6.30 pm, when Santa will pass through Sedbergh on his motorised sleigh-mobile, en-route to his grotto in the Bull Hotel car park.

A high point of the evening for children is the opportunity to meet Santa in his grotto. To help avoid the need for parents and children to stand in a long queue in The Bull car park waiting for their turn to see Santa, we will be repeating the scheme that was introduced last year.



DALES PROPERTY FOR SALE

The Old Joinery, Garsdale. Comprising extended Dales Cottage with substantial modern stable block for up to 3 horses but suitable for variety of other uses. Facilities include Carriage House, Harness Room, Hay/Feed Store. Floodlit Exercise Area and Yard plus planning consent for additional agricultural building in adjacent paddock. Ample parking for large Horse Boxes, Caravans, etc. Fully modernised, the Cottage is currently in use for B&B and S/C Holidays, sleeps 5 in 3 Bedrooms. Attractive large Farmhouse style kitchen and lounge with beamed ceilings. Large Sunroom with stunning views of the Fells. The recent 4 bedroom extension gives further accommodation for up to 3 people on first floor with a second entrance, hallway & GF shower room plus WC built in large garage with full size (dry) pit. Property all in excellent state of repair with double glazing and LPG C/H. Easy level access from the adjacent A684.

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Numbered tickets to see Santa will be on sale (at a token price of £1 per child) from the beginning of December at the Tourist Information Office. They will be available also at the grotto on the night. Santa will then be pleased to see children in the numerical order of their tickets and the current ticket 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 seasonal events and musical entertainment on Main Street. All children will receive a small gift from Santa.

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. This year's community competition will be a "Find-the-Christmas word" challenge with a super prize. There will also be the

usual Grand Raffle with generous prizes provided by Sedbergh traders. Nearby local traders will have stalls on Main Street to sell seasonal goods.

With mulled wine, roast chestnuts and other seasonal fare 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/Late Night Opening on Wednesday 13th December will be preceded by the Town Band Christmas Concert on Friday 8th December in the People's Hall (with more mulled wine and mince pies!). Together with the switching-on of Christmas lights on Main Street, these events will provide a fine start to the Christmas season 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.

Ernie Hailwood

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MEMORIES ON RECORD

For more than a decade now an oral history group, now known as the Dent Oral History Project, has been recording the voices of people recalling their memories of Sedbergh and Dent. We have collected over seventy recordings and these are now being made accessible to everyone, at Farfield Mill. In Room 2K on the Heritage Floor we have installed a computer where, at the touch of a button, visitors can hear these fascinating accounts for themselves.

It's easy to take change for granted but, as they look back over the twentieth century, our interviewees tell us of some truly momentous changes in their time. They experienced for themselves the impact made by the national grid and mechanised transport, by the changes in education and health care. Farmers have described the difference tractors and milking machines made to their lives. Housewives have told what their daily round was like before vacuum cleaners and washing machines. People told us how, with the growth in car ownership, their shopping habits were transformed, so that the delivery boy on his bike became a thing of the past and farming folk no longer bartered their butter and eggs for a sack of flour or cattle feed. People still alive today remember when the Sedbergh Workhouse shut its doors and when the isolation hospital was no longer needed. So many changes, and all in a lifetime.

It is thanks to Neville Allen, our technical adviser, that the recordings are now available via a computer. By

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STARTERS

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Farmhouse Pate served with Toast and Garnish
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MAIN COURSE

Roast Turkey with Chipolata Sausage,
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New Years Eve Dinner	£16.95



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following a set of simple instructions visitors can choose an interview from the index. Many of the interviews have been transcribed, so people will be able to read the text as well as listen to the voice of the interviewee.

There are also instructions on how to research a particular topic. We hope people will enjoy using the archive, we would like to think it will be a present attraction as well as a future historical resource.

An official opening of the room will be held on 29th November, from 11 am to 4 pm. The press will be invited, along with all who have contributed to the Project including interviewees, interviewers and committee members past and present. If you happen to be visiting Farfield that day, you will be welcome to drop in.

On behalf of the Dent Oral History Project I thank everyone who has helped us and made our work possible. We are specially grateful to Colin Barnett for his most generous donation, also to Eliza Forder for allowing us to reproduce photographs from her books, to the Sedbergh and District History Society for the use of their pictorial archive and to Shirley Tebay for her work on the visual display. Thank you to Kate and Jock Cairns and Mike Tebay for the enormous effort they put into cleaning and painting Room 2K, and to all the members of the committee for their unflagging and invaluable support.

Anthea Boulton
Dent Oral History Project
antheaboulton@compuserve.com

THE SPIRIT OF 'CAN DO'

The Chamber of Trade held its AGM on October 16 at the White Hart Sports & Social Club. The event was very well attended and the enthusiasm was infectious. Reports were heard from the various C of T initiatives groups. Garth Steadman gave a review of the Twinning which he stated has gone from strength to strength. There are ongoing student exchanges from and to Settlebeck School and a Choir is visiting over Christmas. The membership is increasing as many people from the town and district visit Slovenia.

The August Bank holiday Charter Market was also deemed a success and the organisers of this year's market acknowledged the good work of the earlier organisers. This work enabled and contributed to the smooth running of the 2006 event.

The Gala Group have made a donation to share payment for the new stalls which proved so easy to use at the Charter Market. This sharing of equipment is another step toward the community pulling together for the common good.

David Collier explained further about the Sedbergh Web Site. This site is due to go *intergalactic* and to have its own server. This will enable business users to update their sites themselves all of which will link in to a all encompassing web site for Sedbergh and District. This is an amazing opportunity for business large and small to really get their wares into cyber space. The cost will be linked to the size of the business and it's particular needs. The C of T offers it's thanks to David for funding the Sedbergh Web Site for so long but now it is to be updated the

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cost will have to be spread. However the C of T hopes that the scheme will break even or perhaps make a small profit in the long run. Contact David Collier or Sam Rusling for further information.

The highlight of the evening was a speech by Mark Westwood. Mark has been here two years now and owns the book shop at the junction of Main Street and Long Lane. He told the C of T how pleased he was with how his business was going. He also mentioned that other book sellers in the town had all seen an upturn in trade, some as much as 20%.

More good news is that there are to be more shops opening on Main Street and Back Lane. All agree that the Spirit of Can Do seems to have settled into the town. In short the whole place seems to be much more lively and prosperous.

Other issues discussed were the litter around town and that the Udale's building is still an unfortunate eyesore. We should all be vigilant about litter and try and keep our town clean for ourselves and our visitors.

All the officers were returned unchanged apart from Nigel Close who now takes over as membership secretary. The evening ended with a convivial glass of wine and delicious nibbles.

SEPTEMBER WEATHER

Quite a warm month generally with 80 F recorded twice, 70F 12 times. On the other side we had a low of 39.2F with 5 other nights dropping into the 40sF. During one of the balmy spells the temperature at midnight, when I usually take my readings, was 68.5F and the minimum for the day only 61.5F! The wind speeds were variable with maxima ranging from a high of 21.0mph to 6.3mph. The wind direction was more normal with only 8 days away from the north west quarter. Rainfall was reasonable with 4.1 inches falling and the longest dry spell being 8 days.

The warm moist weather saw a good growth of grass such that some late silage was taken. It also meant sheep and lambs

“FLOWER FIELDS”

“Flower Fields” is the title of the first novel published by Joan Stockdale, former contributor to *Lookaround*. Drawing on some of her own life and set partly in the Dent and Sedbergh area which Joan loves so much, it tells the story of a wartime Yorkshire Dales family.

From her home in Anglesey, Joan is the author of three non-fiction books and is a columnist for a number of publications in Wales, including being a specialist book reviewer for North Wales Living Magazine.

“Flower Fields” costs £12 and is available from Dent Post Office and Sedbergh Office Services.

Sedbergh People's Hall Now available until 1am*!

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You can now use the hall for longer and book it for more specific times to suit your needs.

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* 1.45pm on normal Sundays

had mucky bums. I also had my worst fly strikes ever on the heads of 2 of my tups. The warm weather also meant we saw lots of butterflies around. Rabbits are around in good numbers much to the amusement of the dogs in the garden. Badgers are very active especially on the warm dry nights. I still haven't seen a live hedgehog and only the occasional bat. The migrant hirudines passed through in numbers well through the month. Each time I thought they had all gone another little flurry would occur. One of the baby swallows turned up on the 8th to roost in the kennel. I hadn't seen them for some time. The leaves are still green for the most part and grass continues to grow. The winter jasmine has had its first flush of flowers. I haven't seen any of the winter migrants arriving yet but it won't be long before the fieldfares and redwings are here.

Correction: Had Nick Lamb read my letter he would have known I was aware you could stand as an independent candidate in elections. I was trying find out if there were funds available to do so and I reported what the Speaker of the House of Commons replied “ you have to join a political party” *Brian Wright*

TOURIST INFORMATION OFFICE

Support your independent Tourist Information Office. Christmas Shopping with a difference.

As you all know the Tourist Info Office is now run for the town as an independent business. As things run down on the visitor side for the winter we want to take the time to try to get to know everyone in the town better.

CHRISTMAS SHOPPING DISCOUNT EVENINGS

Our plan is to invite every club and group in the town to come along to the TIC in the evening when we will offer refreshments, a short introduction to the work of the TIC and what we might be able to do for your group or business and **THE CHANCE TO DO SOME**

CHRISTMAS SHOPPING AT DISCOUNT PRICES. We have a fascinating selection of goods in the TIC – books obviously both new and old, cards and souvenirs and local products of all types.

If anyone reading this is a local producer of craft products such as jam, or cards, or pottery or jewellery etc., would you like to have a shop in Sedbergh selling your goods? The TIC can offer you a place to display your products which we will sell for you on a commission basis. Please contact the TIC on 015396 20125. Remember we open seven days per week right through the winter and, of course, there will be our special **LATE NIGHT CHRISTMAS SHOPPING EVENINGS.**

Initially we are planning to be open late on 8th – 22nd November and of course 14th December. On these nights we will open until 9pm. But if your group would like to come along and enjoy our facilities on any other evening we will gladly arrange something just for you.

We would also like to take this opportunity of telling you about the Friends of Sedbergh Book Town. This group exists to help the book town along in whatever way they wish, but because they have joined the group members enjoy excellent discounts on tickets to events and books in all participating shops in Sedbergh, plus other special events just for the Friends. Application forms are available at the TIC.

Please support Sedbergh's TIC. Although we do have some grant aid we only receive 26% of what we spend! So if we don't spend anything on promoting Sedbergh we don't get a penny back! Not what is generally understood by "grant"



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money is it. So your purchase of some Christmas cards, a tweety bird or a packet of sweets really makes a difference to us and will ensure that we are here to offer a service to Sedbergh and its visitors for a long time to come. SEE YOU SOON!

LADIES NFU

The September meeting was held on 19th September with 12 members present. We were given a talk about Marie Curie who was born in Warsaw Poland 1867. The Marie Curie nurses work mainly nights in the patients home to sit with them to help the relatives.

A Jacob's Join supper and then our annual general meeting followed this. Mrs Jean Dobson to be our new President for 2007 taking over from Mrs Sandy's Clarke.

At the October meeting, a wine tasting evening was given by Glynn from Kirkby Lonsdale Booths. He gave us a short talk telling us about Booths, which was founded in 1847 by Edwin Henry Booth

who was an apprentice tea maker. He opened his first tea house (China House) in Preston. In 1849 opened his second shop in Blackpool. In 1964 Booths changed from teashops to grocery stores now having 26 and are committed to selling fresh local produce from the area.

The Kirkby Lonsdale store opened in 2000. He brought us two different wines to taste, the first was a white sparkling wine called Cloudy Bay from New Zealand, the second was a red wine called Red Casillero del Diablo from Chile (Cabernet Sauvignon). This was followed by cheese tasting of Swaledale cows cheese, then Toppings chicken & ham pie, also rhubarb & ham pie with an assortment of different flavoured crisps.

As not enough interest was given for our Charity Event it was decided to cancel it.

Our next meeting will be held on Tuesday November 21st in People's Hall Committee Rooms at 7.30pm where Mrs Farnell will be demonstrating table decorations and making truffles.

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1st SEDBERGH SCOUTS

Many readers will be aware that the Group has endured a number of difficult years due to falling numbers and lack of assistance for Leaders in supervising meetings. Youngsters attending Scout meetings now number approximately half a dozen. Under Scout Association rules a leader and an assistant (CRB checked) must be present at meetings. Our longstanding Scout Leader, Bill Mawdsley, has for many years been ably assisted by Don Aspin (who retired last year) and by Syd McLennan (retiring in December). Occasionally other members of the Committee have assisted on an ad-hoc basis.

Lack of Leaders resulted in the Cub pack closing in 2005 (notwithstanding valiant efforts by a small number of persons) and it now seems likely that regular meetings of the Scout troop will cease after the end of the current school term. This will be inevitable unless someone is prepared to step forward to act as a leader or an assistant leader - ideally, two leaders or assistants are required to provide sufficient cover to ensure all meetings can proceed. A female leader or assistant would be particularly welcome as we now have girls as well as boys within the troop. Active recruitment of more youngsters to the troop and an expansion of scouting activities can only take place if the future leadership position is secure.

The closure of the Scout troop would result in the considerable assets of the Group (bank accounts, the 85 year lease on the headquarters, tents and camping gear etc.) being passed to Cumbria County Scouts - no doubt they would

wish to sell the lease. This would bring an end to over 30 years of scouting in Sedbergh and the probable loss of the use of the headquarters (the upper rooms of 13, Kings Yard) to other local organisations. Next year the Scout Association nationally will be celebrating its Centenary. Sadly, it seems, there may be no participation in the celebrations in Sedbergh.

Bill Mawdsley is still willing to continue as Leader - is there anyone prepared to assist him and enable the survival of the troop? Helping with Scouts is both fun and rewarding - and does not require a large commitment of time. Anyone interested in discussing what is involved in helping with meetings, and the training available, is welcome to contact Bill or Syd for an informal chat.

1st Sedbergh Scouts

MacMILLAN'S COFFEE MORNING

Sara Hirst and Justine Mahon from Sedbergh School would like to thank everyone who joined in the Worlds Biggest Coffee Morning on Friday 29th September, raising a fantastic £427.71 for people affected by cancer.

Every cup of coffee drunk on that day in aid of Macmillan Cancer Support has helped raise money that will go towards providing practical, medical, emotional and financial support to those living with cancer.

We would like to say a very big thank you especially to the local businesses who generously donated prizes for the raffle draw; Howgill Gifts and Home, The Dalesman, Three Peaks, Sedbergh Chemist, The Bath House and Powells.

SETTLEBECK HIGH SCHOOL
Local Democracy Week at Settlebeck
16th – 20th October 2006

Students participated in the South Lakes programme for Local Democracy Week. This is a government initiative which has been in operation for several years and is aimed at engaging young people in Citizenship. This is the first time South Lakeland District Council and Connexions have put together a programme involving secondary schools.

Students had the opportunity to attend a full council meeting in Kendal Town Hall and then to meet politicians, Joe Nicholson (County Councillor) and Robin Brown (District Councillor) in school. They discussed how local democracy works as well as raising issues and ideas which they would like councillors to consider.

A mobile display was brought to school with interactive learning materials which were used by groups of Year 9 and Year 10 students. Ideas and information were then used to make promotional posters and leaflets for other students in school.

***Extended Opportunities
for Year 10 and 11***

Young Cumbria is leading courses throughout the South Lakes area for Year 10 and 11. These take place weekly and generally involve a combination of some school time and some voluntary time.

Currently, they are running "First Gear", a course for young people who want to learn about vehicle ownership, driving and vehicle maintenance. The course runs for several weeks and is certificated. Students can use the knowledge as part of the Duke of Edinburgh Award if they



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wish.

We are very pleased with the nine students who have taken advantage of this opportunity. Young Cumbria is likely to offer another course in the Spring Term, probably a First Aid course, which again could be used towards a Duke of Edinburgh Award. We hope that you will encourage your son/daughter to take the opportunity to attend. We are very aware that First Aid skills are essential life skills and we would hope that all Year 10 and 11 would gain a basic grounding in First Aid before they leave school. This is one way of achieving that goal. More information about this will be sent out in December.

Judith Walsh

HOWGILL W. I.

The Annual General Meeting was held at Howgill Village Hall on October 5th.

The Secretary's report proved we had had a very eventful and enjoyable year.

President Mary Silva thanked the committee for their help and support over the year. In return Mary was thanked for her hard work and dedication. Her excellent planning ensures our meetings run smoothly.

Treasurer Barbara Axford reported that our finances are healthy. Barbara has decided to stand down after many years. Mary paid tribute to Barbara for doing a splendid job as Treasurer. Bridget Postlethwaite has taken over from Barbara. Mary has agreed to be our President for another year and the present committee agreed to stand again.

Sheelagh Dennis was presented with the Appleby Cup for the most competition points throughout the year.

A warm welcome was given to Sue from Milnthorpe assisted by Liz from Grayrigg. Sue gave us an insight into their work as First Responders, what they do and what is involved. They give support alongside ambulance crews taking emergency calls and going to the aid of people within 8 minutes of a call out. They gave us examples of incidents they come across. These can be anything from someone needing t.l.c. to hypothermia or a heart attack. A demonstration showed us how they deal with and access the situation. Leslie Hennedy thanked them with admiration for providing this valuable service and saving lives.

The competition winner for a Favourite Piece of Jewellery, bangles and beads,

was Mary Stainton with Judith Stainton second. The social time, a quiz, where the answers were nursery thymes was won by Audrey Hoggarth with Dilys McCaffery second. Mary Stainton won the raffle.

We will meet again on November 2nd at Firbank Church Hall when Janice Longmire will speak on "Designer Hats". The competition is My Favourite Hat. Visitors welcome. *A.H.*

DIALECT DIGEST

Plot Neet is here once again, and this is what John Hartley had to say about November 5th some 100 years ago.

'Squibs an' crackers! Starleets an' catterin wheels! Bunfires and traikle parkin! This is th' time for a bit ov a jollification. Guy Fawkes did a gooid turn when he tried to blow th' Parliament haase up; for we should ha' had one spree less i' th' year but for him.

Ax twenty fowk this question o' th' fourth o' November: "Are yo goin' to buy onny firewerks this year?" an' aw dare say yo willn't finnd one i' th' lot but what'll say: "Aw've summat else to do wi' mi brass nor to waste it on sich-like fooilery as that."

An' still aw'll wager 'at nineteen on 'em buy some after all.'

And this was apparently how folk celebrated by their bonfires: 'I' th' country, they all sit raand th' fire wi' their parkin an' milk, or else rooasted puttaties, an' they tell tales, an' they laff an' talk till they've varry near burned ther shoo toas off, an' getten soa starved (frozen) o' ther back 'at they willn't be shut ov a cold for a month.'

Some things never change, do they?

Michael Park

MacMILLAN COFFEE MORNING
 Thanks to the overwhelming generosity and support, we raised £520 at the Coffee Morning/Nora's birthday on the 29th September. It was a most enjoyable morning, though hectic at times, with a wonderful end result.

Raffle winners were:

Food Hamper	Debbie Gilbert	Plant	Rose Sanderson
Joint of meat	Rene Huddleston	Maltesers	Mr & Mrs Dark
Basket Fruit	Rose Sedgwick	Thank you to the shop keepers who donated prizes towards the raffle including Garth Steadman, Andy at the Green Door, Angela Brooks, Carole at Howgill Gifts, The Chemist Shop, Martin Powell and to Heather Askew at Flowers by Arrangement in Kendal for kindly putting the helium in the balloons. Thank you to all who helped on the day by making the coffee, selling raffle tickets and for coming along.	
Basket Fruit	Olwyn Stainton	Special thanks to Dennis Whicker for being an impromptu M.C. and keeping us amused.	
Spa Set	Shirley Richardson	Next year's Coffee Morning will take place on Friday 28 th September – please put it in your diaries.	
Tin biscuits	David Alban	Nora Capstick also wishes to thank most sincerely everyone that attended and gave so generously to MacMillan's Cancer Research on her behalf. A big thank you also to Wendy Frazer-Urquhart for her kind words and toast. <i>Kath Milburn</i>	
Box Sweets	Joan Park		
Nightdress case	Mr & Mrs Dark		
Box Biscuits	Doreen Airey		
Vacuum Flask	Kath Milburn		
Cafetiere	Olwyn Stainton		
Rag Doll	Majorie Day		
Card Set	Mabel Hall		
After Dinner Mints	Glyn Johnson		
Bubble Bath	Irene Howarth		
Scented Candle	Val Law		
Fresh Farm Eggs	Pauline Bainbridge		

CHARLESWORTH

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DECEMBER LOOKAROUND

Well, it is almost here. One of the most celebrated events in the world. The birth of Christ 2006 years ago. We must never lose sight of that occurrence and we hope to celebrate this in *Lookaround* in December as usual.

Father Christmas tells me that he is busy in his Grotto and is available for public and private functions. He can be contacted via the *Lookaround* Office! He also informs me that he has a distant relative who is a Town Crier and is also available for public and private events.

The December issue will be a double issue (No January edition) in Full Colour so ensure you get your articles, events and adverts in sooner rather than later. Closing dates are still 15th for adverts and 19th for articles and Personals. Last year, we had a record number of Personals for Christmas Messages. Will it increase this year.

Computers? They are great while they are working properly. On my system, I have various 'Protections' against viruses and occasionally, just occasionally, a genuine e-mail is discarded into the 'Bin'. I do check the 'Bin' every day but I am sure that some get deleted never to be seen again. If you feel that this has happened to you, send me another e-mail with nothing attached and hopefully I can avoid any disasters.

I have received some cracking black & white photo's of Sedbergh from about 1957 from Mr Philip Hutchins who has penned to *Lookaround* in the past. I intend to do a "Past & Present" every month which I hope you will enjoy.

Finally, I was recently interviewed by "Cumbria Life" magazine who will be

making reference to Village Newsletters in Cumbria in their next issue in which *Lookaround* gets some good press.

D J Whicker

FROSTROW W.I.

Frostrow W.I. enjoyed an interesting and amusing talk by Tony Hannon who had recently been on a Coast to Coast Walk lasting 13 days with five friends who have been doing these walks on different routes for some years. He and his friends started the walk at Almouth and followed the route for 170 miles to Ravenglass via the Langdales, Eskdale and the Duddon Valley. Accompanied by many wonderful slides of the group on many stages of their walk, Tony told us about the various good, bad and indifferent places they had stayed at in different small towns and villages on their walk. The journey took them via Annech the Rothbury area where the Jacobean rebellion had begun, to Hexham, Allendale and Nenthead and Wark (owned now by the Duke of Northumberland) through Elsdon where cup and ring stones were found from the Bronze Age towards the West via Bampton Common before reaching their destination.

The group, still apparently best friends, were blessed with good weather for their walk which raised £4,000 in sponsorship money to be donated to a project in the Sudan.

After the talk Jean Mitchell gave a report on a meeting she had attended. Various members will be attending different social evenings during the next few weeks and a team will once again be entering the WI Quiz at The Bull. The AGM will be held on 6th November.

SEDBERGH**ROYAL BRITISH LEGION**

The AGM will be held this year on Thursday 9th November at 7.15 pm in the White Hart Club. All members welcome.

**SOUTH LAKELAND
CARERS' ASSOCIATION**

Our Carers Support Group now meets at Thorns Hall on the first Tue of every month, except Jan, from 2pm. Details from 01539742602.

FUND RAISING

Sponsored Fancy dress Pram Race success: Driving licences for Pram operators?

On Sunday, 15th October, Thomas Bateman, (footballer aged 10), his sister, Angela (wizard aged 9) and brother Norman, (devil aged 5) aided by their mum, Pauline Bateman (witch - age a secret) took part in the Charity Pram Push from Selside School to Grayrigg. Great fun was had on this glorious day as 12 prams were navigated (not without collisions!) by mums and their children at great speed along the country lanes. Pauline and her children made £112.50 for St. John's Hospice, Lancaster and thank all those who sponsored them.

EATING OUT

Whilst eating out at the local hospital might not appeal to all there are many plus points inc a good selection, its hot, served with a smile and not expensive.

If you love the olde-worldly atmospheric in which to partake of Tea and Cake you might not like the new

modern Cafe at Sizergh Castle, if however you love a moist Chocolate Cake give it a go, good selection and views of the autumn trees.

Country Harvest nr Ingleton is great if you have some money to spend, there are many things to tempt you and then Toasties, Jackets and Tasties in the Cafe.

E.N.JOY

COFFEE MORNING & SALE

On November 11th, I am holding a coffee morning and sale at the URC rooms. Would you like a stall? Please call me for a chat. Susan Taylor on 015396-25561.

HOWGILL CHURCH

Howgill Church would like to say a big thank you to all who sponsored their walk. £559 was raised.

The weather was lovely and scenery was enjoyed by all. Thank you also to all the walkers. Robyn and Charlotte did especially well.

Howgill PCC wishes to thank everyone who supported the Harvest Festival and Sale. Also James Postlethwaite for entertaining us with his auctioneer skills. £145.03 was made. Thank you.

CROSSWORD

I have not received any comments, either for or against, the Crosswords that have appeared every month this year. Will there be any forthcoming?

Owing to a technical problem, there will be no Crossword this month but can I ask the 'Compiler' to make contact with me please.

D J Whicker

PEOPLE'S HALL

Registered Charity 523829

The fiftieth birthday celebration: a further appeal for photographs and memorabilia.

As part of the celebrations the Committee is hoping to mount a small display and we appeal again to readers who may have photographs or any material, illustrative or otherwise, which would be of interest.

The originals would not be used in the display but we would scan or photocopy anything that is brought to us and would return it immediately.

Please contact Sedbergh Office Services or Elspeth Griffiths (20677)

We should be very grateful for any help you can give. Thank you.

QUEEN'S GARDENS

I can't help the feeling of an impending deluge as I rake leaves from the paths of Queens Gardens, although the paths are already covered, there are many more to follow, still green and clinging on to the trees. The colours are truly beautiful, a rainbow of autumn hews. I find it both satisfying and therapeutic to be clearing the paths, but suspect this may wear off, I shall have to view it as my Green Gym, sorry Pulse project.

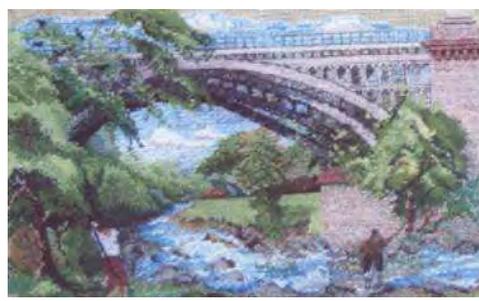
There have been sightings of GIANT HEDGEHOGS and some ART IN NATURE instillations in the park, all will disappear with the elements so go and see what you can find.

We are hoping to have lanterns, carol singing and maybe even mulled wine and festivities in the park on Friday 15th December from 4pm onwards.

Ray King

SEDBERGH EMBROIDERY

Iron Bridge, known locally as Jackdaw Bridge, is one of the pieces in the second panel of the Sedbergh Embroidery. The Stitchers can be seen working on the panel at the demonstration to be held at Farfield Mill from 11.30am to 3.30pm on 2nd and 3rd December. www.sedbergh-embroidery.co.uk



GREAT NORTH RUN

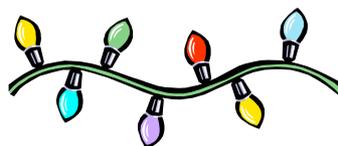
I did it!! I would just like to thank everyone who has been so kind as to sponsor me for this year's Great North Run.

I finished the 13.1 miles in 1 hour and 55 minutes taking just over 4 minutes off last year's time and was placed 8111th out of 48000! The race again was a challenge but the atmosphere and support from the crowds and everyone back home was wonderful.

With everyone's kind donations this year I have managed to raise over £1,150 for MENCAP.

Thank you all very much for giving so generously to this very worthy cause.

Lizzie James



BARNARDOS

The Sedbergh Barnardo's Group wish to thank all who supported their recent Coffee Morning. Over £194 was raised, to help support Barnardo's projects in Cumbria.

E. S. M.

NOVEMBER GARDENING

Why is Honesty called Honesty? The Latin name for this plant, *Lunaria*, seems much more understandable being obviously related to Luna - the moon - a fitting description of the beautiful, translucent seedpods which are left on the plant after the seeds have been shed around this time of the year. One of the other common names for the plant, Moonpennies also seems more apt - the seedpods are flat and rounded, and just like coins. Anyway, whatever the reason for the name, honesty makes a beautiful display in the garden at this time of the year. I grow the ordinary old fashioned purple flowered species, *Lunaria annua* which seeds itself around in the borders and, due to its biennial nature (it takes 2 years to flower from seed) lights up different parts of the garden each year. I have never managed to have flowering plants and seedlings in the same part of

the garden at the same time and wonder whether existing plants prevent young seedlings from germinating beneath them in an effort to stave off pests or diseases which would otherwise be transmitted from one to the other from year to year.

The biennial nature of honesty is something which current research is trying to overcome. It has been discovered that the seeds contain a high proportion of a chemical called nervonic acid, which may be very valuable in the treatment of Multiple Sclerosis. Plant breeders are trying to create an annual form of honesty so that the plant can be sown and grown and harvested within a year. If they do so we can expect to see fields full of purple flowers in our countryside in years to come.

Elaine Horne

TOILERS GIFT CONCERT

Singers from Sedbergh are joining the Roses and Thorns choir which has begun rehearsing for their concert - The Toilers' Gift - in the Dent Memorial Hall on Saturday November 11th. The songs and stories about rural life don't just create an excellent show - they honour the memories of ordinary people who made a lasting contribution to the store of musical excellence in our region.

The concert comes in the middle of our fourth Singing Settle-Carlisle weekend, where singers learn songs about the building of the railway and then sing them in the stations, on the train and on walks through the wild Pennines.

Accommodation is available in the Dent Youth Hostel (a last opportunity before it is sold) - we have a group booking to house visiting singers and audience. *DB*

MARK DODD

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DENTDALE METHODIST CHAPEL

Sorry! I got the date wrong for the Oct Bible Study, if you are interested in joining in it is best to ring us to check the date or see the details on the notice board!

We are reading and studying a book called "The Purpose Driven Life" by Rick Warren. Our AGM joint with Dent Foot Chapel was a good meeting, we haven't much money but we do see life! We are planning a series of fund-raising events to cover the year including a showing of the "Dale that Died" (see advert!) An evening with, to include a supper, an Antique Valuation Day (May) and a Flower Festival (Aug) plus a Coffee Morning at the URC, any help you are able to give will be appreciated.

The Secretary, Brian Haygarth retired and we thank him for his years of work in that role, somehow the job got passed to me, as the Minister said, (to laughter) "You are the best we have!" (Its ok, I don't take offence!), Treasurer Libby Hartley, Stewards Jeff Allen and John Woof, Property Steward John Woof, Communion Steward Marjorie Haygarth, Organists Gordon Middleton and Marjorie Haygarth, Pastoral Care Gwen Greenwood, cleaning/caretaking J/S Woof, Heather Capstick, Marjorie, Jeff. Representative to Dent Memorial Hall Committee Sarah Woof as is the Methodist Hall bookings person! Larger congregations will hopefully be able to share out the jobs a bit wider! Never mind, it is all part of our Christian walk.

The Prayer Corner is in use, the Accessible WC is in use and the rooms are being re-decorated, many thanks to all. As ever there are jobs to be done ie

the Parking area, the railings, and floor covering. Our services are now 2pm and as ever everyone is welcome, if you need a lift do get in touch. The life of the Chapel is about more than who does what and jobs needing to be done, it is about Jesus and how He changes lives, supports in the difficult times and builds up His Church.

SEW (25212)

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SEDBERGH FESTIVAL OF BOOKS & DRAMA 2006

Apologies for being so slow with our heartfelt thanks for all the work put in by everyone who helped with the Festival in August and September.

These events are growing and becoming quite a problem as so many helpers are needed. You were all absolutely fantastic! And huge thanks to everyone who helped., to everyone who lent equipment and premises and everyone who cleaned up after us. You will be happy to know that over 3000 people visited the Festival events from all over the country and also we have visitors from Slovenia, Russia and New Zealand!

Next years event is already taking shape as I write so watch this space, as they say.

Buses from Sedbergh

To Kendal

Via Oxenholme Rail Station

Monday – Friday

7.45am	564	Stagecoach	(*)
9.40am	564	Woofs of Sedbergh	
10.05am	564	Stagecoach	(*)
10.15am	Wed 564B	Woofs of Sedbergh	(*)
12.40pm	564	Woofs of Sedbergh	
1.00pm	564	Stagecoach	(*)
2.00pm	Tue 804	D & H Travel	(*)
2.40pm	564	Woofs of Sedbergh	(*)
3.50pm	564	Stagecoach	(*)
5.11pm	564	Woofs of Sedbergh	

Saturday Only

10.05am	564	Stagecoach	(*)
10.50am	564A	D & H Travel	(*)
1.00pm	564	Stagecoach	(*)
3.50pm	564	Stagecoach	(*)

To Kirkby Stephen

Via Cautley and Kirkby Stephen Rail Station

Monday – Saturday

9.00am	M-F 564	Stagecoach	(*)
11.20am	564	Stagecoach	(*)
2.40pm	564	Stagecoach	(*)
4.55pm	564	Stagecoach	(*)

To Kirkby Lonsdale

9.45am	Thu 567A	D & H Travel	(*)
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To Hawes

10.00am	Tue 804	D & H Travel	(*)
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To Dent & Cowgill

Wednesday only

1.30pm	564B	Woofs of Sedbergh	(*)
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Saturday only

9.40am	564A	D & H Travel	(*)
3.00pm	564A	D & H Travel	(*)

Returning to Sedbergh

From Kendal, Blackhall Road

(opposite Bus Station)

Via Oxenholme Rail Station

Monday - Friday

8.30am	564	Stagecoach	(*)
8.35am	Sch 564	Woofs of Sedbergh	
9.30am	Tue 804	D & H Travel	(*)
10.30am	564	Woofs of Sedbergh	
10.50am	564	Stagecoach	(*)
1.30pm	564	Woofs of Sedbergh	
1.00pm	Wed 564B	Woofs of Sedbergh	(*)
2.10pm	564	Stagecoach	(*)
4.25pm	564	Stagecoach	(*)
4.30pm	564	Woofs of Sedbergh	
5.45pm	564	Woofs of Sedbergh	(*)

Saturday Only

10.50am	564	Stagecoach	(*)
2.10pm	564	Stagecoach	(*)
2.25pm	564A	D & H Travel	(*)
4.25pm	564	Stagecoach	(*)

From Kirkby Stephen, Market Square

Monday – Saturday

7.10am	M-F 564	Stagecoach	(*)
9.40am	564	Stagecoach	(*)
12.25pm	564	Stagecoach	(*)
3.15pm	564	Stagecoach	(*)

From Kirkby Lonsdale, Square

12.15pm	Thu 567A	D & H Travel	(*)
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From Hawes

1.25pm	Tue 804	D & H Travel	(*)
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From Dent, School

Wednesday only

10.00am	564B	Woofs of Sedbergh	(*)
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Saturday only

10.35am	564A	D & H Travel	(*)
4.00pm	564A	D & H Travel	(*)

KEY : M-F Monday to Friday Only
Tue Tuesday Only
Wed Wednesday Only
Thu Thursday Only
Sch Schooldays Only (M-F)

* Provided with Support from Cumbria County Council

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

For Comprehensive up-to-date information ring :-
Traveline 0870 608 2 608 (Open : 7am – 8pm Daily)

Whilst every effort has been made to ensure the information in this poster is correct, Cumbria County Council cannot be held responsible for any loss, damage, injury or inconvenience caused by errors, omissions, timetable changes or cancellations, delays or diversions of services.

ORGANISATION	CONTACT	Tel:	015396
After School Club	Mrs Packham	Sed:	21484
Age Concern South Lakeland PH (M & F)	Mrs Alderson	Sed:	20814
Angling Association	Mr Dandy	Sed:	
Art Society (S & D)	Miss Nelson	Sed:	20034
Badminton (Dent)	Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	Mr Mason	Sed:	20565
Beekeepers Association (S & D)	Mr Fraser-Urquhart	Sed:	21902
Book Group	Mr Wheten	Sed:	21488
Bowling Club (Queen's Gardens)	Mr Killops	Sed:	20279
Bridge Club	Mr Estensen	Sed:	21060
Buildings Preservation Trust (S & D)	Mrs Lamb	Sed:	20553
Butterflies Tots & Carers	Mrs Gerrard	Sed:	21217
Canoe Club (S&D)	Mr Hinson	Sed:	20118
Caving Club (Kendal)	Mr Teal	Sed:	20721
Chamber of Trade	Mrs Baines	Sed:	21287
Chameleons Drama Club	Mrs Bush	Sed:	20058
Christian Aid	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	Mr Beck	Sed:	20336
Cricket Club (Dent)	Mr Hyde	Dent:	25503
Cricket Club (Sedbergh)	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	Mrs Garnett	Sed:	21138
Dentdale Choir	Mrs Bush	Sed:	20058
Dent Memorial Hall	Mrs McClurg	Dent	25446
Dentdale Players	Mr Duxbury	Dent	25535
Dent School (Friends of)	Mrs Mason	Dent:	25461
Dog Training (Sedbergh)	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	Mr Clark	Sed:	21958
Fire Service (Tuesday Evenings)	Mr Packham	Sed:	20302
First Responders (Dent)	Mrs Brown	Dent:	25542
Football Club (Dent)	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	Mr Moffat	Sed:	21797
Gala Group	Mr Kooper	Sed:	20234
Garsdale Village Hall	Latest Amendment Mr Adams	Sed:	21085
Guides	Rainbows Brownies		
Golf Club	Mr Lord	Sed:	20993
Good Companions (Dent)	Mrs Woof	Dent:	25275
Gladstone House	Mrs Mackereth	Sed:	20346
Help Tibet Northern Branch	Mrs Howarth	Sed:	20090
History Society	Mr Cann	Sed:	20771
Howgill's Harmony	Mr Burbidge	Sed:	21166
Howgill Harriers	Mrs Moffat	Sed:	20907
Howgill Schoolroom	Mrs Stainton	Sed:	20665

ORGANISATION	CONTACT	Tel:	015396
Howgill Toddlers	Mrs Alderson	Sed:	22050
Kent Lune Trefoil Guild	Mrs Mitchell	Sed:	21144
Ladies National Farmers Union	Mrs Escholme	Sed:	20376
LETS around Sedbergh	Miss Wheaten	Sed:	20959
Liberal Democrats	Mrs Cleasby	Dent:	25476
Playgroup (Sedbergh)	Mrs Brewer	Sed:	21504
Over 60's (Dent)	Mrs Murdoch	Dent:	25335
Parent Support Group Latest Amendment	Mrs Goad	Sed:	20402
Parish Council (Dent)	Mr Duxbury	Dent:	25535
Parish Council (Garsdale)	Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	Mr Stanton	Sed:	20901
People's Hall	Mrs Griffiths	Sed:	20677
Peoples Hall Day Centre (Mon & Fri)	Day Centre	Sed:	21126
Pepperpot Club (Sedbergh)	Mrs Smith	Sed	21196
Pistol and Rifle Club	Mr Middlemiss	Sed:	20662
Playing Fields (Sedbergh)	Mr Hinson	Sed:	20118
Rag Ruggers	Mrs Hennedy	Sed:	20899
Residents Association (S & D)	Mrs Capstick	Sed:	20816
Royal British Legion (Men)	Mr Gray	Sed:	21884
Scouts Cubs		Sed:	
	Scouts	Mr Mawdsley	Sed: 20723
Settlebeck High School P.T.F.A.	Mrs Wood	Sed:	21385
South Lakeland Carers Association	Mrs Woof	Dent:	25212
South Lakeland Voluntary Society for the Blind	Mr Axford	Sed:	21019
Squash Club	Mrs Cooling	Sed:	20622
St Andrew's Church (Sed) Sunday School	Mrs Denton	Sed:	20521
Slimming Club	Mrs Uttley	01539	722568
Swimming Club	Ms Pakeman	Sed:	21279
Tennis Club	Mr Robinson	Sed:	21014
Town Band	Mrs Waters	Sed:	20457
White Hart Sports and Social Club	The Committee	Sed:	20773
United Reformed Church Rooms	Mrs Mason	Sed:	20048
Westmorland Gazette Correspondent	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	Mrs Sugden	Dent:	25303
Women's Institute (Frostrow)	Mrs Hopkins	Sed:	21455
Women's Institute (Howgill)	Mrs Hoggarth	01539	824683
Women's Institute (Killington)	Mrs Sharrocks	Sed:	20754
Young Cumbria Latest Amendment	Mrs Hartley	01524	781177
Young Farmers Club	Miss Capstick	Sed:	21032
Young Kidz Latest Amendment	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	Mrs Woof	Sed:	21644

POLICE REPORT

This month, I have received information from the Trading Standards who are making people aware of the following scam: A card is posted through your door from a company called PDS (Parcel Delivery Service) suggesting that they were unable to deliver a parcel and that you need to contact them on 0906 6611911 (a premium rate number). **DO NOT** call this number as this is a mail scam originating from Belize. If you call the number and you start to hear a recorded message you will already have been billed £15 for the phone call. If you do receive a card with these details, then please contact Royal Mail Fraud on 02072396655 or ICSTIS (the premium rate service regulator) at www.icstis.org.uk or your local trading standards office. This is a genuine scam and is under investigation by ICSTIS.

Once again, thank you to all residents for making this a unique (almost) crime-free community in Britain. There is nothing to report this month, apart from the still selfish drivers who will exceed speed limits, especially overtaking on Station Road by the Ambulance Station. One day, there will be a serious accident, and as statistics show, the innocent victims will come off worse and the offender will walk away!

Another topic that I want to relate to is litter. The majority of litter in our town is generated by our youngsters and I say this with good authority. I see them congregate outside The Spar, in the Bus Shelter and elsewhere and every time that the area is vacated, there are crisp packets, sweet papers, drink containers and more, especially near to waste bins. I feel that this is disrespectful of our town,

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

doesn't look good and certainly does nothing for the environment. Maybe a few being reported and going to Court might make a difference but why should we have to do this to otherwise very good children. Children, please make the effort and parents, please remind them.

Anyway, off my 'Soap Box' (again). By the time that you read this report, you will probably never see me in uniform or in a big yellow and blue van again. I am proud to have been a resident of Sedbergh and a serving Officer here for many years. Can I thank most sincerely everyone for their kind words and best wishes received. I will miss serving the community as an Officer of Her Majesties Constabulary, but life must carry on. My 28 year Chapter will close on 28th November and another will start. Now, what was that phrase on TV many years ago? Oh yes. "Giz a Job!" All offers considered. I am also still able to sign Passports and other documentations if required.

If in the future I can be of any assistance to anyone, I will, BUT, if there is any incident that needs the attention of the Police, you must ring 0845 33 00 247.

My last report next month!

Dennis J Whicker

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

Rev. C Gotham Tel: 22030

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
 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

SEDBERGH CHRISTIAN CENTRE

6.30 pm People's Hall every Sunday

Tel: 21436

*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

Sedbergh Code: 015396

June Parker	Acupuncture	20972
Ian McPherson	T'ai Chi, Flower Essences, Homoeopathy	20648
Denise Williamson	Homoeopathy, Bowen Technique	20846

Complementary therapists practising locally

DIARY OF EVENTS

Dates are held up to 28th September 2007

NOVEMBER			
1	1000	Light, Land & See Exhibition	DCMH
1	1030	Echoes Exhibition Ends (12)	FM
1	1315	Zebra's	SMCR
1	1930	HS Furness & Yorkshire Railway (15)	SHS
2	1930	WIH Mad Hatter Designer Hats	FCH
2	1930	Domino Drive	KVH
3	1830	Domino Drive	DMH
4	1030	The Goddess starts (12)	FM
4	1845	Gala Bonfire Night (1)	PH
5	1830	Bonfire Night & Skittles Party	FCH
6	1000	Badminton Club Coffee Morning	URCR
6	1930	Mozambique (8)	SMCR
6	1930	Dent Parish Council	DMH
6		WIF AGM	
7	1400	Spinning a Yarn	DCMH
8	1000	Bowling Club Coffee Morning	URCR
8	1030	Christmas Shopping (8)	STO
8	1315	Muncheon Music	SSQH
8	1315	Zebra's	SMCR
8	1915	WID AGM	DMH
8	1930	WIF AGM	PH
9	1300	Pulse Project Opening (9)	Baliol School
9	1030	Christmas Shopping (8)	STO
9	1915	Royal British Legion AGM	WHC
10	1030	Christmas Shopping (8)	STO
11	1000	Coffee Morning & Christmas Sale (10)	URCR
11	1030	A Mid Winter Feast starts (12)	FM
11	1030	Christmas Shopping (8)	STO
11	1930	Toilers Gift (11)	DMH
11	2000	Howgill Church Dance	PH
12	1030	Christmas Shopping (8)	STO
12	1100	Remembrance Sunday	Sedbergh
13	1030	Christmas Shopping (8)	STO
14	1030	Christmas Shopping (8)	STO
14	1400	WIK AGM + Social	PH
14	1930	Domino Drive	FCH
15	1030	Christmas Shopping (8)	STO
15	1315	Zebra's	SMCR
15	1930	HS Botchergate, Carlisle (15)	SHS
16	1000	Light, Land & See Exhibition Ends	DCMH
16	1030	Christmas Shopping (8)	STO
17	1030	Christmas Shopping (8)	STO
17	1830	SHS Quiz Night (16)	SHS
17	1900	Christmas Shopping Evening (17)	SPS
18	1030	Christmas Shopping (8)	STO
18	1100	Christmas Fair (18)	PH
18	2100	Snail Racing (19)	Bull
19	1000	Quilting Demonstration	DCMH
19	1030	Christmas Shopping (8)	STO
19	1030	Christmas Shopping (8)	STO
20	1415	SLSB	PH
20	1930	Beekkeepers' 2006 Review	PH
21	1030	Christmas Shopping (8)	STO
21	1230	SLSB Dinner	Thorns Hall
21	1900	Neighbourhood Forum	PH
21	1930	LNFU	PH
22	1030	Christmas Shopping (8)	STO
22	1315	Zebra's	SMCR
24	1730	SHS Christmas Fair (22)	SHS
24	1830	FOD Promise Auction (24)	Sun Inn
24	1900	HS Annual Dinner (24)	Golf Club
24	1930	WIH Domino Drive	HVH
24	1930	Motus O (24)	PH
25	1300	10k Road Race (23)	Ravenstonedale
25	1900	People's Hall Celebrations (25)	PH
28	1930	Lune Valley Film Show (28)	PH
29	1100	Opening of Dent Oral Project	FM
29	1315	Zebra's	SMCR
29	1930	HS The Other Windermere (15)	SHS
29	1930	Sedbergh Parish Council	CO
30		St Andrew's Day	
DECEMBER			
1	1030	The Goddess (12)	FM
1	1030	A Mid Winter Feast (12)	FM
1	1930	LFH Domino Drive	SHS
2	1100	Churches Christmas Fayre	URCR
2	1400	Sedbergh Embroidery Demonstration	FM
2	1930	The Dale That Died (32)	DMC
2	2100	Winter Disco (66)	PH
3	1400	Sedbergh Embroidery Demonstration	FM
4	1630	Christmas Fair	DMH
5	1400	Spinning a Yarn	DCMH
6	1000	Ladies NFU Coffee Morning	URCR
6	1030	The Goddess ends (12)	FM
6	1315	Zebra's	SMCR
7		WIH Christmas Party	TBA
8	1930	Christmas Domino Drive	KVH
8	1930	Folk Carol Festival (11)	Dent
8	tba	Christmas Concert	PH
9	1000	Folk Carol Festival (11)	PH
9	1800	Folk Carol Festival (11)	DMH
9	2000	Syd Banks Band	PH
10	1000	Folk Carol Festival (11)	DYH

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

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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.

10	1330	Folk Carol Festival (11)	Dent		
12		WIK Christmas Lunch	TBA		
12	1930	LNFU	PH		
12	1930	Domino Drive & Mince Pies	FCH		
13		WID Christmas Meal	TBA		
13		WIF Christmas Dinner	TBA		
13	1830	Late Night Shopping	Sedbergh		
13		SS Term Ends			
14	1030	Christmas Shopping (8)	STO		
15	1600	Carols in the Park	QG		
22	1930	Christmas Domino Drive	HVH		
24	1430	Carol Service	StMC		
25		Christmas Day			
26		Boxing Day			
JANUARY					
1	1030	A Mid Winter Feast (12)	FM		
4	1930	Domino Drive	KVH		
7		SS Term Begins			
14	1030	A Mid Winter Feast ends (12)	FM		
16	1415	SLSB Party	PH		
16	1930	Domino Drive	FCH		
17	1930	HS Banks, Barns, Boskins & Bee-Holes	SHS		
FEBRUARY					
1	1930	Domino Drive	KVH		
7	1930	HS Sedbergh School & Town Cricket	SHS		
3	1930	Choral Society Concert	TBA		
4	1930	Choral Society Concert	TBA		
7	1900	Neighbourhood Forum	KL		
9		SS Half Term Begins			
18		SS Half Term Ends			
20	1930	Domino Drive	FCH		
21	1930	HS Members Evening	DMH		
MARCH					
1	1930	Domino Drive	KVH		
6	1930	FCH AGM	FCH		
7	1930	HS Northern Rebellions of 1536	SHS		
13	1930	Domino Drive	FCH		
21	1930	HS Victorian Photography	SHS		
23		SS Term Ends			
24	1930	HS AGM	SHS		
APRIL					
MAY					
JUNE					
22		Dent Folk Festival	Dent		
23		Dent Folk Festival	Dent		
24		Dent Folk Festival	Dent		
JULY					
AUGUST					
SEPTEMBER					
28	1000	McMillan's Coffee Morning	GH		

DIARY KEY

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/S	= Dent Methodist Chapel/Schoolroom
DYH	= Dent Youth Hostel
EG	= Embroiderers' Guild
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone Houser
GL	= Garsdale Ladies
GVH	= Garsdale Village Hall
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
MCCCL	= Methodist Church Centre KL
PH	= People's Hall
QG	= Queen's Gardens
SBH	= Sedbergh Bright Hour
SC	= Swimming Club
SCC	= Sedbergh Cricket Club
SHS	= Settlebeck High School
SLSB	= South Lakeland Society for the Blind
SMCR/H	= Sed. Methodist Church Room
StAS/D	= St Andrew's Church, Sedbergh/Dent
StMC	= St Mark's Church, Cautley
SR	= Spooner Room
SS	= Sedbergh School
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 - 1100 *	1500 - 1800 *
	1230 - 1300 Dent	
Tuesday	0830 - 1030	1500 - 1800 *
Wednesday	0830 - 1030	1430 - 1700 *
Thursday	0830 - 1100 *	
Friday	0830 - 1100 *	1500 - 1800 *

Dr A Orr

Monday	0830 - 1030	1430 - 1730 *
Wednesday	0830 - 1100 *	1500 - 1800 *

Dr C Hunt

Tuesday	0830 - 1100 *	
Thursday	0830 - 1030	1500 - 1800 *
Friday	0830 - 1030	1500 - 1800 *

Practice Nurses

Monday	0845 - 1300 b	1400 - 1700 b
Tuesday	0830 - 1300 a	1400 - 1730 a
Wednesday	0845 - 1300 b	1400 - 1630 b
Thursday	0830 - 1300 a	1400 - 1730 a
		1300 - 1800 b
Friday	0845 - 1300 b	1400 - 1730 b
a =	Adele Reynolds	
b =	Anne Crome	

District Nurse	Health Visitor
☎ 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, Mrs D Ross,
 Mr D Fisher & Mr B Taylor

Monday to Thursday	0900 - 1700
Friday	0830 - 1500

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 Thursday 1000 to 1600
 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 0845 33 00 247

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