

Sedbergh & District LOOKAROUND

September 2008

Issue 259

Donation 50 pence

Thank you to everyone for being patient this month as we spent a well earned rest in California in between publications.

This month helped to reiterate the importance of our monthly Closing Dates of 15th for Adverts and 19th for everything else. Getting stuff to us on time helps us greatly to get each issue out for you to read.

Thank you to all who drop stuff off at the Office but if there is money enclosed, please let Janice know and a receipt will be issued to keep our books balanced.

Again, plenty of things to do this month so go and give your support.

Dennis & Jacky Whicker

sedbergh
festival of books & drama
5 – 21 september 2008

Shakespeare poetry
short stories workshops

Michael Pennington
Barrie Rutter

Brochures & Box Office at TIC
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Online details and ticket sales
www.sedbergh.org.uk

HERITAGE OPEN DAY AT FARFIELD

SUNDAY 14 SEPTEMBER 10.30 am - 5 pm

At 2.30 pm, in the presence of 'Queen Victoria' and local councillors, there will be the unveiling of a board decorated in gold leaf that will commemorate all those who have worked at the mills in Sedbergh.

We would be delighted if you could come and join us to celebrate Sedbergh's heritage and to add your name to the Board

Kendal's motto is *'wool is my bread'*.

That was just as true of Sedbergh which once had five textile mills.

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

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CHILDREN'S BIRTHDAYS SEPTEMBER 2008



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:-
Emma Packham who is

10 years old on 16th September

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



Day	Name	Age
9	Caroline ROSENZWEIG	11
10	Joe DANDY	7
11	Luke ROBINSON	11
13	Alex FEARN	11
16	Emma PACKHAM	10
19	Kim CRAGG	11
1	Charlotte GARDNER	2
21	Isaac BREWER	4
22	Saul JONES	8
23	Fraser SPROUL	5
23	Amy HUNTER	6

A Special mention this month to Morgan Turner LANT who will be 12 years old on 5th September. Happy Birthday.



PERSONAL & SMALL ADS £1

BAIN

Andrew would like to give his heartfelt thanks to all his family and friends for the tremendous love and support they have shown him over the past few months. It has meant so much to him. Andrew would also like to say a very special 'Thank You' to Shona, Chris, Fiona & family, Martin & Lindsey, Liz, Robert, John and Ben. Your faith in him gave him comfort and strength and will continue to do so through the ordeal he now faces. God Bless.

=====

CHAMBERS

My sincere thanks to all who, in any way, made my birthday such a happy occasion. My grateful thanks to my family, especially to Margaret and Richard who worked so hard to make my **90th Birthday** so special. I appreciated and enjoyed it very much. THANK YOU ALL. Connie

=====

DODD/WOOF

Congratulations on your engagement Stephen and Rebecca. Love and best wishes from Gary, Jane, John and Mark.

=====

SCARR

Kelly would like to thank everyone who donated cakes and raffle prizes for the fundraiser on the 9th August. Also a big thank you to all who turned out on such an awful day and supported the event so generously. A total of £144 was raised for RSPCA.

SCARR

The family of Alice would like to thank everyone for their kindness, sympathy and cards. Special thanks to Father Bill for a lovely service. Thanks to Brian Goad for his guidance and efficiency. Finally thank you to all who attended the funeral and donated so generously to Garsdale Church and Stroke Association.

=====

SCARR

Will & Sam would like to say Thank You to everyone who made their day so special. They were touched by everyone's generosity and warm wishes.

=====

STAVELEY/SCARR

Sam & Will would like to thank Tom & Eileen and Matt & Margaret for their help, support and love in making their day perfect.

=====

FOR SALE

Two Ikea extending Children's Beds + mattresses. Good condition, can be seen. £20 each or £35 for both. Also Boys 6 gear bike, block frame. Would suit ages 5-8 years. Excellent condition. Ideal Christmas or Birthday present. £45 ono. Tel: 015396 - 20936 or 07824 - 839773.

=====

FOR SALE

Traditional style black iron coal effect electric fire. £400.00. Buyer to remove item. Tel: 21740

PERSONAL & SMALL ADS £1

FOR SALE

Late Georgian early Victorian drop leaf dinning table 56 x 48 inches (142 x122) £375. 00. Buyer to remove item, Tel: 21740

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FOR SALE

Lawnchief Self propelled Rotary Lawn Mower. 46cm cut. 4 hp Petrol. Good working order. £50 ono. Telephone 015396-20343.

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FOR SALE

Jane Slalom 3 wheel Pram. Includes new born flat base/car seat, plus car seat and clips and all three raincovers. £250 ono. Telephone 07719-627500.

=====

FOR SALE

Camping trailer - approx 4ft x 3ft - little used. Complete with spare wheel, wheel clamp, framed cover and flat cover. £215 ono. Tel: 015396-25486.

=====

FOR SALE

Chicco High Chair - adjustable height with tray. £50 ono. Telephone 07719-627500.

=====

FOR SALE

Sturdy small shed. Ideal Hen house or Children's Playhouse. £60 ono. Tel: 015396-22192.

=====

FOR SALE

TV/Video combi. Philips 25PV808/07 with Stand. 58cm x 57cm x 44cm. £20. Ring 20948.

FOR SALE

Galvanised Angle Iron frames covered with 2 x 2" mesh size. Approx 63in long x 23in wide. Frame 1½in x 1½in x ¼in. angle iron. £2 each. Over 40 available. Tel: Sedbergh 20455.

=====

FOR SALE

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=====

WANTED

Dependable driver wanted to drive children to and meet from boarding schools in York area on Sunday evening and Friday afternoon. Good rates of pay. Tel: 20005.

=====

LOST - REWARD

Mobile phone lost in Bainbridge Road area on Thursday 24th July. £30 Reward offered. Please phone 077755-70897.

=====

FREE TO A GOOD HOME

3 Arm Rotary Clothes Dryer - made by Hills Industries - length of each arm is approx. 54"/137 cm. No 'spoke' for fitting in the ground. Tel: 21816.

TIM FARRON MP

Thank you to everybody who came along to see us as our travelling surgery rolled into Sedbergh, Dent and Garsdale. It makes such a difference to our visits if there are people waiting to talk to us when we arrive. One of the major issues raised was the standard of the roads in the area. In fact we did not really need to be told about this. When we drive over from Dent to Garsdale on the Coal Road we had seen for ourselves that the word "road" was a bit of an over claim. It is in an appalling state, what with subsidence and potholes it is barely a track. Many people also mentioned the state of the road from Sedbergh to Kendal which seems to

be in a serious state of decline. We will be writing to the County Council to draw these issues to their attention and put some pressure on to get it sorted out as quickly as possible; certainly before things get any worse.

Another issue people raised was the ongoing saga of blue tongue vaccination. Defra have now extended their protection zone up to the Cumbrian borders. This has the potential to be a particular problem for farmers in the Sedbergh area who use Hawes Auction to buy and sell stock. They can take their animals to Hawes to sell them, as that is within the new protection zone, but if they do not achieve the price they are looking for they will not be able to

DENT PARISH COUNCIL

is looking for a

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We employ two part-time staff, run the village playing field and car park and over the next few years will be implementing the Parish Plan.

For more details contact Jock Cairns on 015396 25655 or e-mail dentparishcouncil@btinternet.com

bring them from the protection zone back into unprotected Cumbria. It also means that they will not be able to buy any livestock from Hawes or Lancaster Auctions. I have been pressing the ministers responsible for some time now to get a move on with vaccinating Cumbrian animals and I will continue to do this. I can see their geographical argument for rolling out but there is a certain moral argument to protect an area that has been so badly affected by foot and mouth in the past that they must take notice of. Farming around here can only handle a certain number of blows, particularly government caused blows before we start to see it collapsing. If they don't move fast the consequences for the County Show are frightening.

Finally, we rounded off the visit with a meeting at Dent School to look at the plans for the new play area. For reasons that don't seem sensible to me, the National Park is failing to approve them. Given the emphasis that Ofsted rightly places on the provision of outdoor play areas this seems to be mad, threatening the

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quality of education that the school can provide. This will be the subject of another letter asking them to take a sensible view on the matter.

All in all a rather lovely day. Even the weather stayed fine for us which, given how appalling it has been over the past few weeks, was a real blessing.

If you could not make it along to one of our stops don't worry, as ever I can be contacted by writing to Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or by emailing me at tim@timfarron.co.uk

Thanks for your support,

Tim Farron MP

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COMMUNITY OFFICE

Sedbergh and District Community Office and Community Fund

The Community Office, which is located above Sedbergh Tourist Information Centre, is supported by the parish councils of Sedbergh, Dent and Garsdale. To help pay our way, we undertake a number of duties on behalf of the parish councils and South Lakeland District Council. Such duties include the issue of parking permits and discretionary travel concession cards. We provide advice on access to local authority and voluntary services and if requested, contact the appropriate authority to report problems. Planning

applications can be viewed here, with National Park planning surgeries being held at the Office on Wednesday afternoons (by appointment) and the wonderful History Society archive is available for information and research. There are ecologically friendly cleaning products, artworks and of course books for sale.

However, our main function is to encourage and support residents and groups who are seeking to undertake projects that they believe will sustain or improve the quality of the local environment and/or aspects of community life. To do this we need you to tell us what it is about our

community and environment that you value and want to preserve: what causes you concern and what changes you would like to help bring about. We would like to hear of your plans and projects and we would like you to share your concerns, in a constructive solution focused way, telling us what you feel can be done and how you are willing to help achieve a positive outcome. In return we will do our best to provide encouragement and support, to put you in touch with like minded people, to help you access advice and to seek funding.

Sedbergh and District Community Fund is a small fund, with charitable status, set up some years ago to help support small scale projects being undertaken for the benefit of the community. Most recently for example, it has supported the setting up of the Flicks in the Fells community cinema and the community allotment project. *Sedbergh and District Community Charity Shop*.

It is proposed that a community charity shop be opened, managed, at first, by the Community Office, with profits being used to replenish the Community Fund. In this way many good causes could benefit from the sale of donated goods. It is planned to open the shop as soon as possible probably towards the end of September. Suitable Main Street premises, with a good sized sales floor and cellar, have been earmarked for the project. It is intended that the shop be staffed by volunteers to

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maximise the funds that can be made available to local causes. Can you help? Donations of goods will be welcomed in due course.

A meeting has been organised to which all voluntary groups and interested parties are invited. This will be held at the United Reform Church rooms at 2.30pm on Friday 12th of September.

For further information please contact David Ramsbottom at the Community Office, tel 20504. Your call may well be taken by one of the dedicated volunteers who are the Community Office front line and without whom, the Office could not function. I would like to take this opportunity to thank them for their invaluable support. More volunteers are needed to enable us to open each weekday. If you can spare about 3 hours a fortnight please get in touch.

DR

ST ANDREW'S CHURCH, SEDBERGH

THANKSGIVING DAY LUNCHESES



Wednesday 10th September

11:30 am to 2pm

Served in the Church Rooms

COUNCILLORS CORNER

In national politics, this time of the year is often known as "the silly season". Parliament is in recess, politicians are away on holiday, and the media are looking for political stories with a "human element". Similarly at a local level August and the beginning of September tend to be reasonably quiet: council officials also tend to vacation at this time and consequently Council and Committee (and Parish Council) meetings are fewer than during the rest of the year. I don't therefore have quite so much to report to you as usual.

Whilst Peter and I seek to represent everyone in our Ward irrespective of their political affiliation it is not really

possible to do the work of a District Councillor completely effectively without the support and back-up provided by a political party – which in the case of Peter and myself is the Liberal Democrats. Recently we both attended an "Away Day" which gave us the opportunity to meet our Lib Dem colleagues at County, District and Parish levels. We were able to take time out to look at our vision for the area as a whole as well as having a presentation from a Lib Dem member of the House of Lords giving their (often amusing) perspective of political life at this exalted level! Some of the main issues that we considered during the course of the day were the local economy, climate change and affordable housing. We came away inspired and with the resolve to work even harder to represent the interests of our local community.

Most of you will be aware of the ongoing campaign to prevent further ward closures at Westmorland General Hospital. Our MP Tim Farron has been campaigning particularly hard on this issue so it was particularly disappointing for all

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the supporters of the campaign when the Health Overview and Scrutiny Committee at its meeting on the 29th July failed to refer the matter to national level for adjudication. The Lib Dem Councillor on the O & S Committee resigned the same day in protest. The fight goes on and Tim will appreciate as much help as you can give him in the bid to retain these vital local services on our own doorstep.

On a personal level I have just bought myself a bicycle not only to better enjoy the beautiful countryside in our part of the world (although hopes of warm Summer days are fading fast) but also to explore in more detail those parts of the

Sedbergh and Kirkby Lonsdale Ward not so readily or enjoyably accessible by car. It's also, of course, a lot greener!

Last but not least we should like to congratulate our colleague Councillor Kevin on his appointment as Chair of the Yorkshire Dales National Park Authority. We wish him well in his future role.

As always Peter and I are only a phone call or an email message away and can be contacted on:

*Ian McPherson: Tel. 015396 20648
e-mail:*

ianmcpherson24@hotmail.com

Peter Woof: Tel. 015396 20857

e-mail: peterwoof@hotmail.co.uk

CAR PARKING PERMITS

On 1st September ALL parking permits for use in Joss Lane Car Park and Loftus Hill Car Park will require renewing.

The Parish Council have kept the same rates as in previous years as follows:-
£35-00 per year for a daily permit or £52-00 per year for each permit for those who require to 'garage' their vehicle on the car parks (You will notice that one of the conditions on the car park is that you must remove your vehicle after 24 hours) BUT if you hold a £52-00 permit this does not apply.

Those who require a permit for a holiday let must pay £52-00 and the holiday let must be used only as a holiday let and not as someone's permanent place of residence (proof may be required to show it is a holiday let)

The Parish Council appreciate that

people move into the area at different times of the year and accordingly should someone wish to purchase a permit after the 1st of March in each year then the price of the permits will be reduced to :-

£20-00 for a daily permit or £30-00 for those who wish to 'garage' their car on the car parks.

The permits can be purchased as usual at the Community Office (above the Tourist Information/Book Town centre at 72a Main Street. If you have any queries regarding the permits which the staff in the Community Office cannot deal with please leave a message with them for the attention of the Parish Council and we will get back to you as soon as possible.

Please remember the Community Office staff are there to sell you the permits not to solve queries/problems with regard to the car parks. That is the responsibility of the Parish Council.

Dorothy Blair

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GARSDALE & CAUTLEY CHURCHES
HARVEST FAIR
Saturday 13th September
 11am to 2pm
 URC Rooms, Joss Lane
 Lunches ~ Cakes ~ Produce
 Raffle ~ Bric-a-Brac
 Coffee & Tea

FLICKS IN THE FELLS AGM

We are hoping to run a second season of films in Sedbergh and also work with surrounding areas starting in October (films will also be shown as part of the Festival of Books and Drama in September).

If you would like to be more involved in the Sedbergh showings and help keep the cinema going it would be great if you could attend the AGM. We are proposing the following:

- Having a formal committee to help with decision making
- raising the fee to £5 for adults, £4 for children, £12 for families in order to help showings in Sedbergh begin to break even
- offering a cinema membership costing £5 that entitles you to a discount of £1 per film (membership is for individual adults only at this stage) and allows you to vote on films
- offering an honorarium to help develop links with Settlebeck school, support relationships with other communities and facilitate the threads of the cinema.
- recruiting people to help sell

- advertising for the seasons films / develop a refreshments rota / organise refreshment provision
- recruit help for marketing and promotion of the films
- recruit help for a taxi service so elderly / isolated individuals could attend the films
- invite suggestions for films and ways of deciding on films

Proposals will be decided by a voting process. If you feel able to take on a committee role, please give in your details at the Community Office. Or, if have any further proposals you would like to see happen, please submit them to the Community Office BEFORE the AGM so that they can be added to the agenda. Please include your name and phone number so we can clarify your suggestion if we need to.

The AGM is on Sunday 21st September in the URC rooms at 7pm.

If half a dozen people help with organising the viewings in Sedbergh it will mean that we can provide amazing, professional and entertaining evenings for our community. Please be there to offer your support.

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 015396 20649

SEDBERGH SCHOOL

Archive and Heritage

I've been really delighted with how many visitors the Archive has had over the summer. During six weeks in July and August over two hundred people visited the archive both from Sedbergh and further afield.

At the moment we have a temporary display about the Queens visit to Sedbergh but also have permanent displays about various aspects of the history of the school since 1525. By the time this article is published we will have had a display case fitted and so will be able to display many of the more valuable and interesting documents



and artefacts.

Visitors are always welcome to ask about items held in the archive that are not on display. Over the summer a collection list has been developed so that it will be easier for visitors to find out about artefacts hidden away in storage.

The archive is open to the public and entry is free of charge. The opening times can vary slightly from week to week depending on other activities within the school but are usually Monday, Tuesday, and Wednesday morning and all day on Thursdays.

This sometimes changes so visitors are welcome to ring 015396 22275 or email kli@sedbergh.school.org before visiting to make sure the archive will be open at the time of their visit. The archive has a range of activity sheets for children of primary school age to enjoy giving parents the freedom to look around the centre at the exhibits.

One of the on-going jobs that archive volunteers have been doing over the summer is listing new donations and re-packing them in preservation materials. If you are interested in volunteering at the archive please get in touch. I'd be delighted to hear from you! Other tasks volunteers can undertake include digitising photos, helping visitors with family history enquiries and cataloguing the collection.

All visitors are welcome to the archive so why not pop in and have a look around? I look forward to seeing you.

K Illffe

SarahM



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SWIMMING CLUB

Enrolment Evening 9th and 11th September from 6.30pm.

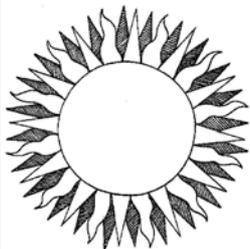
If your child swam last year with the club, they should have been given a note to say which class to come to this year. Your child can therefore have a swim on enrolment night, while you pay for the membership (£8) and lesson fees (£18). If you would like to pay by cheque, it should be made payable to Sedbergh swimming club.

If you were not a member we will hope to find a space in one of the classes for you.

There will be two enrolment nights, one for Tuesday classes and one for Thursday classes. If you would like a

different class or do not want your place this year, it would help if you could contact Jacqueline Smith on 20760.

Those of you who are interested in improving your level of fitness are welcome to come to either the pool or the Pulse Gym to find out more about either - at the pool and on gym notice boards. The Swimming Club will also be present at the Baliol Fun Day on Sunday 21st Sept-please would all members past present and future come and support us! Also, would any parent who is already present on Tuesday evenings be willing to act as membership secretary for that session (receiving payments etc)? Please let us know, Thank you.



OPTIONS for health and well-being

June Parker	Acupuncture	015396 20972
Rebecca Wheten	Homeopathy	07792 285357
Denise Williamson	Homeopathy and Bowen technique	015396 20846
Victoria Reed	Hypnotherapy	07803 047643
Peter Burridge	Counselling	07817 718793
Yvonne Cervetti	Aromatherapy, Hot Stone Therapy and Massage	
.....	015396 21303
Ruth Francis	Remedial massage	015396 20275
Elizabeth Hilton	Light therapy	015396 21800
Deyna Hirst	Yoga consultant	015396 21556
Ian McPherson	Homeopathy and T'ai Chi	015396 20648
Melanie Missenden	Counselling and aromatherapy	015396 21058

Health practitioners in the local area

St ANDREW'S CHURCH

It's All Happening in Sedbergh.

2008 has been a busy year in St. Andrew's to date, and it looks set to continue. As the Parish Church we always have a number of weddings and christenings, but this year has seen many more marriages in church/ and some wonderful baptisms at the Sunday morning service. People now expect a bigger part in choosing what will be sung and read on these

occasions, often providing readers or musicians themselves from among friends or family. Gone are the 'bad' old days when the Vicar decided and did everything. It's so much better when families bring their own hopes and feelings to a family occasion in church. The Church of the 21st. Century can do very well without bossy clergy'

On 10 September we have our Annual Thanksgiving Day. The Churchwardens, Officers and Clergy will be at the Lychgate all day to receive donations (Gift-aided we hope!) in the large antique brass cooking-pot which is so good for catching the envelopes and holding on to them if we have a strong wind. If we are to be here for this community in the future, and that's what we intend, we do need your support. Thanksgiving Day Gift-aided donations are always a great help. See you at the Lychgate with one for the pot!

The Bric-a-brac Sale will be held on Saturday 27 September. Nobody can resist John Beck when he says you've picked up a bargain, and there

At the Chair Workshop

- Chair seating
- Supplies – cane, rush, seagrass, ropes, cords
- Tool sharpening

- ❖ Haberdashery
- ❖ Bead jewellery
- ❖ Restringing
- ❖ Repairs – clasps, earrings, chains

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will be hundreds of bargains to be had at the People's Hall that day. Something for everyone is what we aim for, and we usually succeed. Be there before the doors open at 11.00 a.m. As well as bric-a-brac, there will be lots of splendid home-made cakes for sale, and you can be sure of having an excellent lunch. This is one not to be missed.

On the last Sunday of the month, September 28th, we are going to have a Welcome to Church Sunday, with a more informal service at 10.30 a.m. If you would like to see some particular feature in that service (and we're still composing it at the moment) let me know on 20283, and we'll see what we can do. If someone invites you to come, do give it a chance. If not, then come by yourself, if only out of curiosity. It's not all about dusty kneelers and worn-out hymn books these days, and it's not about making you feel guilty, either. It's about the love of God and showing care for our neighbour. Does that sound worth bothering about?

Alan Fell

DENTDALE WI

The August open meeting was held in the Methodist Chapel as repairs were still going on at the Memorial Hall. We were slightly down on numbers however, for what was a really interesting meeting. More about that later.

One of our members, Connie Chambers, had celebrated her 90th birthday earlier in the week and most of us had taken up her son and daughter-in-law's kind invitation to join them and family for drinks and cake cutting to mark the occasion. Dentdale WI presented Connie with an orchid during the meeting.

The fashion show held in late July had gone well and made over a £100 for a much needed boost to our funds.

Members were reminded that our contribution to the Dent Gala this year was to be a cake stall and it was hoped that we would do well to contribute towards the considerable costs of running the hall.

The Guest speaker was Nick Anderson of Corio Rapter Care from High Bentham. This is a small and highly specialist rehab unit for injured birds of prey. Nick works with the RSPB and the police and rescued 115 Birds last year. He used to be a warden at Minsmere looking after Marsh Harriers.

The Centre has a bird hospital and if necessary, birds with broken wings etc. are examined by a vet. The primary intention is to get them back into the wild. Usually it take 2-3 days for the birds to respond and more

AUDIO & LARGE PRINT LOOKAROUND

COFFEE MORNING

Wednesday 17th September

10 am to 12 noon

U R C Rooms

Teas & Coffee

Homemade Biscuits, Cakes & Jams

Raffle

birds die of shock than injury. They are then moved to a secluded aviary and stay for a further week in a more open area before being released. This year 23 Tawny Owls have been brought to the Care Centre. When they are released they have a 50% chance of survival.

During the evening we were introduced to various patients from the centre including an Asian Eagle owl being the largest bird in care.

Nick believes in homeopathic treatments giving SA37 vitamins tee tree oil and lemon grass.

The charity is in its eleventh year of operation and relies on donations to provide care and treatment for the owls and is run by volunteers and is a non profit making organisation. .

Stella Bannister was the winner of the competition for a photo of a bird and Jean Oversby went home with the raffle prize.

Next month on September 10th we hope to be back in the Memorial Hall when our speaker will be Professor Stilman talking about Climate Changes. New members and visitors always welcome.

NEIGHBOURHOOD FORUM

Travelling & Settled Community Respect in South Lakeland

An evaluation meeting of the impact of the Appleby Horse Fair in the Sedbergh & Kirkby Lonsdale area was held on 4th July at Barbon Village Hall. The meeting for elected representatives and officers was attended by representatives of Kirkby Lonsdale, Casterton, Barbon and Sedbergh Parish Councils, District Councillors Kevin Lancaster and Ian McPherson, representatives of Lake District Estates, officers from SLDC, CCC and the police. The aims of the meeting were to feedback on management arrangements for this years event and to hear concerns

about the impact on the local community of the gypsies and travellers who pass through and stay in the area around the time of the Appleby Horse Fair. There was also some discussion of ways to improve the management of issues by the various agencies involved.

The main concerns reported by the Parish Councils were

- Problems on the highway – parking, camping in lay-bys, lack of signage and the number of slow moving vehicles
- Animal welfare concerns
- Health/Environment concerns - toilets, litter, dumping of rubbish
- Unauthorised encampments – timing and enforcement

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- Large numbers – limited capacity of agencies to cope and respond
- Incidents of alleged criminal damage, trespass, intimidation

The police reported on the number of incidents they logged and the actions taken. Communication between agencies and the public and the reporting of incidents was seen as key to ensuring that a 'joined up' approach was achieved and that public concerns were addressed.

The meeting heard about the specific arrangements that had been introduced in and around Appleby and the multi-agency approach being used there. The group agreed that it would like to meet again to continue discussions and develop improvements. It was suggested that a directory of contacts and contact procedures was needed along with a summary of 'dos and don'ts' for Parish Councils to share with residents. Other areas have developed some effective ways of dealing directly with local issues and it was agreed that it would be useful to hear from them about what they did and how they did it!

The group will meet again in September to share ideas and good practice and to develop ways of working together and communicating with residents.

Anyone wanting further details of the meeting or to discuss any of issues raised should contact their Parish Council or Sinead McCann (Neighbourhood Development Officer) on 01539 713448.

Please note that the next Forum meeting has been changed from 2nd to 9th September and will still be held at Barbon Village Hall.



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YDNP

It is a pleasure to report that the chairman of the YDNP for the coming year will be Kevin Lancaster of Fell Gate, Dowbiggin. Kevin triumphed in a three cornered contest for the position. He will be the first chairman of the Authority from this area and, as a farmer, is one of those at the forefront of managing the landscape for which the Dales is given the status of being nationally important. The deputy chairman is another farmer, Harold Brown of Reeth. Kevin, Harold and other councillors will ensure the needs of local people are always a primary consideration, wherever possible, in the work of the National Park.

We wish them every success and enjoyment in their new roles.

*Graham Dalton
YDNP member,
Sedbergh, Garsdale and Dent.*

GARSDALE VILLAGE HALL
Presents

WE'LL MEET AGAIN

A War Time Theme Night

[prize for best Fancy Dress]

Saturday 20th September

7:30 pm till late

Tickets £5 (no under 16's)

Available from 015396 20993

DENT PARISH COUNCIL

The August meeting was held in the Methodist School Room as the Sedgwick Room was not available owing to the building work currently taking place. As the Clerk's post had not been filled, Margaret Harrison took the minutes.

As usual, the full minutes are published on the Dentdale website www.dentdale.com.

Marquee

It was agreed that the Parish Council would buy the marquee that had been ordered by the Dentdale Show Committee for this year's show, subject to funds being transferred from the Show committee. It was felt it would be a useful community asset, which could be offered for hire to anyone in the community, either in conjunction with the playing field or separately from it. The Playing Field Committee would be responsible for bookings, and also for storing, erecting and dismantling it.

YDNPA Housing Plan

The National Park Authority is reviewing the places in Dentdale where it will allow affordable or local needs housing to be built in future. At present, the only places where this is permitted

are in Dent village and in Gawthrop. The Parish Council has discussed this issue on several occasions, and has concluded that the best option would be to follow the ancient pattern of settlements in the dale, where dwellings have been built at regular intervals along the spring lines.

Consequently, it has asked YDNPA that Cowgill, Stonehouse, Backstonegill, Gibbs Hall, Slack and Helmside be added to the list of places where such housing could be built. This does not mean that small estates would be built in these places, but that if a suitable site was available, one or two new houses or conversions should be allowed.

Parish Plan

The Council heard that the Parish Plan Steering Group had been holding a series

Pulse
Community Gym

FAMILY FUN DAY

Baliol School
Cautley Road, Sedbergh
Sunday 21st September
Start 12.30pm
5-a-side Football Tournament
(split into 3 age bands)
Aeroball ~ Traversing Wall
Egg Catching Contest
Games and Races
and much more
Refreshments

For more details, contact
Sandra Gold-Wood 21808

of meetings to discuss the best ways of implementing some of the ideas brought up in the survey. So far, meetings have been held with Tim Farron MP, County Councillor Joe Nicholson and the three District Councillors, and further meetings are planned with other local Parish Councils and with the Chief Executive of the National Park. Because the Parish Council has limited powers, it is important to work with these other bodies to deal with issues that they are responsible for, and discussing them with them at this stage will help to produce a more realistic action plan.

In order to help the Parish Council to implement the Parish Plan when it is produced, the Council agreed to make the Steering Group a Parish Council

committee.

Parish Clerk

The post of Parish Clerk is still vacant, and it is being advertised again in this edition of *Lookaround*. If you would like to be more closely involved with your local community (and be paid for it!) this could be just what you are looking for, and I would be very pleased to discuss it with you.

Next Meeting

The next Parish Council meeting will be held on September at 7.30pm. As the Sedgwick Room may not be available then, the venue will be notified later.

Everyone is welcome to attend as always.

Jock Cairns, Chair, Dent Parish Council

Tel: 25655 e-mail:

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email: flicks@sedbergh.org.uk

ANNUAL GENERAL MEETING
7pm Sunday 21st September
URC rooms (Joss Lane)

Come and vote on proposals for the cinema (see article) and get involved. Please submit any ideas you have for Flicks in the Fells to the Community Office BEFORE the meeting to add them to the agenda.

.....

Semi-volunteer projectionists (small fee paid plus expenses) wanted to join the technical team and take the cinema out to other communities. Please express interest at the Community Office and come along to the AGM.

DENTDALE CRICKET CLUB

At last, some cricket on July 20th. The previous four weekends had been a washout.

Barrow Nomads batted first to make a total of 149. Their star was a young 13 year old George Smith, who batted beautiful to make 50. Rob Mitchell bowled well and took two early wickets. With the aid of a run-out, we had them three down for 20 but young Smith was then joined by S. Scott (nearly 3½ times his age) and together they looked invincible with S. Scott making 48. Rob was the pick of our bowlers 2 for 30. Joe Clare also bowled well again with five overs 2 for 19.

We got off to our usual shaky start

losing Rob for a duck, Joe Clare 3 and Chris McClurg 13. A good stand between Pete Moorby 22 and Daniel (Mase) Mason 42 got us back on an even keel but we had slipped well behind the required run rate, reaching 109 (40 short) in our allotted overs.

Mase was our man of the match for a good catch and an excellent controlled innings of 42.

One nice touch was that the Barrow Nomads Captain is the (very proud) grandfather of 13 year old George Smith.

Again for the second year running our five a side tournament due to be played on 10th August was called off due to a flooded pitch. A great disappointment.

Also the match against Hawes on 17th August had to be called off due to the waterlogged pitch.

By the time you read this we hope that our fixture on 31st August has been played.



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SEDBERGH

BRITISH SCHOOL TRUST

The Trustees will meet on Wednesday 17th September 2008 to consider Grant Applications from suitably qualified persons who have attended Primary School in Sedbergh, Gasdlae & Dent, and who seek Financial Assistance to further their education or for vocational training.

Applications should be in writing and addressed to:

The Honorary Secretary of the Trust
6, Guldrey Fold, Sedbergh LA10 5DY
and should be made without delay.

DENTDALE CHOIR

The new season begins on Tuesday, 9th September in the Dent Memorial Hall at 7.30pm.

A short informal fund-raising concert is to be held in the hall on Tuesday 21st October at 7.30pm. As always we shall be singing at the two Carol Concerts in St Andrew's, Dent and St John's, Cowgill in December and our main concert will be in April 2009.

If you are interested in joining the choir (no audition required) please come along on 9th September. For more details please phone 25594.

Rita Corpe

JULY WEATHER

Another wet month with a total of 6.11 inches falling in total but we had 3 spells without any measurable rainfall one of which was 6 days which saw a frenzy of activity cutting silage any even hay. The wettest 24 hours saw 1.3 inches fall. It was also quite breezy with only one day not getting into double figures for wind speed with a maximum of 17.7 mph. The winds were back to "normal" with only 2 days when the maximum did not blow from the northwest quarter. July was quite a warm month with 4 days actually reaching the low 80sF. The maximum temperature recorded was 84.7F. Only 4 nights dropped into the 40sF with a low of 41.5F.

Having used up my 600 gallons of stored water during dry spells it did not take long to fill up the tanks again. Foot problems seem to be fairly common due this year presumably to

the wet judging by the number of sheep that are limping. I have also seen more sheep casting their wool without apparently having scab. There has been only one hatching of swallows so far around us with 4 young being raised. The blackbirds raised a third clutch indoors away from the magpies. The jackdaws have got so cheeky they are raiding the nut feeder outside the kitchen window! The buddleias are starting to colour up so let's hope we shall see some butterflies as at present they are notable by their absence. The warm damp weather has been ideal for the midges making it nearly impossible to venture out after tea without some form of protection.



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Future Date:-
29th October

HOWGILL W. I.

We would like to thank everyone who supported our Coffee Morning. It was successful, raising £172 for W. I. funds.

The July meeting was held at Howgill Village Hall. President Mary Silva welcomed members and visitors. Also a warm welcome to Sue Sharrocks from Killington W. I., who attended the A.G.M. in Liverpool as our delegate. Her report was excellent giving us a lucid account describing it as an unfortetteble and great day.

The first resolution the Inappropriate Imprisonment of the Severely

Mentally Ill was passed. The Second resolution for a Bn on Bootom Trawling was hotly debated but not passed.

We wee reminded of the A.G.M., on the 4th October and maybe consider volunteering to be a committee member.

Members are looking ahead to forthcoming events, the candlelight evening at Sedbergh in September and the Council Meeting at the Grammar School Kirkby Stephen in October. One member has agreed to steward at the County Show.

A venue for our Christmas meal was discussed. Guest speaker for the

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CUMBRIA WILDLIFE TRUST

Murthwaite Park Wood.

Murthwaite Park Wood is clearly visible from the A 683 across the river just before Rawthey Bridge. It is known for being semi-natural and was the location chosen for a visit by the local Cumbria Wildlife Trust support group on June 7th this year. This was the Appleby Fair weekend so we were surprised, and a little anxious that our intended car park might be full, when we found the roadside verges still packed with travellers both before and after Strait Bridge. However we were the only occupants of the large park, on the left just before Rawthey Bridge. After the obligatory health and safety

warning 12 of us set off across the bridge, noting the Roman sculpture of a head embedded in its downstream face, to reach the footpath to the wood.

This footpath involves negotiating several stiles of different character, some of them becoming a little dodgy by now, following close to the river. There are some very fine trees along this stretch, not only native oak, rowan, holly and birch, but also a number of well grown larches, not native here but very picturesque and associated with edible boletus fungi later in the year. One of the oaks was noted to have a rowan and a holly growing in humus-filled hollows about 15 feet up it. Before we entered the

ALES IN THE DALES 2008

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Meet & Greet and get a taste of the beers

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Kids Entertainment, BBQ & live entertainment in the evening

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Sedbergh Town Band



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at

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wood proper we crossed a pasture where a drier sunny slope held Bird's Foot Trefoil and a number of orchids. Most of these were Heath Spotted Orchids, showing that the soil was probably not alkaline, and yet just

beside them was a Butterfly orchid, usually found in lime-rich soils. We were unable to decide whether this was a Greater, or the somewhat less common, Lesser Butterfly Orchid because it was still in tight bud.

Once in the wood it became apparent that although there were plenty of full grown trees it had largely been regularly coppiced in days gone by, with the hazels in particular having a number of stems arising from the ancient stools. From the diameter of these stems it would appear that the last coppicing might have been the best part of a century ago. It seems likely from the

(Continued on page 28)

St Andrew's Church, Sedbergh

GIANT

BRIC-A-BRAC

SALE

Saturday 27th September

People's Hall

11am to 3pm

Admission 50 pence

Cake Stall & Lunches

proximity of lime kilns that the coppiced wood could have been burnt in them to help make quicklime. This in turn would have been slaked with water to make the lime used in mortar and for spreading on the fields. Lime kilns were in use from mediaeval times right through until the 20th century. Although the stems of these Hazels were only four to six inches in diameter it is quite possible that the stools and root systems are centuries old and could have been feeding lime kilns all that time. Under this canopy most of the spring flowers were over, but Primroses, Wood Sorrel and Bluebells were plentiful and still clearly identifiable. Honeysuckle climbed up many of the

Hazels, and where there was sufficient light it was in flower. We climbed up the deeply rutted track through the wood, where cattle had plodged and helped the winter rains to erode it, before turning off to the left into a damp clearing. Here, and in other places, we found Lousewort, which is semi-parasitic, latching onto the roots of other plants and stealing some of their nutrients. We used a hand lens to make sure it was not the very similar Marsh Lousewort which has four little teeth on the upper lip of the purple flower instead of two. Interestingly the Lousewort prefers damp acid soils, and yet very close to it was growing a colony of Bird's Eye Primrose, quite a local speciality



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At 10 am on Sunday 28th September, approximately 40 women will attempt to pull a 1.7 ton Renault Master Van 10½ miles from Devil's Bridge, Kirkby Lonsdale to the Bull Hotel, Sedbergh.

Guess the time it will take and win £50

This will be followed at 1pm by a Fun Day in the Bull Hotel Beer Garden to run alongside the Annual Beer Festival with Swingboats, Bouncy Castle, Buckin' Bronco and much more.

An all day Barbecue will be served by the Young Kidz Charity Team

All the monies raised on the day will be shared between

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which prefers a limy soil, so here was a second place which seemed to indicate a source of lime infiltrating an essentially acid soil. Two other species of plant were found which don't make all their own food: Butterwort and Sundew, both with sticky leaves which catch insects so that they can be digested.

The day was completely still and humid, (so there was an abundance of insects, nearly all midges!) but we heard relatively little bird song, probably because it was the wrong time of day and also because most of the birds had already established territories and built nests. Willow Warblers, Blackcaps, Chaffinches, Robins, Blue Tits and Wrens were

heard, but we were sorry not to hear or see Pied Flycatchers which are believed to be here. We did see several of the nest boxes which have been put up by members of the Wildlife Trust specifically for these immigrant Flycatchers, and many of these have been used by them this year in various locations around Sedbergh and Dent. As we came down through the wood on a different route, we had to be careful because there isn't anything much more slippery than the juice of a squashed Bluebell plant, and these were abundant. We discovered that if we gave a sharp tap to a Birch branch, quite often a caterpillar was dislodged, which then hovered mysteriously in mid-air some distance below the branch on which it had been feeding. Careful inspection showed these belonged to one of the Thorn moths, probably the Canary-Shouldered Thorn, so called because of its bright yellow furry body. These caterpillars constantly keep a strand of silk anchored to their foodplant, and if they are alarmed or dislodged they can hurl themselves off to avoid being eaten by a predatory bird. Subsequently, as we saw, they can haul themselves hand over hand up their silken rope back to the right food plant. If they didn't do this they might trudge an awful lot of caterpillar miles up a tree, only to discover that they had picked the wrong sort.

As we drove home it came on to rain; very satisfying to have timed our outing so well.

JDM



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SEDBERGH TOWN BAND

Master Class

The fourth of five scheduled Master Classes took place on Sunday 10th August. In the morning Ian Porthouse, an exceptionally talented cornet player of international reputation and status, spent two hours with the Town Band. The first hour was devoted to well-tryed warming-up techniques and served to emphasise the importance of basic, repetitive exercises for brass instrumentalists who wish to advance their skills and accomplishments.

The second hour was given over to practice of a concert piece and concentration on minutiae with a view to raising the standard of performance.

At a well-attended recital in the United Reform Church after lunch Ian gave a demonstration of exactly why his skills are held in such high regard. Pieces were played on both the conventional cornet and the more specialised and demanding piccolo cornet. He also gave an insight into the art of triple tonguing, calling upon the assistance of Henry Wray who exhibited impressive presence and accomplishment in the exercises.

The Band now looks forward to the final visit, that of the horn player Owen Farr on Sunday 26th October.

DENTDALE OVER-SIXTIES

Thank you to everyone who supported our annual fund-raising event: the Strawberry Tea and Bring and Buy Sale, held on 18 July 2008, in the Memorial Hall. Thanks to the helpers, who worked so hard to make



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it a success, to everyone who gave so generously in gifts and donations, and to everyone who came to support us, and to spend money! It isn't possible to thank you all individually, but we are very grateful to you. It was a successful and happy afternoon, and everyone enjoyed the opportunity to meet and chat to friends old and new.

Since then we have also had our annual Summer Outing, on 6 August 2008. This year 46 people visited the Lakeland Heavy Horse Centre at Dearham, near Maryport, and then enjoyed an excellent high tea at Denton House, Heskett Newmarket. Another happy and successful occasion, and again we are extremely grateful to all the people who gave us such generous donations towards the cost of the outing.

Our next event will be the Annual Christmas Lunch, which this year will be held on Saturday 13 December. Everyone who is over 60, and is a permanent resident in Dentdale, will be receiving an invitation during November, and we look forward to seeing you all at the party.

DOUBLE GOLD WINNER

Following on from last years success, SarahM has done it again. This local producer has achieved two gold awards this year at The Great Taste Awards which is organised by the Guild of Fine Food and often referred to as the 'Oscars of the food industry'. SarahM has been awarded a two star gold for Red Gooseberry Jam and a one star gold for Beetroot Chutney. The award winning Courgette Chutney from last year has featured in the top ten chutneys in the Independent Newspaper in August.

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SEPTEMBER GARDENING

There are daisies for every season. The Autumn ones are the Asters (Michaelmas Daisies), and some of the late flowering *Helianthus* (Perennial Sunflowers).

Asters come in a variety of shades of blue, mauve, pink and white and in different heights and degrees of stiffness. The 'Novae-angliae' and Novae-Belgii groups which are the stiff, old fashioned cottage garden types have been around in British gardens since 1710. In a normal or dry summer they tend to succumb to

mildew which stunts their growth and reduces flowering, but they do make a fine show of colour at the back of a border. My favourite Aster is the long flowering hybrid *A. x frikartii* 'Monch'. This, along with the two other hybrids 'Eiger' and 'Jungfrau', was raised in Switzerland around 1920. 'Eiger' and 'Jungfrau' were obviously sadly lacking in their staying power, but the good old 'Monch' goes on from strength to strength. Having said that, he is inclined to flop about a bit, or lie down on top of other things, but being very free flowering, and not too heavily built, he's well worth including in any border.

If space allows then three or four other cultivars are worth including.

A. ericoides has wiry stems bearing numerous small flowers of pink, blue or lemony cream. Similarly small flowered, but with bronze foliage, *A. lateriflorus* 'Prince' is a pale pink, choice variety. For a lower growing (2ft) variety, choose one of the *A. amellus* cultivars. *A. 'Violet Queen'* is a good deep indigo violet, and 'Pink Zenith' has clear pink daisies.

Other autumn daisies tend to have yellow or orange flowers. *Helianthus 'Capenoch Star'* has lemon yellow and *H. occidentalis* orange yellow blooms. Both of these plants are stiff and self supporting and will grow to 4-5ft in height so need to be at the back of a border. All are good for cutting, and their cheerful bright flowers make a welcome splash of colour in the garden as other flowers finish and fade.

Elaine Horne

DRIVING TIPS

A light right foot will do more to reduce CO₂ than retrospective road tax, says the IAM

Proposed Vehicle Excise Duty (VED) changes intended to reduce CO₂ emissions from cars will have little impact unless driving behaviour changes as well, according to research from the IAM.

Although many manufacturers have highly efficient "eco" versions of their cars available, many drivers will unwittingly lose the benefit of the technology through poor driving habits.

The following examples of common errors by drivers increase fuel consumption significantly:

- a) Under inflated tyres – tyres that are 20 per cent underinflated use three per cent more fuel
- b) Roof storage – wind resistance causes use of up to 20 per cent more fuel at 70mph
- c) Air conditioning – uses up to 10 per cent more fuel
- d) Aggressive driving – uses 15 per cent more fuel
- e) Speeding – travelling at 80mph uses up to 15 per cent more fuel than 70mph
- f) Short journeys – the first two miles use up to 100 per cent more fuel

Taken together, all these items can increase fuel consumption, and CO₂ emissions, by up to 45 per cent. This level of increase would mean that even the most economical and eco-friendly car, such as Ford's new Focus ECONetic, may emit as much CO₂ as a seven-seater people carrier like the Ford Galaxy, in spite of the Focus' class leading Band B VED

(road tax) rating.

The extra fuel cost for the Focus would also wipe out the savings in road tax. If the Focus is driven efficiently for approximately 10,000 miles a year, the fuel bill will be around £865. Poor driving habits would increase this by more than £330 per year, far outweighing the proposed reduction of £90 in VED.

IAM Head of Technical Policy and Advice, Tim Shallcross, said: "If the government is serious about getting motorists to reduce CO₂ emissions, the IAM says more investment in driver education and information is needed, rather than extra taxes that motorists suspect are more about revenue-raising than improving the environment."

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SEDBERGH TOWN JUNIOR BAND

Sedbergh Town Band are thrilled to announce that the Sedbergh Town Junior Band is now up and running. If you are under 16, already play a brass instrument and wish to join, please just turn up on a Saturday morning at 10.30-11am at the URC Rooms. Any standard welcome.

If you don't play an instrument but wish to begin; lessons are at 10am at the URC, instruments provided. There is a minimal charge to cover expenses..

Group lessons are taught by members of Sedbergh Town Band. Children can be left or parents can make themselves a cuppa and wait. Oooooor perhaps even have a go too! Adult lessons available too, please enquire.

For more details contact Carole on 22030 or Hilary on 20314

SEDBERGH BROWNIES PACK

The Pack does not exist at the moment but measures are being taken to re-start the Unit with an enthusiastic Team of volunteers.

At 6.30 pm on Tuesday 23rd September, a Meeting will be held in the Sedbergh Methodist Schoolroom on New Street for girls aged 7 to 10 and Parents who are interested.

If you require and further information or have any suggestions, please contact Ann Newbold on 20633.

LAND LUBBERS HOLIDAY CLUB

Thank you very much to everyone involved with Land Lubbers.

I really enjoyed the service on Saturday morning and it was nice to see more parents there.

The Holiday Club is free to attend and is funded by Churches Together which is great. The children are already looking forward to next year.

Keep up the good work which is really appreciated by the parents.

Thank you from a grateful parent.

LETTER TO THE EDITOR

I have recently received a letter to be printed in *Lookaround* regarding one of the establishments in Town. It is very strongly worded and I felt that the owner should have sight of it which was duly done.

I have been a request not to print it as it was felt that all the issues were not as portrayed and the owner will be contacting the person directly to address the issues raised.

KIDZONE

Sedbergh Helps Kidzone in Nairobi

The Rose Theatre Group raised £300 from the Pantomime Noah's Lark earlier this year. Then Sandra Gold-Wood organised a Bring and Buy Sale in July which raised the grand sum of £355. Thank you to all who helped and supported this event.

Kidzone is a home in Nairobi for 20 orphan girls aged 3 to 10. It has been set up in Mary Happy School, a low cost private school in Nairobi which caters for immigrant Somali families and poor Kenyans in the nearby Mathare slum. They had to house 20 to register as a children's home. It was not feasible to house both sexes so girls were chosen as poor girls are



The girls on an outing.

often exploited and denied education.

The plan was to convert a local building into the home but this proved too costly to start with. The accommodation is basic. Two classrooms have been converted into dormitories, another two into

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Helping with the laundry

outings for the girls during the summer holidays and the £355 from the Bring and Buy will purchase a large washing machine.

The girls have a house mother, but they have to give her a lot of help. At present the girls spend an hour or more a day doing laundry, so it will make a big difference to their lives. They will still help with the daily chores as all African children do, and learn to help around the home.

living space. The teachers volunteer to run some activities for the girls in holidays and at weekends, but they rarely have outings which are too costly.

The £300 raised by the Rose Theatre Group will be spent on

Sponsors provide for the girls' education and British Airways now assists with support for visitors and delivery of goods. Little by little life is improving for these delightful, happy children who had such a poor start in life.

Christine Wood

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FROSTROW WI

Another very wet evening for our August meeting! Will this rain ever stop? The President welcomed everyone and thanked Marjorie Fishwick for taking on the secretarial duties for the evening. Pauline Mather, our secretary, is in our thoughts as she undergoes further treatment and we hope to see her again soon.

The arrangements for the Golf Challenge in October are well under way and entries are beginning to come in. Come on all you WI golfers – give it a go – it'll be good fun!

Three of our members – June Mudd, Eileen Staveley and Jean Jones – enjoyed a low fat cookery demonstration at Howgill WI.

Monday 4th August was Ladies Evening at Carlisle Race Course. Ruth Mason, Christine Sheppey and Denise Thomson donned their finery and joined the other members of the coach party who were going to the races. The weather had been wet all day but got better and better as we travelled north. By the time we arrived at the Race Course it had turned into a glorious, sunny evening. Everyone had entered into the spirit of the event and it was lovely to see so many different outfits and hats. We had a lot of fun and some of us came back with more money than we went with!

The walking group had good weather for their walk up Wherside. It was warm and muggy on the lower slopes but when we reached the top it was extremely

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windy and cold. We were grateful for the stone shelter where we ate lunch. The wind stayed with us along the ridge but gradually died away as we descended. Thank you to Pat Ramsden who led the walk.

Anne Petyt introduced Carole Gotham, our speaker for the evening. Carole is the minister of Sedbergh URC and her topic was "Music and the Ministry". She has been a minister for seven years but a musician for twenty five years! She went to Music College before training to be a minister. She plays a number of instruments but her favourite is the oboe. Carole taught us a simple song to sing in the round (hope that's the right terminology from someone who's

musically challenged!). It went like this:- Adam blamed Eve/Eve blamed the snake/ and the snake didn't have a leg to stand on. I thought we sounded pretty good! She went on to play several pieces of music for us on different instruments and also gave us an insight into what sort of work is involved in being a minister.

Alison Siddall thanked Carole for such an enjoyable evening. June Mudd won the competition for a musical programme and Eileen Staveley won the raffle. Our next meeting is on 3rd September when Raymond Cheeseman will talk about First Aid in the home. We meet on the first Wednesday of the month at 7.30pm in People's Hall. Visitors will be warmly welcomed.

DT

COUNCILLORS CORNER

Since my last article I have been elected chairman of Yorkshire Dales National Park Authority. Unlike the chairman of a district or county this is not a ceremonial post: it is more akin to the role of leader. I am the first councillor from the Cumbrian part of the Park to hold this position. It is an honour and I could never have achieved it without the support of so many people over so many years both here and now in Kirkby Lonsdale. As a member I have supported the authority when it is in the right but equally I have never been afraid of offering criticism when I thought that necessary: you need look no further than my article in the

last *Lookaround* to confirm this. I will do the same as chairman. I hope my success will do some good for the area and I will of course use the office to promote the three western dales to the government ministers and officials who visit on a regular basis.

Much to my surprise, the day before my election as chairman, the government Junior Minister Jonathan Shaw began consultation on Direct Elections to National Park Authorities. I do not know what the current members of YDNP will think but personally I am delighted with the proposal. The consultation document is almost identical to my own submission to a previous enquiry and various letters which I have had in the

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press. I believe very strongly that the local members should all be directly elected on multi-member wards following the internal district boundaries. There is only one serious issue which the consultation misses out and that is the method of appointment of national members. I have no objection to the present system with one amendment. It should be an open appointment from an OPEN list of nominees. At present even members never find out who the candidates were. This is outrageous, how can we have confidence that the best candidates were selected ?

A couple of weeks ago, as your representative, I gate-crashed a meeting with the Eden police, the new Chief Executive of Eden and residents of Fell End at the Fat Lamb. The subject of course was the Gypsies and the encampment on Cote Moor. The more meetings I attend on this subject the more I realise that there can be no solution which does not deal with the problem from below the A65 all the way up the Lune, Rawthey and Eden valleys to the A66 and Appleby itself. There

can also be no doubt that whilst the police and council officers from the three authorities are trying their best there are too few of them to contain the vast numbers who descend upon us let alone manage them. I am coming to the view that a private act of parliament will be needed to encompass all aspects of the New Fair and that there can be no solution until that happens. I am led to believe that David Maclean thinks the same.

Cumbria County Council have appointed twenty four highway stewards. This is very much a member led initiative and I hope the county will be able to build upon it in the future. There is one steward for the two county divisions of Sedbergh and Kirkby Lonsdale and Burton and Holme. That means an awful lot of road for one man, Rob Windsor. Sedbergh will see him four weeks per year, Dent and Garsdale, two weeks each. In this instance Sedbergh is the whole parish and includes Cautley, Howgill and Frostrow. The three parishes have each appointed

(Continued on page 40)

local representatives to liaise with Mr Windsor, Roger Sedgwick for Sedbergh, Geoff Woof for Dent and Neil Haworth for Garsdale. Don't expect miracles: road repairs are chronically under-funded by national government. Curiously they calculate the spending assessment not from the length of highways but from the number of residents. Thus Cumbria receives rather less than Berkshire.

There are some very positive noises about the future of the Tennis Courts off Guldrey Lane. Everyone seems to be looking in the same direction whether that is a longer lease or perhaps a sale by South Lakeland to Sedbergh Parish. There was a brief report from the Property Advisory

Group to the SLDC cabinet last week. This was the last cabinet which I will sit in on as shadow Finance Portfolio-holder as I have resigned following my election as Chairman of the Park. My likely successor is neither a farmer nor a Yorkshireman but I am sure he will be just as careful in his dealings with public finances.

There is nothing to report concerning the Auction Mart site, certainly no papers have gone to members yet. However, as always there are a significant number of planning issues arising. Alterations to the playground at Dent Primary School is the application of most obvious public interest and very necessary if the school is to meet its

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obligations to national government. There are of course many other issues which are equally important to individuals and smaller groups of people. One thing which has astonished me now I am councillor for Barbon, Casterton, Kirkby Lonsdale and Mansergh is how few of their planning applications ever lead to the involvement of members. Up here I expect to be involved in at least one per week.

Today I was at the Recycling Skips on Joss Lane – what a mess! There was wet cardboard everywhere and both the paper and can banks were full. I rang SLDC right away and they will be emptied. Normally we report them when they are about 80-90%

full from the Community Office. This should happen automatically but doesn't always. If they are nearly full can you please give me, or Ian or Peter a ring or else drop in to the Community Office and tell them. It will save us all a lot of work in the long run if you do. Thanks.

I will be in France for the first week of September so you might prefer to text me rather than phone. Of course you can always use email.

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.

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HOWGILLS HARMONY in SLOVENIA

Once again our singers were treated to extraordinary hospitality in Slovenia when our small band visited Zrece for a week of singing - with most of them saying they were so moved by the friendship they experienced that they would go back to Zrece again and again.

We stayed, as we often do, with our old friend Joze Kovse at Medved high in the hills in the little village of Skomarje, and had a tremendous time singing with a large chor made up of many smaller Slovene choirs from Trieste. The workshop was in the Terme in Ptuj, where the streets were almost deserted - almost the entire town appeared to be at the public swimming pool sheltering from the soaring summer temperatures (35 degrees.)

But our best day was with our friends the Pevke iz Brinjeve Gore and the Firemen's choir. The Pevke are a family of women singers who many people in Sedbergh will remember from when they visited last year and sang a concert with a male voice choir from Northumberland. We sang on the hilltop in the two churches overlooking Zrece, and then spent the afternoon singing with everyone who had gathered for a picnic. As one picnic finished another stated as we were shown round the firestation and as the moon rose over the distant mountains, sat outside for an evening of singing with the Zrece Firemen's choir. These strong voices are a male voice choir singing

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Slovene folk songs and into the night our two groups took it in turns to sing first Slovene and then British folk songs - with more and more lively choruses as the Boronicevec and wine flowed freely.

We are so pleased that the Firemen's Choir will be visiting Sedbergh later in the autumn with their Mayor, Boris Podvrnik so that everyone else in Sedbergh will get the chance to hear this wonderful singing.

We also had a very interesting time with the Veterans Society meeting the former soldiers who had helped Slovenia gain its independence, and watched a film made by our old friend Dravko. "Look, that's my shadow." he said at one point, as he had been both a soldier defending the new born nation and the cameraman recording their heroism. I had heard many of the stories before, like how they stopped the Yugoslavian army from attaching Slovenia after it declared independence by blocking their barracks with rocks and timber - but it made more sense when we saw it on the film and were able to understand

how the Slovenians won their independence with very little bloodshed by fighting with their brains.

We were also treated to great deal of hospitality by the new mayor Boris Podvršnik who met us in the council chambers, at the old poet's house in Skomarje, and at the cafe at Rogla. We were delighted when we heard that he'll be joining the firemen on their visit to Sedbergh.

We also visited a couple of cities - Celje where we sang in the very centre of the town at lunchtime, and Ljubljana the capitol, where we sang under France Preseren's statue (the national poet) in the city square where he gazes over longingly towards his muse Julia - who as in life, scorns him by looking the other way.

While we were there the local newspaper ran a story about how the town twinning between Zrece and Sedbergh has been so successful that other towns are now using us as a blueprint for how to make a successful partnership. The article also mentioned our language classes

and our Potica competition. A cartoon combined the two together with a Zrece baker asking a Sedbergh baker who is just pulling his cake out of the oven, "Was it successful?" and the Sedbergh baker replies: "Well, I know how to say Potica, I just don't know how to make it!"



As we reported last month, the Sedbergh Slovene language students all had a go at making the Slovene festive cake and it was tested by Bojan Skoda and his family from the Embassy who visited Sedbergh at the end of July. Our attempt at Smithy Cottage was a little like something you might mine out of a mountain and it is a surprise that Bojan's teeth survived. Russel's cake was not quite so heavy, but was still pretty solid. But Liz Clarke's cake looked and tasted like some Slovene potica I have eaten before - Bojan's wife Irena's only reservation was that perhaps it needed to be baked in a smaller pan to make it more compact.

We are now all back in Sedbergh preparing for the visit of the Slovene male voice choir Oktet who are with singers from Zrece. We're all very excited and determined to try and give as much hospitality as we have received from our Slovene friends - but then, by the time you are reading this, you will have already heard and met them.

David Burbidge

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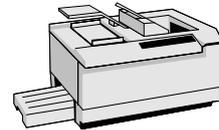
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Have you seen the lifesize photograph of those who worked at Farfield in 1909? Your relative might be on that photo, now displayed on Level 2 of the Mill?

Are you one of those who keeps saying, "I will go and see Farfield one day"?

SUNDAY 14 SEPTEMBER IS THE DAY FOR YOU

As part of the English Heritage Open days Farfield will be open to the public free of charge (with free transport to and from Joss Lane car park) and there will be, in the presence of Queen Victoria, as well as local dignitaries, (Parish and District Councillors) a public unveiling of a wall plaque which will be a permanent tribute to all those who have ever worked at the mills in Sedbergh. We cannot mention everyone by name of course but for a donation towards the cost of the Board, you will be able to sign your name on the back of it.

What does the Board say? An extract:-

“Toil and sweat were used to hew out of the earth the rough stone that allows this building to stand tall above the rocky banks of the River Clough. It is a testament to the skills, the imagination and the creativity of the men and women, such as the Dovers and their workers at the Farfield Mills, who in the eighteenth and nineteenth centuries engineered today’s industrial society

.... It celebrates men like Will Stainton, who lost the skin off his back while cleaning out the wheel-pit and the lining of his lungs from inhaling dust, but who laboured in this mill for 85 years

.... it celebrates the women who here and all over Yorkshire and Lancashire worked twelve hours a day, six and a half days a week, on ear shattering looms and fast moving spinning frames

.... and it celebrates the children, such as the piecers who spent their childhood, not at school, but wearing the skin off their fingers twisting together ends of the cardings.

Yet out of the toil, the tedium and the sorrow came a sense of comradeship and purpose and artefacts of value and of beauty. “

Come and see this tribute mounted permanently on the wall of the mill at 2.30 in the afternoon. Come also from 10.30 onwards to join in the workshops and demonstrations on weaving, spinning, beadwork, tatting, making textile collages and other skills. Take part in the Treasure Hunt, plant a bulb for spring and enjoy a Victorian afternoon tea in the

Weavers’ cafe.

Come DRESSED IN VICTORIAN COSTUME (not essential but it would be fun). You can then have the photograph of you and your family taken against a Victorian background.

Make this a day when you help your children realise that a history lesson in school about the Victorians is not just something in a book in a school curriculum, but it is here in Sedbergh.

Daphne Jackson

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Clerk to SUC&WH, 31 Loftus Hill,
Sedbergh, Cumbria LA10 5RX

SEDBERGH WAR MEMORIAL

As mentioned in the July issue the town's memorial is being renovated, thanks to generosity of the Parish Council and the efforts of Margaret Gorst. For some time the memorial has needed cleaning and the names of those who died in the Second World War have shown signs of deterioration, as have some of the First World War ones.

The first recorded public meeting about a memorial was held at the National School on 31st March 1919 at which several suggestions were made about what form it should take and where it should be located. For example, Major Upton offered a field in front of Guldrey Cottages as a

playground, laying down conditions including that it should be of such a character as to beautify the approach to the town and that it should incorporate a suitable memorial for the fallen.

At the meeting convened on 16th June 1919 to make a final decision, St Andrew's churchyard was chosen as the site for a memorial and Mr Worthington was to be consulted as to the most suitable area in it. John Hubert Worthington, an Old Sedberghian, was the architect who designed the school cloisters. He was wounded in the Great War and one of his brothers was killed. He later became an architect with the Commonwealth War Graves

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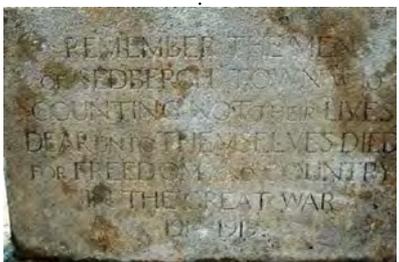
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www.holmeopenfarm.co.uk

Commission. The visitors' book for the Vicarage records that he stayed there in 1919. The eventual cost of the war memorial was £304 5s 9d, of which £198 was raised by public subscription and just over £20 from church collections; there were also donations from various organisations such as the RDC, Winder Lodge, the Tradesmen's Association and the Tennis Club . One of the individual contributors was Lord Douro.

Worthington's fee as architect was £23 and Greenbank & Son, workers in marble, were paid £161 11s 6d for the work itself. The service of dedication and unveiling ceremony took place on Sunday December 12th 1920. Brigadier General North, CB, MVO, unveiled the memorial. The wording on the cross itself is: *Laus Deo* and on the plinth below:
 REMEMBER THE MEN OF
 SEDBERGH TOWN
 WHO COUNTING
 NOT THEIR LIVES
 DEAR UNTO
 THEMSELVES DIED
 FOR FREEDOM AND
 COUNTRY IN THE
 GREAT WAR 1914-
 1919



So far, no record has been found about the adding of the names of those who gave their lives in the Second World War but Jack Dawson remembers that slabs were placed over the First World War names at the time the names of those who fell in the Second World War were added to the memorial. On these tablets the names of the First World War

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casualties were carved again. His memory, as ever, was proved right when the tablets were removed recently, revealing the original carvings on the sandstone faces of the memorial itself. There were 39 names on the original memorial and, for the Second World War, 19 were added.

One new name is to be added to those of the First World War, that of Thomas Ellwood Dakres whose headstone in Sedbergh Cemetery is a 'Commonwealth War Graves' one. He was the son of Moses and Margaret Dakres of 4 Guldrey Terrace.

The untiring and dedicated work of the late Jack Hill in recording and researching the names on the Sedbergh War Memorial was the spur to setting about its renovation in recognition of the sacrifice made by those 'Men of Honour'.

It is hoped to publish details of the service for Remembrance Day in a later edition.

MOVEMENT AS MEDICINE

The first few weeks after the end of the summer holidays often set a pattern for the rest of the year. We sign up for evening (or day) classes and make efforts to carry over that beneficial rest, relaxation and increased exercise of the summer into our working lives. If you are thinking along these lines, I would like to encourage you to sign up for a movement-for-health class in Sedbergh. For yoga contact Deyna Hirst (015396 21556), for Tai Chi on Tuesday evenings contact Ian McPherson (15396 20648). Or you might like to try my Wild Goose Qigong class on Monday mornings.

The Journal of Chinese medicine publishes a summary of current health related research, which always includes several items on the benefit of exercise. Recent items include: exercise boosts good cholesterol, exercise reduces osteoporosis in men, exercise reduces risk of Parkinson's, exercise is beneficial for fibromyalgia. More specifically Tai Chi raises heart rate variability, Qigong reduces chronic neck pain, Tai Chi

ACUPUNCTURE



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improves balance in the over sixties and even Tai Chi and Qigong enhance immune reaction to the flu vaccine.

Of course, other forms of movement, such as walking, running, cycling, playing football and swimming are also beneficial. Ideally one would combine some form of cardiovascular exercise with an "internal" form of exercise such as yoga, Tai Chi or Qigong. Here the focus is on balance, awareness and conscious movement designed to align the body and stimulate the good functioning of the internal organs. It is recognised that such forms of exercise both invigorate the body and help to reduce stress.

I have been using Wild Goose Qigong as my basic health maintenance routine for about six years now. It consists of pleasing sequences of movements, including

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bending, stretching, stepping, tapping and fluttering. No special ability is necessary – I started practising as a complete beginner and felt the benefits immediately. Some of the movements are quite idiosyncratic – pulling the toes or “looking through the window”. Others such as “wild goose takes flight” are flowing and graceful and some are designed to stimulate particular acupuncture points. Each movement is repeated between one and nine times. Two things surprised me when I first started: that with so few repetitions a feel-good sensation was noticeable straight away and the stiffness in my knees was improved very quickly. Even now, when I have many more

routines available, Wild Goose is the first thing I choose to do if I feel a bit off colour. It was very helpful when I was suffering from the effects of altitude in Nepal earlier in the year.

Wild Goose classes will take place on Monday mornings (10.00 to 11.30) in the URC Hall in Sedbergh, starting on Monday 22nd September. Ten weekly classes (with a break for half term) will cost £50. In addition I shall be teaching a day of Wild Goose Qigong at the Dent Meditation Centre on Saturday 20th September. To book for this contact Eliza Forder (015396 25141) To join the weekly class, or for further information, please contact me. My telephone number is 015396 20972.
June Parker

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HEALTH ISSUES

Flu jab season

Swallows leaving, harvest suppers, darker nights and flu jabs. We now have our delivery dates for the this year's flu jabs and are planning something a little different in how folks get immunised. At this point it is worth pointing out that despite what you may have seen in the media, flu jabs remain recommended (by Health Protection Experts) for those over 65 and others with reduced immunity. All those eligible will be receiving a letter this month from the practice explaining the planned clinics.

This year the surgery will open on Saturday 27th September and Saturday 11th October between 0900 and 1200 for flu jabs only. No appointment is needed, just walk in and wait. To avoid backlog we are asking that people with surnames ending in A-G attend between 0900-1000 both dates, surnames ending H-

Q between 1000 and 1100 both dates and surnames R through Z from 1100 to 1200 both dates. If you cannot make either of these dates we will be running a bookable clinic on Tuesday 14th October. This we believe to be a more efficient method of giving flu jabs with less impact on the day to day work here and offering a better choice for our patients.

Otherwise the main health issue we face currently is our planned move to new premises. Understandably many people have opinions on the subject but there remains a significant amount of mis-information. Of course the preferred site to build on would be our current location but this is technically and financially impossible. The current building cannot be expanded to the degree required and comply with building regulations. Given that the site is leased from Sedbergh School and only has 40 years left on the lease no-one will

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spend (nor would a bank lend) the £1.6 million required for the building. There is also the not inconsiderable issue of where the service would operate from whilst re-building took place. For these reasons we have to look elsewhere.

The closest land to the town centre available to build on is the Auction Mart site. Sorry but there it is. If anyone is willing to sell us a piece of land closer to the centre than our current site-then please can we start negotiations? In the absence of any other opportunity then we have to proceed with our current proposal. We are charged with looking after the Health needs of the locality, which means both now and in the future.

Whilst much effort is expended in keeping the current premises running as efficiently as possible-what you see is the ongoing flogging of an almost dead horse. We have pretty much maximised functionality of the building. The reason that no-one waits very long to be seen is that unless we move people through the system very quickly, everything would grind to a halt.

Can we please ask that if people have concerns or object to our proposed build, come and talk to one of us to get the facts so that opinion and discussion is informed?

Dr William Lumb

Please note that the 'Workers Surgery' is now by Appointment only.

J N & E CAPSTICK

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A local family firm is celebrating 40 years in business this month with offices now in Kirkby Stephen, Appleby and Sedbergh. J.N. & E. Capstick Insurance Consultants was founded in September 1968 when Norman Capstick received his first agency agreement from the then Provincial Insurance based in Stramongate, Kendal. Selling motor, home and farm insurance to the local community from the family home in Newbiggin-on-Lune, the business went from strength to strength and Elsie, his wife, became partner in 1973 whilst also bringing up their two children David and Alison.

David joined the family firm in 1989. Norman sadly passed away in 1998 leaving David to continue to run the family business. Gary Capstick

also joined the business in 1989 as an independent financial adviser.

Elsie is still very much a key partner but leaves the general day to day running of the business to David and Gary saying "the insurance industry has changed so much from the early days, everything is now computer generated but one thing I think we pride ourselves on is that first and foremost we look after our customers. We have people on our books who have been with us since 1968."

David currently employs some 14 people from the local community and believes that as a businessman he has a responsibility to give something back to the area. "I'd like to think that what we've achieved in 40 years will continue to grow even through the uncertain economic climate we live in today. Our professionalism ensures that we offer the right product



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at the right price”.

Janice McWhirter who has been with the company for over 10 years says “its nice to be part of a growing business providing a helpful service to the local community”.

They have recently moved offices from North Road to the Market Square in Kirkby Stephen to accommodate the growing business and also acquired Les Maddock Insurance Brokers in Sedbergh when Les retired in 2007.

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RECYCLING NEWS

September is usually one of the busiest months for recycling clothes and shoes as people clear through

their wardrobes and especially take out children’s clothing that has been outgrown.

There are numerous Scope and Salvation Army banks at recycling centres around the district and also charity shops on many high streets. Charities are looking for clothes and shoes that are suitable for re-sale, either in the shops or that they can sell overseas to raise funds. The money raised can then be used to support their work.

It is thought that nearly 2 million tonnes of new clothing is bought every year, but that only around a fifth of that is recycled. Please take only clothes and shoes that are suitable for re-sale to charity banks or shops, it is a good idea to tie shoes together so that they don’t get separated and use bags to keep items clean.

Charity banks and shops are among the best ways to recycle, as well as keeping the amount of waste down; they also provide an excellent service to bargain hunters, so why not take a look next time you are in town. You could save a pound or two as well as saving the planet.

If you have any concerns about any organisation collecting second hand clothing or goods for re-sale you should contact Consumer Direct on 08454 04 05 06, or the Charity Commission on 0845 300 0218.

If you have any questions about recycling or waste minimisation please telephone us on 0845 050 4434 or by email customer.

services@southlakeland.gov.uk

Thank you for recycling.

SEDBERGH BADMINTON CLUB

Season 2008 / 2009

The club will start the season with the A.G.M. on Monday 1st September at Sedbergh School Sports Hall at 7pm. All members, old and new, are more than welcome. Play will get under way after this event.

Playing sessions:

Seniors

Monday evening 7.30pm - 9.30pm

Friday evening 8.30pm - 9.30pm

Juniors

Friday evening 7.30pm - 8.30pm

All play takes place at Sedbergh School Sports Hall.

More details and information to follow in the October edition of *Lookaround*.

TRACTOR CHARITY PULL

On 22nd June, pupils of Sedgwick House of Sedbergh School Pulled a Tractor around the roads of Sedbergh for Charity. After a massive effort and lots of support, they raised £4,520 in support of St Andrew's Hospital, Mchinji Orphanage, Malawi, Great North Air Ambulance 'Pride of Cumbria' and Local Community Projects



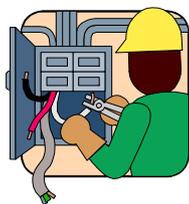
The following are thanked for their support:-

Bryan Hoggarth Tractors; Lockbank Dairy; Henry Wilson Books; Happy Valley; Chris Whelan; Woof's of Sedbergh; Nisa; The Dalesman Inn; Close's Garage; Leighton's Hairdresser; JJ Martin; Eden Farm Supplies; Bertram's; Farfield Mill; Jackson & Graham; Ellie's Bakery; Steadman's; White Rose Fisheries; The Taj Mahal; Westwood Books; The Bull Hotel; Powell's; 3 Peaks; The Magic Tree; Rycroft's; Spar; The Green Door Sweet Shop; Dale Farm, Kendal; The Sedbergh Post Office; Sedbergh Café; The Sedbergh Dental Practice

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SEDBERGH BOWLING CLUB

President's Day 10th August

Our president this year is Mr Jim Greenbank. The finals of the annual knockout competitions were held on a mixed day weatherwise but this did not deter some excellent bowling. The weather picked up later when members enjoyed a BBQ to end the day.

The winners were :-
Men's Trophy - D Westgate,
Ladies Trophy - J Westgate,
Presidents Prize - J R Oughton,
Poynts Wright Cup - G Bainbridge



SEDBERGH & DISTRICT ART SOCIETY

Summer Exhibition

The 2008 Summer Exhibition was held in the Sedbergh School Library, which in itself was of great interest to visitors, who asked many questions about its history. The Society is grateful to Sedbergh School for offering it as a venue for well over a hundred framed works, and two browser bars packed with unframed pictures.

All the artists live within fifteen miles of Sedbergh, and offered a wide

range of subjects in a variety of media. Many of the visitors commented on the over all high standard, and compared it very favourably both with previous exhibitions and with exhibitions elsewhere.

For the first time this year, a raffle was held--(in aid of Sight Savers International)---one of the prizes being a painting by Ruth Gamsby, which was the original of the design on the front of the brochure. The raffle was very well supported.

Thanks must go to Anne Beer for her efficient organisation of the exhibition, and to all the many people who helped her make this year such a success.
V.Finch



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YDNP

Organisations responsible for helping to care for the Yorkshire Dales National Park are on course to hit targets set to improve the area.

The National Park Management Plan – called The Yorkshire Dales: Today and Tomorrow – is a 32-page document mapping out key objectives for the National Park between 2007 and 2012.

It was updated in 2006 by a group comprising statutory agencies like the Yorkshire Dales National Park Authority (YDNPA), English Heritage and Natural England, and the three local strategic partnerships for the South Lakeland, Richmondshire and Craven districts to try to ensure that it covers the key local and national issues that affect the area.

Those organisations – and others – have now formed a Steering Group which is monitoring progress in implementing the Management Plan.

The group's first report – presented to today's (29/7/08) YDNPA meeting – shows that good progress is being made in meeting most of the plan's 70 objectives.

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Successes include:

- 70 per cent of the Park now being covered by agri-environment agreements, with more than 40,000 ha in the new Environmental Stewardship scheme
- the National Park Authority's Sustainable Development Fund funding 19 projects, worth over £950,000, which are bringing economic, social and environmental benefits
- 89 per cent of highly-sensitive 'green lanes' now having management plans in place
- 90 per cent of the Pennine Bridleway route through the Dales now completed
- the area of Sites of Special Scientific Interest land in 'favourable or recovering' condition has increased by 2,000 ha, and now stands at 80 per cent
- 166 hectares of native broadleaf woodland have been planted over the last two years;
- the number of Listed Buildings 'at risk' fell for the third year running – down to 72 (four per

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cent of the total).

Carl Lis, chairman of the Steering Group and of the YDNPA, said: "The document is a management plan for the National Park and not just for the National Park Authority.

"Getting organisations to work together to achieve shared objectives is vital to the future of this special place.

"We have made real progress in a significant number of the objectives but there is still more work to do before we can say we have met all the targets.

The National Park Management Plan is explained in full in a new section of the YDNPA website found at [//www.yorkshiredales.org.uk/index/looking_after/](http://www.yorkshiredales.org.uk/index/looking_after/yorkshire_dales_national_park_management_plan.htm)

[yorkshire_dales_national_park_management_plan.htm](http://www.yorkshiredales.org.uk/index/looking_after/yorkshire_dales_national_park_management_plan.htm).

Visitors to the website can look at any of the objectives in the Plan and see the latest information on how much progress has been made.

Mr Lis said: "We think it is really important that anyone can find out easily what our organisations are doing to look after this beautiful part

of Yorkshire and how far we have progressed towards the targets we have all signed up to.

"The website information on the Management Plan has been designed to be straightforward so that it can be regularly updated and easily understood."

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FOOTBALL WITH A DIFFERENCE

On Wednesday 17th September at Baliol School Gym, to coincide with Sedbergh Festival of Books and Drama, Tom Palmer, the author of the Football Detective series will conduct the Football Reading Game which is in two halves. - First, a quiz about football reading and then the Penalty Shoot Out against Tom (prizes to be won).

The nights events are free and designed for all footballing age groups from 5-15 years old boys and girls and their families in Sedbergh, Dent and district.

The evening kicks off at 7.30pm. Please give us your support.

The organisers are Carole Nelson (Book Town) and Caspa (Football Club).

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YDNP

There will be no Planning Surgery
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Andrea Burden

SOUTH LAKELAND CARERS ASSOCIATION

We are planning to have an
Afternoon Tea in Sedbergh and invite
all the Carers we know, present a
short profile of us and our work with
those who care for a family member
or friend, the activities we run include
our Drop-In Centre at our office on a
Wednesday 11am-2pm and then find
out what people want or would like
from our local Support Group.

At present the Sedbergh & Kirkby

Lonsdale Carers Support Group
meets in the Meeting Room at the
Peoples Hall on the 1st Tue of every
month 2-4pm except Dec and Jan.

For further information please
contact our office at 5, Castle Street,
Kendal, LA9 7AD 01539 815970 and
speak to one of our Support Workers,
Roberta, Sarah or Marilyn.

SEDBERGH SCHOOL CHORAL SOCIETY

The new season begins on Monday
8th September. We meet at 6:25pm
in Powell Hall, Sedbergh School.

We are giving two performances as
usual on Saturday 31st January in
Carlisle Cathedral & Sunday 1st
February in Sedbergh School Powell
Hall. This year, we are singing

Handel's Messiah. Everyone is very
welcome to join, the more, the better.
If you enjoy singing do come along.

Please note as before, *the first
rehearsal begins at 6:10pm.*

If you need any further information
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PULSE COMMUNITY GYM

As part of the gym's community commitment there will be a Family Fun Day at Baliol School on Sunday Sept 21. Plans are well under way and will be finalised shortly. Naturally it's all about activities, especially games that all family members can enjoy. There will be a 5-a-side Football Tournament which is split into 3 ages bands. Other attractions are, Aeroball, Traversing Wall, Egg Throwing plus it is hoped we can organise Record breaking attempts for the Pulse Star Awards. The idea is that these awards will be held by the winner for a year and then that person can be challenged for the record. There will be a small area for Car Booters and you can book your space when the school returns in early Sept

The event is set to start at 12.30 pm. If you are thinking of trying for a record, get in touch before the day to get your name down. These are some of the idea's for records - Blow a Malteser the longest distance with one breath. Row the length of *Sedmere*, Cycle up *Winder* (rowing machine and bike remain on field)? It is also hoped that there will be an obstacle race where the entrants have to put on a layer of clothing at each point on the course. Plus there will be as many more attractions and tortures as we can think of. Add refreshments and a grand raffle and you have a good day out for all the family. Please come along and support us.

Many thanks go to Andrew Johnson

who has been helping out with inductions etc at the gym. Andrew is doing a Sports Science course at Lancaster University. We are very pleased to have his help. Give us a call if you would like to help out with the Fun Day or if you have any suggestions for games or record attempts, or if your sports club would like to run an event... 015396 21808.



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Mel, who oversees the premises, has recently completed Case Studies which included Counselling and Aromatherapy. Reflexology and Indian Head Massage are also available. Mel is now available for two days a week so call in or give a ring if you require any further information.

YDNP

The Yorkshire Dales National Park Authority has a new chairman.

Kevin Lancaster, who has been a member of the Authority since 1996, was voted into the post at a YDNPA meeting on July 29th.

He is a hill sheep and cattle farmer, born and brought up near Sedbergh and is also a South Lakeland District Councillor. He is the Authority's Member Champion for Corporate Management.

Speaking after his election, he told Authority members: "This is the greatest honour I have had in my life. I hope I can repay you by doing a good job in the next 12 months."

He takes over from Carl Lis, who stood down from the post after four years. Mr Lis joined the YDNPA in 1996 and will continue to be a member of the Authority.

Mr Lis said: "I just hope Mr Lancaster gets as much pleasure from the job as I have."

The meeting elected born-and-bred dalesman Harold Brown as Deputy Chairman.

Mr Brown joined the Authority in 1996 and has been chairman of Grinton Parish Council since 1975

ARTS IN RICHMONDSHIRE

AiR, the regional arts development agency, with its base in Middleham, is inviting applications from people interested in joining as Trustees.

Nicholas Reckert, the Chairman of AiR, said: "This is a real opportunity

for volunteers with an active interest in the arts, as professionals, amateurs, or non-practising enthusiasts, to help expand the arts in Richmondshire and surrounding areas. Relevant experience would be a bonus, but it's enthusiasm we're really after - enthusiasm for painting, crafts, music, theatre, dance, poetry, whatever."

AiR recently opened a new website - artsinrichmondshire.org - offering advice and guidance for arts practitioners, as well as a What's On service which extends from Sedbergh to Thirsk, and from Barnard Castle south to Ripon. The non-profit organisation will soon offer electronic ticketing facilities for events organisers, and a range of other services for practitioners and public alike. "Now", says Nicholas Reckert, "we need enthusiasts who can help us build on our strengths, and sustain this area as an outstanding showcase for the arts in rural communities".

Trustees meet every six weeks or so, generally in Middleham. Interested applicants should contact nreckert@artsinrichmondshire.org.

NORTH WEST CANCER RESEARCH FUND

The NWCRF Committee sincerely thank the many people who supported the recent Coffee Morning in any way.

A total of £361 was raised which will help towards research at Liverpool and Lancaster Universities.

DENTDALE CRICKET CLUB

On August 3rd the Club played Holker which was fourth time lucky, after the first three arranged matches were washed out.

Dales Travel took us to Holker with ten players. Holker leant us one to make up the team. The ground is in fine setting in the grounds of Holker Hall. Our entry was spectacular via a rear entrance with one hundred or so deer running in front of us.

Holker have a nice 1950's stone pavilion with facilities, electricity, water, flushing toilets, showers etc. A bit of a change from our wooden hut with no facilities.

Holker batted first, Mark Dodd bowled brilliantly to reduce them to 16 for 2. Then David Hunter chipped in with two wickets - 35 for 5. At this stage it looked good. Holker rallied to 80 for 6 before Bill Longlands clean bowled their batsman. During his next over, a Holker batsman off drove very hard towards Mace who failed to stop the ball with his hands, it thundered into his leg with a sickening thud. Mace fell to the ground as if shot. It is sad to say that his team mates found this hilariously funny. Mace took some time to recover before play resumed.

Holker then put on a stand of 25 before David Hunter returned to the attack, 115 for 8. During the celebration of this wicket, Captain Burty (wicket keeper) lobbed the ball back to Larry without telling him it was coming or seeing that he was facing the other way. The ball landed on Larry's head, poleaxed by plonker Burty. Fortunately Larry recovered after a dousing of water, to return the

JOHN SOUTER

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best bowling figures of 4 for 25. Mark Dodd bowled some unplayable deliveries to return 2 for 23. Joe Clare again bowled well, five overs 1 for 15. Mace finished Holker taking the last wicket.

The least said about our batting the better. No runs scored and three wickets down. Burty (Golden Duck), Bill duck, Larry duck. All bowled not moving their feet. The only batsman to apply himself was Mark Dodd who batted well to make 24. We lost.

Holker are a very friendly social side and despite the abysmal batting, we had a very nice day.

Man of the Match David (Larry) Hunter for his bowling and surviving the Burty bomb.

SEDGWICK GEOLOGY TRAIL

On Wednesday September 3rd, members of the Kirkby Lonsdale Branch of the Cumbria Wildlife Trust will be leading a walk to examine the fascinating geology, mosses, habitat (acidic and basic), plants and possibly fungi along the "Sedgwick Geology Trail". Easy walking with a distance of around 1.5 miles but boots preferable. Meet in large car park at 2pm at OS ref 693912 on A684 in Garsdale. All visitors welcome.

Mike Kingsbury

THE SPORTSMAN'S INN CYCLE RIDE

A big thank you to Ron, Sandra and leader of the gang Joel, for organising our magic cycle ride on Sunday the 3rd August 2008.

A group of cyclists (varying experience) plus roadies met at the Sportsman's Inn to arrange transport of bikes and people to Bull Beck the start of the Lancaster Cycle Way through to Glasson Dock, a 25 mile return cycle run. Apart for the odd aches we all returned home safely, tired but very chuffed. All received certificates at the end, compliments of Mr. Ron.

Thank you for a great day, smashing company, perfect weather and a beautiful picnic at Glasson organised by Sandra and her team.

Thank you also for the transport of the bikes and to Mr. Keith our sweep.

The Cowgill Freewheelers



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Sedbergh Lookaround

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website www.strampress.co.uk

A.A.A.D.D.

Sound familiar???

I'm sure some of you can relate, and those that can't, well ... this might explain why we are the way we are.

Recently, I was diagnosed with AAADD. - 'Age Activated Attention Deficit Disorder.'

This is how it manifests:

I decide to wash my car.

As I start towards the garage, I notice that there is mail on the hall table.

I decide to go through the mail before I wash the car.

I lay my car keys down on the table, put the junk mail in the waste bin under the table, and I notice that the bin is full.

So, I decide to put the bills back on the table and take out the rubbish first.

But then I think, since I'm going to be near the mailbox when I take out the rubbish anyway, I may as well pay the bills first.

I take my cheque book off the table, and see that there is only one cheque left.

My extra cheques are in my desk in the study, so I go to my desk where I find the can of Coke that I had been drinking.

I'm going to look for my cheques, but first I need to push the Coke aside so that I don't accidentally knock it over.

I see that the Coke is getting warm, and I decide I should put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Coke, a vase of flowers on the worktop catches my eye - they need to be watered.

I set the Coke down on the worktop and I discover my reading glasses that I've been searching for all morning.

I decide I'd better put them back on the desk, but first I'm going to water the

flowers.

I set the glasses back down on the worktop, fill a container with water and suddenly I spot the TV remote.

Someone left it on the kitchen table.

I realise that tonight when we go to watch TV, I will be looking for the remote but I won't remember that it's on the kitchen table, so I decided to put it back in the lounge where it belongs, but first I'll water the flowers.

I splash some water on the flowers, but most of it spills on the floor.

So, I set the remote back down on the table, get some towels and wipe up the spill.

Then I head down the hall trying to remember what I was planning to do.

At the end of the day: the car isn't washed, the bills aren't paid, there is a warm can of Coke sitting on the counter, the flowers aren't watered, there is still only one cheque in my cheque book, I can't find the remote, I can't find my glasses and I don't remember what I did with the car keys.

Then when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day long, and I'm really tired.

I realise this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail.

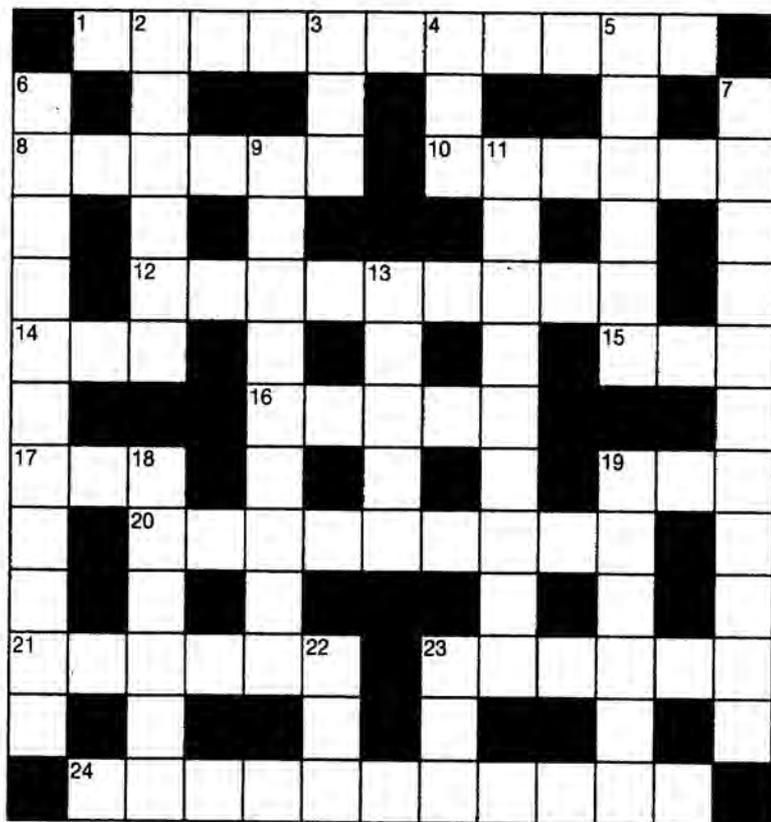
Do me a favour, will you? Forward this message to everyone you know, because I don't remember to whom it has been sent.

Don't laugh - if this isn't you yet, your day is coming!

GROWING OLDER IS MANDATORY.

GROWING UP IS OPTIONAL.

**LAUGHING AT YOURSELF IS
THERAPEUTIC!**



ACROSS

- 1 Small bomb (4, 7)
- 8 Twenty-one shillings (6)
- 10 Fear (6)
- 12 Close-fitting (clothes) (9)
- 14 To the rear of a ship (3)
- 15 Large lorry (inits) (3)
- 16 Claude - - -, French painter (5)
- 17 Appropriate (3)
- 19 Metal food container (3)
- 20 Fundamental reason (9)
- 21 Bureau (6)
- 23 Courage (6)
- 24 Absolutely level (4, 3, 4)

DOWN

- 2 In the middle of (6)
- 3 Indian state (3)
- 4 Flightless bird (3)
- 5 Shortfall (6)
- 6 Trouble (11)
- 7 Revitalises (11)
- 9 Mystic (9)
- 11 Work out (9)
- 13 Latin-American dance (5)
- 18 Insignificant thing (6)
- 19 Scottish football club (6)
- 22 Hitler's mistress, - - - Braun (3)
- 23 Earth (3)

BUS SERVICES

Sedbergh to Kendal via Oxenholme Monday to Friday					Blackhall Road, Kendal to Sedbergh via Oxenholme 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					1745		564	W	❖
1005		564	S	❖	Saturday Only				
1050		564A	A8	❖	1050		564	S	❖
1300		564	S	❖	1410		564	S	❖
1550		564	S	❖	1425		564A	A8	❖
Sedbergh to Kirkby Stephen Monday to Saturday					Kirkby Stephen to Sedbergh 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)				

ORGANISATION	CONTACT	Tel:	015396
Angling Association	Mr Wright	Dent:	25533
Art Society (S & D)	Mrs Leigh	Sed:	20794
Badminton (Dent)	Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	Mr Mason	Sed:	20565
Beekeepers Association (S & D)	Mrs Whitton	015242	72004
Book Group	Mrs Dodds	Sed:	20308
Bowling Club (Queen's Gardens)	Mr Killops	Sed:	20279
Bridge Club	Mr Estensen	Sed:	21060
Canoe Club (S&D)	Mr Hinson	Sed:	20118
Caving Club (Kendal)	Mr Teal	Sed:	20721
Chamber of Trade	Mrs Baines	Sed:	21287
Chameleons Drama Club	Mrs Bush	Sed:	20058
Christian Aid	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	Mr Beck	Sed:	20336
Cricket Club (Dent)	Mr Hyde	Dent:	25503
Cricket Club (Sedbergh)	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	Mrs Garnett	Sed:	21138
Dentdale Choir	Mrs Corpe	Dent:	25594
Dent Memorial Hall	Mrs McClurg	Dent:	25446
Dentdale Players	Mr Duxbury	Dent:	25535
Dent School (Friends of)	Mr Hartley	Dent:	25317
Dog Training (Sedbergh)	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	Mrs Hamilton	Sed:	21958
Fire Service (Tuesday Evenings)	Mr Packham	Sed:	20302
First Responders (Dent)	Mrs Pilgrim	Dent:	25589
Football Club (Dent)	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	Mr Moffat	Sed:	21797
Gala Group	Mrs Fisher	Sed:	20764
Garsdale Village Hall	Mrs Scarr	Sed:	20502
Garsdale Ladies Group *	Mrs Ramsbottom	Sed:	21013
Golf Club	Mr Lord	Sed:	20993
Good Companions (Dent)	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	Mrs Howarth	Sed:	20090
History Society	Mr Cann	Sed:	20771
Howgill's Harmony	Mr Burbidge	Sed:	21166
Howgill Harriers	Mr Brassington	Sed:	21212
Howgill Schoolroom	Mrs Stainton	Sed:	20665
Howgill Toddlers	Mrs Alderson	Sed:	22050
Kent Lune Trefoil Guild	Mrs Mitchell	Sed:	21144
Ladies National Farmers Union	Mrs Escholme	Sed:	20376
Liberal Democrats	Mrs Cleasby	Dent:	25476
Methodist Church Hall	Mrs Jackson	Sed:	20530
Playgroup (Sedbergh)	Mrs Gunning	Sed:	20226
Over 60's (Dent)	Mrs Murdoch	Dent:	25335
Parent Support Group	Mrs Goad	Sed:	20402

Parish Council (Dent) *	Mr Cairns	Dent:	25655
Parish Council (Garsdale)	Mrs Donaldson	07967	972160
Parish Council (Sedbergh) *			
People's Hall	SOS	Sed:	20788
Peoples Hall Day Centre (Mon & Fri)	Day Centre	Sed:	21126
Pepperpot Club (Sedbergh)	Mrs Smith	Sed	21196
Pistol and Rifle Club	Mr Middlemiss	Sed:	20662
Playing Fields (Sedbergh)	Mr Hinson	Sed:	20118
Rag Ruggers	Mrs Hennedy	Sed:	20899
Residents Association (S & D)	Mrs Capstick	Sed:	20816
Scouts	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	Mrs Storey	Sed:	21593
South Lakeland Carers Association	Mrs Woof	Dent:	25212
South Lakeland Voluntary Society for the Blind	Mr Axford	Sed:	21019
Squash Club	Mrs Cooling	Sed:	20622
Slimming Club	Mrs Uttley	01539	722568
Swimming Club *	Mrs Thexton	Sed:	20574
Tennis Club	Mr Robinson	Sed:	21014
Town Band	Mrs Waters	Sed:	20457
White Hart Sports and Social Club	The Committee	Sed:	20773
United Reformed Church Rooms	Mrs Howarth	Sed:	20428
Westmorland Gazette Correspondent	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	Mrs Sugden	Dent:	25303
Women's Institute (Frostrow)	Mrs Mather	015242	76333
Women's Institute (Howgill)	Mrs Hoggarth	01539	824683
Women's Institute (Killington)	Mrs Sharrocks	Sed:	20754
Young Cumbria	Mrs Hartley	01524	781177
Young Farmers Club	Miss Capstick	Sed:	21032
Young Kidz	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	Mrs Metcalfe	Sed:	20654

* = Latest Amendment

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BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby	15 Back Lane, Sedbergh (2008/12) <i>ID; IT; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amserve.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2009/02) <i>ID (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2008/09) <i>ID(ES); IT(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (2008/09) <i>IT; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com	21455
Mrs S Sharrocks	Holmecroft, Station Road, Sedbergh (2008/10) <i>ID; IT; IS; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2008/09) <i>ID (ES); ID/T (PB); TV; NS; CH; VB; P; NP(*); Di (min 4 by arrangement)</i> e-mail: kathryn.vigar@btopenworld.com	20447
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2008/12) <i>F/D (4 poster); ES; CH; TV; P; NS; DW; CW</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs K Milburn	High Roans, Guldrey Lane, Sedbergh (2009/08) 2T (ES) VISIT BRITAIN 4* - CH,L,TV,TVL,P,NS,VB,CW www.highroans.co.uk e-mail enquiries@ highroans.co.uk	21440
Miss J Davidson	Bideber Mill Cottage, West House, Ingleton (2009/08) <i>ID; ES; CH; L; TVL; P; NS; NP; DR</i>	015242 42478
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2008/05) <i>2D (4 Poster); 2D; IT; IS; All ES; TVL; P; CH; CW; FC; NS</i>	21012

CAMPING, CARAVANNING, SELF-CATERING & RENTAL

Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2009/02) <i>Sleeps 6-8 ID; IT; ES; PB; CH; L; TVL; P; NS; NP(*)</i> e-mail: ali@interact.co.uk	20360
Borrett Barn Caravan, Marthwaite, Sedbergh (2008/09)	<i>4 Berth; H+C Shower; WC; TV; NS</i>	21175
Sycamore Cottage, Lunds, Sedbergh (2008/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356
Borrett Barn Flat, Marthwaite, Sedbergh (2008/09)	<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	21175

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

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:

Tony Reed Screen 21081 & 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

UNITARIAN & FREE

CHRISTIAN CHAPEL

Market Place, Kendal
 Sunday 11.00
 Wednesday 19.30

Rev. G Jones Tel: 01539 722079

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

CHURCH OF ENGLAND

Firbank; Howgill & Killington
 Cautley & Garsdale

Canon A W Fell Tel: 20283

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 & Frostrow

Rev. T Widdess Tel: 20329

SEDBERGH CHRISTIAN CENTRE

6.30 pm People's Hall every Sunday

Tel: 20588 or 20503

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



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Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
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Personal & Small Ads	=	£1.00
Postal per month (Double December)	=	£1.00
Postal Overseas (Double December)	=	£2.00

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

DIARY OF EVENTS

Dates are held up to 20th December

<i>"Lookaround Diary" What's missing?</i>		U R	16 1830	The Sedbergh Story Web (1)	SPS
Entries marked (*) see Advert in previous Lookaround.			16 2000	In Fox's Footsteps - Quaker History (1)	StAS
SEPTEMBER					
1	1000	YDNP Hay Time Festival Starts	DCMH	17 1000	Lookaround Coffee Morning (17)
1	1900	Badminton Club AGM	SSSH	17 1000	The Football Reading Game (1)
2		SHS Term Starts		17 1000	Have a go Sword Play (1)
2	1400	Spinning a Yarn	DCMH	17 1900	Swordplay Workshop (1)
2	1930	Neighbourhood Forum	Changed	18 1000	Football Reading Game (1)
2	2100	Les Bull Band	Bull Hotel	18 1300	Scott in the Antarctic (1)
3		SS Term Starts		18 1400	Travel Writing Workshop (1)
3	1000	GVH Coffee Morning	URCR	18 1430	Cameo Ladies Sabbatical
3	1000	YDNP Hay Time Festival Ends	DCMH	18 2000	Dea Birkett Travel Talk (1)
3	1400	CWT (KL) Sedgwick Trail	LF	19 tba	Telling it how it is (1)
3	1930	WIF 1st Aid in the Home	PH	19 1930	How the other half died
4	eve	CWT Go Bats at Farfield	FM	20 1000	Besom Making
4	1930	WIH Craft Demonstration	FCH	20 1000	Victorian Kitchen
5	1700	Garsdale Fun Evening	GVH	20 tba	Telling it how it is (1)
6		Festival of Books & Drama (1)	Sedbergh	20 1930	GVH Theme Night (20)
<i>All events subject to change.</i>					
6	1000	Writing Seminar (1)	FM	21	Festival of Books & Drama Ends
6	1000	A Brush with the Media starts	DCMH	21 1000	Victorian Kitchen
6	1430	Talks on Education (1)	BF	21 1030	Christian Worship
6	1615	Wisdom of no Mind (1)	PH	21 1230	Pulse Family Fun Day (20)
6	1945	Barrie Rutter one Night Stand (1)	PH	21 2000	Sweet William with M Pennington (21)
7	1930	John Siddique Between the Words (1)	URC	21 1930	Flicks in the Fells AGM (21)
8	tba	Sedbergh Book Group (1)	PH	23 1930	Garsdale Ladies Group Australia
8	1945	Breaking the Shakespeare Code (1)	PH	24 1000	StAS Coffee Morning
9	1400	WIK To the North Cape	PH	24 1000	Producers Market (24)
9	1915	The Bronte Society (1)	PH	26 1800	Annual Beer Festival (26)
9	1930	FCH Domino Drive	FCH	27 1000	Children's Workshop
9	1930	Neighbourhood Forum	BVH	27 1100	StAS Bric-a-Brac Sale (27)
10	1000	Dent Foot Methodist Coffee Morning	URCR	27 1100	Whernside Fell Race
10	1130	Thanksgiving Day Lunches (10)	StAS	27 1200	Annual Beer Festival (26)
10	1300	The Tempest Part 1 (1)	URC	27 1400	Drystone Walling
10	1915	WID Climate Changes	DMH	27 1930	PH Dance
10	1930	Making Stories out of History (1)	PH	27 1930	Town Band Anniversary Concert (27)
11	1730	The Tempest Part 2 (1)	URC	28 1000	Charity Women's Van Pull (28)
11	1945	Haytime in the Dales (1)	PH	28 1030	Welcome to Church Service
12	1430	Community Office Meeting	CO	28 1100	English Schools Fell Running Champs
12	2000	Ha Ha Hamlet (1)	SSPH	28 1300	Fun Day & Beer Festival (26 28)
13	1000	Literature Fringe (1)	Sedbergh	OCTOBER	
13	1000	Children's Workshop	DCMH	1	1000
13	1100	Harvest Fair (13)	URCR	1	1000
14	1030	Heritage Open Day (1)	FM	1	1930
14	1430	Heritage Open Day Ceremony (1)	FM	2	1430
14	1900	Making Waves (1)	FM	2	1930
15	1400	Wuthering Heights (1)	PH	7	2100
15	1945	Shakespeare on Toast (1)	URC	8	1000
16	1400	SLSB First Job	PH	8	1915
				14	1400
				14	1930

*The Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker and 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.*

15	1000	Alzheimer's Coffee Morning	URCR	<p style="text-align: center;">DIARY KEY</p> <p>BF = Brigflatts BS = Baliol School BVH = Barbon Village Hall CDC = Community Development Centre CO = Community Office, Main Street CTIS = Churches Together in Sedbergh CWT = Cumbria Wildlife Trust DCMH = Dales Countryside Museum, Hawes DCP = Dent Car Park DMH = Dent Memorial Hall DMC/S = Dent Methodist Chapel/Schoolroom FCH = Firbank Church Hall FM = Farfield Mill GH = Gladstone House GVH = Garsdale Village Hall HJC = Hawes Junction Chapel HS = History Society HVH = Howgill Village Hall JLCP = Joss Lane Car Park KL = Kirkby Lonsdale KVH = Killington Village Hall LF = Langstone Fell 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/D = St Andrew's Church, Sedbergh/Dent SS/C = Sedbergh School/Chaplaincy STO = Sedbergh Tourist Office, Main Street 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</p>
16	1430	Cameo Ladies Fair Trade	SMCR	
17		SS Half Term Starts		
19	1030	Christian Worship	PH	
20		Beetle Drive	GVH	
21	1400	SLSB Meeting	PH	
21	1930	Dentdale Choir Concert	DMH	
22	1000	Dent Methodist Coffee Morning	URCR	
22	1930	Antiques Evening with Henry Bowring	BVH	
24	1930	Domino Drive	HVH	
26	1430	Master Class Recital (*)	URC	
28		SS Half Term Ends		
28	1930	Children's Party Domino Drive	KPH	
28	1930	Garsdale Ladies Group SarahM	GVH	
29	1000	Badminton Club Coffee Morning	URCR	
29	1000	Producers Market (24)	LHCP	
31	1830	FC Bonfire Night & Skittles Party	FCH	
NOVEMBER				
4	2100	Les Bull Band	Bull Hotel	
5	1000	Garsdale Church Coffee Morning	URCR	
5	1930	WIF AGM & Jacobs Join	PH	
6	1930	WIH Cruising our Canals	FCH	
7		Garsdale Bonfire Night	GVH	
7	2000	Young Kidz Fashion Show	PH	
8	1800	Sedbergh Bonfire Night	PH	
11	1400	WIK AGM & YDNP Storytelling	PH	
11	1930	FC Domino Drive	FCH	
12	1000	Bowling Club Coffee Morning	URCR	
12	1915	WID AGM	DMH	
12	1930	GVH Domino Drive	GVH	
14	1930	WIH Domino Drive	HVH	
15	1930	Howgill Dance	PH	
23	1030	Christian Worship	PH	
25	1930	Garsdale Ladies Group Jewellery	GVH	
30		St Andrew's Day		
DECEMBER				
2	2100	Les Bull Band	Bull Hotel	
3	1000	NFU Coffee Morning	URCR	
3		WIF Christmas Dinner	TBA	
6		WIH Christmas Party	TBA	
6		Christmas Tree Festival & Market	Dent	
9	1200	WIK Christmas Lunch	TBA	
9	1930	FCH Domino Drive & Mince Pies	FCH	
10		SS Term Ends		
10		WID Christmas Party	TBA	
14	1030	Christian Worship	PH	
22	1930	Christmas Domino Drive	HVH	
JANUARY				
13	1930	FCH Domino Drive	FCH	
18	1030	Christian Worship	PH	
27	1930	Garsdale Ladies Group Jacobs Join	GVH	
FEBRUARY				
15	1030	Christian Worship	PH	
17	1930	FCH Domino Drive	FCH	
MARCH				
2	1930	FCH AGM	FCH	
10	1930	FCH Domino Drive	FCH	
14	1300	Dentdale Run	Dent	
Regular Meetings				
Howgill Toddlers	1315	Every Monday	HVH	
Dent Parish Council	1930	1st Monday	DMH	
SL Carers Association	1400	1st Tuesday	PH	
Killington WI	1400	2nd Tuesday	PH	
Ladies NFU	1930	3rd Tuesday	PH	
Coffee Morning	1000	Every Wednesday	URCR	
Zebra's	1315	Every Wednesday	SMCR	
Sedbergh Juniors	1730	Every Wednesday	PH	
Sedbergh Seniors	1930	Every Wednesday	PH	
Toy Library	1430	1st & 3rd 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 Thursday	PH	
Howgill WI	1930	1st Thursday	FCH	
<i>All entries are free</i>				

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218

Repeat Prescription ☎ 015396 20239

Out of Hours ☎ 01539 781999

Bay Call ☎ 0845 0524 999

Monday	0830 - 1030 O	1400 - 1700 P*
	0830 - 1015 L*	1500 - 1800 B
	1045 - 1230 H*	1830 - 2030 W*
	1130 - 1215 Dent Surgery	
Tuesday	0830 - 1030 O	
	1045 - 1230 H*	1430 - 1730 H*
Wednesday	0830 - 1030 O	1400 - 1700 P*
	1045 - 1230 P*	1500 - 1800 L*
Thursday	0830 - 1030 O	
	1045 - 1230 L*	1400 - 1700 H*
Friday	0830 - 1030 O	1400 - 1700 P*
	1045 - 1230 L*	1430 - 1730 L*

L = Dr Lumb

H = Dr Hunt

P = Nurse Pilling

O = Open Surgery

* = Appointment Only

B = Book on Day

W = Workers Surgery

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

*Early Bird Surgery available,
please ask at Reception*

Practice Nurses

Monday	0845 - 1300 C	1400 - 1730 C
	0840 - 1200 LB	1400 - 1630 E
Tuesday	0845 - 1300 C	1400 - 1730 C
Wednesday	0830 - 1300 B	1400 - 1730 B
	0840 - 1200 L	
Thursday	0830 - 1300 B	1400 - 1730 B
		1400 - 1730 C
Friday	0845 - 1300 C	1400 - 1730 C

B = Joanne Batty

C = Anne Crome

L = Kay Lumb LB = Bloods

E = ECG Clinic

District Nurse

☎ 015396 21690

Health Visitor

☎ 015396 20979

A Collinge Optometrist

Friday only	0900 - 1300	1400 - 1730 *
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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
Friday	1400 - 1700
Saturday	1000 - 1230

SEDBERGH TOURIST OFFICE

Main Street ☎ 20125

Open every day

1000 - 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 & Loftus Hill Car Park, 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 *	Appointments only

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY