

Sedbergh & District
LOOKAROUND

November 2007

Issue 250

Donation 50 pence

Another Milestone is passed in the Chapters of Sedbergh with this 250th Edition of *Lookaround*.

After our request for comments on the presentation of *Lookaround*, one suggestion was to put an Index of contents at the front. This would add a

lot of extra work and increase the pages to accommodate it. We also feel that if there was an Index, readers would only go to specific pages and miss out on other articles and adverts. So at this time, we have decided not to put one in.

Dennis & Jacky Whicker

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SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 7th November
Garsdale Mills

Kevin Lancaster

Wednesday 21st November
Dialect in "Wuthering Heights"

Dr Malcolm Petyt

Friday 30th November
Annual Dinner
at Thorn's Hall @ 7pm

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: Mike Beecroft 21878
Treasurer: Marlene Mason 20509
Member Sec: John Sibley 25024

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.sedberghlookaround.org.uk>

CHILDREN'S BIRTHDAYS NOVEMBER 2007



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:-
Sam Fearnhead who is

10 years old on 19th 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 & Dent.

Day	Name	Age
3	Kobe CRESSEY	4
4	Jade COWIN	11
9	Iona STEPHENSON	8
11	Maximillian GEUER-LEES	6
11	Ben SEDGWICK	10
17	Katie WOOF	9
18	Adam SEN	1
18	James ABBATT	5
18	Robbie KENDAL	6
19	Sam FEARNHEAD	10
22	Ben FERGUSON	8
24	Melissa SPROUL	6
24	Jake COWPERTHWAITTE	10

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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B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month (Double December)	=	£1.00
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All enquiries to
13 Kings Yard, Sedbergh LA10 5BJ
Adverts by 15th of every month.
*Can all adverts please be
accompanied with the correct money
at the time of submission.*
Articles etc. by 19th of every month

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2008/09) <i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*); Di (min 4 by arrangement)</i> e-mail: kathryn.vigar@btopenworld.com	20447
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2008/05) <i>2D (4 Poster); 2D; 1T; 1S; All ES; TVL; P; CH; CW; FC; NS</i>	21012
Miss S Thurlby	15 Back Lane, Sedbergh (2007/12) <i>1D; 1T; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amservice.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2008/02) <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (2008/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com	21455
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2007/10) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754

CAMPING, CARAVANNING, SELF-CATERING & RENTAL

Borrett Barn Flat, Marthwaite, Sedbergh (2007/11)	21175
<i>2 - 4 people; 2 Bedrooms, NP, NS</i>	
Sycamore Cottage, Lunds, Sedbergh (2008/09)	01969 667356
<i>Sleeps 2, D; CH; TVL; P; NS; DW</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

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PERSONAL & SMALL ADS £1

BALDERSTON

Neville and Gwen would like to thank everyone for the lovely cards and flowers they received on the occasion of their **Diamond Wedding**.

=====

BRADLEY

Happy **21st Birthday** Leanne on 14th November. Love and best wishes. Nan.

=====

BRADLEY

Happy **21st Birthday** Leanne for November 14th. Lots of Love and Best Wishes. Mum and Dad.

=====

BRADLEY

Happy **21st** Lea! Have a brilliant birthday. Love you lots and lots. Sammy xxx.

=====

BRADLEY

Happy **50th Birthday** Graham on 22nd November. Best Wishes Anne.

=====

BRADLEY

Happy **50th Birthday** Graham for the 22nd November. With lots of love and best wishes. Syl, Leanne, Sam & The Lodgers (Danny & Daniel)

=====

CHAMLEY

Norris wishes to thank his friends for their cards and good wishes on his **80th Birthday** and is pleased to say that donations totalling £100 were received for the British Heart Foundation.

DALZELL

Steven and Lesley wish to thank family and friends for all their help and support during Lesley's illness and stay in hospital. Special thanks to Dr. Chrissie Hunt and all staff at R. L.I., especially those on H.D.U. Thank you again to all concerned.

=====

DEVINE

I am enjoying the cookery class at Settlebeck. It is an 8 week course with 13 in the class. It is always nice to work in groups and everyone helps each other. Nela our teacher is very helpful. So far we have learned how to make soup, pasta dishes, a fish dish and risotto. Georgina

=====

DEVINE

I really enjoyed the Ladies NFU Fashion Show in aid of Alzheimers. Lots of people came and we enjoyed a fun evening. I hop they raised lots of money. Georgina.

=====

FISHWICK

Marjorie and John wish to thank everyone for all the good wishes, cards, prayers, visits, gifts and many kindnesses received during and after Marjorie's stay in hospital. It is all very much appreciated. Thank you so much.

=====

HARTLEY

Happy **40th Birthday** Tom on 20th November. Love Gail. X

P
C
F

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tt

PERSONAL & SMALL ADS £1

HARTLEY

Happy **40th Birthday** Dad. Love you lots. Laura X and Melissa X

GENT

Thank you for all the good wishes everybody sent me. I will miss you all and Sedbergh. I've had five lovely years up here, what a great place to live. I hope I can come back in the future. All the best to everybody. Thanks again. Dave Gent.



THORNTON

Happy **40th Birthday** Caroline on 14th November. From all your family.

SHAW

Happy **Big 4-0**. Lorna on November 8th. Love you Lots H. XX

LOST OR STRAYED

Short section of dog leash (Maroon) with "Hearing Dogs for Deaf People" printed in White. Contact 20310.

FOR SALE

Girls Bicycle. Very good condition. Suit 7 years plus. Ideal Christmas gift. £40 ono. Tel: 015396 - 20924.

FOR SALE

Mahogany TV and Video corner unit. £20. Tel: 21931.

FOR SALE

Car and Box Trailer. 2003 Subaru Legacy 2000cc GL Estate. Dark Maroon mica. Permanent 4WD. Low mileage. One careful owner for last 4 years. Fitted with tow bar and 4 almost new Mud and Snow radial ply tyres. Taxed end Feb 2008, MOT until August 2008. Above sale to include 6 ft x 4 ft box trailer with rear roller shutter. Fibre glass body, galvanised chassis, spare wheel, braked, full electrics, little used. Total Price £8,000 - Brian Bannister on 015396 - 25481.

FOR SALE

Riley Football Table. Hardly Used. 48" x 24". £30. Dark Oak Extending Dining Table. 56" extends to 72" approx. £45. Tel: Sedbergh 21440

FOR SALE

Four shelf Bathroom storage unit £20. Matching mirrored wall cabinet £10. Portable Colour TV £15. Tel: 015396 - 20388.

FOR SALE

Green Creda Gas Cooker. Very good condition. £60. Sed: 20322.

FOR SALE

1 S. H. Gas Cooker, good condition, £25. Top of the range Bath Shower Screen, £50. Bathroom Suite complete with taps, £50. Three single beds, £75 each. Tel: Sedbergh 21772.

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Lightweight compact stroller/
pushchair. Chicco CTO 6 Caddy £15.
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condition. 18 gears, front
suspensions, 26" wheels £80. Boys
Mountain Bike. Claw used but still
has life, 12 shimano gears, 24"
wheels £15. Avante Dark wood
Snooker/dining table. Designed to lift
for pool/snooker (3' x 6' playing area)
with slate bed. Lowers to be used as
a dining table with fitted matching
table top 4C x 7' 8" (seats 10/12
people). Recently recovered so as
new. £980 ono, including full set of
pool balls, snooker balls, triangles,
score board and cues. Excellent
condition, great for Christmas! Can
deliver any of above locally. Tel:
015396 - 25333.

WANTED

One Bedroom House or Flat in
Sedbergh to rent. Telephone Nela on
22045.

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Computer with Windows XP. Runs
fast. Includes CD-Rom, CD-RW,
DVD, Kinto Speakers, Scanner &
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WANTED

Old Silver Cross pushchair with
wheels that go where you want them
to! Age immaterial, so long as works
properly and in clean condition. Tel:
015395 - 67846.

WANTED

Due to unforeseen circumstances
reliable regular domestic help is still
needed in quiet houses near
Sedbergh. 2 to 3 hours per week.
Own transport is essential. Tel:
015396 - 20465.

WANTED

Due to the untimely death of our
Hostess Trolley at Gladstone House,
which we use to warm our plates on
Lunch Days, we are wondering if
anyone out there has a Hostess
Trolley that they don't want any more.
We will give it a very good home. If
you can help, please telephone Kath
Milburn 015396 - 21440.

WANTED

Three people required for trip to
EuroDisney, £209 each Depart 27th
November/Return 1st December. All
Enquiries to 07773922148.

LOOKAROUND

COFFEE MORNING

Wednesday 7th November

10 am to 12 noon

U R C Rooms
Teas & Coffee
Homemade Biscuits, Cakes & Jams
Raffle

EXTENDED SERVICES & SCHOOLS UPDATE

A "cluster" of schools in Dent, Kirkby Lonsdale and Sedbergh are working together to improve the quality of life for children and young people, their families and their communities through the delivery of extended services. Schools in the cluster are Dent CE Primary School, Sedbergh Primary School & Settlebeck High School in Sedbergh, Queen Elizabeth School and St Mary's CE Primary School in Kirkby Lonsdale,. Research shows that extended schools improve children's lives, boost their attainment and place schools at the heart of their communities.

Representatives from schools and partner organisations in the community, kindly hosted by Casterton Preparatory School, met to identify key issues and priorities to work on together across the cluster to strengthen services for children & families:

- Family Learning & Family Support
- A 'Safe Place to Be' for 11 – 16 year olds
- Including Excluded Young People

- After School Activities for Young People
- Information about Services for Children, Young People & Families
- Funding

The first "cluster" workshop for community partners and schools will focus on Family Learning, aiming to share practice and to promote local initiatives that involve children and families learning together.

Contact Jane Sparrow-Niang, Extended Services Cluster Co-ordinator (Dent-Kirkby Lonsdale-Sedbergh) 07825 050913 for further details.

A copy of the first newsletter is available by contacting Lookaround or from the report on the Web Site.

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SEDBERGH TOWN BAND

Tuba in the Dale

In the September edition of 'Lookaround' we referred to an article in the Yorkshire Post magazine entitled 'Dale of Hidden Treasures' that featured Town Band tuba player Tony Playfoot. A week or two later in the Daily Mail's 'Weekend' magazine he appeared again, though somewhat obliquely as a 'hurrumphing tuba' player 'a man who repairs brass instruments.' This easily identifiable allusion came at the conclusion of an article on the Settle-Carlisle Railway which 'takes in Britain's most scenic countryside.' More specifically the article focused on the former Dent Station, now an attractive bed and breakfast establishment. The author, Andrew Martin, considered his pleasure of walking in the area to visit 'The Sportsman's Inn' in the idyllic hamlet of Cowgill' enhanced by the sound of the Town Band tuba.

Concert Workshop at New Hutton

On the evening of Wednesday 19th September the first of a proposed series of Concert Workshops took place in the New Hutton Village Hall. The Town Band's plan is to visit a

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number of local villages giving a short concert and providing the opportunity for member of the audience to be introduced to the instruments making up the band. It is hoped that the outcome will be twofold: a raising of the profile of brass band music and the acting of a stimulus to members of the audience to take up the opportunity offered by the band to received expert tuition at minimal cost on instruments provided by the band and ultimately become fully fledged playing members of the Sedbergh or any other band.

The extent to which these objectives and at subsequent venues will have been achieved obviously remains to be seen but there is no doubt that the visit to New Hutton was an excellent occasion. The band were made most welcome by residents of the village who provided some first rate refreshments at the end of the proceedings demonstrating the remarkable depth of culinary expertise residing in the village.

It was a great pleasure to perform in New Hutton's splendid hall that was given a face lift to mark the millennium and has clearly been the

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recipient of dedicated loving care since. The band that turned out for the occasion, although short of a number of regular players, was some thirty strong and could not all be accommodated on the stage. This was rectified by the construction of the staging recently purchased by the band, a purchase made possible by a combination of the band's fund raising efforts and the wonderful financial assistance of the Frieda Scott Charitable Trust. This enabled the whole band to be seated comfortably.

Of paramount importance was the audience and we were delighted to see 45 members of all ages turning out on what was in terms of weather a dreadful night. That such a small community can produce an audience of this dimension suggests an extensive latent interest in brass band music.

The band played a number of items between each of which Director of Music, Alan Lewis, introduced the audience to the instruments of the band and invited members of the audience to come forward and have a trial blow. All achieved some success

whilst one young trombone player revealed impressive, previously acquired familiarity with the instrument.

A particularly apposite piece played by the band was Rodrigo's 'Concerto de Aranjues' which featured New Hutton resident Henry Wray who gave an excellent performance in spite of damaging a hand playing rugby the previous day. Amongst the items played was a first public performance by the Sedbergh Town Band of Gounod's 'Judex' from his work 'Mors et Vita.' A selection 'The Best of Bond' was enthusiastically received by the audience and concluded the evening's music.

G.B.

Westmorland and Lonsdale
Liberal Democrats

FAIR TRADE

AT HOME OR ABROAD

An evening with
Lord Wallace of Saltaire

and



Tim Farron MP



Friday 9th November

7:30 pm

People's Hall

Hotpot Supper

Tickets £7

from Green Door Sweet Shop
or at the door on the night

MULTIPLE-SCLEROSIS SOCIETY

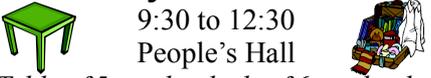
TABLE TOP SALE

Saturday 10th November

9:30 to 12:30
People's Hall

Tables £5 pre-booked ~ £6 on the day

To Hire a Table, phone
Sandra on 20885 or 0781506 9394



SEDBERGH PEPPERPOT CLUB IS TEN YEARS OLD!

Sedbergh Pepperpot Club has now entered its second decade. We celebrated the fact at an extra-special Summer Party in July, kindly hosted by our President Anne, Lady Kerr and her husband Sir John Kerr at High Gale Farm, Cowan Bridge. This was a magnificent Jacob's Join which followed the 10th AGM. A young Cumbrian harpist, Alison Horn, added to the atmosphere by coming to play to us during the evening.

At the meeting, grateful thanks were expressed to Judith Bush and Ann Wright for their sterling work with the Pepperpot Music Makers groups over the last seven years. They both decided to retire after the very successful performance of *A Twist in the Tale* in June, leaving the Pepperpot Music Makers orchestra in very good shape. They will be sorely missed, not only because of the musical skills they have imparted, but because of their caring approach which has made every child feel a worthwhile member of the group. It

has been a real labour of love for them to produce a part for each of them according to ability on their chosen instrument.

We are however very fortunate to have strong team of new teachers to succeed Judith and Ann, and also grants from the Cumbria Community Foundation Local Network Fund and The Frieda Scott Trust to help to cover the costs of running the Music Makers activities over the current academic year. Noel Bertram, who conducts the Westmorland Youth Orchestra, and Penny Legat, who teaches the violin at the Primary School and at Settlebeck, are running the orchestra and Carole Gotham, as well as teaching the oboe, has taken

Yvonne Cervetti M.I.F.A
a natural touch

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for appointments

on ocarinas and recorders. Quite a lot of loyal members of the orchestra moved on to secondary school this September, but an enthusiastic band of old and new members has already been established this term.

The new Music Makers orchestra will soon have its first opportunity to perform at the Pepperpot Coffee Morning on Saturday, November 10. The date has been set later than usual to give the orchestra time to get up to speed. The Coffee Morning will be held in the URC Rooms and begin at 10.00 and the youngsters will play in the Church at 10.30. Please come along and support. There will be the usual stalls : cakes and home produce, plants, books, music, CDs

and bric-a-brac etc. It will be a good chance to make a bit of space at home before Christmas, as well as finding the odd inexpensive Christmas present. There will also be a raffle. All contributions will be welcome - as well as your presence on the day!

If you are new to the area, and would like to know more about Sedbergh Pepperpot Club, the events we organise, the awards we make to promising young musicians and the instruments we loan out, please contact Shirley Smith on 015396 21196 or email yantethera@aol.com or look up Sedbergh Pepperpot Club on the LOOKAROUND website.

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**FESTIVAL OF
FOLK CAROLS LAUNCHES
THE SEASON OF GOODWILL**

I met Ahmed at the top of the Black Horse Hill. He was dressed almost entirely in bin liners and carrying his belongs in a couple of carrier bags, like something out of a Ralph McTell folk song. I doubt he would have turned a head on the streets of London, but in the middle of the moor between Sedbergh and Kendal he looked incongruous enough for me to be unable to continue without offering him a lift - as much curiosity as charity.

Ahmed was a Kurd from Iraq who was travelling through England trying to get to Liverpool to claim political

asylum, though he had chosen the long way round which involved a 30 mile walk through the Dales. He had no money and had asked in Sedbergh for some bread but looked frightening enough for no one to give him any.

It turned out he hadn't eaten for three days. What with his long walk and sleeping rough he was certainly in need of a good feed, so I took him down to Asda to buy a load of food for a picnic. We offered him a bed for the night but he was reluctant to return to Sedbergh - I imagined because having walked half way to Kendal he was reluctant to retrace his steps.

He had a somewhat fanciful idea about sleeping in a church and we

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explained that even if that was possible, all the churches were locked at night so it just wasn't going to happen. The problem of where he was going to sleep found a sad remedy. While I was buying his food he got out of the car to stretch out in the car park which caused a lady getting out of her 4x4 to complain to the supermarket that he was lowering the tone of her shopping experience. By the time I returned the police were already there and within a few minutes he was whisked away for a night in the cells as he had no way of proving how he had got into the country.

As he was being loaded into the police van Ahmed kissed my hand with tears of gratitude asking how he could ever repay me. I knew I hadn't really done anything very much, or certainly no more than any other decent person in Sedbergh would have done, so I told him that when he was settled, or back at home, he could always do something similar for someone else - he could pass it on.

JACOBS WELL

Driving home I reflected on how similar this was to a carol the Cautley Carollers sing - Jacob's Well - which encourages people to offer charity to strangers, because you don't know who it might be. and even more: because to avoid charity is to lose out. "Yet Britain must the stranger greet, or soon her loss deplore. Behold the living waters flow, come drink and thirst no more, come drink and thirst no more."

CAROL CONCERT & WORKSHOPS

Yes, the season of goodwill, mulled wine and carols comes earlier every year - and this year sees the return of the Sedbergh and Dentdale folk carols festival starting on the last day of November through the first weekend in December.

We've got our traditional Friday night folk carols concert in the Dent Memorial Hall with The Gladly Solemn Sound west gallery Choir, Slovene carols, Thomas Hardy story and festive fiddlers, strangers from the East, and we've even invited Morris dancers to give character to give a bounce to the occasion.

Saturday and Sunday we've got folk carol workshops in the morning suitable for those who like to learn by ear and let their voices soar, and our traditional West Gallery carol workshop in the afternoon with Paul Guppy to which both singers and instrumentalists are invited to come and raise the roof of the People's Hall with our festive harmonies.

And Saturday night there's a meal with dances and more singing from the Cautley Carollers and the assembled throng, and a chance to learn Slovenian carols on Sunday morning and a singing walk in the afternoon and general melodious merriment and harmonious happiness throughout the weekend.

I do hope you can join us to give a truly festive launch to the season of goodwill.

David Burbidge
015396.21166

FAMILY MUSINGS

We have a problem, our computer has died, not a tear-inducing problem but an annoying one nevertheless.... So sorry Ed, it's handwritten script this month!

My left wrist is doing almost everything it ever has just not as often or as easily as usual. I am back at work and driving once more. Photo's of my 50th Birthday help bring back the happy memories of that celebration and almost all the thankyou letters mentioned 'the stupendous buffet' as indeed it was. I hope that next time I am on a real 'high' I don't come down to earth with a BANG! And a break!

Catching up at work has involved a lot of paper and computer work, a new member of staff told me she liked to back-up everything on computer. I'm the opposite, I like to have everything on paper then on computer! She decided we needed a mouse for the laptop so I asked the Manager if he had a spare mouse. "Harvest or field" came the reply. We found one and it helps a lot, just has a problem with its balls.

Planting Daffodil bulbs is a boring task but my cousin has planted 1,000 in his garden near Braunston. Some will get eaten by creatures and some will rot but wow!, what a show next spring. I just hope my brother is here to see our garden next spring. It is the uncertainty which makes caring hard, the not knowing how many 'ups and downs' we all live through before we go 'down' and not up again. A real rollercoaster of emotion for everyone involved.

Recently the whole of our family and

some in-laws went out for Sunday Lunch to celebrate hubby's birthday which is in February. It took 7 months to arrange a day when everyone was free. Just three months now until his next birthday, perhaps we should start planning...?

We will be in a sate of great disarray soon, hopefully when you read this our fireplace has gone and work is progressing to install our new cast iron stove. The cat is not impressed with the small changes already made so she will be very aggrieved at the disruption. The Dolls House which had taken up residence in the living room has gone to auction and the huge rug in the middle of the floor has gone. It really is a case of **WATCH THIS SPACE!**

MUNCHEON MUSIC



**SEDBERGH SCHOOL
WEDNESDAY**

LUNCHTIME CONCERT

at 1:15pm

Wednesday 14th November

Brass Concert

The Queen's Hall

Admission Free

Soup and a roll provided

Dear Editor,

With reference to the letter from Mr. Cowperthwaite in the October issue of Lookaround may I comment as follows:-

1. *Parking outside ones home.* - No one has the right to park outside their home if it is a public highway and they do not own the land. (not even me)!!!!
2. *Under use of car parks* - At times the car parks are under used and Mr. Cowperthwaite comments that people are just 'popping' in to buy a paper and why should they pay. It would appear that it is locals who 'pop' in to buy their papers and they have the right to buy a parking permit costing less than 10p per day (how much cheaper than that can you get) but it would appear that they begrudge paying to park, but if they, say for instance lived in Kendal they would either have to pay to park or pay to have their papers delivered (it might not be papers it may be other items but I am using papers simply as an example)
3. *Free parking overnight* - Mr. Cowperthwaite asks why should he have to pay a further £17 to park overnight when parking overnight is free. True, but it clearly stipulates on the parking sign that the maximum stay is 24 hours which in fact means that anyone not paying £52 per year must after 24 hours move their vehicle off the car park, BUT if you have paid £52 you can in

effect 'garage' your car. i.e. if you happen to live on Main Street and have paid your £52 you can in fact leave your car, say for instance if you go away for a number of days, you will not get a parking ticket for overstaying your 24 hours.

4. *Consideration to locals* - As this is very much a new venture for the Parish Council it is not always easy to get it right in the first instance and there are other teething problems which have been encountered, but assure everyone that we are working very hard to get right.

I hope this clears up some misunderstandings.

If you have any comments let us know but please remember that a solution to your problem may just be moving it elsewhere.

Dorothy Blair

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BACK PAIN

I noticed in the Westmorland Gazette, a few weeks ago, that it was back pain awareness week. Somehow, despite the marketing acuity of my professional organisation (the British Acupuncture Council) I was not informed of this in advance, so I bring you this information a little after the event.

Back pain may be caused in an obvious way by trauma due to a fall or accident or by physical overexertion. Much back pain, however is ongoing or recurring and may be triggered by innocent episodes such as bending to do up ones shoelaces or by having a bad night's sleep. In this case there may

be a complex history of causative factors such as:

- A previous injury or accident (sometimes years before)
- Poor posture, misalignment
- Tight muscles
- Excessive physical work or sporting activity
- Pregnancy and childbirth
- Too much sitting
- Overweight
- Tissues insufficiently nourished due to poor eating habits, weak digestion or poor circulation
- Weakness of the lower part of the body, which may be manifest in other symptoms such as urinary frequency or menstrual problems
- Exposure to cold, damp and wind

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- Stress, fear or other emotional problems.
The first three of these may be helped by physical therapy such as osteopathy, physiotherapy, acupuncture or massage. Weakness of the lower part of the body may be addressed by acupuncture or herbs. The other points all require some reassessment of lifestyle.

If your lower back feels more vulnerable when it is cold, wear an extra layer of clothing in that area: a purpose made back warmer (available from orkneyangora.co.uk) or just a scarf wrapped around. When sitting, warm the lower back with a heat pad or hot water bottle. This both relaxes the muscles and warms and strengthens the whole area. Prefer warm food. Avoid, for example, the yoghurt and banana breakfast and refrigerated food at lunchtime.

Keep the back flexible with walking and yoga or Tai Chi. Hip rotations can

St. Andrew's Church
Sedbergh



Christmas Fair

Saturday 17th November
People's Hall 11am - 2pm

Admission 50p
Children FREE



Cakes - Lunches - Preserves
Gifts - Books - etc

be very helpful for stiffness below the waist and for pain down the legs (sciatica). If you are not sure how to do these, I can show you. Start with 10 in each direction and build up gradually to one or two hundred. Try to maintain good posture, keeping the spine erect, as if the head were suspended from above and as if there were a heavy weight hanging from the tailbone. Don't slump.

Eat a varied diet of freshly cooked food. Concentrate on a good breakfast and lunch, eating less in the evenings. This gives the muscles the nutrients they need to function well during the day and protects the digestive system from overload in the evenings, when it is sluggish. This will also help with weight loss.

Make sure you get enough sleep. Don't overwork. If you overtire yourself your back will surely feel it. You can think of the back pain as a warning signal – a message telling you to make some changes. Perhaps there is something you have always wanted to do and now is the time.

For more information, please telephone. My number is 015396 20972.

June Parker

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June M. Parker

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ASHES 1997

In 1997 the weather in Garsdale was unseasonal, the summer had been warm and humid, the autumn mild and dry. We had not been up here long, having moved into our new home at the end of July, exhilarating in the pure air, the overall greenness of the terrain and the statuesque ash trees that marked the boundaries of our small field, not as old as the weathered stone walls but as frontier sentries, defining land ownership agreed by the canny men who fought the fields for their existence generations ago.

The admiration and respect the trees engendered in us was not endorsed by our sheep. On their

introduction to the pasture they ignored the lush summer grass in favour of the moss covered bark, so much so that within days of our arrival protective wire fencing had to be erected. This did not deter the sheep who developed balletic skills by walking on their back legs and leaping into the air in often successful attempts to catch hold of the gracefully trailing branches that dangled their bunches of keys overhead, exasperatingly elusive in the gentle, ubiquitous westerly breeze.

October passed, the expected early frost did not arrive. The autumn colours were reminiscent of the grandeur of a Canadian fall, locals



Sedbergh Community Development Centre Courses for Coming Up

Beginners Digital Photography - 7 week afternoon course beginning Wednesday 31st October

Woodwork & Joinery - places are available on this course. Wednesday evenings.

Dry Stone Walling - book now for the next weekend course. Date to be arranged.

Sugarcraft Christmas Workshop - a 2 day workshop on Christmas cake decoration. 30th November & 7th December.

Christmas Flowers & Wreaths (Kirkby Lonsdale) - a Saturday course to prepare for Christmas. 8th December.

Beginners German - New course after Christmas. Ring for details.

email: admin@sedberghcdc.org.uk

Tel: 015396 21031

and tourists alike commented on the profusion of golds, reds, browns and yellows mingling with the plethora of green shades. November began to edge into winter, the mists billowed over the fields at dusk, drifting down as smoke from the tops of the hills, bringing the unmistakable odour of moorland vegetation damping down to form a protective blanket for winter. By the village hall the bonfire pyre was swelling, tractors chugging up daily with trailer loads of fallen branches and scraps of wood. Still the leaves clung on tenaciously, seemingly loath to take their final bow from the stage they dressed.

Then, one day we woke to find that at last a light frost had dropped silently in the night. At 11.00 o'clock in the morning, from the field came a mystical sound, not a rustle, not a patter. We went to the gate to discover that simultaneously every one of the ash trees was shedding all its leaves, they fell languorously, as a lazy April shower, covering the ground in a thick patchwork quilt of russet shades. As they landed there was a



faint musical clicking, as the tap dancing of fairy feet. We were not the only ones to hear this sound. From over the brow of the hill trotted our small flock of sheep, ears erect and eyes focused. Within an hour every leaf had descended from the trees, but they were not to lie there for long. The gentle cadence of the leave fall was overlaid with a harsher rhythm, that of sheeps' jaws munching on a feast of fallen ash foliage.

At day break the trees were still in full autumn costume. By lunch time they had dropped their wraps and stood bare and stark, displaying the silhouettes that would stand firm against the gales that would savage them during the coming winter. The ashes' winter fall lasted but one hour in 1997.

Sedbergh Creative Writing Group

DECK THE BOUGHS

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A floral demonstration by
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The People's Hall

Monday 19th November

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NEW HOUSES IN DENT

Houses for Rent in Dent Village

The Diocese of Bradford is building two houses for rent at Dent Croft in the village of Dent, for residents of Dentedale in need of re-housing. The units consist of one three bedroomed house and one two bedroomed house. Residents of Dentedale who wish to express an interest in renting these properties or require further information, should contact the Diocese of Bradford at the address below and **not** the Vicar of Dent:

Mr David Meadows, Diocesan Property Officer, Kadugli House Elmsley Street, Steeton, Keighley, West Yorkshire, BD20 6SE

Applicants will be sent an application

form in due course and an assessment for housing need will be made on the basis of a points system used by South Lakeland District Council.

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DENTDALE SHOW

Our 2nd annual event took place over the August Bank Holiday weekend.

The glorious sunshine meant crowds gathered over the 2 days to participate in a host of events. The wind however meant the scheduled tethered balloon rides unfortunately could not happen, but Danny Smith & Justine Walker were the 2 lucky prize draw winners to win a ride over the Lake District. Terry Woods from Emmerdale was present on Saturday, and Town Crier Dennis Whicker enthused all on Sunday. New this year there was a Giant Buzz Wire, Bale Tossing, Astral Circus, Sheepdog Trials, Birds of Prey, Tug Of War, Raffle, and Welly Skis. Regular attractions included Fell Race, Face Painting, Craft Fair, Craft Competitions, Digger Challenge Bar,

Golf Challenge and a wide range of both hot and cold food was served as well.

Unfortunately, the Sheep Show and the Alpacas had to be cancelled due to the foot and mouth outbreak.

Photographs of this year's show and full details of all competition winners can be found on our website www.dentdaleshow.com. Your feedback and comments would also be appreciated and can be added onto the website.

Once again, the success of our show was not only down to the dedication of the committee, but also to the locals who helped in many ways. We are blessed to live in such a community where people so generously offer their time and skills. Whether you donated food or helped on the day, may we thank you from the bottom of our hearts. Too many of you to mention individually, but you all know who you are, so well done and thank you.

We would particularly like to express our personal thanks to Steve Longlands for all his hard work (which didn't go unnoticed) in the run up to the weekend and also afterwards. What a star!! - Without you the weekend could not have been.

We sincerely hope you enjoyed the weekend if you were able to make it. Once again feedback has been fantastic, and plans have already started on next year.

As has been stressed previously, the show was never intended as a profit making weekend, merely a

community event, but with our careful budgeting, planning, and local grants received, profits have been made.

For those asking the question "What do we do with the profit we make?" there are 2 answers. Firstly, last year we fed some money back into the community to a limited number of organisations, but secondly, we do have to be very aware that although we have enjoyed 2 successful years, subsequent years may not be as kind to us, so therefore we do need to retain a reasonable amount of working capital. The committee has also invested in a PA system and stage and plans are to purchase 3 small marquees if funds permit.

Julie Middleton



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LATE NIGHT OPENING

Sedbergh Family Festive Evening and Late Night Opening, Wednesday 5th December

The annual Sedbergh Family Festive Evening, organised by Sedbergh & District Chamber of Trade, will take place on Main Street on Wednesday 5th December. The event will include the official switching-on of Christmas lights on Main Street by our guest celebrity at ~6.45 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, which is located in The Bull car park. To help minimise the need for parents and children to stand in a long queue waiting for their turn to see Santa, we will be repeating the scheme that was introduced a couple of years ago. 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



should 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 more!) and to offer seasonal hospitality to their customers. There will be a community competition with a super prize and also the usual Grand Raffle with generous prizes provided by Sedbergh traders.

With mulled wine 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 will be preceded by the Town Band Christmas Concert on Tuesday 4th 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 Hallwood

DENT C OF E PRIMARY SCHOOL

PROMISE AUCTION



Friday 23rd November

The George & Dragon, Dent

Viewing from 6:30 pm ~ Bidding starts at 7:00 pm

New This Year

FREE BUFFET SUPPER

Catalogues available in Sedbergh & Dent from 9th November

SETTLEBECK HIGH SCHOOL

The staff and students of Settlebeck High School are celebrating success after receiving the results of their latest OFSTED inspection.

Settlebeck High School is a good school, said the inspector from the Office for Standards in Education.

The inspector, who visited the school in early October said that the school provided a caring and inclusive environment in which students are able to flourish. He found that students enjoy school and that their personal development is good. Good teaching, high expectations, extensive support and a good curriculum mean that students make good progress overall and achieve well, leaving with above average standards.

Students were praised for their good behaviour and involvement in the local community. They and their parents were overwhelmingly positive about all aspects of the school. The new Headteacher was found to have correctly identified the priorities for the continued development of the

school and this fact, together with the good support from the Governors and the school leadership team means that the capacity for the school to improve even further is good.

New Headteacher Dr Judith Greene said she was 'delighted' with the report. 'This reflects the hard work and commitment of the staff at Settlebeck, the good behaviour and hard work of our students and the support for the school from parents and the wider community. I would like to take this opportunity to thank everyone for their efforts and look forward to working with them to develop the school still further in the years to come.'

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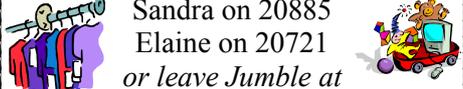


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SETTLEBECK PTFA  

JUMBLE SALE

Saturday 24th November
 2pm in The People's Hall
for collection of Jumble, please call
 Sandra on 20885
 Elaine on 20721
or leave Jumble at
the Hall on the morning



DENTDALE WI

The Autumn meeting and a realisation of just how fast the year is going when, during the business meeting, we were asked to choose the venue for the Christmas Dinner!

Our speaker for the evening was Eileen Belshaw "It shouldn't happen to a nurse". Nothing at all to do with the current state of the NHS, but Eileen's reflections on her training and early nursing experiences during the late 1960's and early 70's. She was a relaxing and amusing speaker and underneath the talk of cockroaches in the old Liverpool Hospital, and dressing patients in

shrouds by accident, one had the feeling that she was a very capable nurse and one you might hope to meet at your bedside on any trip into hospital. During the evening, Eileen judged Rita Corpe's limerick starting "There once was a nurse called Eileen....as the winner among some excellent entries.

It has been a busy few weeks for many of Dentdale WI, and we heard that our decision to operate the drinks and refreshment stop at Dent Memorial Hall on the last Sunday in September, had gone really well. Two hundred cyclists had used the facility, and so the involvement had proved

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very worthwhile. The cyclists were sharing sponsorship money between Derian House Hospice and Air Ambulance.

We spent some time discussing the arrangements for our Apple day that was to be held a few days later on the 13th October in Dent Memorial Hall, so I can report on this too! It exceeded all our expectations. We had decided to raise funds for the charity Air Ambulance, and in the event, raised a total of £450 for this worthy cause. We still have to add the donations from the sealed collecting boxes.

The high spot of the afternoon must be the excellent assortment of apples brought together by Peter Stevenson (husband of a member). Helping him to display them to perfection was local sculptor Pip Hall. Most of the apple varieties grow in Peter's garden in Cowgill and he was on hand with

plenty of advice for growing apples in Dentdale! Pip also had a couple of designs of apple printing for us to try and the finished efforts stuck on to card made a very seasonal notelet! The produce table was laden with apple baking of every description as one might expect! The games went down well too. How about "Pin the maggot on the apple" and "Apple Bowling" (with wind falls of course)! The Raffle, bric-a-brac stall and auction of a box of amazing looking local vegetables not to mention WI tea and toffee apples all helped to raise the good total.

The AGM will occupy most of next months meeting on 14th November but before then we will be sending a team to the annual WI Federation Quiz. An interesting programme starts in January and new members and visitors are always welcome.

P.A.

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Eastern cultures have used hot stones for centuries, placing them on the body predominantly for easing digestive problems. Discovery in the West has led to them being used as a beneficial tool to massage not only enabling a deeper relaxation for pure indulgence but also to enhance remedial and sports massage.

What to expect from a treatment - The stones used are of volcanic origin giving them a high iron content which maintains the heat over a longer period. They are heated to a safe temperature and kept warm in water. A vegetable based oil (with optional essential oils) is applied first to the area to be treated. The **hot stones** are then massaged over the body allowing the moist heat to sink deep into the muscles and surrounding tissue making it easier to release trigger points (knots) and tension. The resulting feeling is one of an overall glow, relaxation and a greater ease of movement.

Cold stones are possibly not as pleasurable but equally as effective for acute inflammatory conditions to

reduce pain & swelling whilst contrast bathing of hot followed by cold stones may help some chronic conditions.

Have you got a niggling ache, an old or new injury, repetitive strain injury, acute or chronic back, neck, shoulder or leg pains or stiffness then call Yvonne for more information.

Yvonne Cervetti is a fully insured AC registered Clinical Aromatherapist with 5 years experience and has been trained in Hot Stone Therapy and Advanced massage techniques with Jing Advanced Massage Training Institute. She is employed part-time by St. Mary's Hospice, Ulverston. Daytime & evening appointments available at 'Options' – Sedbergh Holistic Centre (above Ellie's bakery) and the Bryce Institute, Burneside.

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SEPTEMBER WEATHER

A pleasant month, certainly by some recent standards, with some warm dry days. Only 2.99 inches of rain were recorded. This included two spells of 8 days and 6 days when no rain fell during the first half of the month. Temperatures were also variable with a maximum of 75.7F and a low of 33.6F. We had 3 other days reaching the 70sF and 2 more where it dropped into the 30sF. On the night of the minimum temperature we woke up to an extensive ground frost. By way of contrast we had 3 nights when the minimum temperature was in the 50sF at around midnight. Atmospheric pressure was fairly high for the month and the expected equinoctial gales did not really materialise this season. Winds were fresh around the equinox but not gale force. In fact the strongest wind recorded was on

Paul Hoggarth

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the 9th of the month at 37.6mph. The shortening days gave the feeling that it was starting to look end of "yearish" The swifts had long gone and martins and swallows followed this month. Most had gone by the middle of the month from here but over at High Borrow Bridge swallows were still feeding young well into the month. The horse-chestnuts, usually the first trees to turn, duly went brown mid month. The warm days produced some late red admirals whether these were ones that had just hatched or ones which had started to hibernated then were roused by the warm spell is difficult to tell but they looked in pristine condition. Tawny owls have started calling setting up territories which seems a bit early but by the latter part of the month the first migrants were arriving. Several skeins of geese flew over and the first fieldfares had arrived. The hedgehog hasn't appeared again but one of the dogs rolled in something evil smelling which could have been hedgehog droppings!

COMMUNITY OFFICE NEWS

Community Cinema

Equipment: we have now taken delivery of the equipment!

Launch night: We've had to change this and it will be 15th December. Please put it in your diaries and see separate advert for details. Tickets will be available from the Community Office when we have booked the films. See separate advert.

Volunteer training day: this will be in early/mid November so if your community wants to have a cinema night, please get 2 people to come along – we need to know numbers and availability so please ring in and register at the Community Office (20504).

Equipment Hire: This will be available to groups who have 2 volunteers trained to use the equipment. You will have to have your own liability insurance.

Dent: We need an organiser(s) for Dent Cinema nights please.

Green Spaces: There is a piece of green grass at the top of Castlehaw that may be eligible for funding to create a sitting area or other recreational purpose. Does anyone have any comments on this? We need a resident of the flats of Castlehaw to act as a representative and to canvass opinion. If you would like to do this, please leave a name and contact number at the Community Office.

Come and Meet

GERVASE PHINN

at Westwood Books, Sedbergh

Wednesday 28th November

at 4pm



where he will be signing copies of his new book

“Little Treasures”

£6.99

A Great Christmas Present

SEDBERGH UNITED CHARITIES & WIDOWS' HOSPITAL

Registered Charity No 231058

A vacancy exists in one of a row of three almshouses at Palmer Hill. This is an unfurnished self-contained single-storey cottage, with its own garden, for which the weekly charge is low. The accommodation consists of a living room, a bedroom, a kitchen with a pantry, a bathroom and a store room. The cottage has night storage heaters installed and a fireplace in the living room. It is within easy walking distance of the shops.

Almspersons have to be women, not less than 55 years of age, who are of limited means.

Anyone wishing to apply for this vacancy, or wishing to know further details, should contact the following person as soon as possible and not later than Sunday 11th November. Mr R. W. Cann, Clerk to the Trustees 31 Loftus Hill, Sedbergh LA10 5RX Tel 015396 20771 E-mail rwvc.cann@btinternet.com

MEALS ON WHEELS

Volunteers needed in Sedbergh

Would you like to deliver some cheer to elderly and housebound adults? If so, why not become a meals on wheels volunteer? Whether you can commit to a full time delivery or would simply like to help out occasionally, we would love to hear from you.

Meals on wheels are delivered daily throughout Cumbria by a team of 1700 dedicated volunteers. Managed by Cumbria Contract Services, part of

Cumbria County Council, the service provides over 20,000 nutritious hot meals a month.

Being a volunteer gives you the opportunity to discover your own abilities while making a direct and meaningful difference in the quality of people's lives. You will deliver not only a delicious meal, but more importantly, a healthy dose of friendship and company. Volunteering can also help you develop lasting friendships with clients and other volunteers, meet new people and gain hands on experience and training.

If you would like to become one of our volunteers, please telephone:

Eileen Labbate 20519

Oliver Higginbotham
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References available

FOLK CAROLS FESTIVAL

November 30th to December 2nd

CONCERT - Friday November 30th - 7.30 in Dent Memorial Hall
"Hail to Mistletoe Bough."

Come and enjoy our annual festive concert to start the season: West Gallery Carols with the Gladly Solemn Sound, Slovene Carols from our twin town, Thomas Hardy story, local fiddlers, Morris dancing ... and surprises!

SINGING WORKSHOPS - Saturday December 1 - 10am - 5pm in The People's Hall

Learn to sing the old carols from England and Slovenia and join a West Gallery carol session with singers and instrumentalists. Learning by ear and also with sheet music. Also Sunday. Beginners and experienced singers welcome.

Plus The Cautley Carollers, Ceilidh and festive meal on Saturday evening, Singing Walk on Sunday afternoon.

To book and more information tel. 015396.21166 or tickets from Sedbergh TIC.

Y.D.N.P.

Draft Statement of Community Involvement in Planning.

A part of the Yorkshire Dales Development Framework 2006 - 2021

The Yorkshire Dales National Park Authority has published its strategy

for involving the public in future planning policy and decisions on planning applications.

The Statement of Community Involvement is a formal process that explains whom the Authority will consult, how they will be consulted, when it will happen and how the Authority will use the findings to influence local planning decisions.

The statement of Community Involvement is itself subject to consultation and the Authority is asking the public to comment on a draft version. Copies are available for inspection at the following locations;

- National Park Authority website www.yorkshiredales.org.uk
- National Park Authority Offices
- National Park Centres
- Sedbergh Library, Main Street,
- Sedbergh Community Office 72a Main Street, Sedbergh, Cumbria LA10 5AD 015396 20504.

A questionnaire is available with the Statement of Community involvement and should be returned to; Peter Stockton, Yoredale, Bainbridge, Leyburn, DL8 3EL or emailed to peter.stockton@yorkshiredales.org.uk by Noon Friday 7th December 2007

Settlebeck High School

CHRISTMAS FAIR

Friday 30th 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

FLOWERS FOR CHRISTMAS

A Floral Demonstration will take place at People's Hall, on Monday 19th November at 7.30pm.

Linda Hopkins will demonstrate floral designs to decorate your home at Christmas, and her friends will entertain you with readings and music to put you in a festive mood.

The cost will be £5, which will include a glass of wine. All floral designs will be raffled, and proceeds from the evening will go to St Mark's Cautley.

Please come and support our main fundraising event for the year. Tickets are available from Sedbergh TIC, or from Linda Hopkins Tel. 21455 or Judith Bush Tel. 20058

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SOUTH LAKES SOCIETY FOR THE BLIND

Sedbergh Group

A visit from Wiltshire Farm Foods was a delightful experience for those present at the September meeting of the group. The speaker came armed with lots of tasty samples of savoury and sweet courses. The talk was informative and interesting and the food excellent.

In October a quiz had been organised by one of our volunteers, Betty Harper. It was based on the surnames of members and volunteers. Two teams were organised and each time a correct answer was given, toffees were distributed to the winning team. There was much amusement and friendly rivalry and the quiz proved to be an excellent way to spend the afternoon

The next meeting is a lunch at Thorn's Hall – a pre-Christmas celebration. New members and volunteers (especially voluntary drivers) are always welcome. For further information telephone Sedbergh 21019 or Kendal 01539 742633.

JGL

DENT PARISH COUNCIL

has the following vacancies

1. Car Park Administrator

Duties include:
managing the car park, toilet block and picnic area, emptying the ticket machine and banking the takings

Up to 20 hours per month, variable
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Suitable for job share

2. Cleaner

for the Car Park, Bus Shelter & Toilet Block
8 hours per week Good Rate of Pay

Each Post is suitable for 'Jobshare'
Both jobs could be combined into one post
Closing date: 25th November 2007

For more details about each post and information about how to apply, contact:

Jock Cairns,
Chair, Dent Parish Council,
West Banks, Dent.

Tel: 25655

Email: jockcairns@btinternet.com

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

*Wilberforce: Westmorland and
Yorkshire*

A few weeks ago we were treated to an outstanding lecture on William Wilberforce given by William Hague. We thought then that we had learnt all that we needed to know about the great man. Not so! David Matthews gave an excellent talk to the History Society – again with William Wilberforce as the subject but focusing on the many other facets of his career.

Although primarily known for his work on the Abolition of the British Slave Trade and later the Abolition of Slavery, Wilberforce was responsible for many other major reforms etc. which we now take for granted.

A small man, suffering constantly from ill health and bad eyesight, he worked indefatigably in Parliament sitting as an Independent member for Hull, his birthplace, and later as one of the two County Members for Yorkshire (which included Sedbergh). After an early start in Methodism he became a great and committed Evangelist. He travelled constantly, often with his great friend William Pitt, and for several years stayed at Rayrigg in the Lake District, where incidentally, Mr Matthews now lives.

He campaigned constantly from the mid 1780s on the subject of the Slave Trade and suffered many reverses and much opposition from the slavers in Bristol and Liverpool: these towns were both very dependent upon the



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three-way trade to Africa, West Indies and Britain. It was not until 1807 that a Bill brought to Parliament was successful in abolishing the Slave Trade but this did not abolish Slavery as such. The Bill for this had its second Reading as Wilberforce was on his deathbed in 1833.

These were the days of great debate and lengthy speeches in Parliament and Wilberforce was an excellent orator although he did appear at times to 'go off' the subject but always returned to the matter in hand. Amongst his interests he was in great favour of the emancipation of all minorities :- Catholics, Quakers, Jews etc. He was concerned about the conditions in the Services, especially the Navy, and campaigned for better pay, food and dress. He supported electoral, corn law, criminal and prison reforms. He gave money to build hospitals eg. Barts, and to found the National Gallery, the Royal Institution and the Africa Institution.

The list goes on:- agricultural reform, wages and diets of those in rural areas, improvements in the conditions in coal mines and the ending of boys sweeping chimneys. He was one of the original founders of the Trustee Savings Bank, the R.S. P.C.A and the Friendly Society Movement.

He married Barbara Spooner and was a devoted father to his large family. It is a wonder that in spite of ill-health and poor eyesight he was able to accomplish so much. A truly great Yorkshireman!
J Scobie

Sedbergh School

We are currently looking to recruit the following:-

Kitchen Assistants

Various evenings available from 5pm to 7pm serving teas, washing up etc

Domestic Cleaners

Various shifts available

For more information please ring

Maria on 015396 20303

MULTIPLE SCLEROSIS FUNDRAISER

For some years I have been having table top sales in the People's Hall raising money for different things.

On 10th November at 9.30am in the People's Hall I will be running a Table Top Sale for M. S.

I am asking for any bric-a-brac, books, games, raffle prizes and also any help please. People can give on the day. The money on the day will be given to M. S. Research.

So please have a look for anything you no longer need, bring it along and help us make some money for this charity.

For any information please contact Sandra W. Longlands on 015396-20885 or mobile 07815069394.

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DENTDALE CRICKET CLUB Presentation Night

The poor summer meant we only played 6 out of the 13 fixtures. We had 2 notable victories over Bellringers and Barrow Nomads.

It is encouraging that the average age of players is now under 25. It was 50 four years ago.

We continue to look for new players. We have fun and it is a lovely place to play.

The Best Bowler was Chris McClurg with 12 wickets for 77 runs, including a 3 for 6 and 3 for 18. Other good performances, Steve Wilson 3 for 25, Tim Baines 3 for 10 and Eddie Smith, our President, 3 for 11 in his only comeback match.

Best Batter was David Burton with a total of 79 runs, average 19.75, just beating Steve Wilson 72 runs average 18. The other main run scorers in a difficult batting season were Rob Mitchell 64, Pete Moorby 57 and Daniel (Mace) Mason 55.

Best Fielder was Martin Knapton with consistent outstanding performances of speed, pick up and throwing, Dent's Jonty Rhodes. He can also bat a bit. Other contenders with some fine catches were Tim Baines and Mace.

The Most Improved Player was Daniel (Mace) Mason. He took over as wicket keeper and put in some brilliant performances behind the timbers including a few miraculous catches. He can also bat, if had not

got 2 ducks he could have got best batter. Just needs to kerb the desire to hit every ball for 6.

Best Performance went to David Burton for his magnificent 57 against Bellringers. A remarkable innings for a 14 year old. He showed grit, determination and a lot of character. His efforts enabled us to win the match after losing 2 wickets for 8 runs.

The Best Spectator award was shared this year between Edith and Jackie Sedgwick. Thanks to you both for your support at every game.

Other contenders were Mick and Blue (They lost out when Blue kept going under the veranda rather than watch).

Club Man of the Year was awarded to Pete Moorby for his long service to the Club and his efforts in maintaining the field and pavilion. Thanks Pete.

Our Tea Ladies Jill Puncher, Hilary Firth and Karen Maddison were given a bouquet of flowers to thank them for the super teas.

Finally thank you to John and Anne at the George and Dragon for a first class buffet and the Disco to make it a very enjoyable evening.

A sad postscript is to say Goodbye to Geoff and Karen Maddison who are leaving Dent to go to a much needed bungalow at Workington. We will miss them both and wish to thank them for their help to support the Club over the last three years. We wish them Good Luck and a very happy future.



NYUMBANI PRIZE DRAW

The total amount collected for the Nairobi Home for Orphans with AIDS was £1080. When Barclays' contribution of £750 is added the grand total will be £1830. Thanks to all who supported this effort. This money will buy a lot in Kenya. For instance, £1450 will pay a Housemother for one year.

The Russell Flint Print was won by a Teaching Assistant at Finchley Catholic High School in North London. This school gives a lot of support to Nyumbani and other Third World charities. The second prize of M&S vouchers went to Mrs Barden of Witherslack. The third prize, also M&S vouchers went to a Sixth Form pupil at the Finchley School.



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RECYCLING NEWS

During October we will start collecting paper, glass and cans from the kerbside at another 11,000 households in the district. This will mean that the recycling service is provided throughout South Lakeland, although the green waste collections will not start for the remaining

households until next April. During the coming months we will be telling you about the recycling processes for the materials we collect, starting with paper.

As with all the materials the guidelines we have in place are determined by the end-users of the recyclables and their requirements. Paper needs to be kept as clean and dry as possible and separate from other waste. After your paper box is emptied the paper is taken to a local Transfer Station, in either Kendal or Barrow. From there it is taken to the paper mill for processing.

At the mill the paper is put into a hydropulper, where it is mixed with water to break down the fibres. It is then cleaned and any contaminants, such as staples, are removed. The resulting pulp is then dried and ready to be used in the manufacture of new paper products.

Most of the paper we collect is used for newsprint, which has a high specification, or the manufacture of household paper products such as tissue paper and kitchen roll.

If you would like more information about recycling paper there is a website for the industry at <http://www.paper.org.uk/info/recycling.htm>

If you have any questions about recycling or waste minimisation please contact us either through the Customer Contact Centre on 0845 050 4434 or by emailing us at customer.services@southlakeland.gov.uk

Thank you for recycling.

HOWGILL HORRORS

I recently went for a run in the Howgills and had the most odd experience. No, not meeting another Clayton member on the fell, but suffering a twenty minute sustained attack from a very large bird, I believe to have been a Buzzard.

I was more or less following the Sedbergh Hills Race route and had descended from Arant Haw. ready to make the steep ascent of Castley Knotts. As I crossed the beck I heard the distinctive 'mewing' call of a Buzzard and looked up to find the bird circling quite closely above my head. That's a good sighting' I thought, 'it's not often you see such a large bird (about three feet wingspan) so close by'.

As I set off up the slope it dived towards me, passing so closely that I automatically ducked to avoid losing the little bit of hair I have left. This performance was to be repeated at least a dozen times before I gained the summit of Castley Knotts. The first 'attack' was a bit of a novelty, but I soon became a bit concerned for my safety and started waving my tee shirt above my head in a vain attempt to scare the beast away.

This worked when I could see it coming, but the wily bird was eyeing me up as it hovered on the thermals above the hillside and developed the technique of turning into the wind then diving straight at me out of the sun, just like a Spitfire in some World



War Two aerial dog fight.

Progress up the slope was hampered by having to keep an eye on the damned bird and by the time I had made it halfway to the summit paranoia was beginning to set in. 'Why do these things always seem to happen to me?', I thought. 'I've survived the descent of the Torrent de Pareise and Easter in Burnley General, but I'm now in serious danger of ending up as dead meat on the slopes of the Howgills'.

Eventually I made it to the top of Castley Knotts and summoning all the speed I could muster, shot off down the other side as fast as I could go. Thankfully, the bird seemed to lose interest, but it was another hour or so before I stopped checking the sky for another dive-bombing raid.

I am at a loss as to why a Buzzard would behave in this way, as they are considered to be shy birds that will normally keep away from humans. Are there any 'twitchers' who could offer an opinion? It is possible that it was a 'tame' bird being flown by its owner, and that it saw me as a source of food. I know they are partial to a bit of carrion, but I didn't think I was moving that slowly that it could consider me as a tasty Sunday lunch!

So, if you are thinking of venturing into the Howgills in the near future, I would advise you to consider wearing a crash helmet and take a big stick, just in case.

*Tony Peacock
Clayton Harriers*

A PLAN FOR DENTDALE

The Parish Plan is currently gathering people's views on two main issues:

1. What is it about Dentdale that they value and want to preserve?
2. What sustainable changes or developments would they like to see?

This is being done in a number of ways so that everyone can have their say, and it will take a number of months to complete.

The first part of this process took place at the Dentdale Show, when 10 volunteers organised a very successful stand and distributed pamphlets. Feedback was received from 34 visitors to the stand, and these comments will be included in the report.

The main method of gathering people's opinions will be a questionnaire distributed to every household in the parish, and a lot of work has been done on designing this. A final version will be ready shortly.

Other ways of gathering opinions have also been planned. At Dent Primary School, the children's' ideas will be collected via drawings, and pictures. Teenagers in the dale will be asked to put their thoughts on a 'Graffiti Wall'.

Local businesses are being invited to express their views in two sessions at Stone Close in November, and on December 1st at Whernside Manor there will be a 'Pie and Pint' evening

for members of the farming community to come and have their say.

Finally, the Plan now has an email address dentpp@btinternet.com for anyone with access to a computer to express their views.

In the coming months, when all these views have been collected, they will be analysed and a report written to summarise them. At that point, a public meeting will be held for people to discuss the report, and suggest items for inclusion in a plan of action.

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COFFEE MORNING

The final amount raised at the Coffee Morning held at Waterside Farm, Firbank on September 1st came to £681.

Grateful thanks to all who supported this event in any way by helping to raise this wonderful result, which has been divided between Mencap and Brantfield Nursery, Kendal.

Thank you also for all good wishes sent to William on his **70th Birthday**.

McMILLAN COFFEE MORNING
 Sedbergh School held a Macmillan Coffee Morning on Friday 28th September and raised a fantastic £365.01. We would like to thank all those who came and supported such a worthy cause. We are particularly grateful to The Bath House, Powell's, Sedbergh Toy Shop, The Chemist and Howgill Gifts who kindly donated prizes for the Tombola.

Many thanks, *Justine Mahon*

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Dear Editor

How disappointing to read the review of the new Sedbergh Cafe, by E.N.Joy in the September issue. Nice comments were followed by negative comments. This cafe has recently re-opened after many years and we feel it very harsh to write such criticism in a widely distributed publication. If we, as customers, are unhappy about the service we receive, surely we should mention this at the time to the owners. There could have been any number of reasons for the delay in the arrival of the food. We are sure the new owners would welcome

comments, in person, to help them provide a better service and to give them a chance to explain and apologise, if there is need to. As we do not know the identity of the writer, we have no way of knowing if this was done.

We live in a beautiful town and all businesses will benefit from visitors and locals alike. We hope the remarks in the review do not deter customers from visiting the Sedbergh Cafe.

Would it not be better if writers of articles and letters to the Lookaround were identified to the readers, as name and address supplied to Editor is anonymous to us? If contributors feel it necessary to make remarks about Sedbergh businesses, as they have done in recent issues, then they should be willing to have their names published and not hide behind pseudonyms and anonymity. What do they hope to gain from these comments? Do they not realise the effect their remarks could have on businesses and livelihoods. Unfortunately, this seems to be the trend in general with negative comments appearing in our Lookaround and other publications.

We should be trying to promote Sedbergh in a positive way and so encourage people to visit us and enjoy the facilities we have. On speaking to others, we find our views are not in the minority, many people agree with us.

Linda Killops & Kath Milburn

SETTLEBECK HIGH SCHOOL

Derwentwater 2007

I looked at the piles of suitcases, bags and separate pieces of outdoor clothing scattered around the floor of the drama/music room and wondered whether they, along with 45 students and several staff members, would fit onto the buses which were shortly going to take us all to the youth hostel in Keswick. I need not have worried, everything was masterfully tucked away and we set off for our annual year 7 trip to Derwentwater.

My memories of the 4 days are all very positive. The staff enjoyed working with the students and were impressed with the teamwork which developed. Prizes were awarded on the final evening to the students who had made the best contributions to the trip and I am delighted to say that the winners were not necessarily the strongest students but the were the ones who tried hardest to overcome their difficulties in some of the activities.

A selection of comments from the students:

We stayed at Derwentwater Youth Hostel which was once an old house and it's very near the lake. Where we stayed was fun because there's loads of things to do at free time like football, table tennis, pool and loads more.

*Daria Pawlak, Lori-Joy Sharp and
Connie Hodgson 7O*

We went swimming which involved going on a boat and walking to the swimming pool. I liked the slide because it got dark in the middle. It

was also really fun because of the waves. The main challenge of the activity was walking there.

Gail Rennison 7R

I enjoyed the night hike because on the way back everyone kept slipping and when we all turned off our torches it was pitch black. The track we walked on was very slippery and steep so we had to scramble up. The weather was rainy so we were looking forward to getting into our beds.

*Rebekah Hendrickse and Angela
Postlethwaite 7O*

My favourite activity at Derwentwater was the ghyll scrambling because I found it really funny when I nearly lost my shoe down the ghyll. Jumping in was really good because there was a mtire drop into very deep water and we had the choice to jump in. All in all it was a great experience. *Imogen Clark 7R*

We both enjoyed drama, creative work and games. The little shows were so brilliant the whole of the audience was laughing.

David Hunt and Imogen Hutt 7R

I enjoyed orienteering because we all worked together to find letters and it was fun using the map.

Jo Lavery-Hoffe 7O

I liked raft building best because my team didn't win the actual races in the water but the instructor said it was the team who took the raft apart who won and we did.

Alex Colton 7R

My favourite activity was climbing because I really enjoyed it and I got to the top twice. *Rowan Hall 7R*

2007 TRACTOR PULL CHALLENGE

As a result of the donation made to Helme Chase Maternity Unit, from the proceeds raised from the Tractor Pull the following letter has been received:-

Dear Caspa,

May I express my sincere thanks to you and all the Tractor Pulling Team for raising money and purchasing a large digital HD TV/CD player for Helme Chase Maternity Unit.

The TV/CD player will provide an important part to our parentcraft sessions, enabling the midwives to show CD's supporting the waterbirth, infant feeding and Caesarean Section teaching. The support of local people for Helme Chase is vital for it's continued success. Thank You Everyone.

Carol Duffield
For Angela Oxley
Modern Matron

Dear Editors,

I am a great loss to understand our parish councillors.

On reading through the last two editions of the Lookaround, their basic comments on people in ex-

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council houses applying for planning permission to improve their houses will, I quote, 'take the price (of the property) out of the reach of local people'. (Aren't the people in these homes local people in the first place??)

It is hard to see the logic in their argument when the only application to build affordable homes in Sedbergh during the last three years was refused planning permission solely on their objection.

Are these councillors really representing the people of Sedbergh? It appears they have delusions of grandeur and the power gone to their heads!

I leave the people of Sedbergh to come to their own conclusions.

Yours faithfully

G R Keighley

The details of the letter have been passed to the Parish Council for the opportunity to discuss it at their next meeting which was before this November issue. A reply is anticipated in December.

Y.D.N.P.

Trail bike riders will soon be able to get guidance on what parts of the Yorkshire Dales National Park they can use.

A new leaflet is being distributed to help reduce the potential conflict between landowners, walkers, pedalcyclists, horse riders and the motorcyclists.

The release of the leaflet coincides with the prosecution of a man who was caught riding a motorbike illegally on a bridleway near Ribbleshead Viaduct. His case was heard at Skipton magistrates in August when he pleaded guilty to riding his bike on a bridleway at Force Gill, Blea Moor – a breach of Section 34 of the Road Traffic Act 1988. He was fined £250 and ordered to pay £45 costs.

The leaflet, called 'Trail Riding in the Yorkshire Dales', has been produced by the Yorkshire Dales National Park Authority (YDNPA) in partnership with the Trail Riders Fellowship, Natural England, the North Yorkshire and Cumbria county councils, the Nidderdale Area of Outstanding Beauty and North Yorkshire and Cumbria police.

Authority spokesman Matt Neale said the idea of the leaflet was to help trail riders enjoy their rights responsibly.

"The recreational use of motorbikes and other vehicles on certain routes within the National Park is a very controversial issue that stirs up feelings on all sides. "The aim of this leaflet is to set out in clear terms exactly where and how trail bikers can use the byways and unsurfaced

unclassified county roads in the National Park. It explains the legal issues involved and the ways in which riders can help minimise the effects of their sport on the wildlife, the landscape and other users. One of the questions we get asked frequently is where people can find out if they can use a particular route in the National Park or not, The answer is that all the information for the majority of routes is available on the National Park website at www.yorkshiredales.org.uk/green_lane_management.htm.

Authority member Malcolm Petyt, who is chair of the Yorkshire Dales Green Lanes Advisory Group, said: "We have been working closely with trail riders to produce this 'code of conduct' to enable them to ride legally and responsibly and we hope it will reduce the number of prosecutions in the future."

The leaflet is free and can be obtained from some petrol stations and cafés in and around the National Park, www.yorkshiredales.org.uk/trail_riding_leaflet_-_2007.pdf or by contacting Matt Neale on 01969 666220.

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TIM FARRON MP

Back at school. Or at least that is what it has felt like for the past week or so with all of the feverish gossip about whether there was to be an election, what was Ming going to do (when we eventually found out I must say that I was surprised as anyone, and I was his Parliamentary Private Secretary) and now we have who is going to be the next leader of our party? It is very easy to get caught up in all of this, however, I try very hard not to. As far as I can see, all that this speculation does is create a distraction from doing the best job I can as MP for Westmorland and Lonsdale. Which is what I am rather focused on doing, so that when the next General Election does eventually

arrive you feel that it would be good to vote me back in.

Over the next few weeks we will be gearing up our campaign to protect the Post Offices in our area. As I said a couple of months ago, it appears that January will be decision time. From what I understand once the decision is made there is very little that can be done to reverse it. There will be no appeal. So now is the time to support your local Post Office, wherever it may be. Naturally, you should support it by using it as regularly as you can but you should also support it now by sending me a letter stating how important it is that you have a local Post Office and what an appalling thing it would be if it closed and you had to travel to

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another one. I will then forward these letters to the relevant people in Post Office Counters Ltd to ensure that they are aware of the strength of support there is. The more letters received supporting each office the better. We have already had nearly 50 letters in support of Kents Bank Post Office near Grange. Let's see if the Post Offices in this part of the constituency can beat that! No pressure you understand.

I had a useful meeting with Cumbria County Council the other day to discuss the provision of school transport to Sedbergh and the surrounding area. I don't know if you know but they stopped the provision of some school buses to Kirkby Lonsdale at very short notice recently.

At the meeting they agreed that this was unacceptable behaviour and that if they want to make changes then there needs to be a much better period of consultation and notice. We will wait to see what they actually do. Having viable transport links is important for a place such as Sedbergh so that it can continue to be the vibrant town with a mixture of ages of people living in it that it is today.

As ever if you have any issues that you would like me to take up then please write to me Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or email me at tim@timfarron.co.uk.

Thanks for your support

Tim

<p><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £4.10</p> <p>Garlic Mushrooms on Toast £3.65</p> <p>Pate with Garnish, Toast & Butter £3.50</p> <p>Soup of the Day £3.30</p> <p>Egg Mayonnaise £3.40</p> <p>Grapefruit Cocktail £3.40</p> <p>Garlic Bread £2.50</p>		<p>THE HEAD</p> <p>AT</p> <p>MIDDLETON</p>		<p><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £9.70</p> <p>Grilled Rainbow Trout £9.70</p> <p>Breaded Scampi £6.99</p> <p>Breaded Haddock £6.99</p>	
<p><u>Extra Special Main Courses all £11.45</u></p> <p>Loin of Pork in Cider & Apple Sauce</p> <p>Lamb & Apricot Casserole</p> <p>Chicken with Basil, Port & Dill Sauce</p> <p>Venison Steak with Red Wine Sauce</p> <p>Venison Casserole</p> <p>Supreme of Pheasant Chasseur</p> <p>Pork in Pepper Sauce</p> <p>Cod & Prawn Crumble</p>				<p><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £6.99</p> <p>Stilton & Vegetable Crumble £6.99</p> <p>Vegetable Lasagne £6.99</p> <p>Mushroom & Nut Fettuccini £6.99</p> <p>Broccoli & Cream Cheese Bake £6.99</p> <p>Vegetable & Pasta Bake £6.99</p> <p>Vegetable Tikka Masala £6.99</p> <p>Macaroni Cheese £6.99</p>	
<p><u>Main Courses</u></p> <p>Roast Dinner of the Day £6.99</p> <p>Mixed Grill £12.40</p> <p>Fillet Steak £12.40</p> <p>Sirloin Steak approx. 8oz uncooked £10.30</p> <p>Half Roast Chicken £7.99</p> <p>Chicken Kiev £6.99</p> <p>Lasagne £6.99</p> <p>Steak & Kidney Pie £6.99</p> <p>Cumberland Sausage £6.99</p> <p>Gammon & Pineapple £6.99</p> <p>Barnsley Lamb Chops £9.99</p> <p>Marinated Lamb Steak (6oz) £9.99</p> <p>Pork Chop in BBQ Sauce £7.60</p> <p>Cheese & Ham Pasta £6.99</p> <p>Tuna Pasta Bake £6.99</p>		<p><u>Rice Dishes</u></p> <p>Chilli £6.99</p> <p>Chicken Tikka Masala £7.99</p>		<p><u>Salads</u></p> <p>Ploughman's Lunch £5.99</p> <p>Cold Meat Salad & Roll & Butter £6.99</p> <p>Prawn & Rice Salad £6.99</p>	
		<p>Tel: 015396 20258</p> <p>www.middleton-head.co.uk</p> <p>enquiries@middleton-head.co.uk</p>		<p><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.80</p> <p>Ham, Beef, Cheese & Tomato; Cheese & Pickle or Salad from £2.90</p> <p>Toasted Sandwiches from £3.10</p> <p>Portion of Chips £1.70</p> <p>Mixed Side Salad £1.70</p> <p>Portion of Mushrooms £1.70</p> <p>Roll & Butter £0.65</p>	
		<p>Menu</p>			

ALLEGRI SINGERS

The Allegri Singers will perform a programme of English music on Saturday 24th November in Sedbergh Parish Church.

The programme is built around Byrd's Mass for Four Voices, written for secret performance by Catholics meeting under threat of persecution during the reign of the first Elizabeth. Between the sections of the mass Allegri will sing a sequence of anthems written by English composers over the last 500 years. Ranging from a 16th century Alleluia by John Taverner, to 20th century works by Walton, Kenneth Leighton and John Tavener, the programme also includes anthems by Blow and Purcell, together with gloriously rich eight-part and six-part anthems by Tomkins and Orlando Gibbons.

Drawing from an area bounded by Sedbergh, Barrow and Morecambe, the eighteen members of Allegri meet three times a year to prepare for specific concerts. The members include Dorcas Thomas from Sedbergh, and Penny Carruthers and Director Owen Davies from Cautley.

The programme starts at 7:30. There will be a retiring collection.

DENTDALE METHODIST CHAPEL

Our contribution to the Circuits Night of Continual Prayer on October 31st will be done and over as you read this but as part of it a small "Prayer Labyrinth" will set up in the chapel and will be left in situ until the following week. Do go and spend a little while there in prayer.

On 25th we host the Dales United Service and welcome our Anglican

friends. Coffee will be served after the Morning Service.

Our Missionary evening is on the 8th and our services are at 2pm each Sunday. We now use Complete Mission Praise as well as the Methodist Hymn Book.

Invitations are going out to people who live and work in the Dale to choose a favourite hymn and let us know. The "Big Sing" will take place in February. *S. E. Woof*

SEDBERGH & DISTRICT ART SOCIETY

Our first meeting of the season, in the Chaplaincy on 12th October, was well attended.

The demonstrator Marion Bradley, admired for the detail of her oil paintings, chose to show us how she lays the foundation of a picture.

She began with a dark all-over wash of turps and burnt umber, then used burnt umber to sketch out the picture roughly; then came the blocking in of various sections--tree trunks, wall, pathway etc. Marion prefers to use small synthetic brushes, so her work does not progress quickly, and there was no time for us to see much of her detailed painting - though at the point where the demo stopped, it already looked like a picture! Marion said it had reached the stage when she would start "flitting about" to add all the fine detail. One of her useful tips was that if you want to use black, find one that, when diluted, goes slightly green, for landscapes.

Our next meeting will be 16th November, with Pam Potter demonstrating mixed media.

V. Finch

CHRISTMAS LAST POSTAL DATES

International Surface Mail

November

16th Eastern Europe, Greece, Cyprus, Turkey, Malta & Iceland.

30th Western Europe.

International Mail

December

7th South & Central America, Caribbean, Africa, Middle East, Far East, Asia, Australia & New Zealand.

10th USA, Canada, Japan & Eastern Europe.

13th Western Europe.

United Kingdom

December

14th Standard Parcels.

17th Second Class.

20th First Class.

21st Special Delivery Saturday Guarantee.

22nd Special Delivery.

Please ensure that you use the correct Post Code. Add a 'Return Address' on the back of an envelope. Make sure that you pay the correct postage for International items.

Further information is available on line at www.royalmail.com/christmaspostingdates

SWIM THE CHANNEL

Over 50s Swimming group

This year the group has risen to Sedbergh Swimming Club's challenge to SWIM THE CHANNEL - yes, our courageous swimmers are over half way already to La Belle France! If we carry on at this rate we'll make it back as well! We are working on our fitness at the same time as supporting the charity Aspire

in its work with people with spinal injuries. Not bad going as our health conscious merry band includes more than one octogenarian! Watch this space in the next Lookaround to see if we made it to the other side to say 'Allo 'Allo to Normandy before the deadline (9th Dec)! Any sponsorship would be very welcome. (Tel 07752 748929/015396 20574).

SPELLBOUND THEATRE

Once again Spellbound Theatre will be entertaining you at Christmas time. The pantomime, Puss in Boots, will be performed at Settlebeck High School from the 3rd to 5th January, with three evening performances at 7.30pm and a matinee on the Saturday, 5th at 2 o'clock.

The script is by Kim Lyon and was first performed by a Scottish touring company in 1992. The updated version, adapted for the Sedbergh stage, promises entertainment of a high order.

The cast list includes the usual pantomime characters and has some very unusual ones, also. beauties and beasts abound and costumes will sparkle.

There will be singing and dancing and the chorus will include some of the younger members of the community. Surprise appearances may be expected and the audience will have its own, very important, part to play. (*Oh no they won't! Oh yes they will*)

For something to keep you all cheerful after Christmas please keep an evening or afternoon free to enjoy Puss in Boots, Sedbergh-style.

FIRE & RESCUE SERVICE

Performance improvements

Sedbergh fire crews continue to promote fire safety prevention as much as possible in order to reduce injury and loss to the local community. The results have assisted Cumbria Fire & Rescue Service (CFRS) in its bid to improve service delivery across the area and county in general – The number of incidents attended by local firefighters continues to reduce and it is pleasing to see that problematic calls to automatic alarm systems that have falsely activated have started to decline. The following highlight recent performance improvements across CFRS –

- MORE homes experiencing a fire have a working smoke alarm
In 2000/01 only 33.8% of people in Cumbria suffering a dwelling fire had a working smoke alarm. Our community safety strategy is to target those people or locations that are predicted to be more likely to suffer a dwelling fire and provide them with a Home Safety Check (HSC) and fit a smoke alarm.
The result is that in 2006/07, 60.2% of people suffering a dwelling fire now had a working smoke alarm.
- The number of people escaping un-injured from fires is improving
In 2006/07 almost 96% of people involved in dwelling fires were able to make their escape without injury

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compared with 2004/05 when the number was 91.2%.

- The number of people injured in fires is reducing

The aim of a HSC is to help prevent a fire and to reduce the impact if there is one, for example injuries and damage. The number of home safety checks carried out by firefighters has increased year on year to 10,000 per year in 2006/07. These HSCs were targeted on those locations where our analysis predicted dwelling fires were most likely to occur.

The number of people injured in dwelling fires in 2004/05 was 56, in 2005/06 the number was 26 and in 2006/07 the number was further reduced to 19.

- The number of calls to deliberate primary vehicle fires is reducing

In common with the national trend, Cumbria saw an increase in the number of deliberate primary car fires in the period 1999-2004. Since then CFRS has worked closely with local Crime and Disorder Reduction Partnerships and Cumbria Police in order to implement strategies to deal with this problem. Since that joint

strategy was implemented the rate of this type of fire has reduced from 395 fires in 2004/05 to 236 in 2006/07.

- The number of calls to automatic fire alarms (AFAs) is reducing
- AFA calls are a drain on CFRS resources and cause great disruption to employers and staff. Therefore several years ago CFRS began a strategy to follow up all repeat AFAs, working with employers to solve the problem. The rate of AFAs in Cumbria puts us in the top five performing fire and rescue services nationally. The rate in 2004-05 was 90.9 compared to the improved rate of 66.8 in 2006-07.

For advice and information on the new fire safety legislation that affects *all* businesses please contact Kendal Fire protection department on 01539 722627.

Anybody wishing to take advantage of our FREE home safety check service (which may include us fitting a brand new smoke alarm FREE of charge) can contact us on 0800 358 4777 – A Sedbergh community firefighter will then contact you to arrange a mutually convenient time to carry out the home safety visit.

SEDBERGH PARISH COUNCIL
Summary of the Minutes of 26th September

The new town signs are generally considered to be of poor design. The Chairman asked Councillors to consider how they might be improved and for the matter to be reviewed at the next meeting.

There have been several complaints about the noise and foul language in Main Street in the evenings at a time when there is no police presence in the town. The Clerk was asked to write to Cumbria Constabulary expressing concern.

Children's Playground. The Clerk was asked to consult the local distributor, Hanasins of Milnthorpe,

about types of fencing and arrange a site visit if appropriate / possible.

Allotments Project – Mr. Jim Atkins summarised the progress which he and the Community Office had made in seeking out suitable sites for allotments. Mr. N. Udale has offered to sell the parcel of land behind Queen's Gardens, but there are concerns as to the overall suitability of this plot. Mr. Atkins has identified a more suitable site for the allotments off Birks Lane opposite the entrance to the Cemetery. He has already 'sounded out' the YDNP Planning Officer Andrea Burden who did not anticipate any major obstacles. It was agreed that Mr. Atkins and the Community Office would contact the

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owner of this land to enquire about the possibility of it being used for allotments.

Mr Atkins reported that there were at least 16-17 people who had shown a firm interest in taking up an allotment, and he suggested that an Allotment Society could be established to be responsible for access, appearance, maintenance and administration. Moreover, buying a suitable plot may not be the only option, and renting or leasing could be ways of testing demand and the quality of the soil over the medium term without the commitment entailed in purchase.

Sedbergh Community Office.

- Request for additional annual funding. The Parish Council reaffirmed its support for and appreciation of the Community Office as an asset to the town. It was agreed that the Clerk should request a copy of the accounts to assist the Council in considering this request at its next meeting,

- Proposal of a Parish Plan as a vehicle to access additional grant funding for the Community Office. The Council's experience of

producing a Parish Plan in 2000 is that it involved too much work. It was agreed that the matter be deferred. In the meantime the Clerk will ask Voluntary Action Cumbria as to whether they have any model Parish Plans to assist the Council in deciding how to proceed,

- Proposal of an Awards Night to recognise voluntary and commercial initiatives. It was agreed that this could provide a boost to community spirit, but that it might also create new frictions among people in a small community. There was general support for the idea to recognise the efforts and initiatives of voluntary groups rather than individuals.

Planning Applications

The Council's Planning Committee made comments and recommendations in respect of the following applications:

- Boho, Howgill Lane. - Change of Use. The replacement windows will improve the look of the property and we are happy that the building is to be used. However, we are concerned about the parking/ waiting of vehicles.

(Continued on page 50)

<p style="text-align: center;"><i>No Objections.</i></p> <p>– Ghyll Farm, Sedbergh – Reinstatement of cottage. We would like to see windows and doors matching. We would appreciate it being used as a permanent home and not a holiday let. <i>In Favour.</i></p> <p>– 1 Highfield Court, Sedbergh – Extension. We feel it will be overpowering so close to the main road, but as the lower flat has obtained planning permission for similar we feel unable to object. We would like to see the extension in natural stone. <i>No Objections</i></p> <p>– 9 Guldrey Terrace, Sedbergh - Erection of a double garage and turning area. We would like the garage door to resemble a traditional</p>	<p>wooden garage door. <i>No Objections.</i></p> <p>– The Green, Frostrow – Conversion of peat store. The look of the property will be improved and let light into it. <i>In Favour.</i></p> <p>– Yew Tree Cottage, 35 Loftus Hill, Sedbergh – Replace roof timbers and rebuild chimney stack. <i>No Objections</i></p> <p>– Crosedale Beck, Howgill Lane – Amended plans to replace lean-to building and erect new potting shed. Revised plans showed less glass and more stonework. <i>No Objections.</i></p> <p><i>Planning Decisions</i></p> <p>- Demolition of 2 story rear extension, erection of 3 story rear extension, creation of vehicle access and</p>
---	--

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parking, and change of use to six flats (2 for 'affordable' and 4 for open market) – Masonic Hall, Howgill Lane – *Granted. The wrought iron railings at the front have to be retained and the Masonic Hall lettering reinstated in a new position within 3 months of the first occupation.*

- Demolition of porch and erection of single story extension - 7

Thornsbank – *Granted. Extension to match existing property.*

- Erection of garage - High Roans, Guldrey Lane – *Granted.*

- Erection of conservatory – 24

Sycamore Avenue – *Granted.*

- Demolition of garage, erection of two story extension to side and single story extension to rear – 21

Fairholme – *Granted.*

- Erection of first floor extension – 19

Sycamore Avenue – *Granted.*

- Erection of agricultural building – 2
Low Oaks, Marthwaite – *Granted.*

National Park Plans

The Chairman invited Mr G Dalton to address the Council. Mr Dalton reported that following a recent series of public meetings held by the National Park, a Committee has been appointed to work on a detailed plan for affordable housing for 2009 to be implemented by 2010. Cllr. Lancaster explained that the National Park is now under a duty to ensure that required affordable housing is built. The Government has set a target of 88 new units for each of the next 5 years and will be monitoring the outcomes.

Finance

COMMUNITY CINEMA LAUNCH

Saturday 15th December

Peoples Hall

Family film: 4 pm

Buffet and drinks: 5.45 pm

Evening film 7 pm

*Films to be announced
in December Lookaround*

Adult tickets: £5 per adult
(to include film and buffet)

Child ticket: £3
(up to 14)

Family ticket: £15

(Two adults and up to 3 children)

Please purchase tickets in advance
from the Community Office

Cllr. Hopkins will lead on producing a risk assessment for the administration of car park receipts.

The Council will hold a workshop on 18 October, to be lead by Cllrs.

Hopkins and Hodge, to begin the process of identifying projects which will enhance and improve the town over the next few years. The plans arising out of this meeting could form the basis for a public consultation.

The Receipts and Payments summary for the first half of this financial year showed that the Parish Council is in a relatively healthy financial position. Income, in particular the District Council Precept

(Continued on page 52)

and car park receipts, have enabled the Council to meet its expenditure commitments to date without having to call upon its reserves. It was noted, however, that caution should be exercised regarding any projections about the year end outcome.

Car Parks

Joss Lane

- Further investigation of the drainage system indicates a blockage under the car park. The Council awaits the response from SLDC.
- It was agreed that the Car Parks Committee should renegotiate the fees paid by the market traders.

Loftus Hill

- The Car Parks Committee are

awaiting a quote from Mr. T. Cowan for the installation of new doors in the public toilet block.

- Sedbergh School have been allocated ten daily passes to use the car park, but no absolute right to park.
- Cllr Blair will pursue establishing a single direction of flow of traffic using arrows painted on the tarmac.

Repairs to Main Street

Advice received from the County Council Highway Engineers suggests that the flags on the carriageway will always be subject to dislodgement and breakage through constant traffic pressure. This will lead to a constant need for repair or replacement in the



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future. The Council therefore resolved to require the County Council to remove the flags from the carriageway and to replace them with tarmac. It was recognised with regret that this would remove a feature of the town.

It was also recognised that there is a direct correlation between damaged flags on the footpath and where traders and others park their vehicles for loading/unloading and to allow traffic to pass. This drew forth a discussion about how Main Street might be re-modelled in the long term to overcome this and other problems. In the short term it was agreed to ask Cumbria County Council Highways to arrange for the repair or replacement of damaged flags.

Any Other Business

The pictures and plaques of HMS Sedbergh have been retrieved by the History Society. Cllr Gorst agreed to take responsibility for their permanent public display, possibly in the Community Offices.

SLDC have requested the use of the playing field during the October half term for organised sports for local children. The Council gave permission for such usage but wish to remind SLDC that any arrangements to use the People's Hall for changing and toilets would also have to be arrived at separately.

The Gala Group sought permission to use the playing field for a public bonfire on November 3. This was agreed to.

Concern has been expressed about cars parking on Long Lane on market

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days and either blocking the junction with Castle Haw or causing a hazard for cars exiting out of Castle Haw. It was agreed that the Council will ask Cumbria Highways to install double yellow lines along the carriageway affected. In the meantime the Police will be asked set out 'no parking' cones on market days.

Concern was also expressed about the Traveller who has been camped along the side of the main road at Cautley for some time now, and the apparent ineffectiveness of SLDC to move him on. Cllrs Lancaster and Stevenson will make further representations to SLDC in order to achieve this outcome.

DENT PARISH COUNCIL

The October meeting, at The Sportsman's Inn, Cowgill, discussed the road closure at Denthead and proposals regarding street parking in Dent. These and other topics are summarised below, and as usual the full minutes are published on the Dentdale website www.dentdale.com.

Road Closures

Considerable anger was expressed by Cowgill residents over the way the road closure at Denthead had been handled by Cumbria Highways. The signs that had appeared at Sedbergh and elsewhere had been so vague that people thought that the whole Dale was shut. Both the Parish Council and Ron Martin contacted

Cumbria Highways, and thanks to Ron's persistence the signs were eventually modified.

Flintergill Close

Cumbria Highways have still not carried out the modification to the gutter in front of Flintergill Close, which they promised to do before the end of September. When asked what was happening they said they had assumed the work had been completed. The Parish Council has written to the Audit Commission, as it did in connection with Stonehouse bridge, to express its concerns that the County Council still does not seem to be monitoring its contractors effectively. When Cumbria CC is next audited, this instance and the

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problems with road closure signs will be used as evidence.

Street Parking in Dent

Following the recent responses from householders and businesses in Dent village about street parking, the Parish Council agreed the following actions:

- to try and acquire control over the land opposite the Sun and opposite Dent Stores, in order to allocate spaces on some of it for use by holders of Residents' Car Park permits. Parking on the rest of the land will remain unrestricted as at present.
- most people wanted no parking on the cobbles, but did not want yellow lines or signs attached to

buildings. In view of this, the Parish Council agreed to try and control parking in this area through persuasion and requests for people's co-operation.

- to allow holiday cottage owners to buy as many car park permits as they wish
- to ask Cumbria Highways to repaint the parking bays around The Green, and make the signs clearer
- subject to YDNPA approval, to erect direction signs to the car park for visitors

The Parish Council has to work through other bodies on parking issues, so the next stage is to hold discussions with Cumbria Highways and the National Park.

Roadside verges

Members continue to be concerned about the state of the roadside verges in the Dale, which are classified as of special interest because of their wildflowers. Making the roads safe can conflict with conservation, and so the verges are currently cut in late September. The County's ecologist carried out a survey of verges in 2002, which concluded that they should be cut in late August in future. The Parish Council has asked Cumbria Highways to alter the cutting regime in line with the new recommendations.

Proposed housing development above Ghyllside

In the last Lookaround, I said that the plans for this proposed

(Continued on page 56)



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A Warm Welcome Awaits You

development were available for inspection by the public on the YPNDA website, and after a slight delay this is now true. In addition, the Parish Council will be organising a display of the plans in the village; details will be posted around the dale in due course.

Dog Fouling

The Parish Council has been concerned recently about the problem of dog mess on The Green and on the playing field. Young children and sports players are particularly at risk because they are more likely to come into contact with it, as have children on The Green recently. This is not only extremely unpleasant – it can have more serious consequences. Contact with dog faeces can cause a toxocara infection, which can cause permanent partial loss of vision. Responsible dog owners have been aware of this for some time, and dispose of their dog's mess in a bin. Please be prepared to challenge anyone you see who doesn't clear up after their dog, as it will help make clear the community's views on the subject.

Vacancies

The Parish Council is advertising elsewhere in Lookaround for a part-time Car Park Administrator, Cleaner and for an Internal Auditor. In addition, adverts have been posted around the dale for a Cleaner for the car park toilets. Please contact me if you would like more details about any of these posts.

Bonfire Night

Finally, a reminder of the request in the last Lookaround, when I asked people not to tip rubbish on to the bonfire site. The Football Club, who are building the bonfire, have all the material they need.

Next Meeting

The November meeting will be at 7.30pm on November 8th in the Sedgwick Room. The public is welcome to attend as always, and to raise matters of concern in the Public Forum item which takes place about 8pm.

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Rural Wheels

Caroline Watson, Passenger Transport Officer with responsibility for community transport with Cumbria County Council, explained that Rural Wheels is a unique transport scheme for people in rural areas.

The service provides door to door transport for those people who do not have a local bus service, or have difficulty accessing buses. All rural areas outside the town boundaries of Ulverston, Windermere, Bowness and Kendal, are included in the scheme which became operational in South Lakeland on 8 October.

Rural Wheels uses a smart card that

stores points to pay for your travel instead of cash, and a central booking system to plan your journeys. You must apply for your smart card before you can use Rural Wheels and be prepared to book your travel at least two working days in advance by telephone. Cards can be 'topped up' at Sedbergh Post Office, library or by sending a cheque to Cumbria County Council.

The scheme, which is complimentary to existing public transport services, can be used for a variety of purposes including hospital visiting, shopping, keeping appointments and to link with public transport. It will use existing resources and be beneficial for rural transport providers in supporting the local economy. The scheme is available Monday - Friday, from 9am to 5pm though users may need to be flexible about travel times and may need to share transport with others passengers.

Caroline explained how to get a smart card - 1 p = 1 point (Journeys are charged at 30 points per mile) and said the scheme is being promoted through Age Concern, libraries etc. She stressed the service is demand-responsive and urged people to publicise it to others. She also confirmed users do not pay for 'dead' miles and that, with sufficient notice, it is possible for passengers with disabilities and mobility problems, including wheelchair users, to be accommodated. Further information is available from the Rural Wheels Service - 01228 606721.



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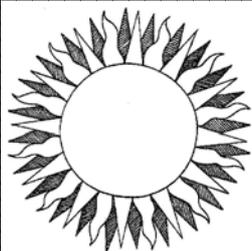
VISITING BUTCHERS

A recent visit from 9 Northern Ireland "Elite Group" Butchers to the North West was hosted by the North of England's Guild of Q Butchers. Dennis our driver and I met our guests at Liverpool airport arriving from Belfast on Sunday 9 September and were booked in at Guys Thatched Hamlet at Bilsborrow, Preston for three nights.

Monday morning after breakfast at 7.00 am they departed to Penrith accompanied by Frank Taylor, who joined them for breakfast at 7.00 am. They were shown around Cranston's Cumbrian Food Hall and Meat Factory, Winner of North West Best Rural Retailer of 2005 and finalists of

Butchers Plus 2006, by Phillip Cranston.

They were given a selection of Cranston's products and coffee to keep away the hunger pangs. Midday saw them depart to Ambleside via Keswick for a scenic Lakeland tour. They stopped off at Castlerigg Stone Circle at Keswick which is one of the most visually impressive prehistoric monuments in Britain, and is the most visited stone circle in Cumbria. Every year thousands of people visit it to look, photograph and draw and wonder why and when and by whom it was built. The stone circle is on the level top of a low hill with views across to Skiddaw, Blencathra and Lonsdale



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Fell.

At Ambleside they joined a Lake Cruise Boat and for one and a half hours, in glorious sunshine, they cruised the length of Windermere. A very welcome break! They were met at Lakeside and transferred to Higginsons of Grange for a look around Higginsons new production extension and their new takeaway food shop. Voted Britain's best butcher, Higginsons of Grange-over-Sands near Kendal are purveyors of quality meat produce throughout Cumbria. The business is a family concern run by Stuart Higginson and famous for its homemade, national and international award-winning pies, sausages, home-cured bacon and gammons.

After Higginsons they drove to Sedbergh to visit Garth Steadman's shop, arriving at 4.30 pm. Steadman's was judged to be North of England's Butchers Shop of the year 2006 and is famous for producing many award winning products. They had a guided tour of Garth's premises and enjoyed talking to Garth and his staff and picking up new ideas. Then it was time to go back to Guys Thatched

Hamlet where a memorable meal awaited them.

Tuesday Garth and Dennis picked them up at 8.00 am and departed to John Chadwick's premises at Standish. We lost half an hour in dense Traffic around Preston and spent 2 hours instead of one hour at Chadwick's. There were so many things of interest to see. Visit Chadwick's and you are visiting the home of a truly unique farm-to-fork food retailer, and possibly the only example – in the world – which slaughters, prepares and sells locally sourced meat via its on-site abattoir, food hall, and fully licensed restaurant.

The next stop was Vernon's Food Hall at Holt just over the Welsh border. There they were met by Andrew Vernon and after coffee shown around the premises. Vernon's business was Welsh Butchers shop of the year 2006. Tucked away in the little village of Holt, Nr. Wrexham, J T Vernon offers a treasure trove of culinary delights. A premier food hall with a string of prestigious awards to its name. We later visited Andrew's new venture which is a preparation factory with a takeaway food shop on a nearby Industrial estate. Less than a year old, our guests were impressed at the number of products being made and at the thought that had gone into the design of the Unit which is named "Get Stuffed".

Next stop was Cheerbrook Farm at Nantwich. We were met by Andrew Shufflebotham, his wife, Sarah, and

(Continued on page 60)

mother who had prepared a fantastic Buffet Lunch for us.
 N F U Farm Retailer of the Year Andrew said, "My family and I were in the pig industry which took a colossal slide. Our business was losing an awful lot of money in a very short space of time. It was then that we changed tack, setting up the current business ten years ago". The farm has gone to extreme lengths to make sure the food is right, even setting up a 100-strong tasting panel to test all the new products. Another member of the prestigious Guild of Q butchers, Cheerbrook is a cut above the average farm shop and a credit to all who work there. Our guests were happy to browse, take photos and

talk to the staff picking up new ideas and enjoying looking at the array of displayed products.

Now running two hours late we transferred to Frank Taylor's of Sale arriving at 4.30 pm. Frank Shop has recently has an extensive complete refit and we were impressed at the way that he had tackled many of the problems faced when refitting a busy shop.

Frank has some innovative marketing ideas which he explained in detail to our interested guests then we were shown around Frank's premises.

A short detour saw the party stop off at Trafford Park home of Manchester United. Everyone was impressed with

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the Stadium and was able to visit the visitor centre.

We made it back to Guys Thatched Hamlet at 7.30 with 30 minutes before dinner. We had booked a private room for Tuesday Dinner and were joined by several North West Guild of Q Butchers which made 20 in total, and had a very good meal, a few beers and tales which went on, so I am told, until 1.30 am. Phew!

On Wednesday Frank Taylor and Andrew Vernon accompanied our friends with John Mettrick's of Glossop scheduled as first stop. Traffic made them 2 Hours late when they finally arrived at Glossop.

The were shown around John Mettrick's Shop, Winner of Top Shop 2004/5 and had an interesting tour of their Slaughterhouse which was recently featured on the BBC2 Series, "Kill it, cook it and eat it". John slaughters animals for Chatsworth Farm Shop and told us that last week they had used as many as 360 Lambs. They then moved on to Chatsworth Farm Shop and were made very welcome by the staff. After more pictures and questions they had lunch at the Farm Shop Café. 2002 saw the Farm Shop celebrating its 25th anniversary. Over a quarter of a century ago, Her Grace, the Duchess of Devonshire, decided the Estate needed an outlet for its lamb and beef. She converted a small corner of the former Stud Farm at Pilsley into a shop. 25 years on, the Farm Shop sells a huge variety of high quality British produce and employs over 100 staff.

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W R Wrights of Liverpool was to be the last stop on route for the Airport. The warehouse is like an "Alladin's cave" especially designed for Butchers. Everyone found something of interest to purchase and a delicious buffet was quickly devoured. Reluctantly, our friends eventually had to depart for the airport and face the rush hour in Liverpool. They checked in with time to spare and expressed their gratitude for an informative, scenic, and interesting trip.

We have all learned something and made friends for life. Even our driver Dennis and his wife have been invited to Northern Ireland to stay.

Every shop that our friends visited, the owner was given a glass ornament inscribed with the Elite Butchers and the date of the visit as a memento.

I was one of the 15 Guild of Q Butchers fortunate to visit Northern Ireland two years ago and to receive great Irish hospitality. I am glad we have been able to repay our welcome and that we made their visit memorable.

Garth Steadman

CUMBRIA WILDLIFE TRUST

Adam Sedgwick's Great Dislocation

Adam Sedgwick geologist, was born in Dent on 22nd March 1785. He attended the Grammar Schools at Dent and Sedbergh entering Trinity College Cambridge in 1804. Although practically ignorant of the subject he applied for the Woodwardian Professorship of Geology and was so impressive at interview that he obtained the position by a landslide at the grand salary of £100 per annum. This no doubt inspired him to make geology his life's work and most of our modern knowledge of



British and European geology is based on his painstaking fieldworking. This is all the more remarkable as it was accomplished on foot usually accompanied by a pack horse to carry his tools and rock samples. An excellent way to study his work locally is to follow the Sedgwick Trail along the river Dee below Longstone Common. Collect a leaflet first from the Tourist Office "The Sedgwick Trail". The trail begins at Danny Bridge where an unfortunately mis-spelt YDNP notice announces the start. Looking to the east we can see hills

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consisting of Carboniferous rocks, limestones, sandstones and shales over 300 million years ago and to the west are the Howgill Fells, mainly Silurian rocks, 400 million years old. Some 290 million ago came the beginnings of the "great dislocation", the Dent fault, a major fracture in the Earth's crust. The rocks of the Lake District were lifted up by as much as 2.5 km above those of the Carboniferous Pennines. Wind, water and ice have helped to wear down the uplifted strata leaving the present landscape.

At this first point we can see limestone, formed in deep tropical seas from the lime muds, calcite shells and skeletons of marine animals. Here is the first hint of a disturbance as the rock, laid horizontally, is now dipping at 60° upstream. Follow the trail downstream and, when you reach point 2 look down at the rocks by the river's edge. Remembering that these rocks can be slippery and dangerous, look for white horse-shoe shaped fossils in the rock. These are the remains of ancient shellfish, brachiopods. You should also be able to spot the remains of corals, either sideways as a series of tubes or in cross-section like the tops of cut-off straws. As we carry on to point 3 we cross deep gullies at right angles to the river. These indicate a periodic shallowing of the coral sea where mud formed in a coastal swamp. With the rocks being tipped almost vertically by the compressing action

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of the fault these much softer rocks have formed gullies deepened by tributary streams. Onward to point 4 where dark shiny material looking like coal but much harder is found in lumps or layers attached to the limestone. This is chert, very similar to flint, probably formed from the remains of sponges which decayed and formed a silica gel.

At point 5 the rocks on the opposite bank are pushed up into waves, evidence of the impressive power of the earth's movements. Increasingly white streaks can be seen in the rocks. This is more evidence of faulting. Minerals are melted and released into the fractured rock, mainly quartz here but lead, zinc, silver, tin and copper have been found at other sites along the fault.

At point 6 there is a hard band of sandstone crossing the river. This is the same sandstone which, being hard and resistant, caps many local hills, Ingleborough for example. It is also used as roofing and paving flags. This indicates another change in

(Continued on page 64)

conditions when sandstone was formed in deltas and along shorelines. At point 7 the rocks are even more disturbed, some being fractured and overturned. A rather unsavoury cave is here, limestone being readily dissolved by rainwater particularly that running off acid peatlands. Some good examples of potholes here are evidence of the erosive work that pebbles swirling in the river bed can do.

At point 8 there is a dramatic change in scenery. The river valley widens out quite markedly. We are about to step back 100 million years of geological history. Points 9, 10, 11 and 12 tell extraordinary tales of desert wadis, crushed and shattered

rocks and deep oceanic environments. Take care, while assimilating all this excitement, you are negotiating your way from rock to rock trying to avoid accidental immersion. If you are really lucky you may spot an elusive fossil graptolite lurking in these ancient compressed oceanic muds.

The evidence of these huge and powerful geological events is awesome and it's not over yet. In 1970 there was an earth tremor of 4.5 and there have been other smaller tremors since. The fault is still moving so forget about terra firma, you are riding a geological roller coaster every day. Don't have nightmares!

SG

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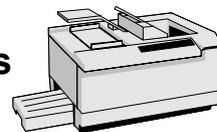
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Dear reader,

My name is Misela; I am Slovene from Celje near Zrece, doing a PhD at Lancaster University.

In my project, I am exploring tourist experiences of British tourists in Slovenia. The aim is to capture the experience of tourists before, during and after their visit to Slovenia - their dreams and expectations, their feelings and activities, their memories and connections that extend beyond time and space of travel.

If you decide to participate in my research, I would meet you upon your arrival to Slovenia and do a short interview about your expectations and anticipation about your holidays. I would then lend you a video camera and ask you to do a video diary of your stay in Slovenia. Alternatively you can choose to do a written diary. The content of the diary is entirely up to you because it is your experience

that counts. A full copy of your diary can be provided to you. The content of the diary would remain your ownership and would be used solely for the purposes of my research.

Upon your departure I would meet you again and ask you about your impressions, travel stories, souvenirs you may have bought etc.

Apart receiving a copy of your diary, you will have an opportunity to meet a native speaker (i.e. me) who is happy to help you with tips about your stay.

If you are planning to visit Slovenia and are willing to participate in a research please contact me at mavric@lancaster.ac.uk or check out my web site for more details.

Misela Mavric, Doctoral Researcher, Sociology Department and CeMoRe, Lancaster University (UK), Mobile: +38641 523636, Web: <http://www.lancs.ac.uk/fass/sociology/prospective/phd/students/mavric.htm>

KILLINGTON W I

*"Remember, remember the fifth of
November*

Gunpowder, Treason and Plot.

*I see no reason why gunpowder
treason*

Should ever be forgot."

Now you might ask, "What connection has that with Killington W I?" And I might answer, "Absolutely none!" - but at least it's very topical. There wasn't even a guy at our October meeting unless you count our various favourite Father Christmases. That competition was won by Sue Sharrocks with a very jolly looking chap. (She might not have won if my favourite Santa had not been buried deep in the loft – a

toilet roll centre wrapped in red sticky paper and decorated with various bits of cotton wool, made by a three-year-old son! It still graces our Christmas tree every year although he is now nearly of an age when life begins!) Marjorie Henson won the raffle for a lovely book.

This was the meeting when there was serious business to transact. **Are we going to remain members of the Women's Institute movement?** However, before that we had an even more important matter to deal with, namely to welcome Anne Jones as a member. We are delighted that you have decided to join us Anne and look forward to your company. Shirley then told us about the Cumbria/

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Westmorland Federation Council meeting that she and Valerie had recently attended at Coronation Hall in Ulverston. They had listened to all the various reports, chatted to members of other WIs, and enjoyed a variety of entertaining speakers. You might wonder why our local federation is called "Cumbria/Westmorland". Back in 1974 when the counties were reorganised and Cumberland and Westmorland ceased to exist, it was necessary for the WIs to reorganise also. Our federation came into being, as did "Cumbria/Cumberland", though if we are being accurate, we in Sedbergh should belong to "Cumbria/Yorkshire Federation" (which doesn't exist). After all, we are all *tykes!* But I digress yet again.

Twelve months have passed since we "fell out" with the national Federation over a large increase in the subscription, together with the

imposition of a monthly magazine. At the time we were up in arms but decided to defer our decision for a year. This month after final discussions we took a secret ballot of our members which now resulted in an overwhelming decision to stay with the WI. It's just as well that we didn't act in haste and repent at leisure.

So, on to our speaker. Susan Oliver came to demonstrate "Christmas Ideas". She showed us lots of lovely decorations and cards we could make. All of them were simple and effective – well within the capabilities of the clumsiest and least artistic amongst us. Susan presented them in a relaxed and entertaining way but a surprise to us all was to discover that she is a Superintendent Registrar at Kendal (hatches, matches and despatches). She had a wealth of amusing stories of her experiences. One remarkable tale she told was of

(Continued on page 68)

a wedding at which she was invited to the reception after officiating at the ceremony. All was going swimmingly. When the lovely meal was over it was time for the speeches – bride’s father, best man, telegrams, and finally the groom rose to speak. Surveying the assembled company he said, “I’d like to thank you all for coming here today. I’d especially like to thank the best man for having it off with my fiancée for the last six months! I’d like to thank you, my new parents-in-law who knew all about it and did nothing. I just went through with it today so that you would have to pick up the bill!!” Exit groom.

We hope that all our absent members will be fit and able to join us for our next meeting. We trust that Sarah’s wrist is on the mend. The latest casualty to whom we send our good wishes is Elizabeth with a broken leg, unfortunately the second one in quite a short time. I am reminded of the quotation from *The Importance of Being Earnest*, “*To lose one parent, Mr Worthing, may be regarded as a misfortune; to lose both looks like carelessness*”. The meeting is our AGM. on Tuesday 13th November at 2-00pm in the committee room of the People’s Hall. An ideal day for you to join us.

“Remember, remember, thirteenth of November.

The committee will bake cakes for tea.

I see no reason they’ll not keep on pleasin’

All those joining us happily.”

W.F.U.

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NOVEMBER GARDENING

November is traditionally the time when roses are given their first pruning to reduce them in height and bulk, so that they do not put up lots of wind resistance and blow over in the winter gales. Current rose pruning advice is to cut back the stems as little as possible during the summer so that all the nourishment made by, and stored in the stems goes into producing more flowers. The old fashioned way of pruning hard in the winter and making careful cuts to an outward facing bud has also gone by the board. Now, chopping back the stems with a hedge trimmer is in vogue. I have to confess that I haven't tried this method yet because I find that there is something very satisfying about shaping a bush with a pair of secateurs, cutting out dead, or diseased or weak wood and leaving the strongest healthy stems to grow on. My rose bushes are hardly ever sprayed against disease so hand pruning is a good way to tidy up the infected prunings as I put each cut stem straight onto the bonfire pile or into the green bin.

Now that the leaves are falling from the roses it is a good time to look for suitable stems to make hardwood cuttings. Roses are traditionally grafted onto rootstocks as this gives the maximum number of plants in the nursery – only one bud is needed per rootstock. However, many roses grow very happily on their own roots, so if you have a favourite rose that you would like to increase in numbers then you won't lose anything if you try

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propagating from your prunings. Choose sections of strong healthy wood, about pencil thickness, and cut into pieces about 4-6ins long with a bud at the base and at least one at the top. Dip the bases into rooting powder and then push them into a pot of compost so that about 1in of the cutting is buried. Put the pot outside in a sheltered place and leave outside all winter. Hardwood cuttings must never be hurried. They need the cold winter months to callus and will only begin to grow roots when the days lengthen and the spring sun warms the soil.

Having mentioned bonfires as a good way of getting rid of diseased plants, it is worth mentioning that an old bonfire heap often becomes a home to hibernating animals at this time of year. I invariably find frogs and toads, mice and the occasional hedgehog hiding in the heap so I always light the fire to one side of the pile and move the rubbish over onto it a bit at a time. That way all my slug and other pest controllers don't go up with the flames.

Elaine Horne

COUNCILLORS CORNER

An interesting month for those of us who read the political entrails on a daily basis. If the prime minister had felt the same way on the morning of Saturday 6 October as he did the previous evening we would be well into an election campaign by now. By the end I was truly convinced there would be an election simply because he was going to look incredibly silly if he decided not to hold one.

The extra payment on the Hill Farming Allowance because of the market effects of Foot and Mouth Restrictions was something which was not expected by myself, or apparently by the national officers of the National Farmers' Union. The more cynical see it as no more than an election bribe which was not cancelled when the election was not called. Personally I do not agree. By all accounts Hilary Benn was

genuinely interested and moved when he came to Skipton Auction Mart. Of course this money cannot offset the very real hardships caused by this latest outbreak particularly for lowland producers. We have an extraordinary situation where the government itself is clearly and absolutely guilty of allowing a harmful organism to be released into the environment. Past experience means that I would be surprised if any of the threatened legal actions ever come to anything. Of course, the one certainty is that any penalty any court should choose to exact will be paid for out of the existing farming budget – regrettably, that is me being cynical.

I feel I must give some background to the new electoral boundaries for South Lakeland. The "Further Electoral Review" was initiated by the Boundary Committee of the Electoral

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Commission in South Lakeland because the wards were deemed to be too far from equality. In particular Sedbergh was too light for two members and Kirkby Lonsdale too heavy for one. Various options were examined, such as including more of Whinfell ward in with Sedbergh and moving Casterton and Barbon in Sedbergh. The group which was charged with bringing forward proposals was finally faced with a choice from two options, a three member Sedbergh and Kirkby Lonsdale ward or else moving Casterton and Barbon into Sedbergh but keeping Kirkby Lonsdale separate. The three member option was the recommendation of the ALL

PARTY Boundary Working Party of the council and that recommendation went forward from the council to the national Boundary Committee. It is certainly true that the Liberal Democrats made nine objections to the proposals put before the committee; it is also true to say that they rejected every single one of them out of hand.

Towards the end of last month I was one of a group which represented the Yorkshire Dales at the 2007 Association of National Park Authorities Conference. This was hosted by the Peak District National Park and was held in the Palace Hotel, Buxton. On the first evening the reception and buffet dinner was in the breathtaking Buxton Dome, once the Royal Devonshire (as in Dukes of) Hospital. The keynote speaker was Jonathan Shaw, Defra Minister. I found his contribution to be of substantially greater merit than that of his predecessor which I heard in the same venue eighteen months earlier.

For me the second day consisted of a guided walk along the Pennine Way from Torside Reservoir over Bleaklow until it meets with the road over Snake Pass. The scenery was very similar to the high fells around here and could readily have been mistaken for a smaller scale version of Baugh Fell. As the land was owned by United Utilities various measures had been undertaken to reduce the run-off of peat into the drinking water reservoirs to the north of the moor.

(Continued on page 72)

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These involved the total exclusion of sheep for ten years and various measures which were attempting to stabilise the peat hags on the summit. Surrounded by major conurbations the peat has high concentrations of many heavy metals and it was this, and the discolouration of the water which had been the initial drivers for conservation measures. However, it is now recognised that the peat represents a major carbon store and provided it is well managed gives an opportunity for taking up atmospheric carbon dioxide. This is a new development in the "climate change" debate and one which we will probably soon see replicated on our own fells around Sedbergh and Dent.

Since last month I have attended a fairly dry discussion about the Cumbrian Districts working together to reduce costs – a subject close to my heart. There has also been a meeting of the Trustees of Sedbergh



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United Charities. There have been various budgeting meeting both on SLDC and YDNP. For the National Park the issue continues to be the accessing of external funding sources.

The excellent weather has allowed me to take a lot of photos for my talks on the Mills in Garsdale which I imagine will be advertised elsewhere in this Lookaround. Please come along and find out who "Danny" was if you don't already know.

Last month I said I hoped no-one would knock the sides of Lincoln's Inn Bridge for a while. However, I see one of the copings on the Sedbergh side has left its cement base already.

To contact me please ring 015396 20800 or 07980 844 695 (preferred) or email kjlanc@kjlanc.demon.co.uk or else write to me at Fellgate, Dowbiggin, SEDBERGH, Cumbria. LA10 5LS. *Cllr Kevin Lancaster*

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HOWGILL W. I.

The September meeting was held at Firbank Church Hall. Speakers for the evening were Mathew and Dan from "Life-Line" based in Sedbergh. They gave advice on basic First Aid. Members participated by practising bandaging and fitting an arm sling.

Hilary Wilson thanked them for showing us how to deal with an emergency.

Judith Stainton was the winner of the competition for an exotic vegetable, raffle winners were Helen Beare and Elsie Middleton.

The Annual General Meeting was held at Howgill Village Hall on October 4th. President Mary Silva welcomed fourteen members and six visitors. A warm welcome to our new member Judith Todd. We were reminded of forthcoming events i.e.. The Pub Quiz at the Bull Hotel, Howgill Hikers November walk, our domino drive and the Christmas Celebrations at the Golf Club.

The Secretary's report proved we had an enjoyable and busy year, and the Treasurer reported on a healthy financial statement. No ballot was needed as the present committee agreed to stand. A vote for President was unanimous returning Mary Silva as President for 2008.

Mary Stainton was the winner of the Appleby Cup for the most competition points throughout the year. Alison Plenderleith was thanked for dealing with the M.C.S., Anita for Howgill Hikers and Elsie for the lovely flowers she brings each month for the President table. Mary went on to introduce Judith Dunsford who with

original photographs taken by the late Jim Cookson showed slides giving a fascinating glimpse into the past showing unique qualities of the way of life on a traditional working farm in the 1940's. Many tasks in the farming calendar were done by hand which meant farming was a labour intensive business. They had to rely on horses for haymaking and ploughing. There were boon days when neighbouring farmers would assist with annual jobs like clipping when hand clipping and clipping stools were used. We enjoyed being able to recapture everyday life in an environment of natural beauty and in the rural tranquility of Howgill. Mary Silva thanked Judith for showing the slides, Hilary Wilson for organising, and Peggy and Annie for the commentary, with tales and anecdotes of country living.

Winner of the competition, 'A Photo from the Past' was won by Peggy Postlethwaite with Bridget Postlethwaite second. The social half hour to name the sweets was won by Helen Beare's team, Helen also won the raffle.

On November 8th John Askew will be at Firbank Church Hall at 7.30pm. If you are confused about the Digital Switch Over do join us when he will answer any queries. Men and Women all welcome. *A. H.*

JOB VAGANGY

at Sedbergh Toy Library
On 1st & 3rd Monday each month
1:30 to 5pm

for terms & conditions, call Nicola on 21484

SEDBERGH & DISTRICT HISTORY SOCIETY

The first lecture of the 2007/8 season was held at Settlebeck School on Wednesday 3rd October 2007. Over forty members of the society met to hear a talk by Elizabeth (Bette) Kissack on the life and work of Thomas Hayton Mawson, the landscape architect with particular reference to his connections with the Lake District.

Thomas was born at Scorton, near Lancaster, in 1861. When he was six the family moved to Lancaster and his father bought a plot of land on which he built a pair of semi-detached houses, in one of which the family lived. It was there that Thomas first started gardening. The family soon moved to Ingleton but when he was twelve he went to live and work in Lancaster for an uncle who was a builder and a keen horticulturist. When he was fourteen his father bought a property at Langber End to set up a nursery and fruit farm and Thomas was needed to help. Sadly his father died after two years and a little later Thomas went to London to find work. He was soon able to send for his two brothers Robert and Isaac, his sister, Sarah, and his mother to join him. In London he met Anna Prentice whom he married in 1884.

Whilst on honeymoon in the Lake District Thomas received a letter telling him that a proposed business partnership had fallen through. As a result he and Anna decided that there was the potential in the Lake District to start a family business there. The

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whole Mawson family moved to Windermere with Thomas running a landscape gardening practice with Robert and Isaac running, in conjunction, a nursery and contracting business. Their first commission was to landscape a garden at Bryerswood in Far Sawrey. This was followed by work at Graythwaite Hall which gave Thomas the opportunity to display his passion for terraces and balustrades complemented by ball-finials. Other characteristics of his work were large lawns for playing games and yew hedges. Whilst working there he met the architect Dan Gibson and the two subsequently worked together at Brockhole. Mr Gaddum, the owner, was a keen photographer and made a record of the building of the house and the landscaping of the garden. As a result of this Thomas obtained other commissions at Holehird,

Cringlemire, Langdale Chase and Moor Crag.

In 1900 Thomas designed and built for himself The Corbels in Windermere. On the opposite side of the road his brother, Robert, and family lived in one half of a semi-detached house whilst his sister Sarah, and family, lived in the other half. Isaac and his wife Rosa lived in Oak Street and Heathwaite was built for other members of the Mawson family. The first edition of Thomas' book "The Art and Craft of Garden-Making" was published in 1900. He opened a London office in 1901 but the same year saw the death of his brother Isaac.

Thomas and Anna's family, which included eight children, had a holiday home built on the shoreline at Hest Bank and the nearby railway station enabled Thomas to reach London much quicker than from Windermere. Thomas, in conjunction with Dan Gibson, was responsible for building a Congregational Chapel at Hest Bank where he worshipped. Thomas also wanted to create a model village there and designed several houses

including The Pillars. As an architect Thomas' designs were characterised by protruding slated gables and windows with a central pillar. His reputation grew and he obtained a commission from Lord Leverhulme to landscape fifty acres of ground around his house, Royston Cottage, on Rivington Pike. This included the design for a Japanese garden which was fashionable at that time.

Returning to the Lake District he obtained more commissions including landscaping gardens for Rydal Hall, Briery Close, Wood Hall and Above Beck. His work on the latter in Grasmere included a Japanese style garden. Before the outbreak of the First World War he returned home from Greece where he had been working. All the unmarried men in his Lancaster office enlisted and sadly one of his sons killed in the war. After the war Thomas was responsible for the building of the Westfield Military Village in Lancaster on land given by Mr Herbert Lushington Storey. Thomas had previously landscaped the gardens of Mr Storey's house Bailrigg which now forms part of Lancaster University. In his last years he and his wife moved from Hest Bank to Caton Hall before returning to Hest Bank where he died in 1933. He was a man of international status having worked for Kings as well as Dukes, Lords and Viscounts.

The Chairman thanked Bette for her most interesting lecture the highlight of which had been her wonderful collection of slides showing Mawson's work.

MATHS TUITION

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GCSE or A Level**

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015396 25438**

BARNARDOS

The Sedbergh Barnardo's Helpers Group wish to thank all the people who supported their Coffee Morning on Saturday 6th October.

The sum of £172 was raised to help fund Barnardo's projects in the area.

E.S.M.

TRIP OF A LIFETIME

Last month, I reported that I would be travelling to Myanmar, Burma that was.

Due to the recent escalation of trouble there, my exchange visit has been postponed. Thanks for all the offers of pens/football mags. I will let people know when the trip is back on.

Carole Gotham 22030

MACMILLAN COFFEE MORNING

Thanks to the generosity and support from everyone who came, we raised £270 at the Coffee Morning on September 28th at Gladstone House, for the Macmillan funds.

First prize in the raffle, a giant food hamper, was won by Wendy Frazer-Urquhart. Thank you to everyone who donated prizes towards the raffle, in particular the local shop keepers, Paul and Carole at Howgill Gifts & Treats, Garth Steadman, Angela Brooks, Steve at the Spar, The Chemist Shop, Martin Powell and the Green Door.

Thank you to all who helped on the day by making the coffee, selling raffle tickets, cakes and brie a brae, and for coming along. Your support is very much appreciated.

Kath Milburn

LOCAL BOYS FUND

There will be a Sedbergh School Local Boys' Fund Committee Meeting on Friday, November 9th. Any application is welcome for grants for educational tuition and/or educational facilities from boys resident in the parishes of Sedbergh, Garsdale and Dent.

Please contact Joyce Priestley, Havera Bank, Sedbergh, Tel: 015396 20104, for any further details.

MACMILLAN SUPPORT GROUP

The local MacMillan Support Group for Sedbergh, Dent and Kirkby Lonsdale would like to make it known that donations can be made directly through your local committee. This can be done by contacting Ann Bannister Tel: 015396-21664 or Jill Kay Tel: 015242-71481. The group would also like to thank all those who have recently made donations or given their support to MacMillan. Thanks to Joanne Orr of Sedbergh who ran the Great North Run and raised £150.

Many, many thanks for helping towards fulfilling our aims to providing practical, medical, emotional and financial support to improve the lives of people affected by cancer.

1st SEDBERGH SCOUTS

Please note that the Scouts Christmas post service will operate this year in Sedbergh town and Millthrop areas only. Further details will be in next month's *Lookaround*. Look out for the usual red postboxes!

MESSAGE FROM THE EDITOR

This month, *Lookaround* celebrates it's 250th issue and it is only going so strong because of the support from everyone, albeit readers, writers, groups and advertisers.

Lookaround is a platform for everyone in our community and I think that one reason why it is successful is because it is independent and not affiliated to any group, business or individual. I have tried to remain impartial over the years and will insert virtually everything that is submitted. There have been exceptions over the years, but not many. Everyone has their own point of view. I don't always agree, but it is the individuals prerogative to express their point of view in our pages.

Every now and then, something appears in our pages that is an issue locally and points of view are expressed. I have been criticised for allowing people to express their opinions, whilst remaining anonymous. which include "N. Hastle", "E.N.Joy"; "Ray King" and others. I have not included these items unless I know who has written them, but have printed their submission maintaining their anonymity.

Still remaining impartial, I will allow people to express their point of view within these pages but will no longer include the item unless the author is prepared to be identified.. DJW

LADIES NFU

Thank you to all who supported our charity evening in the Peoples Hall on Thursday 11th October making it a huge success. A cheque for £911.00 was sent to the Alzheimer's society, this included donations as well as the money raised from the charity evening.

The October meeting was very well attended and Mr Marshall from Bath House gave us an amusing and interesting talk on how his business first started and now supplies to leading companies including John Lewis's, he also said that the shop in Kirkby Lonsdale was doing well. We were all surprised at how much work goes into supplying the products. He spoke to us about the mixtures of perfumes and ingredients that were tested to make a product. After his talk Mr Marshall set out bottles with different smells eg pepper, coffee, roses with a list of names, and invited us to try our skills at which smell was in each bottle. The winners were given a prize; also he brought some samples for all the members to take home.

The November meeting is slides on Out and About in Cumbria in the Peoples Hall committee rooms on Tuesday 20th at 7.30pm. The December meeting will be held on Tuesday 11th and is Christmas Flowers by Linda Hopkins.

PHOTO CALL

This month has been a good one as I have the names for not only last month's photo but September's as well.



The Settlebeck photo was identified by Tina Cowin, Julie Middleton and Amy Potter. So thanks girls.

From the top left to right: Wendy Harrison, Neil Townley, Simon Webber, Danny Christadoulidies, Thomas Bentham, David Lewis, Andrew Woof, Peter Mason, Wayne Hutchinson, Susan Nelson, Tara Davies, Stewart Procter, Martin Allison, Kathryn Goad, Kathryn Roy, Julie Alderson, Sarah Surridge, Rachel Sykes, Joanne Scambler, Sarah Capstick, Amy Potter, Alison Winn, Tina Cowin, Elaine Sedman, Ralph Brooks, Lorien Barber, Neilson Thornton, Michael Wearing, Scott Dixon, Ann Wilson, Chris Glover, Angela Haygarth and Andrew Hoult (half of him)

Septembers photo was a Bible class held at Randall Hill. Thanks to Ann Allen, Jack Campbell and Margaret Martin

Back row l-r: Cyril



Hutchinson, Harry Batty, Roly Harper, Geoff Batty, William Dawson, Tony Edmondson, Robert Hutchinson, May Eglin, Peter Harrison, Nellie Winn, Dick Harper.

Middle row: Jack Dawson, Olive Brown, Dorothy Eglin, Mrs Hutchinson, Nellie Metcalfe, Dorothy Aspden,

Front row: Richard Armistead, Eleanor Cornthwaite, Annie Harper, Theresa Nicholson, Zilla Lancaster, Jack Cambell.

Another class photo from Settlebeck this month, again relatively modern - perhaps someone can give me an approximate date. I recognise a couple of faces but once again I need your help with the rest.

Shirley Tebay, Walnut Bungalow, Dent, LA10 5QT.015396 25001 or email shirley.tebay@btinternet.com



1		2		3		4	5			6		6	Microscopic body part found in dungeon under crimson gore (3,5,4)
												10	Scrap tureen provides intense emotions at heart (7)
7												12	Bill's garden friend gets caught up twice in acacia pods (3-3)
												13	Games raise tempers (6)
8												15	Rush about with Eastern theatre employee (5)
						9				10			<i>Answers to October -</i>
11			12		13								ACROSS: 1 Dabbling; 5 Emu;
						14		15					8 Fused; 9 Muckiest; 10 Steer;
													11 Soprano; 12 Gourmet; 14 Midas;
16													16 Assigned; 17 Neigh; 18 Sag;
													19 Bless you.
17					18								DOWN: 2 Black Pudding; 3 La-di-da;

Across

1 Shap's in trouble with Iberian (7)

5 Dread airmen flying back around East (4)

7 Wild turmoil descended (12)

8 Hard nettles for putting clothes on (7)

9 Sound system hidden by chaste reoffender (6)

11 Compensation for males seen in adverts (6)

14 Struck by the first swelling appearing on Edward (7)

16 Part of a theatre that's like a porch? (5,2,5)

17 Something with teeth seen at start of combat (4)

18 Finish off Surrey with a 50? That's strange (7)

Down

1 This cup of CIA rum is a classic (5,7)

2 Sort out a stove, getting right inside (7)

3 Is Susan a problem? (5)

4 Bother! Sarah's upset by Soviet leader (6)

5 Edge of finger is reconstructed (6)

SEDBERGH TOWN BAND

A small group of five players from the Town Band (Alan Lewis, Stuart Shields, Paul Grey, Noel Bertram and Robert Corrigan) together with a guest percussionist (Alan Fry from Ulverston) performed in the Dalesman on the evening of 16th October. They recently joined together as a group under the name of 'Lia' -the name of the granddaughter of the Town Band's Director of Music Alan Lewis. Before the Dalesman performance they had previously played at both a wedding and a funeral.

An appreciative audience was treated to an excellent programme of beautifully played brass music by this group of most accomplished musicians.

BUS SERVICES

Sedbergh to Kendal via Oxenholme					Blackhall Road, Kendal to Sedbergh via Oxenholme				
Monday to Friday					Monday - Friday				
0745		564	S	❖	0830		564	S	❖
0940		564	W		0835	Sch	564	W	
1005		564	S	❖	1030		564	W	
1015	Wed	564B	W	❖	1050		564	S	❖
1240		564	W		1300	Wed	564B	W	❖
1300		564	S	❖	1330		564	W	
1440		564	W	❖	1410		564	S	❖
1550		564	S	❖	1610		564	W	
1711		564	W		1625		564	S	❖
Saturday Only					Saturday Only				
1005		564	S	❖	1050		564	S	❖
1050		564A	A8	❖	1410		564	S	❖
1300		564	S	❖	1425		564A	A8	❖
1550		564	S	❖	1625		564	S	❖
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
Monday to Saturday					Monday to Saturday				
0900	M-F	564	S	❖	0710	M-F	564	S	❖
1120		564	S	❖	0940		564	S	❖
1440		564	S	❖	1225		564	S	❖
1655		564	S	❖	1515		564	S	❖
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945	Thu	567A	W	❖	1215	Thu	567A	W	❖
Sedbergh to Cowgill					Dent to Sedbergh				
1330	Wed	564B	W	❖	1000	Wed	564B	W	❖
0940	Sat	564A	A8	❖	1035	Sat	564A	A8	❖
1500	Sat	564A	A8	❖	1600	Sat	564A	A8	❖
Last Update: September 2007									
M-F	Monday to Friday Only				W	= Woof's of Sedbergh			
Tue	Tuesday Only				S	= Stagecoach in Cumbria			
Wed	Wednesday Only				A8	= Apollo 8 ❖ = Provided with Support from CCC			
Thu	Thursday Only				Please note whilst every effort has been made to ensure that				
Sat	Saturday Only				the times shown are up to date, they can change at short notice.				
Sch	Schooldays Only (M-F)				For Comprehensive up-to-date information ring :-				
<i>All times are from and to The Dalesman Inn</i>					Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)				

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

Church Wardens:

John Beck 22109 & Lavinia Mahon 21740

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

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Market Place, Kendal
 Sunday 11.00
 Wednesday 19.30

Rev. G Jones Tel: 01539 - 722079

*For enquiries for the following services,
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Firbank; Howgill & Killington
 Cautley & Garsdale

Canon A W Fell Tel: 20283

Church Wardens:

Cautley: Judith Bush 20058 & Linda Hopkins 21455
 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723
 Dent & Cowgill

Rev. P Boyles Tel: 25226

METHODIST CHURCH

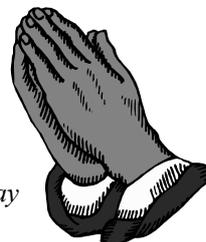
Dent; Dent Foot;
 Cautley; Fell End;
 Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostron

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SEDBERGH CHRISTIAN CENTRE

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*Would you like to know that someone is
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 pray for you and/or
 others.*



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DIARY OF EVENTS

Dates are held up to 2nd September 2008

<i>"Lookaround Diary" What's missing?</i>		U R		
For all entries marked with (*), see Advert in September Issue			20 1930	Yorkshire Life Remembered DCMH
			21 1930	HS Dialect in Wuthering Heights (1) SHS
			23 1830	Promise Auction (23) G&D
			23 1930	KC Domino Drive KVH
NOVEMBER			24 1330	Bingo GH
1 1000	Hidden Histories of the Dales Starts	DCMH	24 1400	SHS PTFA Jumble Sale (24) PH
1 1000	Wensleydale Camera Club Starts	DCMH	24 1930	Allegrì Singers (24) StAS
1 1030	Russett & Rime Exhibition Starts (1)	FM	27 1330	Bingo GH
1 1430	Toy Library	PH	28 1000	Wensleydale Camera Club Ends DCMH
1 1930	WIH Hand Painted China	FCH	28 1600	Gervase Phinn (28) Westwood Books
2 1830	FCH Bonfire & Skittles Night	FCH	28 1930	Sedbergh Parish Council PH
2 1830	Domino Drive	DMH	30 1730	SHS Christmas Fair (30) SHS
2 1930	KVH Domino Drive	KVH	30 1900	HS Annual Dinner (1) Thorn's Hall
3 1030	The Poet's Map (1)	FM	30 1930	Folk Carols Concert (30) DMH
3 1030	Stitched Up starts (1)	FM	DECEMBER	
3 1330	Bingo	GH	1 1000	Folk Carols Festival Workshop (30) PH
3 1845	Sedbergh Gala Bonfire	PH	1 1030	Russett & Rime Exhibition Starts (1) FM
6 1400	Spinning & Rugmaking	DCMH	1 1330	Bingo GH
7 1000	Lookaround Coffee Morning (7)	URCR	2 1000	Folk Carols Festival Workshop (30) PH
7 1930	WIF AGM & Jacob's Join	PH	2 1600	Christmas Fayre DMH
7 1930	GVH Domino Drive	GVH	4 1930	Town Band Christmas Concert PH
7 1930	HS Garsdale Mills (1)	SHS	5	WIF Christmas Dinner TBA
8 1930	Digital TV Explained	FCH	5 1030	Stitched Up Ends (1) FM
9 1000	Snap Happy, Snap Sad Starts	DCMH	5 1930	HS Members' Talks SHS
9 1930	KVH Domino Drive	KVH	6 1430	Toy Library PH
9 1930	Fair Trade at Home or Abroad (9)	PH	6 1930	WIH Party TBA
10 0930	MS Table Top Sale (10)	PH	7 1930	KVH Domino Drive KVH
10 1330	Bingo	GH	7 2000	Striding Edge Ceilidh-Roots Band (54) PH
10 2000	Howgill Church Dance	PH	8 1100	Garsdale & Cautley Ch Christmas Fair URCR
11	Remembrance Sunday		8 1330	Bingo GH
12 1500	Reading Group	L	10 1500	Reading Group L
13 1330	Bingo	GH	11 1330	Bingo GH
13 1400	WIK AGM	PH	11 1400	Blood Donor Session PH
13 1930	FC Domino Drive	FCH	11 1400	WIK Christmas Lunch TBA
13 2000	Les Bull Jazz Band	Bull	11 1730	Blood Donor Session PH
14 1000	Bowling Club Coffee Morning	URCR	11 1930	FCH Domino Drive & Mince Pies FCH
14 1315	Muncheon Music (14)	SSQH	11 1930	LNFU Christmas Flowers PH
14 1915	WID AGM + Social	DMH	11	SHS Senior Citizens Concert SHS
14 1930	CWT Farming & Wildlife	SHS	12 1915	WID Christmas Celebration DMH
15 1000	Hidden Histories of the Dales Ends	DCMH	12 1930	CWT Christmas Quiz SHS
15 1430	Toy Library	PH	12	SS End of Term
16 1000	Snap Happy, Snap Sad Ends	DCMH	15 1330	Bingo GH
16 1000	Traditional Houses in Wensleydale	DCMH	15 1600	Community Cinema (51) PH
16 1930	WIH Domino Drive	HVH	15 1930	Carols by Candlelight HJC
17 1100	StAS Christmas Fair (17)	PH	15 1900	Community Cinema (51) PH
17 1330	Bingo	GH	16	Carols & Tea DMC
19 1930	Deck the Boughs	PH	19	SHS End of Term
20 1200	SLSB Dinner	TBA	21 1930	Christmas Domino Drive HVH
20 1930	Beekeepers' Meeting	PH	25	Christmas Day
20 1930	LNFU Out & About	PH		

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

It is printed by Stramongate Press.

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

26	Boxing Day		
31	News Years Eve		
JANUARY			
1	New Years Day		
3	1930 Puss In Boots	SHS	
4	1930 Puss In Boots	SHS	
4	1930 KVH Domino Drive	KVH	
5	1400 Puss In Boots	SHS	
5	1930 Puss In Boots	SHS	
6	SS Term Begins		
8	SHS Term Begins		
11	1600 Skating For All (A)	BS	
12	1000 Skating For All (A)	BS	
12	1930 B&DAS Domino Drive	BVH	
13	1000 Skating For All (A)	BS	
15	1930 FCH Domino Drive	FCH	
16	1930 HS Harriet Martinean	SHS	
16	1900 Neighbourhood Forum	PH	
30	1930 HS Howgill to Himalayas	SSHC	
FEBRUARY			
1	1930 KVH Domino Drive	KVH	
1	SS Concert Oboeworks	SSPH	
2	1000 Wilderness	FM	
6	1930 HS Old Kendal	SHS	
8	SS Half Term Starts		
8	SHS Half Term Starts		
17	SS Half Term Ends		
17	SHS Half Term Ends		
19	1930 FCH Domino Drive	FCH	
20	1930 HS King Arthur & Reghed	SHS	
27	1930 CWT Recent Surveys	SHS	
MARCH			
1	1000 Scansion	FM	
1	SS Choral Society	Carlisle	
2	SS Choral Society	SSPH	
3	1930 FCH AGM	FCH	
5	1930 HS Rome's Northern Frontier	SHS	
7	1930 KVH Domino Drive	KVH	
11	1930 FCH Domino Drive	FCH	
12	1930 CWT AGM & Mountain Flowers	SHS	
Regular Meetings			
Howgill Toddlers	1315 Every Monday	HVH	
Dent Parish Council	1900 1st Tuesday	DMH	
Killington WI	1400 2nd Tuesday	PH	
Ladies NFU	1930 3rd Tuesday	PH	
Coffee Morning	1000 Every Wednesday	URCR	
Zebras	1315 Every Wednesday	SMCR	
Sedbergh Junior	1730 Every Wednesday	PH	
Sedbergh Seniors	1930 Every Wednesday	PH	
Frostrow WI	1930 1st Wednesday	PH	
History Society	1930 1st & 3rd Wednesday	SHS	
Dentdale WI	1915 2nd Wednesday	DMH	
SLS Blind Group	1415 3rd Wednesday	PH	
Sed. Parish Council	1930 Last Wednesday	PH	
Toy Library	1430 1st Thursday	PH	
Howgill WI	1930 1st Thursday	FCH	
<i>All entries are free</i>			
DIARY KEY			
BF	= Brigflatts		
BS	= Baliol School		
BVH	= Barbon Village Hall		
CDC	= Community Development Centre		
CO	= Community Office, Main Street		
CWT	= Cumbria Wildlife Trust		
DCMH	= Dales Countryside Museum, Hawes		
DCP	= Dent Car Park		
DMH	= Dent Memorial Hall		
DMC/S	= Dent Methodist Chapel/Schoolroom		
FCH	= Firbank Church Hall		
FM	= Farfield Mill		
G&D	= George & Dragon, Dent		
GH	= Gladstone House		
GVH	= Garsdale Village Hall		
HJC	= Hawes Junction Chapel, Garsdale		
HS	= History Society		
HVH	= Howgill Village Hall		
JLCP	= Joss Lane Car Park		
KL	= Kirkby Lonsdale		
KVH	= Killington Village Hall		
L	= Library		
LHCP	= Loftus Hill Car Park		
MCCKL	= Methodist Church Centre KL		
PH	= People's Hall		
SHS	= Settlebeck High School		
SLSB	= South Lakeland Society for the Blind		
SMCR	= Sed. Methodist Church Room		
StAS	= St Andrew's Church, Sedbergh		
SS	= Sedbergh School		
STO	= Sedbergh Tourist Office		
URCR	= United Reformed Church Rooms		
WID	= Women's Institute, Dentdale		
WIF	= Women's Institute, Frostrow		
WIH	= Women's Institute, Howgill		
WIK	= Women's Institute, Killington		
LOOKAROUND OUTLETS			
The <i>Lookaround</i> is available from the following locations:-			
Sedbergh			
Sedbergh Office Services; Post Office; Green Door; Sleepy Elephant; TIC; Ellies Bakery; Nisa; Farfield Mill Tearoom			
Dent			
Post Office; Dent Stores; Meadowside			

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	
Wednesday	0830 - 1030 *	1430 - 1700 *
Thursday	0830 - 1100 *	
Friday	0830 - 1100 *	1430 - 1730 *

Dr C Hunt

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

H Pilling Nurse Practitioner

Tuesday	0830 - 1100 *	
Wednesday	0830 - 1030	1500 - 1800 *
Thursday		1500 - 1800 *
Friday	0830 - 1030	1430 - 1730 *

*The Health Centre reserve the right to offer any
 Doctor/Nurse practitioner at any time
 in the Open Surgeries*

Practice Nurses

Monday	0845 - 1300 b	1400 - 1730 b
	0840 - 1030 c	
Tuesday	0845 - 1300 b	1400 - 1730 b
Wednesday	0830 - 1300 a	1400 - 1730 a
Thursday	0830 - 1300 a	1400 - 1730 a
	1200 - 1330 c	1400 - 1730 b
Friday	0845 - 1300 b	1400 - 1730 b
	1200 - 1330 c	

a = Joanne Batty

b = Anne Crome

c = Kay Lumb (Blood)

District Nurse

☎ 015396 21690

Health Visitor

☎ 015396 20979

A Collinge Optometrist

Every Friday 0900 - 1300 1400 - 1730 *

* = *By Appointment Only*

DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Ms G Turner, Mrs D Ross
 & Mr B Taylor

Monday to Thursday 0900 - 1700

Friday 0830 - 1500

LIBRARY Main Street ☎ 20186

Monday		1700 - 1900
Wednesday	1000 - 1230	1400 - 1700
Friday		1400 - 1700
Saturday	1000 - 1230	

SEDBERGH TOURIST OFFICE

Main Street ☎ 20125

Open every day

0900 - 1700

www.sedbergh.org.uk/booktown/dlbc.html

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

e-mail office@sedbergh.org.uk

www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 0870 1264061

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

www.sedberghcdc.org.uk

POLICE

☎ 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 *

* = *By Appointment Only*

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY