

Sedbergh & District
LOOKAROUND

December/January 2008/9 Issue 262

Donation £1

A Very Merry Christmas and a Happy, Healthy and Prosperous New Year from us both.

Another 100 pages of excellent reading for you all, but there are still many reports missing from our pages. Why not appoint a *Lookaround*

Correspondent if you don't already have one and let everyone know what you are doing or have done?

The next issue will contain your Valentine Messages for the love in your life. Submit yours now, only £1.

Dennis & Jacky Whicker

 **SEDBERGH & DISTRICT CHAMBER OF TRADE**
ANNUAL

**FAMILY FESTIVE EVENING
& Christmas Lights Switch-on**

Come along and sample the hospitality of your local traders

Wednesday 3rd December
Starting at 6.00 pm

FATHER CHRISTMAS 

will greet children in his Grotto.
Numbered Tickets will be on sale at the TIO
from 24th November and also at the Grotto on the night
to avoid the need for children and parents
to queue outside the Grotto for long periods.

Come and join us for a Happy Festive Evening,
with seasonal music, games for children,
mulled wine, mince pies, roast chestnuts
and other Festive Fayre on Main Street

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

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

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BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (2009/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com	21455
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2008/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2009/09) <i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*)</i> ; Di (min 4 by arrangement) 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/??) 2T (ES) VISIT BRITAIN 4* - CH,L,TV,TVL,P,NS,VB,CW www.highroans.co.uk e-mail enquiries@ highroans.co.uk	21440
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2010/05) <i>2D (4 Poster); 2D; 1T; 1S; All ES; TVL; P; CH; CW; FC; NS</i>	21012
Miss S Thurlby	15 Back Lane, Sedbergh (2008/12) <i>1D; 1T; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amsolve.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2009/02) <i>1D (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 (2009/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529

CAMPING, CARAVANNING, SELF-CATERING & RENTAL

Miss J Davidson	Bideber Mill Cottage, West House, Ingleton (2009/10) <i>Sleeps 2; ES; CH; L; TVL; P; NS; NP; DR</i>	015242 42478
Sycamore Cottage, Lunds, Sedbergh (2009/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking;
 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

CHILDREN'S BIRTHDAYS DECEMBER 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 recipients this month are:-

Reagan Brooks who is
10 years old on 17th December
Charlotte Capstick who is
9 years old on 21st December

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
2	Rhiannon WINDER	4
2	Ryan WINDER	4
2	Elijah JAMES	5
5	Isabel ABBATT	8
4	Benjamin ROBINSON	6
6	Anna AINSCOUGH	3
6	Freya METCALFE	9
8	Freddie FELLOWS	5
9	Jack ALDERSON	4
10	Tom FEARNHEAD	7
12	Declan BRITTON	11
14	Sophie WALLER	8
16	Ella PRATT	3
16	Sophie GAME	4
16	Brenda LUFFMAN	5
17	Reagan BROOKS	10
18	Matthew WOODFINE	9
20	Emma DAWSON	11
20	William DAWSON	11
21	Charlotte CAPSTICK	9
22	Vicky WOOF	2
26	Natasha McFADYN	11
27	Haydon COUSINS	1
29	Ashleigh HALL	10
31	Gracie ROBINSON	4

CHILDREN'S BIRTHDAYS JANUARY 2009



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:-

Lee Campbell who is
9 years old on 12th January

Liam Mason who is
9 years old on 31st January

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
3	Rebecca MASON	7
3	Jordan GARNETT	10
6	Arnold HODGSON	4
7	Nathan HANDLEY	11
11	Abraham CARNEY	8
12	Lee CAMPBELL	9
13	Elizabeth COWIN	2
15	Adam SWEETING	11
17	Nicholas PIKE	9
18	Adam ROSS	10
18	Thomas HINSON	11
19	Joshua DODD	8
19	Jazmin DODD	8
25	Zoe CRAGG	8
26	Bryony LEDDY	9
31	Liam MASON	9

PERSONAL & SMALL ADS £1

BRACKEN

Hilda would like to thank all her family and friends for helping her celebrate her **90th Birthday** and for all the cards and good wishes received. The amount raised for Cot Death research in memory of her great granddaughter Asha Leanne was £450. Many thanks to you all.

=====

BURROW

Congratulations and Best Wishes Andrew on your **21st Birthday** on January 10th 2009 from all your friends and relations in Dent and Sedbergh.

=====

MARTIN

Margaret would like to thank everyone who enquired after her, sent good wishes, cards, letters, gifts and visited her during her stay in hospital. Also for the continued support she has been given since her return home.

=====

MASON

Tom and Mabel would like to thank family and friends for cards and good wishes received on the occasion of their **DIAMOND WEDDING**. Also Craft Centre for the meal. Bless you all.

=====

MIDDLETON

In Loving Remembrance of Bruce Died 07.11.07, Dad (William) Died 06.12.00 & Mum (Marjorie) Died 28.01.04. In our Hearts. Sarah & John & Family.

STANTON

Jack and Mary wish to thank everyone who have been so kind during Mary's illness. Thanks to the staff at James Cook University Hospital, Middlesborough, where Mary spent six weeks, the friends and family who made sure Jack was able to visit each day. Thank you Dr. C. Hunt and the Rapid Access team of nurses from W.G.H., who have visited daily - all this from a sore throat! We have been overwhelmed by everyone's kindness, the cards, flowers, food and visits. Once again our grateful thanks to all.

=====

STOKER

Happy **60th Birthday** Michael on the 30th November. Have a great day. With my love, Mam.

=====

Christmas Messages

=====

AIREY

John would like to wish all friends and neighbours a Merry Christmas and a Happy New Year..

=====

BAINBRIDGE

Joe wishes his family and friends a Happy Christmas and Best Wishes for the New Year.

=====

BATEMAN

Dora wishes all friends and relations a Merry Christmas and a Happy New Year.

PERSONAL & SMALL ADS £1

BOMBERS BIN WASH

Merry Christmas and a Happy New Year to all our customers.

=====

BURBIDGE

David and all the singers from Lakeland Voice and Howgills Harmony would like to wish you all a very Happy Christmas and a New Year full of melodious merriment. Many thanks for your support throughout 2008 and we look forward to singing with you in 2009"

=====

CAPSTICK

John and Sheila would like to wish all their friends and neighbours a Merry Christmas and a Happy New Year.

=====

DUO

Jenette and Susan would like to wish all of their customers a very Merry Christmas, and a Happy New Year! Thank you so much for you support over the last few months.

=====

FARROW

Ronnie would like to wish everyone in Sedbergh a very Merry Christmas and a Happy New Year. Also to the staff of Kendal Hospital.

=====

HARRISON

Janette wishes all her family and friends a Merry Christmas and Best Wishes for a Happy New Year.

HAYGARTH

Gladys wishes her friends and family a very Happy Christmas and a Happy New Year.

=====

HAYGARTH

Doris would like to wish all her family and friends a very Happy Christmas and a healthy, prosperous 2009. Love to you all.

=====

HAYHURST

Jonathan, Laura and Arthur wish all their family and friends in Sedbergh and the surrounding areas a very Merry Christmas and a Happy and Safe New Year. With love.

=====

HOGGARTH

Brenda and Jim wish all friends and relations a Merry Christmas and a Happy New Year.

=====

MARTIN

Margaret wishes all her friends a very Happy Christmas and healthy New Year.

=====

MASON

A Merry Christmas and Happy New Year to family and friends from Norman.

=====

MOXON

Alan, from the Royal Hospital, Chelsea would like to wish all his friends in Sedbergh a very Happy Christmas and a peaceful New Year.

PERSONAL & SMALL ADS £1

NISA

Angela, Terry, Mags, Janet and Sylvia would like to wish all our customers a Merry Christmas and a Happy New Year.

POSTLETHWAITE

Ruth P, Paul & George would like to wish everybody a Happy Christmas & a Merry New Year.

SLIMMING WORLD (KL)

To Kay and all the "gang". Have a Lovely Christmas and Thanks for all the support. Keep laughing. Sarah.

STOKER

Merry Christmas and all good wishes for the New Year 2009 to all friends and neighbours. Evelyn.

TODD

Maggie wishes all her friends a Merry Christmas and a healthy and Happy New Year for 2009.

TOMLINSON

George and Alice wish all their friends a Happy and Peaceful Christmas and every blessing in the New Year.

WINN

Margerie and Susan wish family and friends a Happy Christmas and New Year.

WINN/TOOBYS

Paul Winn Appliances/Toobys would like to thank their customers for their continued support throughout 2008 and wish them a Happy Christmas and a healthy and prosperous 2009.

WOOF

George would like to wish all Family and Friends a Very Merry Christmas and a Happy and Healthy New Year.

FOR SALE

Childs Bike. Black & yellow with stabilisers. Suit 3-4 year old. VGC rarely used. Ideal Xmas present. £20 ono. Tel: 21760 after 5pm.

FOR SALE

Dwarf Syrian Hamster (Harry) & 3 level cage including wheel. £10 015396 25004

FOR SALE

Peugeot 307 1.4 S. Has a 53 plate, registered 2004. 5 Doors, Manual, Hatchback, Petrol, 53,000 miles. Metallic Blue. MOT and Tax. £3,800 ono. Ring Daniel on 015396 25829.

FOR SALE

2 & 3 Seater DFS Neutral coloured suite including Footstool. Very nice condition and still a modern design. £400. 015396 25004

FOR SALE

New Hen Cabin 7ft x 5ft including nesting boxes, perches etc. Sedbergh 21771.

PERSONAL & SMALL ADS £1

FOR SALE

Music/Band Equipment - 2 x Bass Guitars, Laney RBW Bass Amp. Various Pedals and Microphones. Tel. 015242 76320

FOR SALE

Double metal action sofa bed. Pale Blue Paisley design £40. Two seater sofa plus square padded foot stool (pinks) £40. Round pedestal dining table. Dark Oak seats 2/4 £50. Tel. 015396-21726 or 07974-945203.

FOR SALE

Full size pub style coin operated pool table with 4 cues, chalk, triangle and 2 sets of balls. £250 ono. Call Ben on 07792-873251.

FOR SALE

Green portable Calor Gas Fire complete with 1½ cylinders of gas. VGC. £35. Tel: Sedbergh 20334.

FOR SALE

Electric Guitar and Amplifier set, including guitar carry case. Nearly New £45. A great CHRISTMAS PRESENT. Suitable for beginners. Interested? Call 07920-407106.

FOR SALE

Polaroid Digital Camera. Brand New, Unused and boxed. 7 Megapixels, CD Rom, Strap and batteries. £49.99p. Tel: 015396-21840

FOR SALE

18 speed Raleigh Pedal Cycle, 18". Excellent condition. £85 ono. Tel: 015396-25592.

REWARD OFFERED

£10 reward for return of binoculars lost in area of Thorns Lane-Straight Bridge-Millthrop. D. Westgate 015396-20956.

FOUND

Gold Eternity Ring in Sedbergh Street. Tel: 015396-21931.

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 3rd December

Cromwell's Representative
in Sedbergh & Dent

David Boulton

Wednesday 7th January

Members Talks with
Mike Beecroft & Susan Garnett

Wednesday 21st January

The Registration Service since 1837
Mrs Susan Oliver

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

Everyone is most welcome to attend any
or all of our lectures

Chairman: Richard Cann 20771
Secretary: Mike Beecroft 21878
Treasurer: Marlene Mason 20509
Member Sec: John Sibley 25024

SEDBERGH PARISH COUNCIL

Report on the Council meeting of 29th October

Progress was reported on a number of initiatives. Three new benches have been installed to replace the broken ones at Pentney's Folly and work is well underway on the refurbishment of the War Memorial with the promise that it will be completed in time for Remembrance Sunday.

The proposed improvements at Queens Gardens have moved forward with some suggestions coming from Yvonne Cannon from Holker Hall which will be followed up.

The Council have committed up to £1,000 to improve the roadway to the Bowling Club.

Unfortunately the proposed development of the People's Hall has not found favour with YDNP planners and a proposal is to be put to the

Council for a new build next to the existing building.

Work is underway on the proposed Folly light and we are awaiting contractors to complete the work.

Planning

The Council's Planning Committee made the following comments and recommendations:

Conservatory at Rawthey Bank – *Object on the grounds that the detailing is not in keeping with the original house.*

Conversion of Barn to living accommodation at Bramhaw, Station Road, Sedbergh – *No objections.*

Re-occupation and refurbishment of Howgill Head, Howgill, Sedbergh – *In favour.*

Refurbishment and change of use of barn to domestic use and change of use of agricultural land to domestic cartilage at Crookholme, Cautley – *No objections.*

SEDBERGH TOWN BAND

10th Annual Christmas Concert



Tuesday 2nd December

People's Hall
7.45 pm

During the interval,
mulled wine and mince pies
will be served
and Father Christmas
will greet children.

Tickets £6 (Children £2)
from Nisa, Information Office
Green Door



farfieldmill

Your Local Arts & Heritage Centre

Visit us for inspiration, stimulation and relaxation, with high-quality exhibitions, fascinating displays, unique gifts and delicious food in *Weavers Café*...

Late-night Christmas Shopping:

Fri 5 Dec, 6pm-9pm

* Kids stocking fillers * Something special from the galleries * Unusual seasonal gifts

Christmas Weekend at Farfield:

Sat 6 & Sun 7 Dec, 10am-5pm

* Kids' art & craft activities * Storytelling * Mulled wine & mince pies * Live music from Harps NW

Christmas Lunches:

Weekends from Sat 29 Nov, 12noon-3pm
(groups – weekdays, advanced booking only)

The Motto Project

From Sat 10 Jan...

Inspiring exhibition created by schools & community groups, based on 'Wool is my Bread'



Open December, Mon to Sun & January, Thurs to Sun – 10 to 5

www.farfieldmill.org 015396 21958

FREE ENTRY for local residents – now on Thursdays!

Registered charity (no. 1026293)

Widen entrance to allow wheelchair access and creation of a new path at 22 Fairholme, Sedbergh – *In favour.*

The council had also held a meeting on 23rd October to discuss the planning application at the former Auction Mart Site. This meeting agreed with the building of a new Health Centre but disagreed with the proposed convenience store. It was agreed that this recommendation together with detailed reasons and other considerations should be sent in a letter to the YDNP planners. This letter will be published with the minutes for anyone wishing to see the full text.

A progress update on the former

Udales property is to be requested from YDNP.

Finance

The Council agreed that any increase in the precept for 2009-10 should be kept in line with inflation and that the budget is prepared in accordance with this.

It was agreed that a new computer and printer should be purchased for use by the Clerk and that the old lap top should be donated to 'Flicks In The Fells'

It was also agreed that the number of bank signatories should be increased and that a reserve should be set up in a separate bank account

(Continued on page 12)

to cover a possible future VAT liability in respect of Car Park income.

Car Parks

It has been brought to the notice of the council that vehicles with only daytime passes are being left in the car park overnight. The question of enforcement will be looked into but in the meantime people are asked park in accordance with the type of pass they are displaying.

It was noted that United Utilities have increased the Surface Water Drainage charge for the Joss Lane Car Park to over £2500, an increase of nearly 4000%. An appeal has been made but the Council may have to pay the charge which will come out of funds otherwise available for

improvements in the Town. Also the ongoing drainage problems were considered and SLDC will be chased up for some action on this.

It was agreed that the Car Park Committee would look into the viability of taking over responsibility for the Monthly Producer Market from the Chamber of Trade.

Antisocial behaviour in and around the Loftus Hill public toilets was reported. It has been necessary to lock the toilets at 7pm each night which is an unfortunate reduction in this newly reopened facility.

It was agreed that appearance of the Loftus Hill Car Park should be improved by some pruning and the planting of a tree.

Come along to the first

DENT CHRISTMAS MARKET

Saturday 6th December 2008

11am-5pm

The Market will be opened at 11am by Town Crier Dennis Whicker.

Many varied stalls inside St. Andrew's Church.

All day Treasure Hunt (max 4 in a team) Judging 4pm.

Live Nativity through the cobbled street 1pm.

Donkey rides 2pm.

Christmas Tree Competition to be judged at 2pm.

Book Corner, with book signing by the author Bob Galliers, who will also judge the Christmas Trees.

LIVE MUSIC

Grand Raffle for a weekend holiday in an Eco Barn for 6-8 people.

Mulled wine, hot drinks, mince pies and sandwiches available throughout the day

Come along and enjoy the atmosphere, a warm welcome awaits everyone

A CHRISTMAS EVENING AT GATE MANOR

Wednesday 17th December 6:30 TO 8:30pm

Wine & Canapés by £12.50 only available from Christine Brown 25418

In aid of the 'Raising the Roof' appeal





Members of Lancaster CTC
enjoying the new benches

Highways

SLDC are to be chased up regarding a number of road repairs.

In the public participation session it was pointed out that the street lighting was not working on the road to Millthrop and this will be followed up with SLDC.

An arranged survey by councillors of signage in the town has been postponed due to bad weather.

Recent flooding in the Town was discussed and it was felt that flood warning notices should be made available at sites which are at particular risk of flooding.

Members of the public are welcome at the monthly Council meetings the details of which are displayed on the notice board in Main Street. Also please feel free to contact the new Clerk whose details are as follows.

Colin Robertshaw

Tel: (01539)730597

Email: colinrobertshaw@talktalk.net

ANNA CLAIRE SIDA

German student looking for a home in the spring!

In the spring of 2009, Anna Claire Sida a 20 year old German student is hoping to come to Sedbergh School to complete a work experience placement as part of her degree. She

DENTDALE METHODIST CHAPEL

2pm

December 7th Sharing Service

December 14th Afternoon Carol Service

December 21st Rev T Widdess

December 28th "Own Arrangement"

Everyone Welcome

Carol Singing House to House

December 22nd & 23rd

6:30pm

Meet at Bus Shelter

All Welcome

is hoping to come for six weeks in February and March to experience living and working in England and improve her English. Anna has already arranged her work placement and is now looking for somewhere to live.

Anna would be very pleased to live with a family, even if only for one week of her placement and would of course be happy to pay rent to the family. She would also be please to hear from anyone who has a flat that they would be willing to rent to her for any portion of her stay. She has had a recent police check completed for her employer that can be made available to anyone interested in having her to stay.

If you have a spare room in your house, or a property that you would be willing to rent out for any portion of her time here please get in touch with Katy at 015396 22275.



DENT PARISH COUNCIL

The November meeting was held in the Sedgwick Room. A warm welcome was extended to Wendy Pontefract on the occasion of her first Council Meeting, and also to the newly appointed Clerk, Peter Maples. Peter can be contacted on 21295 or emailed at Parishclerkdent@aol.com .

The full minutes are published as usual on the Dentdale website. www.dentdale.com.

Fatal Accident at Flood Lane

Following Ruth France's tragic accident, the Parish Council has started discussions with Cumbria Highways about measures that could be taken to prevent a similar accident happening again. A number of residents have already contacted us about the issue, and it will be on the agenda of the meeting on December 1st. If you have any suggestions or comments you would like to make, please contact me or Peter Maples.

Leaves in Flintergill

Every autumn when the leaves fall from the trees around The Green they

need clearing before they turn into an unpleasant mush and block the drains. In order for this to be done effectively, residents need to know when it is going to happen so their cars can be moved out of the way. Although the Clerk had contacted South Lakeland District Council at the end of October to ask them for a date for this work, no date had been given at the time of the November meeting.

Dentdale Music Festival

A number of people in the Dale have been discussing the possibility of organising a folk music festival in Dent next year, probably at the same time as the Sedbergh folk event. The Council was keen to provide support for this and agreed to award a grant of £250 if the event goes ahead.

A Plan for Dentdale

The Dentdale Parish Plan has now been published and distributed to every household in the Dale. Over 40 people have been contributed in different ways to its production over the last 18 months, so it represents a real achievement by the community.

The Action Plan for the next five

FOLK CAROLS WEEKEND December 5-7

"HAIL TO THE MISTLETOE BOUGH" CAROLS CONCERT

with The Gladly Solemn Sound Choir, world famous west gallery choir and Five in a Bar, stunning singing group of five women, Thomas Hardy story and guests.

Friday December 5th 7.30pm Refreshments will be served. **Dent Memorial Hall** and **Carol Workshops Saturday** December 6th in the **People's Hall, Sedbergh**

10am Easy to learn Folk Carols with David Burbidge and

2pm West Gallery Carols with Gladly Solemn musical director Paul Guppy.

5.30pm Festive Meal and carols Ceilidh in the Dent Memorial Hall

followed by singing in the Sportsman's Inn from 9pm.

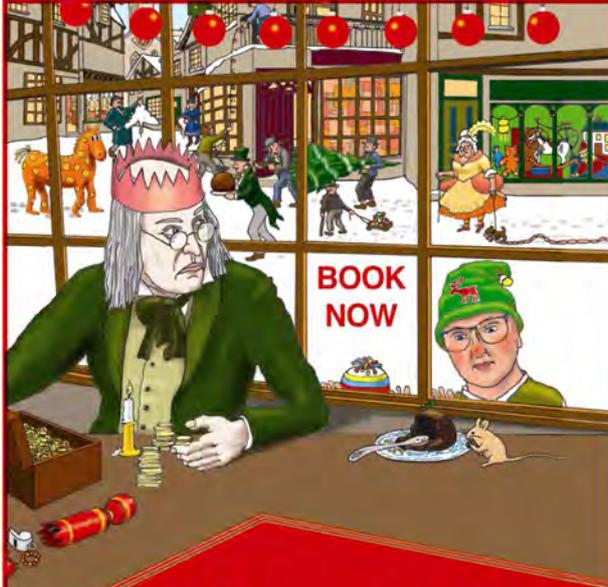
Sunday December 7th **10am Dent, Slovene Folk Carols and Singing Walk 12.30pm.**

6pm Carols at Ribbleshead station, church and pub with the Cautley Carollers and visiting choirs.

Details and tickets from David Burbidge 015396.21166 and Sedbergh TIC.

Other events including:

Burns Night and Scottish Harmony weekend on January 23-25 can be seen on www.lakelandvoice.co.uk



The Brewery's Family
Pantomime for 2008

A (Brewery) Christmas Carol

written & directed by Sam Mason,
music by Richard Allen

Loosely based on
Dickens...just funnier

Fri 12 Dec 08
TO
Sat 10 Jan 09

Box Office 01539 725133
or book online www.breweryarts.co.uk
Highgate Kendal LA9 4HE

BREWERY
arts centre

years contains a wide variety of projects, and many of them need a similar level of involvement. Groups have already started work on some of them, and others will follow in the New Year. Turning all the aspirations expressed in the survey into reality will be quite a challenge for us as a community – the Parish Council can achieve some things, but we will only really succeed by working together. So if you want to see the plan put into action, please help – choose a project in the booklet and get involved. To discuss any of them first, please contact me (details below), or Heather Fraser, Parish Plan Secretary, on 25727 or email:

dentpp@btinternet.com.
Dent Post Office
Dent Post Office finally closed at the end of November. The Parish Council would like to express its thanks to Nona, Jane and John Caygill for all their hard work over the years, and to wish every success to the new outreach service in Dent Stores on Tuesday and Thursday mornings.
Grants
Earlier this year, grants were awarded to the Dentdale Show 2008 (£500) and the North West Air Ambulance (£300). At the November meeting, in addition to the grant of
(Continued on page 16)

December Double Bill
Saturday 13th December at the People's Hall, Sedbergh

Wall-E Cert U
 The cosmic comedy animated adventure from Disney Studios & Pixar.
 In the distant future, a small waste collecting robot inadvertently embarks on a space journey that will ultimately decide the fate of mankind.
Doors open 3pm. Film starts 3.30pm

Mamma Mia! Cert PG
 Inspired by the storytelling magic of ABBA's songs, from *Dancing Queen* and *SOS* to *Money Money* and *Take A Chance On Me*, *Mamma Mia!* is a celebration of mothers and daughters, old friends and new family found.
Doors open 6.30pm. Film starts 7pm

Flicks in The Fells Telephone: 015396 20504 email: flicks@sedbergh.org.uk

£250 to Dent Music Festival mentioned above, the following awards were also made:

- Dentdale Festive Lights £250
- St Andrew's Church, Dent £550
- St John's Church, Cowgill £250

Applications have also been received from the following bodies, and these will be considered at the December meeting when the overall budget is reviewed.

- Dent Oral History Project
- Dent Pre-school
- Dent Reading Room
- Dentdale Choir
- Dentdale Cricket Club
- Dentdale Over 60s

Dent C of E Primary School
 Citizens Advice South Lakeland
Cinema in Dent

The November meeting was told that following a review, the successful screening of Flicks in the Fells in Dent now looks likely to be repeated.

Next Meeting

The next meeting will be at 7.30pm on December 1st in the Sedgwick Room. The public is welcome to attend as always, and to raise matters of concern in the Public Forum item which takes place about 8pm.

Jock Cairns

Chair, Dent Parish Council
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dentparishcouncil@btinternet.com 

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LATE NIGHT SHOPPING

Sedbergh Family Festive Evening and Late Night Opening, Wednesday 3rd December.

The annual Sedbergh Family Festive Evening, organised by Sedbergh & District Chamber of Trade, will take place on Main Street on Wednesday 3rd December. A high point of the evening for children is the opportunity to meet Santa in his grotto, in the Bull Hotel car park. The grotto will open at 6.00 pm this year, which is earlier than in the past, so that children can see Santa relatively early in the evening.

To avoid the need for parents and children to stand in a long queue, waiting for their turn to see Santa, we will be repeating the scheme that was introduced a few years ago.

Numbered tickets to see Santa will be on sale (at a token price of £1 per child) from November 24th at the Tourist Information Office. They will be available also at the grotto on the night. Santa will then be pleased to see children in the numerical order of their tickets and the current ticket number will be displayed conspicuously outside the grotto (and hopefully relayed to a board on Main Street!), so that only minimal queuing should be necessary. This will give parents and children more time to enjoy the seasonal events and musical entertainment on Main Street. All children will receive a small gift from Santa.

The event will include the switching-on of Christmas lights on Main Street by our Gala Queen, Lizzie Hunt, at

6.00 pm, when Santa will pass though Sedbergh on his motorised sleigh-mobile, en-route to his Grotto in the Bull Hotel car park.

Shops on Main Street and adjacent streets will remain open throughout the evening to sell their usual goods and to offer seasonal hospitality to their customers. There will also be the a Grand Raffle with generous prizes provided by Sedbergh traders, carol singing by the Cautley Carollers, Christmas music played by Sedbergh School Band, and street entertainment by Astral Circus and the Fiddling Green Jig Machine.

There will be a Hog Roast in Steadman's Butchers, with proceeds being divided between sponsorship of the Family Festive Evening and the Cystic Fibrosis charity.

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

This event will be preceded by the Sedbergh Town Band Christmas Concert on Tuesday 2nd December in the People's Hall (with more mulled wine and mince pies!). Together with the switching-on of Christmas lights on Main Street, these events will provide a fine start to the Christmas season in Sedbergh. We look forward to seeing you there!

*Ernie Hailwood, on behalf of
Sedbergh & District
Chamber of Trade* 🍷

EXTENDED SERVICES CLUSTER

FAMILY LEARNING FESTIVAL 2009 – TASTER SESSIONS

A Story Sacks Family Learning taster session was offered at Sedbergh Primary School on 15th October but this was postponed because of insufficient numbers.

SEDBERGH TOWN JUNIOR BAND

The new Saturday morning Junior Band Group has got off to a very positive start following a short visit to Sedbergh Primary School just before the summer holidays. Twelve members are now regularly enjoying sessions learning how to play various instruments. New junior band members appeared at the 10th Anniversary concert held at Powell Hall, at Sedbergh School on 27th September. The Junior Band needs more instruments for the children and young people. Fortunately a £2000 grant from Sedbergh Parish Council has bought 3 cornets, 1 trombone

and 1 tenor horn for junior members to use, but more are needed. Funding bids are being submitted to Garfield Weston and Cumbria Community Foundation to help to buy more instruments.

Auschwitz to Ambleside PROJECT

Settlebeck High School & Sedbergh Primary School students will be participating in this project which involves a touring exhibition and encounters with child survivors from the Holocaust who came to the Lake District in 1945. The *Auschwitz to Ambleside* exhibition & interactive tour has been developed in partnership with Cumbria Library Service and "Another Place", a local educational charity that produces contemporary exhibitions and events drawing on historical sources in the North West of England, and is funded by the Museums, Libraries & Archives Partnership.



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and wish them all a Merry Christmas and a Happy New Year.*



MUSIC CONCERTS AT SEDBERGH SCHOOL

Concert-goers might consider themselves unfortunate if they missed the Scholar's Concert on Sunday (12th October) which is an annual event that brings together the best and most promising vocal and instrumental students at Sedbergh School.

The night opened with the Director of Music, John Seymour, conducting the delightfully sincere Chamber Choir which sang one of Elgar's a capella songs. This was followed by Londonderry Air ('Oh, Danny Boy . . .') for which the exquisitely solemn mood was created by the busiest of the evening's three piano accompanists, band leader Susan Doherty.

This was followed by many individual performances.

At Sedbergh School there are about sixteen free music concerts, open to the public each year, mostly held at Queen's Hall on Sunday mornings (the Coffee Concerts) and Wednesday lunchtimes (called 'Muncheon Music' because sandwiches and soup are provided). They last about forty minutes and the steadily increasing audience numbers are testament to their success.

Over the last year there have been countless wonderful musical moments but, since the School is a place of learning, it is hardly surprising to find that performers require tips on how to manage those small things which only make an appearance during the stress of being

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in the limelight. That is perhaps when the instrumental teachers should be there, listening out for their charges, and discussing their findings in subsequent lessons. I am told that the tutors do not live locally and therefore cannot attend but that is possibly where improvements could be made. The Music Department certainly makes a good job of everything it does.

The dates, times and venues of these concerts are shown on the Calendar at their website: www.sedberghschool.co.uk and they are highly recommended not only because a supportive audience benefits the young performers but also for the enjoyment of good music which inevitably occurs in such a pleasant environment.

I am a resident of Sedbergh and not part of Sedbergh School.

Terence Lee 

SETTLEBECK HIGH SCHOOL

Cooking with confidence

A number of year 9 students competing for a place in a rural academies cooking competition invited teachers to taste and score their 2 course menus. The chefs were Izaak Tyson-Hirst, Tom Knevitt, Becky Barnes, Emma Postlethwaite, Bethany Orr and Amelia Hunter. The emphasis was on local produce and one thing the judges all managed to agree on was the high standard of the food on offer. Miss Davies had to be dragged from the white chocolate mousse and Ms Ingham was so impressed by the lamb kebabs that she ate meat for the first time in 20 years.

In the end the winners were Amelia Hunter, Emma Postlethwaite and Bethany Orr. On the 18th November the three winners went to Alston to Samuel King's School for the final. Amelia produced honey fried pheasant with celeriac and Wensleydale cheese mash and rhubarb crumble for pudding. Bethany's dish was Ravenstonedale sausages with chive mashed potato and a white chocolate mousse and grated Kendal Mint Cake. Emma cooked cheesy baked onions for her starter with a chilli beef shepherds pie and vegetables for main course. Each competitor had two hours to cook their food and then waited anxiously while the judges tasted

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their food. Amelia "was really nervous on the way there but I was much more relaxed by the time I got there."

Emma agreed saying they had all had a thoroughly good time. Bethany said the best bit was when the judges told them all how impressed they had been by the standard of the food produced by the young chefs.

As this goes to press they are still waiting for the results of the competition.

The next Gordon Ramsey?

One of our year 11 students Bartosz Paulak has just found out he is one of a handful of students to be selected for the very prestigious Cumbria Inter-College Cooking Competition. We

wish him all the best and we'll let you know how he gets on in the next edition.

The French Connection

On Tuesday 11th November 41 year 8 pupils and 5 adults arrived excitedly at Settlebeck at 4.30 a.m. ready for a 5 day trip to Le Touquet in France.

The trip was organised and led by Alison Brown and was a spectacular success. The behaviour of all the students was exemplary and they were a real credit to the school. We were at a service station at 11.00 and all the students gathered underneath a screen showing the remembrance service for the 2 minutes silence.

(Continued on page 22)

Many other people on seeing our students also joined in the silence.

We arrived at our hotel at 5 p.m and from then until we left France on Saturday we didn't stop. Everyone thoroughly enjoyed themselves and I've recorded a few of my own highlights below. Kieran Milburn smashing the previous snail eating record (27 by Hannah Reynolds) by downing 40 of them with Richard Hindson coming a valiant second. Richard Coates showing his moves at the disco on the last night. The contented munching of fresh croissants and pain au chocolat after the visit to a traditional boulangerie. The magnificent views across Paris from the Eiffel tower. The sounds of

wonder and excitement from our students at the Nausicaa sea life centre. The crepe making at the hotel - quite a few of the crepes landing anywhere but back in the pan!

There was a huge range of activities and excursions and all the pupils got involved with enthusiasm. We arrived back at Settlebeck late on Saturday night, as Enid Blyton would say, tired but happy.

Shoebox appeal

Once again our pupils show how much they care about people less fortunate than themselves by donating nearly 40 shoeboxes filled with toys for children in. Having worked in a number of different

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secondary schools I am continually surprised at just how charitable and caring the students of Settlebeck are.

Christmas Events

Students and staff are currently getting organised for the Christmas Fair on 28th November. This is always hugely successful and raises valuable funds for the school.

We are also getting organised for our annual senior citizens concert on the 9th December. There will be a full report on both these events in the next Lookaround.

Rising sports stars

Year 11 student Justin Kirk is currently in training hoping to be selected for a semi-professional cycling team based in Manchester. He is training hard – cycling over 16 hours a week and clocking up over 200 miles as well as having to keep up to date with his studies. If his bid to join Sport City is successful then he will definitely have one eye on the Olympic Games in 2012.

Year 10 student Luke Ingham is currently dominating the middle distance scene. He is the 800m Cumbrian champion, a title he won at Carlisle this year. He is also won the Mid –Lancs 1500m series and came 2nd in the Cumbria schools 1500m. Luke also represented Cumbria schools in the cross country and track events and was awarded the u15 trophy for gaining the most points in the track season.

Luke is in the Cumbrian Academy for elite athletes. This involves training with coaches from all around the country to improve all aspects of

his performance.

Sporting News

Year 7 students did themselves proud at the Cross Country Athletics meet at QEGS in Penrith. There were over 200 competitors in each of the boys and girls races and the results of the Settlebeck students are given below

Lydia Gorst 16th

Morgan Turner Lant 28th

Demeer Cressey 124th

Rebecca Harper 161st

Robyn Postlethwaite 169th

Overall Settlebeck girls' team came 14th out of 28 beating many much larger schools.

David Goad 16th

Matthew Fothergill 182nd

Jack Riley 187th

The PE staff were extremely impressed with the attitude and determination of all the students and they should be very impressed with their achievements.



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COUNCILLORS CORNER

In my role as chairman of the National Park I am certainly beginning to know about travelling around England by train. Twice to London and twice to Leeds in the last fortnight. In my naivety I had thought I could travel to Leeds from Garsdale or Dent Station. I can, but not if I need to be in Leeds before noon. So I have to drive down to Hellifield and take the train there. But, the train itself is excellent and unlike the West Coast Main Line very reasonable in cost. I have also had a couple of days with the Yorkshire Dales volunteers and members of staff, as chairman of the authority.

It was good to see my former SLDC colleague Jack Manning speak to the History Society a fortnight ago about his life as a coastal fisherman in the northern Morecambe Bay off Flookburgh. We are fortunate in the quality and quantity of speakers

which the History Society and the Wildlife Trust regularly attract to Sedbergh.

ARMISTEAD WIND FARM: On 30 September South Lakeland District Council's Planning Committee refused planning permission for the Armistead windfarm, 14 votes to 1. When Anne Fenwick, Rodger Read and I stood for election last April we all gave a commitment that we would oppose this application. It was for that reason that I spoke against the application as district councillor for Sedbergh and Kirkby Lonsdale rather than as chairman of the Yorkshire Dales National Park Authority. At the meeting there were five who spoke in favour of the application and over twenty who spoke against.

I know there have been mixed feelings about this application and that two of the parish councils within the ward have given some support. The case in favour was certainly not as weak as an observer at the meeting might have ascertained. However, in the end, in this case the evidence was clear. There are many who have contributed to the result and it would be invidious to pick out names except to acknowledge the sterling work of Mike Hall of Mansergh. I myself have opposed this application from the onset and if my strong opposition has helped to persuade others who did not want to be left behind then I am content with that.

I know the result is hard for the farmers involved but there are other ways of securing renewable energy –

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ways which are more effective and infinitely less visually intrusive. Ground source heating, solar panels and small scale water turbines feature in many planning applications, domestic as well as business. Last month Yorkshire Dales approved a pair of water turbines on the river Wharfe which would together provide more energy than one of the wind turbines rejected at Armistead. There is massive scope for similar enterprises in our area. Off the top of my head I can think of at least fifty water mills which used to operate on the Lune and its tributaries starting from Kirkby Lonsdale and working upwards. Our ancestors always chose water power when it was available and on this as with many other things, they knew what they were doing.

HILL FARMING ALLOWANCE: A fortnight ago, wearing my YDNP Chairman hat I attended a reception at the House of Lords arranged by Exmoor and Dartmoor National Parks. We had the opportunity to hear both Lord Rooker and the new junior minister Huw Irranca-Davies. The main subject of the day was the scheme to replace the Hill Farming Allowance. I was able to lobby Mike Roper, the chief civil servant at Defra apparently. These people who formulate policy are well insulated from any contact with real farmers so I and my friends from the south west were able to speak some home truths. It seems that civil servants acknowledge that the trial scheme was hopelessly complex and they

assert we will be pleasantly surprised with the final version. I kept asking what percentage uptake they needed for the scheme not to be a failure.

Mike Roper assured me that this had not been considered. Odd then that the next day someone who should know was able to tell me that they were aiming for more than 60%. If that is right then we are looking towards something more like ESA Mk 2 rather than ELS and HLS.

GYPSIES AND TRAVELLERS: The next meeting of the group will take place in Kirkby Lonsdale on 5 December. This time the chief executives of Eden and South Lakeland are likely to be present and that will make a difference. As yet I have had no-one opposing the general tack which your four Sedbergh representatives intend to take.

SEDBERGH AUCTION MART: By the time you read this the YDNP Planning Committee will have held its Site Visit at the auction mart. I have been rather surprised as I was expecting it all to take at least another month. Two hours have been allowed for the visit, much longer than usual. That is to give members time to walk around the town to assess the various impacts of the proposals.

Merry Christmas and a Happy New Year

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



SEDBERGH TOWN BAND

Master Class - Owen Farr

The final Master Class in a series of five took place on Sunday 26th October when horn player Owen Farr was the visiting brass celebrity.

As on the four previous occasions in the morning the Band were taken through a couple of pieces under preparation for the forthcoming concert. With confidence in the accuracy of note playing established he concentrated on interpretation to ensure a musical (rather than mechanically accurate performance) was achieved.

In the afternoon, in the United Reform Church, he spoke at length

on aspects of playing that need to be identified and practised to ensure a continual improvement in playing achievement. He emphasised the need to attack music with gusto and not be hamstrung by a fear of playing false notes. Owen's playing, particularly of a Hydn Horn Concerto that had been lost since its composition until 1961, demonstrated why he is held in such high regard both in his own Corps Band (one of Britain's leading Bands) and nationally.

The series has been a great success and the Band extend their thanks to the Arts Council whose grant has helped to make the series

SEDBERGH SCHOOL

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Remembrance Sunday 9th November 2008.

PARADE The Town Band joined with the Sedbergh School C.C.F., and after laying of wreaths at the War Memorial played and marched around the town marking the 90th anniversary of the 1918 Armistice. The parade was accompanied by two pipers, members of the Sedbergh School C.C.F., and representatives of the Royal British Legion, St. John's Ambulance and The Scouts.

Keith Wood, town cornetist, played the 'Last Post' at the St. Andrew's service, repeating this in the evening

at the Dent Remembrance service.

CONCERT

This year's Charity Concert took place on Remembrance Sunday in the United Reform Church with the kind permission of the Church Elders and the Rev. Carole Marsden.

Although an exceedingly wet and dark Sunday night in November did not seem the most conducive conditions to tempt people out of their homes a surprisingly large audience assembled for the Remembrance Concert.

The programme, most imaginatively organised by Bandmaster Alan Lewis

(Continued on page 28)

and U.R.C.'s Rev. Carole Marsden, appropriately reflected the nature of the occasion. The programme started with a march and progressed through a number of items popular with audience and band alike. The conclusion of the playing of 'Pirates of the Caribbean' signalled the point at which the focus of the concert more obviously was directed towards Remembrance. To the playing of a medley new to the Band entitled '1914' the banners were brought forward to the front of the church by Messrs. Douglass, Chamley and Skill. The moving number, 'Hymn to the Fallen', the theme tune of the film 'Saving Private Ryan', preceded the playing of the 'Last Post'. Two

minutes of silence was then observed followed by 'Reveille'.

The audience was then invited to join the Band's accompaniment by singing 'I Vow to the My Country' to the tune taken from Gustav Holst's 'Planets Suite'. A medley of tunes associated with World War II, 'Keep Smiling Through', was played and the concert came to a conclusion with the evocative 'Sunset'.

Flooded roads at Kirkby Stephen meant that the Band had to make last minute changes - lead cornetist Mark Hodgson together with fellow cornetists son and daughter were prevented from travelling. Alan Lewis took over Mark's role in playing the 'Last Post' and 'Reveille' whilst Paul

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Grey had to put aside his flugel horn, take up the cornet and lead the Band. All involved are to be congratulated for so seamlessly effecting the enforced changes.

Also to be congratulated is Carl Storer who forsook his trombone to act as compere for the evening: all items were introduced in a well researched, witty manner that was much appreciated by all present. He took the opportunity to pay tribute to the industrious preoccupation of the Band in the coming weeks pointing out that in the run-up to Christmas it will be fulfilling a number of commitments. A concert is to be given on Saturday 29th November in the Arnside Methodist Church

followed the next day with carols at Asda (12-2pm). The Town's own Christmas Concert follows on Tuesday 2nd December in the People's Hall (7.45pm) and the next day they will be providing the Christmas music for the Sedbergh Late Night Opening. There are then five further carol playing sessions - Tuesday 16th December at Morrisons (4.30-6.30pm) Sedbergh licensed premises on Friday 19th December from 9pm, the Kendal Birdcage on Saturday 20th December (11pm - 2.30pm), Booths Kendal on Sunday 21st December (11am - 1pm) and finally the Sedbergh Bus Shelter on Main Street on Wednesday 27th December (2pm - 4pm).



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FROSTROW WI

Looking back on October, we seem to have had a very busy month! Our newly launched Book Group got off to a flying start. We met on 3rd October, having read our first book 'The Sea House' by Esther Freud. We had a very interesting discussion and were amazed at how quickly the time passed. Thanks to Christine Sheppey for the use of her house and the refreshments. Our next book is 'Memoirs of a Geisha' by Arthur Golden.

Frostrow W.I. Golf Challenge took place on 6th October at Kirkby Lonsdale Golf Club. The weather was kind to us and everyone who took part had a very enjoyable day. Eight teams entered the competition. The winners were Irthington, with Plumbland second and Langwathby & Edenhall third.

Many thanks to Pat Ramsden and Linda Hopkins for organising the event and to Dorothy Gerrard, Anne Petyt and Christine Sheppey for their help on the day.

Two of our members took part in the Dance Taster Day at Endmoor on 8th October. They were introduced to Keep Fit/dance, Line Dancing, Salsa and Tai Chi. It was physically quite energetic but it also stirred the little grey cells into action by having to remember all the dance steps and put them into the right sequence.

A group of us had an evening trip into Lancaster on the 15th October to see the play 'Lady in the Van' by Alan Bennett. There were mixed reactions to the production – some people

enjoyed it – others found it rather boring. It was good to be out together though. Thanks to Eileen Stavley for organising the trip.

There was no time to recover from our evening out- we met at 8.30am next day for our monthly walk! Linda Hopkins led the group on a walk along a section of Hadrian's Wall. We parked at Housesteads Fort and caught the bus back to Cawfields Quarry. We then walked six miles along part of the most scenic section of the Wall, back towards Housesteads. We enjoyed fantastic views in all directions – what a shame none of us remembered our cameras! It was a lovely sunny day, but we were glad to be wearing windproofs, woolly hats and gloves.

We always like to finish our walks with tea and cakes – not quite so easy to find at the end of October! We were finally directed to The Garden Station at Langley which was well worth a visit. Unfortunately the café was closed because a breadmaking course was taking place, but luckily a 'help yourself' service was provided in a Summer house.

We arrived home tired but exhilarated after a super day.

In September Pat Ramsden expertly led our walking group up Ingleborough. It was a dry, sunny day and we enjoyed the views that we had missed walking Whernside in July. After a stiff climb to the top we were glad to find shelter to sit and eat our lunch, finishing with champagne truffles to celebrate the completion of

the Three Peaks. (they were lighter to carry than a bottle!)

The Annual Council Meeting, which some of our members attended, was held in Kirkby Stephen on the 18th October. There was an interesting talk about Watch Tree Nature Reserve near Carlisle. This has been created from a disused airfield and gets its name from the fact that men used to sit in the trees and watch out for Border Rievers. This was followed by a flower arranging demonstration with a Tudor theme and included poetry and folk-singing.

The Annual WI Quiz Night on the 27th October was again held at The Bull in Sedbergh. This is always a popular event and this year was no

exception – the room was packed!

We had a very good evening which was all the more enjoyable because we managed to come third!!!

Our AGM was held on the 5th November. We heard the Treasurer's Report and a joint Annual Report from the President and Secretary. Rosemary Mason gave the Vote of Thanks for the work done by the Committee over the year. The evening continued with time to relax and chat over a cup of tea. Pat Ramsden had set up on the laptop, a carousel of photos taken during the year and Denise Thomson had brought in the diary for 2007 which is finished at last!

D.T. 

<h1 style="font-family: cursive;">DUO</h1> <h2 style="font-family: cursive;">Café Bar & Bistro</h2> <p style="font-size: small;">32, Main Street, Sedbergh, Cumbria, LA10 5BL. Telephone: 015396 20552</p> <h3 style="font-family: cursive;">New Years Eve Menu</h3> <p style="font-size: x-small;">Complimentary glass of wine on arrival</p>		
<p style="text-align: center;">Carrot & Ginger Soup. Served with Warm Crusty Bread</p> <p style="text-align: center;">Baked Brie with Cranberry Sauce</p> <p style="text-align: center;">Figs and Parma Ham</p> <p style="text-align: center;">Homemade Chicken Liver Pate & Melba Toast</p>	<p style="text-align: center;">Beef Bourguignon Served with Creamy Mashed Potatoes and Steamed Vegetables</p> <p style="text-align: center;">Braised Pork with Apples and Cider Served with Creamy Mashed Potatoes and Steamed Vegetables</p> <p style="text-align: center;">Fillet of Salmon & Parsley Sauce Served with new potatoes and Steamed vegetable</p> <p style="text-align: center;">Brown Rice and Vegetable Gratin Served with salad</p>	<p style="text-align: center;">Black Forest Cheesecake</p> <p style="text-align: center;">Tarte Tatin (Caramelised Apple Flan)</p> <p style="text-align: center;">Platter of Cheese and Biscuits</p> <p style="text-align: center;">Selection of Ice Cream *****</p> <p style="text-align: center;">Fairtrade Filter Coffee and Chocolate Mints</p>
<p>Bookings Only. Meals served from 6pm-10pm</p>		

SEDBERGH SOAP COMPANY

wins despite the recession.

Tired of negative business news? Well wake up and smell the good news! Innovative new business, Sedbergh Soap Co. from Sedbergh in Cumbria proved that they are succeeding despite the credit crunch, as they scooped Micro Business of the Year at the national Startups Awards last night.

The awards ceremony, organised by startups.co.uk, in conjunction with Barclays, took place on Thursday 30 October at the Royal Garden Hotel, Kensington. Hosted by Adrienne Lawler from *Sky News*, the prestigious awards celebrated the UK's most outstanding companies and the people running them.

Dorthe Pratt, Founder of Sedbergh Soap Company said "We have enjoyed fantastic local support from day one, when I set up the business in June 2007. To win this Award and receive national recognition for our hard work is simply amazing. The competition was very tough and I am proud of the fact that the judges



SEDBERGH SOAP COMPANY

NATURALLY MADE BY HAND

In 15 short months we have grown explosively from just 5 products to a range of 100+ with a Baby & Toddler range to come in the new year, expanded our supply to retail outlets beyond the UK into Europe and won a national business award

We would like to thank our many customers and friends in Sedbergh for your support in the past year.

VERY MERRY CHRISTMAS

from Andrew and Dorthe
and the rest of the team
at Sedbergh Soap Co.

Our full range of products including soap bars, liquid soap in dispensers, our Christmas soaps, gift boxes, and new Gentleman's Shaving Sets are all made from 100% natural ingredients and suitable for skin prone to eczema and psoriasis.

Available from both Farfield Mill and The Sleepy Elephant in Sedbergh.

Or simply visit our website to keep up with our latest news.

sedbergh-soap.co.uk

CHRISTMAS GIFT IDEA

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chose Sedbergh Soap Co. because they felt we had the biggest potential.”

“We are already growing at a very fast pace, expanding our facilities and adding more staff. I have no doubt that this Award will propel us forward and it looks like; once again the business plan has to be re-written. It is a privileged position to be in given the current economic climate; we are still a small business but with that comes agility and the ability to respond instantly to market changes”

Sedbergh Soap Company makes handmade soap and other natural bath products made from sustainable sources without harmful additives, perfume or other potential irritants. The products are ideal for people suffering from eczema or other dry skin conditions. They were developed by Dorthie M Pratt, who herself has suffered with severe eczema since birth. Their range of products have grown from 5 to over 100 in the 15 months since the business was formed and Sedbergh Soap Co. now supply quality shops and luxury hotels across the UK and

abroad.

Business excellence was rewarded across a variety of categories, including *Women in Business*, *Young Entrepreneur of the Year*, *Retailer of the Year*, *Product of the Year* and *Green Business of the Year*.

The winner of each category was decided by top judges, including Chrissie Rucker, founder, The White Company; Simon Calder, CEO, LOVEFiLM and Alan Giles, chairman, Fat Face. The successful businesses and the talented people behind them proved their brilliance after fighting off competition from hundreds of entries.

“Our winners are the business leaders of tomorrow but the driver’s of today’s economy. It’s essential we recognise their efforts and the success that they have achieved regardless of tough economic conditions. That’s what the Startups Awards and today’s winners are all about.” Says David Lester, founder of startups.co.uk

For further information about the Startups Awards visit www.startupsawards.co.uk or call 020 8334 1648.



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ORIGINAL MOUNTAIN MARATHON

The OMM 2008 at Borrowdale

The Original Mountain Marathon (OMM) took place on the weekend of 25/26th October. Despite it having been run annually since 1968, most people had probably never heard of this event until it made all the main headlines on the news this year.

Fraser Livesey was supposed to be running it with his son Josh.

Unfortunately Josh was injured, so Fraser was looking for a new partner. With some encouragement from Janet, I volunteered my services. What I didn't realise was how much all the gear was going to cost! Bang goes any Christmas presents for me! Each team have to carry all provisions to last those 36 hours, including waterproofs, tent, food, stove, first aid, sleeping bag. These can be checked at anytime by the officials and if they do not pass the stringent rules, then you can be thrown out of the competition.

So after some good long runs on the Howgill's and the Kentmere Horseshoe, the weekend arrived. Thursday had been very wet in Borrowdale with some flooding, but Friday had been glorious. Saturday was fine as we drove through Keswick, but the wind was very strong and the forecast was for a very wet day. We registered and no one was talking about canceling it. In fact it was even mentioned that the strong winds might keep the rain away.

We were to set off at 9.46, and our category was the Middle Score (6 hours running first day and 5 hours



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second). The aim is to find as many checkpoints as possible in the time allocated and be at the overnight campsite before your time is up, or you will be deducted points. The checkpoints have different points attached to them, ranging from 10 to 50. So as soon as you are given the map on the start line decisions have to be made as to what route you are to take.

The rain started to fall just before we set off, and we were also told that we only had 5 hours running on day 1 because of the severity of the wind. We got our heads down and pushed it up to the first checkpoint. Even though the rain and wind was fierce it never really bothered us as long as we kept moving and kept our core warm. After finding some tricky checkpoints in what seemed like the middle of nowhere, we felt we were going well. With about an hour and a quarter remaining of our time we had to come down into the valley to cross the road to go over Honister Pass. A mountain rescue guy told us he thought the race was off, but he wasn't sure! So we ploughed on,

walking through some waist high water until we were told it was definitely cancelled.

All of a sudden we felt flat as we trudged back to base. It was quite a sight to see cars parked on the side of the road with water up to the windows, and we realised then how bad it was. Some of the waterfalls off the fells were quite spectacular. With so much water on the road we were unable to come home, but fortunately we found an Outdoor Centre which was allowing runners to sleep there overnight.

It was a surprise to us all when it was headlines on the news. '1700 runners missing' on the Lakeland Fells was a slight exaggeration!

Should the race have been cancelled prior to the event? If we knew how bad it going to be, then yes, but it is easy saying that now. We would have been lying in about 4th or 5th place after day 1 so that was the frustrating part for us. For me it was an experience I will never forget so thanks to Josh for damaging his knee! He also had his appendix out the week before the race so would not have been able to do it. A special thank you though to Fraser for putting up with my virtually non-existent map reading skills (I even managed to lose my map on the fell!). This was Fraser 20th OMM so his vast experience made up for my distinct lack!

Dick Gorst 



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Sunday : 11:00am to 3:30pm (ish)

Our Restaurant is available for private hire.

*Throughout December, our Optional 2 or 3 Course Christmas Fayre Lunch and
3 Course Christmas Fayre Dinner menus will be available during the above times.*

HOW MUCH IS ENOUGH?

I encounter this type of question both from my Qigong students, as in "How much must I practise in order to realise the benefits of Qigong" and from acupuncture clients, usually in relation to dietary changes. (Qigong is a form of exercise to promote good health.)

Chinese medicine recommends a balanced lifestyle: exercising enough to stimulate the circulation and the organs of the body, but not so much that the body is unduly taxed.

Similarly it is suggested that one should eat moderately and that it is beneficial to partake of a wide range of different sorts of food so as to obtain a balanced intake of nutrients.

When I talk to people about their diet, the saying "A little of what you fancy does you good" is often quoted. Over time, I have come to recognise that many of us are not balanced enough to implement this idea in a healthy way. To take a more extreme example, a recovering alcoholic would be unwise to have a little of what he or she fancied. Disease processes are supported by what we

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June M. Parker

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eat and drink on a daily basis. Having "only" one bar of chocolate a day or one cup of coffee a day may be too much for some people. Sugar and caffeine addictions are less dangerous than alcohol, nicotine or drug addictions, but they can still have a deleterious effect on health. Often, what we fancy is precisely that which damages us. Part of becoming healthy is to learn to like what is good for us.

Once an imbalance has set in, it may be a good idea to maintain a very strict corrective diet for a while until some improvement is made. The correction which will help almost everybody over the winter is to eat three warm cooked meals a day, rather than breakfasting on cereal, yoghurt and fruit and lunching on sandwiches. Try it and see.

On the exercise front, people like to get maximum benefit for minimum

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effort. Have you tried the “Incredible Chi Machine” which “realigns the body to its natural state” in four minutes while you simply lie down and do nothing? No? Me neither. But it does sometimes seem to be this that people are looking for.

To be beneficial, any form of exercise must be done regularly and the trick is to find a form of exercise you like and make time for it in your routine. How much exercise you need depends on your current state of health. My advice would be to do as much as you can, without over-tiring yourself. Within that, you can stretch yourself on occasions, and allow time for recovery, but overall, on average, the exercise programme should not

wear you out. On the other hand short periods of breathing more heavily and slightly sweating are good for most people. If you are in doubt about the advisability of a more vigorous exercise programme, consult your doctor.

I have very much enjoyed my Wild Goose Qigong class, which has taken place on Monday mornings throughout the autumn. We shall be starting again on Monday 14th January. If you would like to join please contact me. My telephone number is (015396) 20972.

Meanwhile, I wish you a very happy Christmas and a good start to the New Year.

June Parker 🐼

Sedbergh Office Services



**We would like to wish all our customers
a Merry Christmas and a Happy New Year!**



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off Main Street,
behind the Bull Hotel**



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FOLK CAROLS WEEKEND

Yes, it's that time of year again and the Cautley Carollers are busy with a punishing rehearsal schedule to get our carols up to scratch for our many performances - both formal and round your fires on our annual pilgrimage from my riverbank cottage at Farfield to the snowy heights of Frostrow. Our songs in three and four part harmony range from the old carols sung in mediaeval times to more modern arrangements of poems such as Thomas Hardy's the Oxen and the Darkling Thrush, many different versions of While Shepherds Watched, Copper family favourites like Shepherds Arise, and the famous glee Hail Smiling Morn. And then

SCOUTS CHRISTMAS POST

The service this year will cover Sedbergh Town, Millthrop and Garsdale. The cost of each card is still only 15p. Look out for the usual red postboxes between 1st and 20th December.



there's the song which won first prize at the Naples Singing Festival Drinking Song Competition which we are often asked to sing (though seldom without a glass in our hands.) We've got a few new ones this year which means that we could sing from one end of Dentdale to the other and not sing the same song twice.

RIBBLEHEAD STATION

You can hear us the Folk Carols weekend on Sunday December 7 in the evening singing at Ribblehead Station along with Lakeland Voices and Harmonise, a visiting choir from Edinburgh who have taken over the Sportsman's Inn for the during of the Folk Carols festival.

Ribblehead station has to be the most sociable station in Britain. I was seeing the Slovenian choir leader Igor Velepik off at the station after he had come to teach our choir some Slovene songs and Tony the station master came to apologise (in person) that the train would be 20 minutes late, "And would we like a cup of tea while we wait?" His wife Patricia sings with Settle Voices and so was very welcoming to the Zrece singers, opening up their Settle Carlisle Railway museum especially for them - and beaming with pleasure when they sang for the couple in the waiting room.

Then later that evening the Carollers

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are performing at the wee chapel at Chapel le Dale - where over 400 of the navvies who built the Settle Carlisle railway are buried, and then round the fires of the Hill Inn where we can all warm ourselves with mulled wine and Christmas cheer.

The advert has the details for the rest of the weekend - you can come to all or part of the festival. If the credit crunch has crushed your finances too much you are welcome to come to some of the free events, or we can make discounts at the other events for those who are hard up. Even if you don't sing much you mustn't miss the Friday December 5 concert in Dent which this year will be an absolute cracker with some

delightful surprises in store for you - Katherine Ticknell's concert on that night has sold out but our doors are always open.

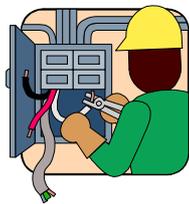
Other places to catch the Cautley Carollers are on the steamer on Ullswater on December 20 and later that evening at the Brigflatts Quaker Meeting house, the Cautley Carol Service on December 21, and the lights-on festival in Sedbergh on December 3. We look forward to seeing you all very soon - and wish you

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David Burbidge 🐼

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CHILBLAINS

Foot Care Advice

Now that the season has changed, chilblains have appeared again! Chilblains can affect the feet of people of any age, although children and the elderly are most at risk. Adults working in damp, cold and windy places are vulnerable too! Chilblains are red or purple lumps, often round and itchy or swollen. They normally occur on the toes, but also the heels and side of the feet, fingers, ears and nose are vulnerable places.

Prevention is much better than cure - stop the feet from becoming chilled in the first place.

- Make sure your feet are warm before you leave the house
- Massage a warming cream/oil onto the feet to stimulate blood flow
- Wear woolen socks and long

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- trousers - keep all the body warm
- Wear boots or shoes with a thick sole
- Use an insulating insole in your footwear

If your feet do become chilled, then it is important not to warm them up too quickly by artificial means. The worst thing you could do is to put chilled feet in front of an open fire, or onto a radiator or Aga!

- Gently warm the feet by massage
- Try a luke-warm foot-bath, not more than 38°C

If the chilblains are hot and itchy, then:

- Resist the temptation and do NOT scratch !!!
- Apply Witch Hazel on a piece of tint to the site

If the skin becomes broken, then good hygiene is most important.

- Use a luke warm foot-bath containing a handful of salt
- Use Savlon cream and a dry dressing
- If you develop an infection, see your GP.

Kay Whittle

**SOUTH LAKES
SOCIETY FOR THE BLIND**

Sedbergh Group

The meetings for the last two months have had a very distinctive topic – food! In October Garth Steadman gave a hugely enjoyable talk describing his work as the local prize winning butcher. This was aided by the supply of numerous dishes of sausages and burgers cooked by his wife in the kitchen of the People’s Hall. The afternoon was very entertaining and extremely tasty!

In November the group gathered at the Barbon Inn for a pre- Christmas lunch. Although rather early in the festive season a turkey lunch was supplied with all the trimmings including an aperitif to start the proceedings, table decorations and crackers to get us into the spirit of the occasion, and truffles to follow the Christmas pudding or trifle. The weather was perfect and added to the enjoyment of the day.

At a recent presentation in Kendal, Lord Lieutenant of Cumbria, Mr James Cropper: the High Sheriff of Cumbria presented Keith Levitt and

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Dennis Whicker with Certificates commemorating 5 years voluntary work with the Group. Other volunteers were unable to attend and receive their Certificates were Winifred Howarth, Betty Hartley and George Tomlinson. Congratulations to all and thank you for your invaluable help.



The recipients posed with Mr James Cropper along with the most mature volunteer in the group, Mrs May Pruce, with over 20 years service.

There will be no meeting in December but a post Christmas party will be held on the 20th of January in the house of one of the members. New members with sight problems, and also volunteers are always welcome. For further information telephone Sedbergh 21019 or Kendal 01539 742633. **JGL** 🐶

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A CHRISTMAS CAROL

Written and directed by Sam Mason
Music by Richard Allen

We're back!!!!

We know that Christmas was just not the same without us, so 2008 sees the welcome return of the Mason and Allen pantomime to the Brewery.

This time its Mr Dickens' famous festive tale that gets the special Brewery treatment and A (Brewery) Christmas Carol will not disappoint!

All of those devotees that have come to love the irreverent, quirky and sometimes downright irresponsible style that Mason and Allen bring to the traditional family favourites will just love this years

show.

If you have never been to a Brewery pantomime - you are in for a treat.

You wont have seen anything quite like it and you will be back year after year for year. Twelve thousand people can't be wrong!

(Editors note - well they can actually Sam, 50 million voted for George Bush!!)

Is Tiny Tim really so tiny? Is it Cratchet or Crotchet? How can you have a ghost from the future - Dickens clearly did not understand the space-time continuum. Who is this Carol woman anyway and what's she got to do with Christmas?

All your questions answered and many more that you hadn't even



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Any Time

thought of or even wanted answers to.

Its family entertainment at its best because it will truly entertain the whole family - the kids will love it, but you really don't need kids to enjoy the Brewery pantomime.

And for those that like their family entertainment without the family this year we have three adult only shows! For those that came last time you will know what to expect (if you are out of therapy) - for those that didn't - not for the faint hearted but flipping funny!

These times do not appear in the Lookaround Diary.

Fri 12 December 7pm (preview)
£9.00 all tickets

Sat 13 December 2pm + 7pm
£12.50/£11conc/£10fob/*£41

Mon 15 December 2pm (schools performance) £8 (1 free teacher with every 10)

Tue 16-Thu 18 December 10am & 2pm (schools performance) £8 (1 free

teacher with every 10)

Sat 20-Tue 23 December 2pm & 7pm £12.50/£11conc/£10fob/*£41

Wed 24 December 10am £14/
£12conc/£11fob/*£44

Fri 26-Tue 30 December 2pm & 7pm
£14/£12conc/£11fob/*£44

Fri 26 2pm & 7pm Fundraising performances in aid of special theatre events and projects at the Brewery

Wed 31 December 10am & 2pm £14/
£12conc/£11fob/*£44

Fundraising performances in aid of special theatre events and projects at the Brewery

Fri 2-Wed 7 January 2pm & 7pm
£12.50/£11conc/10fob/*£41

Thu 8-Sat 10 January 7pm (Adult performances) £14/£12conc/£11fob

Fundraising performances in aid of special theatre events and projects at the Brewery

* Indicates Christmas Cracker ticket:

1 adult & 3 children or 2 adults & 2 children.



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DENTDALE METHODIST CHAPEL

Our Sunday services are now taking place in the Schoolroom a-joining the chapel and it is good to be warmer and to be sat nearer together than we were in the chapel. We recently had a trainee Minister, Mrs Janet Park as our preacher, Janet lives at Warton and is training for the ministry at Durham, she is working on a placement in our Circuit until next April, following the service we whisked the table out and all sat down to tea together. Next month we have a couple of different services, on 7th there will not be a sermon or "normal" order of service and people are invited to share Bible verses which are special to them or to tell us what God is doing in their lives just now. On 14th we have our afternoon carol service followed by tea and on 28th it is "Own Arrangement", now what could that be..? Come and see!

On December 22nd we hope to be Carol Singing in the village and also in Gawthrop on Dec 23rd, raising funds for two charities, one of which is Action For Children, formerly NCH. Do come along and join us you will be very welcome.

For New Years Eve and the days around then a Prayer Labyrinth will be arranged mainly in the schoolroom and a little in the chapel, do come along and partake in it, there will be refreshments available in the kitchen on a 'help yourself basis and we will be there when we can, it is a journey each can take on their own, thinking of the past and into what is to come.

From Wed Dec 31st until Jan 2nd. We need some flags and banners so if you could help to make them please do get in touch, or if you have any we could borrow.

On behalf of the members and friends at DMC I wish you all the blessings of the peace of God this Christmas and New Year.

SE Woof (Secretary) 🐶

At the Chair Workshop

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DENT GALA THANK YOU

It may seem a little late to be thanking our wonderful helpers for their hard work on Bank Holiday Monday in August but never mind!

I have been in touch with quite a lot of you to say "Thank You" but am putting this in *Lookaround* so I don't miss anyone.

It is my hope that you all enjoyed your "stint" so much you'll do it again in 2009! Also please come to "Rhumes" on Saturday 3rd January between 2pm and 5pm to partake of refreshments and share any comments you have regarding Dent Gala! All who helped and their families are most welcome.

S.E. Woof, Rhumes, Dent 🐶

**CHAMBER OF TRADE
CHARTER MARKET 2009**

Saturday 15th August

You may have thought that the Charter market was gone for good but there has been so much disappointment expressed at the cancellation of the market in 2008 that we are determined to make it bigger and better than ever in 2009. So . . . because we were far too late starting last year please read this carefully over Christmas and bring us you ideas and bookings as soon as you can.

Charter Market Contact: The Community Office, 72 Main Street LA10 5AD - 015396 20504.

We would like to hear from:

1. Everyone who has had a stall in the past whether commercial or charity, please ring for your booking form asap.
2. Anyone who would like to take part in a Collector's Corner with a small antiques and bric-a-brac stall, please ring for a booking form.
3. Anyone who is a food or craftware producer from the area either amateur or professional, please ring for a booking form.
4. Anyone who would like to offer a craft demonstration of any type – please note if we get quite a few demonstration offers we will be able to put the demos. Inside rather than asking you to brave the weather on the street. We could also accommodate small exhibitions.



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5. Any group or individual who would like to offer entertainment please let us have your contact details and what type of thing you can offer, if a charity you may collect on the day.
6. Anyone who has a really good idea of things to amuse children between 3 and 12 years, the children's area has never been very successful on market day so we need to make a big effort to do this properly or not do it at all. Any offers of ideas or help are very welcome.

And now a question:
Do you like dressing up? Should we bring back the Fancy Dress Competition?

Please ring David Ramsbottom for information, booking forms and to leave offers of help and ideas on Sedbergh 20504.

Thank you for your interest!!



FAMILY MUSINGS

Life is strange, a real mixed bag when you think about it, and that description could be said of the "club" I go to on a Thursday evening. I pays my money, stands on the scales, oops, forgot the deep breath, and oh the joy when I hear I am less weight than I was. We all know that whatever you eat on a Thurs night after club doesn't count whatever so we all tuck in. I never thought a Slimming Club would be the thing for me but my daughters took me in hand and took me along, I thought we were going out somewhere together, and yes, we did, and now they are slimming elsewhere and I toddle of on my own which took some doing for a while but everyone is so lovely, some are slightly mad, but hey it makes life interesting, that I can go along quite happily and am almost 2 Vi stone less than when I first went. So, thanks girls, both the ones I gave birth to and the ones in the Institute on a Thursday evening.

As I said our girls have their own Slimming Club, their own business, and haven't they done well ? Winter is a difficult time for us all and it is great to see the lights of DUO lifting the mood in the main street of a certain town. It is a shame that the old clockwork Monkey which for many years sat in what was Sedgwick's Shop window to herald the arrival of Christmas and was asked about in letters home by servicemen overseas in the First World War is not around any more, but he probably would not have fitted in with the image. They will have to put their slim mother in the window instead! Sat at a table with a coffee of course.

Life is a real mixed bag of emotions as well, we have just passed the first anniversary of my darling brothers death and I wavered between wanting to be out of the "this-time-

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last-year-itus" and not wanting it to happen.

One thing I meant to do was go up to the family seat and set off a couple of fireworks in his memory, he would have approved, but time and weather flew by, perhaps next year.

I wish you all dear readers a very happy Christmas and a healthy New Year, it is good to know the "Musings" are back in the pages of Lookaround, many thanks to all concerned and some of you were very concerned when it seemed we were to be parted. Good prevailed, or perhaps it was the not-so-good comments that won through?

Younger daughter and I took P and M to Ostrich World during half term and look forward to more days out in the future, a nearly 4 yr old and a 6 yr old certainly enjoyed the sit and ride toys, the slide and the swing and so did younger daughter, I held the bags and took the photos.

See you next year. And among my Resolutions there is one about the book of Musings, I promise.

Sarah 🐼

SEDBERGH & DISTRICT ART SOCIETY

Something rather different at our meeting on 7th November - artist Barbara Cropper shared with us her great enthusiasm for the work of Henri Matisse, who was one of the foremost painters of his time, associated with the Fauvist movement.

His main aim, Barbara told us, was to try to interpret emotion in colour (whereas Picasso was more concerned with shape) and certainly the slides we saw were lively and vibrant, whether of figures, still life, or places. We all seemed particularly attracted by his lithe and vigorous painting of dancers in a circle---a recurring theme either on its own or as part of other works.



Altogether an entertaining evening.

At our next meeting on 5th December, in St. Andrew's Church Meeting Room, at 7.30pm, Frances Winder will be demonstrating mixed media.

V. Finch 🐼

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HOSSANA

I only went to Hossana in Ethiopia to mend a broken lift ...!!!

It all started with a letter in Elevator World (May 2007, p20) from Dr Duncan Cameron, a paediatrician working in a large hospital in Wales. He only gave an email address and most people know I don't do emails, unless I have to.

However, typing www.wales.nhs.uk into the internet browser address field soon found his hospital (Glan Clwyd, Rhyl) and his telephone number.

I rang him in June 2007. He was there and delighted to talk to me. So began a very interesting life (and lift) experience.

Acknowledgement: CIA World

Factbook We were staying halfway between Jima and Awasa

Dr Cameron explained that the Welsh Assembly encouraged hospitals in the Welsh NHS to establish links with hospitals in the developing world. Dr Cameron had travelled to Ethiopia in 2005 and visited Nigisti Eleni Mohammed Hospital (aka Hossana Hospital) and formed a link with them. They now call themselves Ethiopia Link and are registered as a charity with THET (Tropical Health and Education Trust) www.thet.org.uk. Since 2005 two other visits have been made by Glan Clwyd staff.

Ethiopia is the third poorest country in the world. It has never been

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Chicken & Winter Vegetable Casserole. Served with mashed potato		£7.50
Roast Turkey with Roasted Potatoes, Steamed Vegetables, Sage and Onion Stuffing and Cranberry Sauce. (December Only)		£9.95
Fillet of Salmon & Parsley Sauce. Served with new potatoes and steamed vegetables		£11.95
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Brown Rice and Vegetable Gratin. Served with salad		£8.50

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colonised, but was invaded in 1935 by Italy and liberated by the British in 1941, when the emperor Haile Selassie returned. He was deposed in 1974. From 1974 to 1991 the communist Derg regime was in control.

The US-CIA website gives some other factual information:

<https://www.cia.gov/library/publications/the-world-factbook/geos/et.html>

Population: 82,544,840

Age profile: 46% (0-14), 51% (15-64)

Average age: 16.9 years

Infant mortality: 83/1000 live births

Population below poverty line: 39%

Life expectancy: 53 male, 56 female

(UK 77/81)

Health expenditure per capita: £16,
(UK £1,600).

Duncan told me that the four storey hospital had a lift that did not work, which meant that the operating theatres on the first floor could not be used and that operations were performed in a ground floor treatment room. If the lift could be made to work then the upper floors could be brought back into full use. Duncan had very little information about the lift, but a party was going out in November 2007 and could get some if I told them what I wanted (they were medics not engineers!).

(Continued on page 50)

The Hossana Hospital was built in 1984 (in the Derg regime), has a potential for 200 beds, serving a population of 1.8 million with 172 staff and funded on a shoestring.

It sits above the town (this is a problem for the water supply) in an enclosed compound of about 10 acres. It has many low rise buildings and a four storey main building of conventional construction. These are surrounded by corrugated steel out-buildings used as stores and workshops. It has two diesel powered generators (not working), two furnaces and domestic hot water calorifier (not working), septic tanks (not working). It has a very effective laundry (beautiful white uniforms)

using grey water collected from the roofs and a saline drip manufacturing facility providing some income (patients have to pay for some services).

The medical staff are delightful and proficient, making do with very basic facilities. There is only one surgeon.

When the information arrived by photographs and a written report by a local engineering firm it was clear the lift had not been in use for some time. The machine room was filthy, the shaft was dirty, the car top and door gear rusty, wiring had suffered rodent damage, the controller was covered in dust, etc. A very sad state.

The lift had been manufactured by SABIEN (Italy, now Kone) in 1983

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and installed 1984. Rated load 1000 kg and travel of 8.55 m. Two speed motor (Ziehl Abegg) with a rated speed of probably 0.5 m/s. Platform is big enough to accommodate an Ethiopian hospital bed.

When I attended an International Standards Organisation TC178/WG10 meeting in Washington in August 2008 as the UK representative, I met the Canadian representative, who is an Ethiopian (he gave me his brother's details in Addis Ababa (just in case) and the Italian representative had worked for SABIEN just after 1984 (it's a small world!).

What to do?

Go out there ?

Was there anyone there to help ?

No good mending the lift for it to fail again and then not get repaired!

Fortunately, we discovered a company called Danlift in Addis Ababa, Correspondence with them (by email!) was very encouraging and a contact was started with Ato (Mr) Asfaw Aberra the Assistant Managing Director.

Danlift www.danlift.com, have some 350 units under maintenance in Ethiopia. The owner Ato Daniel Mebrahtu started business making furniture (he also now makes a small range of medical items, beds, trolleys,

(Continued on page 52)

etc. of interest to the medics). He then moved into manufacturing traffic lights. After finding the lift broken in a hotel he visited for a meeting, he decided to start a lift company.

The company now employs some 190 people and can make 50 units per year. The company follows the European (EN81 series of) standards very closely owing to the lack of Ethiopian lift standards.

A Glan Clwyd party was going out to Hossana in November 2008 and I was invited to join them.

Josie said "Was it safe?".

The Foreign and Commonwealth Office offer advice: <http://www.fco.gov.uk/en/travelling-and-living-overseas/travel-advice-by-country/>

sub-saharan-africa/ethiopia

There are explosions occasionally in various places, but it appeared if high profile locations were avoided the risk was low.

I noted when I was in Ethiopia that Addis hotels, the "Lucy" Museum and the one shopping centre I visited had guards with hand held metal detectors and they searched bags in a laid-back way. In Hossana there was unobtrusive security at the hotel and hospital.

We did hear of a suicide bomber being caught in Addis when we were in Hossana.

Meanwhile I was in contact with Keith England of WSP Buildings, London (lift consultant) and he was

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---	---	---

very intrigued. I said, "Do you want to carry my bags?" ... and he said "Yes."

What a stroke of luck!

Keith, over the last two years has raised some £16,000 for the Macmillan Nurses charity. Keith had also at one time run a lift installation company so his experience would be valuable, as it proved to be.

So Keith, who by now had moved to Dubai, agreed to join the visiting party, flying over from there.

Dr Gina Barney 

There was included many days of Dr Gina's Diary but although interesting, they would have covered many pages in this already very large issue. Ed.

CONFIRMATION SERVICE, DENT 4 March 2009

The former Archbishop of York, Dr David Hope, will be the confirming bishop at a confirmation service to be held at St Andrew's, Dent, on the evening of 4th March 2009. Both young people and adults will be confirmed at this service.

Confirmation classes are being held in Dent and in Sedbergh. The Sedbergh classes will begin shortly.

If anyone is interested in exploring the possibility of being confirmed then would they please contact Rev. Vic Hopkins, tel. 21455 where they can, without obligation, find out more information.



ZRECE VISITORS

*Zrece Firemen visit Sedbergh -
Voicemale visits Zrece.*

It's not easy compressing all the wonderful events which happened throughout October and November into one short report.

VIDEOS

But if you wanted to get a taste of some of the concerts, Ceilidh dances, and general merriment between the singers from Sedbergh (and Greater Sedbergh) and Zrece (and Greater Zrece) I have put some videos on the internet which you can see for free at www.youtube.com/Davidburbidge (though you will need to spell my name right - only one R!)

These include a visit the Zrece Firemen's choir made to Garth's Butchers' shop in Sedbergh, the fabulous Five in a Bar women singers who kindly performed at the Golf Club party to celebrate our twinning, the bagpipes and singers of Voicemale at the war memorial in Zrece, and the pipes again as people danced on the Brinjeve Gore (the hill above Zrece) where we were hosted by the women singers who came to Sedbergh last year, Pevke iz Brinjeve Gore.

Then there's some film of the Firemen's Choir singing on the Gondola steam yacht on Coniston Water with our friend Ana Wersun, the consul from Edinburgh, and again

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outside George Handley's house overlooking Sedbergh. And also at Nigel Closes group holiday accommodation The Howgills Bunk Barn, where they very kindly invited the Slovene Firemen for lunch. And back in Zrece there's some film of the English and Slovene song workshops and a riotous dance with our old friends from Skomarje, the Folklorna Skupina Jurij Vodovnik.

There's the Garsdale Street Band with visual proof that there was no language barrier that night as the Slovene Firemen took to the floor alongside about 30 English dancers. And a short extract of the Greater

Manchester Police Male Voice Choir singing at the concert in Dent.

Of course there is so much more which we didn't capture on video - and I have no real desire to be one of those tourists who miss everything which is going on because they are too busy taking pictures of it.

But if I had been able to film the whole event I would certainly have included Dennis Whicker's excellent MC'ing of the Concert in Dent. The Manchester Police came to Dent with their many female fans in a huge coach - which of course got stuck in the narrow lanes. Dennis was

(Continued on page 56)

passing and was able to direct the traffic so that the coach could get free and continue its journey. Dennis told the story at the concert and added: "This was probably the first time that a civilian had to direct the police, rather than the other way round."

A similar thing happened a couple of weeks later when a letter came from the Dent Memorial Hall with a reprimand from the children's nursery staff saying that some of their toys had been played with. I passed this onto the Policemen with the thought that it is usually them who are telling me off.

PRIMARY SCHOOL VISITS

I wasn't able to film in the schools where the Slovene and later the English choirs visited - but there were some wonderful moments. For a few weeks before the Firemen visited I had been teaching the children some Slovene songs and these they sang to the Zrece choir, the tears rolling down the faces of these fearless fire-fighters. And then exactly one week later the English male voice choir Voicemale was in the Zrece primary school singing to the Slovene children and hearing their songs - and then taught them to play conkers with the conkers already strung and primed so one would break after about 3 hits.

I was also able to deliver the letters from over 50 children - the start of a pen friend project between the Sedbergh primary school and the Zrece Primary school devised by Lynda Livesey. The letters included

pictures the children had made of the things they liked in Sedbergh and started: "Dear Friend...." Yesterday I heard from Alenka in Zrece that the replies are already winging their way via the mail system from Zrece.

The Queen was visiting Slovenia when we were there and I had some charming letters from the Slovene and British Ambassadors when I asked if we could sing to her. In the end we sang as she was arriving near the Preseren Square in the capitol - and then later that night performed an English evening in the Steiner School and later in Celica, a hostel converted by my friend Janko Rozic from a prison into Ljubljana's top youth hostel and arts venue.

And we finished in the village of Crni Vrh in Idrija where we performed to an audience of over 200 folk in their equivalent of the People's Hall and were treated to some riotous singing over several enormous meals.

MANY THANKS

Of course there are too many people to thank everyone in a short epistle like this but certainly on behalf of all the singers and our Slovene friends I would like to pass on our enormous gratitude to the Town Twinning Committee for so generously providing a lavish celebration in Sedbergh's Golf Club, and later footing the bill for a "Steadman's Award Winning Sausage" and mash meal with singing at the Sportsman's Inn.

And also our leader Vic Hopkins and

the Parish Council who so very kindly invited the visiting Firemen for lunch at the White Hart and were so warm and welcoming to them.

Dennis Whicker - who of course can edit this bit out if he's feeling modest - deserves enormous thanks for giving such a brilliant performance as the MC. His warmth, humour and sheer humanity must make the police force very sorry that he has now retired.

And all those who welcomed the visiting Firemen into their establishments: George Handley at his Hylands home, Pete Packham at the Sedbergh fire station, Brian Steadman at the Kendal fire station, the Mayor of Kendal Claire Feeney-Johnson at her parlour in the Kendal

Town Hall, Lucia Marquart into her kitchen where she cooked enormous meals for our visitors - on one occasion for over 80 people, Lynda Livesey and Headteacher Maggie Cullen at the Primary School, Jo Haughton at the National Trust, Dave Collier and Susan Garnet into their cars for the trip from and to Liverpool airport, Roger Sedgwick for the tour at Lockbank Farm, the Parish Church where they sang in the service, The Celebrated Garsdale Street Band at their Ceilidh ... and all of you who came to the concerts and other events and showed the goodwill and hospitality which Sedbergh is so famous for.

David Burbidge 

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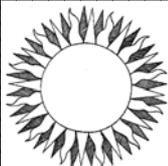
ROYAL BRITISH LEGION

*Annual Report of the Sedbergh
Branch of the Royal British Legion*

Sedbergh War Memorial: the most memorable event of the year has been the refurbishment and rededication of the Sedbergh War Memorial. The many involved deserve our recognition and thanks. I should start with Margaret Gorst of Sedbergh Parish Council who took this up and drove it to a successful conclusion, employing the firm of Parkin and Jackson to renovate the memorial. On behalf of the Royal British Legion I would like to formally thank the Parish Council for funding the work. Thanks also go to Michael

Mudd for re-hanging the gates, Zander Skill for repainting them, Peter Kliszat for providing the paint, 'Bomber's Binwash' for cleaning the flags, to our Chairman, John Douglass, for his organisation of all this, and to Carole Townson for her work on the garden round the memorial.

The Memorial was rededicated by Canon Alan Fell after the Remembrance Service and his prayer of rededication is printed below. Wreaths were laid by the Sedbergh Branch of the Royal British Legion, the Duke of Lancaster's Regiment, the Police, St. John's Ambulance, the Scouts, the Parish Council and the



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**Our Deepest Sympathy to the family of Ruth France who was a regular at Options.
She will be sadly missed.**

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Fire Service. Further thanks must go to Elspeth Griffiths who ensured that the name of Thomas Ellwood Dakres was added to the monument and to Hilary Moore who inscribed his name on the Roll of Honour.

At the Service of Remembrance in St. Andrew's Church, Rose Longlands read the poem and John Pease the names of the fallen including, for the first time, those from the other churches in the parish. The bugle, played by Keith Wood, echoed beautifully round the Church. After the ceremony, the Town and Sedbergh School Bands, followed by Sedbergh School CCF and the Scouts and Girl

Guides, marched round the town. The Salute was taken on the steps of Lupton House.

Poppy Appeal: I want to note our thanks to Terry Jeffries for the organising the Poppy Appeal. The total raised by the Sedbergh Branch in 2007 was £6,197.50, a record for this area. Grateful thanks also go to the Manager of Killington Service Station who has been very supportive of the British Legion and who has looked after our collectors so well.

Welfare Committee: our thanks go to Colin Weir for his dedicated work as Chairman.

(Continued on page 60)

The Annual Dinner: the annual dinner this year went very well and thanks are due to Sedbergh School and its Headmaster, Mr Christopher Hirst, for his support of this event; also I want to thank him for his all-round support and commitment to the Legion. Philip Hoskins has invited the Legion to attend several interesting talks given by members of the armed forces to sixth formers at the school and this is greatly appreciated.

Baffin Island: once again we were lucky to enjoy a talk given by Jim Fisher. The previous year he and a party of four other masters from the School travelled to Baffin Island to make a trek through the spectacular arctic wilderness. We were treated to

stunning photography and a most interesting and entertaining talk. Thanks here are due to Steve Longlands and Andrew Allen who supplied the lighting and projection facilities.

Membership: we started last year with 69 members. Sadly, Peter Gregory and Tom Dickie passed away during the year. On a brighter note, we have been fortunate to gain five new members two of whom, Colonel Tony Reed Screen and Commander David Parratt joined the Committee. Paul and Carol Brassington left Sedbergh early this year, vacating the posts of Chairman and Secretary. They were replaced respectively by John Douglass and

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Rose Pease. Finally, I am sad to report that Norris Chamley is retiring from the Committee after 35 years. I want to record my personal thanks for his guidance and support in my time on the committee and I know that all other members will echo formal thanks to Norris for his long service and all he has done for the British Legion in Sedbergh and further afield.

John Pease, President of Sedbergh Branch of the Royal British Legion

Prayer of Rededication of Sedbergh War Memorial

Heavenly Father,
 You have given us the power of memory,
 The inclination to remember noble and virtuous deeds

And the will to recall with gratitude
 The lives of all those who have shown fortitude and honour
 In the service of our monarch and country;
 Give us your blessing, we pray,
 As we dedicate anew this memorial
 To those who gave their lives
 In the two World Wars of the Twentieth Century,
 That both this cross of stone inscribed with the names of the fallen
 And we who stand beneath that symbol of eternal victory
 May remain as true witnesses of your unchanging and unfailing love.
 We ask this in the name of Jesus Christ our Lord and Saviour. Amen.

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SEDBERGH & DISTRICT HISTORY SOCIETY

Ancient Fish Traps

For the meeting of the SDHS on 5th November Jack Manning gave a fascinating illustrated talk on the history and use of fish traps in Morecambe Bay.

No person could have been better qualified to deliver such a talk than Mr Manning: a resident of Flookborough close to the shores of the Leven estuary, he is the latest in a number of generations of the Manning family to have eked out a living from fishing the tidal shallows over the past two centuries and, although now retired from regular active netting, recent shifts in channel patterns and the

subsequent discoveries of ancient fish traps dating back probably to the 14th century had re-ignited his interest and prompted him to undertake further research into the subject.

Mr Manning began by describing the chronology of sudden shifts in the channel of the River Leven as it flows southwards from Lake Windermere into Morecambe Bay. In 1829 it had taken a sharp left (or east-flowing) turn to sweep away a farm and much of its land - a farm which had only been re-built a few years earlier in 1808 when an embankment had also been constructed extending from Humphrey Head to protect the land. Having straightened itself out by

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We are the only outlet outside Yorkshire selling the Yorkshire Tea range of gifts (teapots, mugs, teatowels and aprons) which make ideal Christmas presents. We also have a variety of coffee and tea related gifts, e.g. cafetiers/tea presses, trivets, silver teapot card holders, strainers etc.

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linking with incoming tidal channels in the interim period, it again formed a right-angled bend in 1975 to cause further erosion of the banks. Most recently and quite dramatically, the process repeated itself in the year 2000, this time taking away a 20-foot depth of sand to expose Cowp Scar, an outcrop of stony ground, together with an extensive area of old fish traps off-shore.

These traps consisted of lines of posts, about 4 feet high and 6 yards apart, which would have been linked by netting which, as Mr Manning later demonstrated with the aid of a video that he had personally produced, would be rigged up in such a way as to allow the passage of fish (mainly

flukes or flounders) on the flood tide, but trap them on the ebb. Aerial photographs taken in 2002 by Mr Manning showed about 20 of these straight lines of posts; they also revealed quadrangles (or 'hammerheads') at the ends of some rows which, it was found, contained flat stones, probably where the fish would be lured into and caught. Having had this information examined by Oxford University it was concluded that these original traps dated from between 1350 and 1411, most likely having been built and worked by the monks of nearby Cartmel Priory, though just possibly Furness Abbey, judging by their extent, precise construction and durability. Traces of wattling had been found at the base of an oval 'parlour" (as called by his father), suggesting this was the material used to actually trap the fish. The aerial survey also revealed images of 5 curved structures just off-shore, possibly for trapping eels. It was felt that the whole operation by the monks was likely to have come to a halt in the early 1800s with the repeated shifting of the channel and subsequent covering by sand - as illustrated graphically by one 4ft post which Mr Manning had set recently but which, within a year when the channel had again moved since 2000, had become completely buried.

The audience then were able to watch the video produced by Mr Manning, demonstrating clearly the skills which had been handed down over generations: the cutting, shaving

(Continued on page 64)

CLERK TO GOVERNORS

The Governors of Settlebeck High School need a replacement Clerk to Governors to start as soon as possible to assist them with their role in supporting the school.

An honorarium of £1,500 per year will be paid to recognise the work required which includes 20 meetings each academic year (full Governors' and 3 supporting committees) plus an advisory role regarding DCSF initiatives, legislation and other regulations/requirements.

If you want further details or the chance to talk about the responsibilities of the post before applying please contact Stuart Manger (Chair of Governors') on 015936 20108.

Letters of application to include details of relevant qualifications and experience together with contact details of two referees to be sent to the Chair of Governors:

Mr Stuart Manger
Crow's Nest
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Online Security and Data Protection,
Create Your Own Website,
Digital Photography,
Developing your Computer Skills,
Fly Fishing, Theory & Practice,
Cooking for Blokes,
Chakra Yoga Workshop,
French Conversation,
Capturing Nature in Poetry,
1960s British Cinema,
British National Identity,
Researching Your Family History,
Social Psychology,**

KBL, Tue, Evening, 20 Jan, 8 wks, Jane Timshle
KBL, Fri, Morning, 16 Jan, 4 wks, Susan Oliver
KBL, Sat, Day Workshop, 07 Feb, Angela Barrow
KEN, Wed, Evening, 28 Jan, 6 wks, James Devaney
SED, Sat/Sun, 2 Day Workshop, 30/31 May, Brenda Koo
KBL, Wed, Evening, 21 Jan, 10 wks, Chris Wood
KBL, Mon, Evening, 19 Jan, 4 wks, Chris Wood
KBL, Thu, Evening, 22 Jan, 10 wks, Vic Brown
KEN, Tue, Evening, 20 Jan, 10 wks, Vic Brown
SED, Tue, Evening, 20 Jan, 10 wks, Chris Wood
SED, Wed, Morning, 14 Jan, 5 wks, David Barrett
SED, Wed, Afternoon, 21 Jan, 10 wks, Chris Wood
KEN, Sat, Morning, 02 May, 4 wks, Neil Birkinshaw
KEN, Wed, Evening, 14 Jan, 5 wks, Nela Geuer
KEN, Sat, Day Workshop, 31 Jan, Deyna Hirst
KBL, Tue, Evening, 20 Jan, 10 wks, Laurence Luckham
KEN, Thu, Afternoon, 22 Jan, 10 wks, Janni Howker
KEN, Wed, Evening, 28 Jan, 7 wks, Fred McGlade
SED, Thu, Afternoon, 15 Jan, 5 wks, Fred McGlade
SED, Mon, Evening, 19 Jan, 8 wks, Katy Iliffe
SED, Wed, Evening, 21 Jan, 10 wks, David Walton

SED - Sedbergh, KBL - Kirkby Lonsdale, KEN - Kendal

Many other classes continue from last term - check www.sedberghcdc.org.uk for details

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and positioning of the posts; the attachment and setting of the modern nylon nets; the catching of the flukes with the aid of a 'cram' - not a simple task as they attempted to 'doak' themselves (wriggle into the sand) as the tide ebbed!; and the collecting of fish into cockle baskets, with three 40 -pound baskets comprising a typical catch from one 300 yard baulk net.

Finally we were shown a short excerpt from BBC's 2007 'Coast' series which showed three or four horses splashing through the shallows whilst pulling a cart with an attached trawl net for shrimping,

including Mr Manning's own piebald horse, obviously enjoying itself I
The whole evening had been a stimulating example of living history, demonstrating how, over perhaps a 700-year period, first monks and then generations of families had used similar but evolving methods of trapping fish for trade and consumption from the ever-changing tides, channels and shallows of Morecambe Bay. Mr Manning's own skills, experiences and anecdotes enhanced the talk, and will doubtless help to preserve what must be a diminishing means of earning a living.



DENTDALE WI

Our meeting started with members standing for a moment of silence to remember Ruth France who had been so tragically drowned in the river Dee the previous evening. Ruth was known to many members and had talked to us about her charity work in Sarajevo.

Then it was time for the AGM and to reflect on a really interesting past year. We welcomed Sally Blackburn as our Teller to over-see the elections. Three new members are joining the committee, Rita Corpe, Rosalie Dodgson and Margaret Fothergill. Gill Ioannou is standing down and thanks were expressed to her for her involvement. Catherine Sugden was elected and agreed to serve again as President for the forthcoming year.

The Secretaries Annual Report highlighted the meetings and events of the year which have already been faithfully recorded in Lookaround, and Judith Newsham, our treasurer, reported that the finances were in a healthy state. Winner of the competition cup was Catherine Sugden and three joint runners up, Thelma Belfield, Stella Bannister and Judith Newsham.

Catherine thanked the committee and members for all their hard work and support over the year and brought the AGM proceedings to a close.

Rita Corpe provided the entertainment for the evening which took the form of a very enjoyable

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competition entitled "Name this Tune". The quiz had us guessing the names of tunes and haunting melodies from film, TV and Radio. Some tunes easier than others! Jenny Pilgrim took the honours after a tie break question having gained full marks!

A short break followed to take tea and cake from a tempting selection provided by the committee. Time also to select our choice of menu for the Christmas party to be held in the Memorial Hall on 10th December

Back to our seats again, to listen to Pat Allen, Freda Meakin and Belle Burrow giving reports and details of

meetings, courses and outings they had attended over the year organised by the Federation.

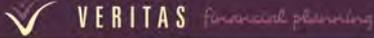
Finally, looking forward, Belle Burrow outlined the programme for 2009. We start on January 13th with a talk by Helen Winn entitled "Children in Custody" The meeting will be in the Memorial Hall at 7.15 and new members and anyone interested warmly welcome.



COUNCILLORS CORNER

As a member of SLDC's Planning Committee, I was present, spoke at and voted at the meeting on 30th October when, as a Committee, we adjudicated upon the application for a proposed Windfarm at Old Hutton. Locally this has been a very controversial issue and most of you will know that the application for Planning Approval was refused by a majority of 13-1. As a life-long environmentalist I would like to have been able to vote in favour of granting permission. However having considered all the pros and cons in great detail and visited the site I felt that the proposed location was completely inappropriate for a development of this scale and character (i.e. six turbines all higher than St. Paul's cathedral) and I decided to vote against it. This was by no means an easy decision to make but I gained support and comfort by being joined in opposition by the Yorkshire Dales National Park Authority, the National Trust, Friends of the Lake District (to name but a few) as well as local lobbying groups and a majority of residents in the area, not to mention my own colleagues on the Planning Committee. Whether the developers will appeal the decision and the matter go to Public Enquiry remains to be seen (as of early November). If anyone wishes to discuss this with me in more detail then please do not hesitate to get in touch.

The proposed development of the Auction Market site into a new Health



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Centre and Retail Store remains an ongoing saga. It looks likely that the Planning Application will finally be considered by the YDNPA Planning Committee on the 9th December. A site visit has been arranged for the 21st of this month (November) at which all interested parties, including myself, will be in attendance. The development is likely to have a significant effect (for better or worse depending on your point of view) on Sedbergh and District and I would urge you to take a look at the development plans currently on deposit in the Community Office and then to make your views known to any of your District or Parish

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Councillors or direct to the Planning Officer at Yorkshire Dales. It is still not too late to do so.

Like most of our fellow citizens Peter and I were deeply saddened to hear of the tragic death of Ruth France in the terrible accident in which her car was carried away in the flood waters of the River Dee. I knew Ruth personally and Peter and I extend our deepest sympathies to Ruth's family and friends in their sad loss. Something now clearly needs to be done to prevent any possible recurrence of such a situation and Peter and I have offered to support Dent Parish Council in any way that we can as they explore ways of

making this particular lane safe in the eventuality of further future flooding.

Following the amalgamation of Sedbergh and Kirkby Lonsdale into one District Council Ward I'm pleased to say that local Liberal Democrats have followed suit and created a single Sedbergh and Kirkby Lonsdale Lib Dem Branch Party. We are hoping that this will play a leading part in promoting Lib Dem ideals and policies in our own area as well as being involved in forthcoming election campaigns, in particular the County Council and Euro elections next June and District Council and, more than likely, Parliamentary elections in May 2010. We are always on the lookout for new, enthusiastic members and if you are interested in finding out more about us and what we do then please contact either our Branch Secretary, Shena Minnitt, on 015242 72520 or myself. Our Chair is well known local campaigner Fenner Pearson. Even though you might not want to take the plunge at the moment by becoming a fully paid up member of the Lib Dems we are always delighted to receive help and support from sympathisers and fellow travellers by way of assistance with fund-raising, delivering literature etc.

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

Email:

ianmcpherson24@hotmail.com

Peter Woof: Tel. 015396 20857

Email: peterwoof@hotmail.co.uk



CUMBRIA WILDLIFE TRUST

Watching out for wildlife this winter

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

Wildlife can suffer in harsh conditions in many ways. Water shortages are caused by frozen pools, ponds and lakes, and there is a general lack of wild food. Animals

that hibernate over the winter can become confused by the swing from warm to cold weather. In particular hedgehogs, the UK's favourite garden visitor, can come out of hibernation far too early, then expend too much energy to take it through the rest of a cold winter. Shockingly, hedgehogs made it on to the list of UK endangered species last year for the first time. Animals that stay active such as small birds are susceptible to cold snaps. After the cold winter of 1963 it was estimated that 50% to 60% of our small bird population, such as robins and wrens, were lost. Want to know what you can



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do to help the wildlife in your garden?

Feed your garden birds

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

Watch out for mammals

- Hedgehogs will be deep in hibernation, so it is essential to



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leave their safe areas alone. Do not cut back overgrown areas until spring.

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

Help your pond to breathe

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

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

AUTUMN VISIT TO ITALY

Once again, a good time was had by all. A group of 15 people went to the Rome area for a week in October. Tired of the disappointing English summer, we were delighted by the blue skies and warm weather of central Italy - a very real tonic with temperatures around 70 degrees - and no rain!

We were met at the airport in Rome and taken to our family-run hotel in the lovely spa-town of Fiuggi for a Welcome Reception. During the week we had several short excursions plus a whole day in the Eternal City of Rome, walking with our guide past world-famous sights such as The Pantheon, The Spanish Steps and The Trevi Fountain, sampling those delicacies which came to our country from Italy - ice-cream and Pizza Margherita. In the afternoon, following a guided coach-tour of the city, we made a stop at The Colosseum, built just after the time of Christ and once used for gladiatorial combat and other "sports". We heard the fascinating story of how the massive structure was plundered for stone until the rumour got about that early Christians had been martyred there, after which it was regarded as a church and treated with greater respect.

Other hidden treasures of Italy we visited were the Abbey of Subiaco, clinging to a rock-face on the site of a cave where St Benedict lived as a boy before he founded the monastic order that bears his name, and the Pope's Palace at Anagni where the course of history was changed when



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the Pope's face was "slapped" by a French knight, thus bringing to an end Theocracy which had made the Pope's power paramount over all the kings and emperors of medieval Europe.

We learned a lot, but we also relaxed to a performance in the hotel by an excellent young pianist and enjoyed a colourful lecture on local history. On three mornings we continued our study of Italian Life and Language, and we had some excellent meals in our hotel, in an "Irish Pub" and in a fabulous regional restaurant in an ancient hill-top town .

This was another gastronomic and cultural tour enjoyed by all participants. Twenty-three people have already booked for May 2009, and there are plans for a further trip in early September. If you would be interested, please contact me.

George D. Handley 

HOWGILL W. I.

Our November meeting was well attended. We were pleased to welcome back Dilys McCaffery following her surgery. Our thoughts were with the members not able to be with us, Mary Stainton and Elsie Middleton are both making good progress at home, also Judith Stainton who is enjoying her stay in Newcastle.

The 2009 programme was distributed. We can look forward to a varied selection of topics.

The Federation Pub Quiz was held at the Bull Hotel. We are congratulating ourselves "The Howgill Heartbeats" as we were the winning team. Another enjoyable and memorable evening. Audrey Hoggarth gave a report on the Council Meeting held at Kirkby Stephen Grammar School. The speakers were excellent. William Little spoke on the Watchgate Nature

Reserve and good wife Kate and Mistress Patti from Cheshire gave flower arranging demonstrations with amusing hints and tips with a Christmas theme set in Tudor times.

Members were reminded of forthcoming events, our Domino Drive, Christmas Celebrations at the Golf Club and the Carol Service at Howgill Church, when our singing group will be taking part. Speaker for the evening was David Allison who gave us a fascinating talk and slide show on "Cruising our Canals". He shared his knowledge of the history to present day leisure cruises. Canal holidays are very popular, travelling at four miles per hour is peaceful and relaxing and ideal for any age group. Scenery and wildlife can be enjoyed and you are free to stop off at the beauty spots when it suits you. Leslie Hennedy thanked David who then went on to judge the competition "A Boat Made From Paper". The winning boat was made by Sheelagh Denniss with Barbara Axford second. Raffle winners were Maggie l'Anson and Leslie Hennedy. The social to fill in the missing words was won by Audrey Hoggarth. The evening was brought to a close with a Jacobs join and get together. Next month we meet at the Golf Club on December 4th for our Christmas meal at 7pm for 7.30pm.

Howgill W. I. Is a happy and welcoming group of ladies, young and young at heart. Come and join us at Howgill on January 8th 2009 when Maureen Lamb will be speaking on "Farfield Mill - How We Did It". AH 🐣



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A CHRISTMAS BONUS

from FARFIELD

Could you be missing something? We've just finished a survey to find out where our visitors come from and discovered that 83% travel more than 15 miles to find us. 'Fantastic!' 'Lovely, friendly staff!' 'Inspirational!' 'Will definitely be returning' 'Best kept secret in Cumbria' 'Super food' – if you don't believe us look in our visitor book.

If you're prepared to go that extra mile* (and we're talking 1 mile not 15) there's no place nearer than Farfield Mill to give your loved ones something they won't see in every High Street store this Christmas! Our shop offers a great range of inexpensive gifts, including stocking fillers for the kids – and you can choose something really special from the galleries – a painting, photograph,

farfieldmill

ceramics, textiles, sculpture – and pay for it over 10 months, interest free, providing the item, or items, total a minimum of £100. Remember, there's free entry to Farfield every Tuesday for locals and also on our late-night Christmas shopping evening, Friday, 5 December, between 6.00p.m. and 9.00p.m. (A candlelit buffet in *Weavers* on that night too, so why not shop, then drop in for a delicious supper? Advance booking essential though, on 015396 21159 or 21958.)

Christmas lunches are available each weekend in December from

noon to 3.00p.m. -advance booking desirable – party bookings in the week. And to keep the cost down you can *bring your own wine!*

The weekend of December 6 and 7 is going to be really special, with free mincepies and mulled wine and activities for the kids – and a visit from Father Christmas – so look forward to seeing you then!

** Sometimes we know that even a mile can be impossible for those without transport. If you live in the Sedbergh area and you and a friend need help to visit Farfield 'phone 015396 21958, leave your name and contact details and we'll get back to you to arrange a free lift. Because Farfield goes the extra mile too . . .*

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RECYCLING NEWS

This month we will try to provide a guide to some of the terms that you may have heard to describe ways of dealing with waste as an alternative to landfill sites.

Anaerobic Digestion

This is a process whereby bacteria break down the waste in a controlled environment. This produces a biogas, which can be used to generate heat or electricity or as a vehicle fuel. The matter left as a residue at the end of the process can be used as a soil conditioner. Anaerobic digestion can be used to process almost all types of waste.

MRF (sometimes known as 'murf')

A murf is a Materials Recycling/ Recovery Facility and is a process where waste goes through a series of sorting mechanisms that take out various recyclable materials as they pass through. This can be done by mechanical methods, such as magnets or optical recognition systems, or by hand.

Each of the sorted material streams can then be recycled and the remaining waste sent for disposal or other processing.

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MBT is a series of processes. Initially the waste is sorted, possibly using a murf, followed by biological treatment of the remaining waste, such as anaerobic digestion.

Energy from Waste

This can be a by-product of the anaerobic digestion process as the biogas is burnt to generate heat or power. Alternatively waste can be processed to produce a fuel, which can be burnt in conventional boilers.

Whether waste is sent to landfill or otherwise processed the use of kerbside boxes and recycling banks is an essential part of the way your waste is handled. By separating materials at this early stage they can be quickly sent for re-processing without going through a lengthy sorting process.

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

South Lakeland District Council,
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DALES HIGH WAY

Sedbergh is on the route of a brand new long distance walk. It's called A Dales High Way and was devised by Tony and Chris Grogan. The 90 mile route starts in Saltaire and goes all the way to Appleby-in-Westmorland through some of the most beautiful scenery in the Yorkshire Dales, including Dentedale where Chris grew up at Stonehouse with her brother Ian and parents John and Nancy Murdoch.

It's a high level route which takes in some spectacular landscapes. After the mysterious Rombalds Moor (part of the famous Ilkley Moor), where walkers can discover examples of Stone Age rock art, the walk heads into limestone country and Malhamdale. It crosses Ingleborough and follows an ancient packhorse route, the Craven Way, from Chapel-le-Dale, around the northern flank of Whernside before dropping into Dent. Another old packhorse trail then leads over Frostrow to Sedbergh and the Howgills. The walk finishes in Appleby and walkers can return to Saltaire on the Settle-Carlisle railway.

The walk can easily be completed in a week. In fact a strong walker could do it in less but authors Chris and Tony advise taking your time and enjoying it. There are so many fascinating places along the way it would be a shame not to explore them. The website which accompanies the route www.daleshighway.org.uk gives details of places to visit and accommodation along the route.



DECEMBER at the BARBON INN

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SEDBERGH BOWLING CLUB

To bring our 2008 bowling season to a close, we enjoyed a social evening for members and friends at the White Hat Sports and Social Club on Friday 14th November. Many thanks for the use of the venue and to Mary for a delicious buffet supper. We played dominoes and held a raffle. Thanks to everyone who supported our coffee morning on the 12th November at the URC. The winner for this years competitions were:-

The Townson Trophy

Peter Craven & Ruth France

The Open Pairs

Dave Nelson & Keith Hoggarth.

Spring Round Robin *Xavier Baines.*

Ned Winn Pairs

John Oughton & Christine Williams

Norman Hoggarth Trophy

Gilbert Bainbridge

Iveson Doubles

John Oughton & Gilbert Bainbridge.

Conchie Memorial

Carole Townson

Ron Sheppey Trophy

Donald Westgate

Leighton Rose Bowl

June Westgate

Poyntz Wright Cup

Gilbert Bainbridge

Presidents Prize

John Oughton

Sedbergh Pairs

Bob Brown & Carole Townson

The Teal Trebles

John Oughton/Eileen

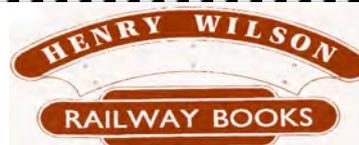
Craven/Frank Benson

Autumn Round Robin

Iain Bainbridge

Gordon Killops is retiring as greenkeeper after many years. He wishes to thank the Club for his gift and friends for their good wishes and generosity in appreciation of all his work at the Club.

The AGM for 2009 will be in February at the White Hart. Notice will be given in *Lookaround*



Specialist Bookshop now open in Sedbergh on Thursday, Friday, Saturday & Sunday with a large stock of antiquarian, second-hand & new books on Railways, Canals, Buses, Trams, Motorcars, Aircraft, Shipping & industrial history. Some general titles also available.

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**SEDBERGH PARISH COUNCIL
NEEDS YOUR HELP!**

On behalf of the Parish Council I am asking local people if they can help to locate a culvert which the council understands runs from Joss Lane car park to the river. This culvert will have been in use since the time that the mart was held in Joss Lane.

The reason for requiring this information is that United Utilities has imposed a Surface Water and Highway Drainage charge (SWHD) on the parish council in respect of the car park. The charge is £2,515. Last year our United Utilities charge for the car park was £64. The council now faces a 4,000% increase in charges. United Utilities will not allow the council any transitory relief because we are a new customer (i.e. have taken over the car park within the last three years).

We lodged an appeal against this charge but have since received a

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solicitor's letter threatening legal action if we do not pay it.

The only way we can escape, or reduce, this charge is if we are able to prove that the surface water from the car park does not enter the United Utilities drainage system but is taken away through a culvert. If you, or anyone you know, can help us then please ring our Clerk, Colin Robertshaw on 01539 730597 or leave details in the Community Office.

Since taking over the car park, the Parish Council has been able to offer concessionary parking to residents. In addition the income from the car parks has allowed the council to re-open the toilets in Loftus Hill, support the Sedbergh Allotment Association, contribute to the development of the Peoples Hall, refurbish the war memorial and generally look forward to improving the infrastructure of the town. The SWHD charge from United Utilities is likely to have a negative impact on these activities.

I do hope someone will have information which will help us.

Vic Hopkins
Chairman

AMJ

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THE HAFFNER ORCHESTRA

Sedbergh and the Haffner Orchestra connection

Sedbergh now has lots of connections with Lancaster's Haffner Orchestra. Its leader is the well known, and much admired violinist Julian Cann, who lives at Marthwaite and has captained Sedbergh cricket team. The Patrons' Secretary, Paul Snelling, has recently moved to White Hall, at the bottom of Black Horse Hill. His wife Val, who plays viola, is the orchestra's Librarian. Shirley Smith of Queen's Drive, (21196), also plays viola, and organises lifts to concerts through the Pepperpot Club. Drivers are always especially welcome. Howgill resident Helen Beare (cellist) is publicity officer, and was invited to one of the Queen's Garden Parties at Buckingham Palace this summer on account of her work with the orchestra. One of the main achievements over the last eight years has been moving the orchestra's recital venue from St Martin's College, Lancaster, to the Ashton Hall, a venue with over twice the capacity, a large stage, an enormous bar area, and the banqueting suite which is used for

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(free) pre-concert talks. The audience size has been doubled.

The current conductor of the Haffner, Natalia Luis-Bassa, became something of a television personality this year, when she took part in BBC2's "Maestro", and made other TV appearances. Her popularity increases with every concert she gives.

Anyone interested in the orchestra, or being on the mailing list, ring Helen on 21339, or visit the website www.haffnerorchestra.org, where you can also buy tickets for concerts. The next concert is on Saturday 14th February, with the Enigmas Variations and Jack Liebeck playing Bruch's Scottish Fantasy

GETTING MARRIED IN CHURCH

We get many people asking to be married in the local Parish Churches who do not live in this area, and we have always done our best to make this possible within the limits of the law. There is now a new set of rules governing church marriages which will make things much easier for many people. A couple can now to be married in a Church of England ceremony if:

- One of them was baptised or prepared for confirmation in the parish
- One of them has ever lived in the parish for six months or more
- One of them has at ant time regularly attended public worship in the parish for six months or more
- One of their parents has lived in the parish for six months or more in their child's lifetime
- One of their parents has regularly attended public worship there for six months or more in their child's lifetime
- Their parents or grandparents were married in the parish

Just recently a couple married at Cautley has been featured on a national website. To find out more about Nicole and Dan's wedding, go to www.yourchurchwedding.com - Real Weddings - From proposal to wedding in just ten weeks.

If anyone would like to make further enquiries, please do, by phoning Alan Fell, the Vicar of Sedbergh, Cautley and Garsdale on 20283.



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DENTDALE METHODIST CHAPEL

"Fair Exchange"

In these days of recession we all need that little bit of help and here is an idea to mull over, perhaps not over the wine as many, but not all, Methodists abstain from alcohol, the idea being to start a "Swop- Shop".

Let me explain. People "Trade" services and goods with each other for "free", the debt (if you want to call it that) is re-paid by another trade.

For example; Mrs X loves baking and Mrs Z never has time to bake but (for some reason best known to herself!) loves washing car's, Mrs X bakes for Mrs Z who washes Mrs X car in exchange! Got it?

Baby-sitting, cooking, cleaning, car journeys, washing, ironing, the sharing of "goods" ie Mrs Y would love a Foot-Spar but couldn't afford to buy one Mrs W has one in her attic so loans it to Mrs Y who then does something in return.

Would you be interested? At least in discussing the idea? TELL ME as you see me around, pop a note through my letterbox, leave a note in the "Swop Shop/Fair Exchange" box in the Methodist Chapel porch, ring me and leave a message on my answer phone if I am not there and then we will have a get-together and see if we can get this working.

It will COST NOTHING to join or take part. This is OPEN TO EVERYONE, you do not have to be a Methodist or an Anglican or a non-descript or a anything in particular, just be interested and want to make it work. Sarah E Woof. (25212) 📞

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GEORGIAN SINGERS

As you may know our singing organisation Howgills Harmony is linked with many community choirs around the country, and so we were able to be part of a tour by a group of Georgian women singers who performed in Brigflatts Quaker Meeting house - and later in the day taught their songs and performed to my community choir Lakeland Voices. These seven young women sing the songs from the countryside of Georgia and are all experienced ethnomusicologists from Tblisi. If you missed the concert there are videos available on the youtube site. It's very stirring music - at the lunchtime concert they sang and danced in their home spun clothes adding a perfect complement to the timeless simplicity and beauty of Brigflatts.

When I told them about our links with Zrece they were very excited as there is a small town in Georgia famed for its singing also called Zrece (though spelt differently.) We have already started planning a singing cooperation between our three towns.

David Burbidge 📞

SEDBERGH BACK IN FASHION

There's a definite buzz amongst the ladies as a new shop opens its doors on Main Street. A long awaited ladies fashion and accessories boutique has arrived in Sedbergh - BUZZ well established at Leyburn, has opened a branch at 46 Main Street.

Just in time for the festive season, Buzz is offering a tempting range of fashions; jewellery; stylish handbags, beautiful gloves in leather and suede as well as bright and cheerful woollen ones. Many local ladies are already sporting caps; hats and scarves - very jaunty they look too. Essential items of hosiery and Sloggi's are also in stock.

Owner Gillian Vyner is delighted with the warm and enthusiastic welcome she has received from so many people, who are clearly very pleased to have a ladies shop once again in town.

Buzz aims to stock practical and stylish daywear from labels such as Emreco; Jensen; Pomodoro and Steilmann; and occasion-wear for more formal events with labels including Chianti and Michaela Louisa; and Doris Stretch up to size 24.

Complimenting these fashions, Buzz offers a variety of fashion jewellery from modern and chunky to elegant and sparkly diamante. For that special occasion.

As seen in all the glossies, a handbag is the must-have accessory and can instantly enhance an existing outfit; Buzz has a selection of fashion

bags and fabulous leather handbags made exclusively in South America.

Offering stylish fashions and accessories at a sensible price, Buzz provides individuality and a friendly, personal service - do call in and see what's in stock.

Directly opposite Spar, Buzz is open Monday to Saturday from 10am to 4pm (Thursday 10am to 3pm).

DENTDALE SHOW AGM

The Dentdale Show committee invite you to their Annual General Meeting which is to be held on Thursday 29th January 2009 at 8pm in the Sedgwick Room, Dent. Everyone welcome to attend.



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'IN THE SPARKLY DARK'

An alternative Christmas Show

One of the best things about the year's end, for me, is the atmosphere of stillness and recollection. The busy world is on holiday; the day is at its shortest, colours are muted, traffic sparse and (if you're lucky enough to have a home, food and fuel) there's that feeling of cosy protection from the worst the weather can do.

With the help of some very talented friends, I'm putting a show together that I hope will capture that atmosphere. There will be electronic music - slow, peaceful and very sparkly; there will be lighting by Andrew Allan which uses pure colours and shadow play; there will be a text from Helen Leslie Bromley which takes a sideways look at the story of the Three Wise Men. We will have a small choir and some musicians. People who saw the performance in Rawthey Wood during the Music Festival, or who dropped in to the sound and light room Liz Hilton and I did for last year's Late Night Opening, will have an inkling of the

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delights in store.

The show will be at the People's Hall at 7.30pm on Friday 19 December.

Tickets are available on the door, cost £5 (£2 under 16) and include a free glass of mulled wine or fruit juice.

Please see www.music.freakout.biz for more information

I am very grateful to The Bath House for sponsoring the performance. Their products - 'the natural science of plant-based body care' - are available from www.thebathhouseshop.co.uk and their shops in Kirkby Lonsdale and Ambleside.

Andi Chapple 

OCTOBER WEATHER

Well when will it end? Another wet month giving us a further 9.30 inches of rain to make the total so far this year of over 52 inches!! On 4 days we had over an inch of rain in 24 hours the heaviest being 1.58 inches on the 4th. The longest dry spell was 3 days which occurred 3 times.

Temperatures varied from a mild 61.5F, the maximum, to a chilly 21.4F, the minimum. We had 4 nights of frost with a further 4 nights of ground frost. We also had our first dusting of snow on the fells during the last week of the month which was a fortnight earlier than usual. It was a breezy month with maxima varying from 9.6mph to 21.0mph and on all but 2 days from the north westerly quarter and the atmospheric pressure reflecting these wind speeds.

The garden and hedgerows are looking decidedly end of season. After the keen frost during the last week the winds removed vast quantities of leaves. There is still a little grass growth. On the milder days and nights there are plenty of midges and slugs about. Big flocks of

fieldfares and redwings arrived in the middle of the month. The winter jasmine has started to bloom as has the Prunus subhirtilla whilst the mahonia is in bud. If you want to see some skilled action there is a hedge laying competition down Row Lane on 29th November. 

YOUNG CUMBRIA NEWS

A small group of year 11 students from Settlebeck school have been involved in a window dressing project at the Age Concern warehouse in Kendal. They are planning to do a traditional Christmas living room scene, they have incorporated pieces of furniture and other items already in the shop to create this and have given a lot of their time and ideas to make this happen. Please do go and visit the shop and admire their work during the Christmas period.

Some of the year 10 students from Settlebeck School have been participating in a 1st Gear pre learner driving course, they have learnt different aspects of driving and owning a car as well as a demonstration from the Police and

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the Fire Fighters at Sedbergh Fire Station. The Police showed the students a video and then answered many questions related to the Law and driving asked by the young people, and the following week the Fire Fighters demonstrated how to cut someone (being me) from a car in the case of a serious car accident. These were both very interesting and hope that they raised awareness with our young people. We would very much like to thank the Fire Fighters who gave up their time to do this.

Paulyne Hartley Young Cumbria 🧑‍🎓

THE SEASON OF BLOOD CHEER

As another year draws to a close and it is the season to be jolly tra la la la la, Sedbergh volunteers are being asked to attend a donor session on Wednesday 17th December at the People's Hall.

The National Blood Service (NBS) is

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inviting donors to give the gift of life at the People's Hall between 2-4pm or 5.30-7.30pm in order to meet local hospital demand.

December is a busy month for most but by giving one donation you have the potential of saving three lives. Tis' a charitable time after all.

Anyone aged between 17-65, weighing more than 7 stone 12 lbs and in general good health could potentially start saving lives by becoming a blood donor. Regular donors can keep on donating until they are 70. For details of sessions in your area or to book an appointment call 08457 711 711 or visit www.blood.co.uk.

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BARBON ANTIQUES EVENING

Mr Henry Bowring ably assisted by Mr Stuart French, Mrs Mary Goldie and Mrs Daphne Peel valued 70 items at the Antiques Evening held in Barbon Village Hall on 22nd October. The audience enjoyed a lovely supper provided by the ladies of the committee of the Barbon and Middleton branch of North West Cancer Research. Just over £1000 was raised for the fund.



AUDIO & LARGE PRINT LOOKAROUND

A Coffee Morning was held on 17th September to raise Funds for the Audio & Large Print version of *Lookaround*. People were very generous in their attendance and with donations and over £200 was raised which will go towards obtaining new equipment ready for the 'Digital Change-over' which hopefully will be in 2009.

On Friday 14th November, I was invited to attend the George & Dragon in Dent to witness a presentation of slides of the Dentdale Show. There were many people there and we all had a good laugh at the

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Josephine Lade LCSP (Assoc)

slides compiled by Matt. Julie Middleton then gave a résumé of the money raised before inviting me to receive a cheque for the A&LP from the Committee which was very gratefully received and will go to the Funds. A big thank you to everyone that was involved in this.

If you know of anyone that has difficulty in reading the ordinary issue of *Lookaround*, please contact the Office and arrangements can be made for either an Audio or Large Print version to be sent every month.

D J Whicker

KEEPING YOU WARM

A sub group of the Local Strategic Partnership's Health and Well Being Task group have met to look at Fuel and Food Poverty which is a pressing problem this winter. Working in partnership a number of organisations including; Cumbria Fire and Rescue Service, NHS Cumbria, South Lakeland District Council, South Lakes Carers, Signposts, Age Concern South Lakeland, Pension Service, South lakes Society for the Blind, South Lakes Housing and Fair Oak Housing will be hosting two road

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shows offering information and advice about grants and energy saving measures to help you save money and keep warm through the winter months. Warm Front, EAGA, Pensions and Welfare Rights are just some of the organisations who will be on hand to offer this advice.

The road show will be held at Sedbergh Fire Station, Long Lane, on Wednesday 3rd December 12-4.30pm.

There will be FREE Keeping Warm, Keeping Well Packs which will include lots of advice and contacts as well as useful items such as Carbon Monoxide detectors and room thermometers, as well as refreshments and a free prize draw, come along, have a chat and start keeping warm and saving money!

STEADMAN'S BUTCHERS

Sedbergh Sausage Best in Britain

At the recent BPEX Foodservice Pork Sausage of the year competition 2008 Steadman's of Sedbergh won one Gold and Silver awards. Silver awards went to Traditional Pork Sausage, Cumberland Ring and Pork with Caramelised Onion.

The Gold award winner was Steadman's Breakfast sausage which scored a perfect 100 out of 100. At the prize awarding ceremony at Butchers Hall Smithfield, Steadman's were given an inscribed silver platter saying "Best Pork Sausage (High Volume Produced) and a certificate" in recognition of their achievement.

Garth said "The content of the breakfast sausage is the same as our award winning pork sausage but it is portion controlled and is produced for caterers in 5 lb bags containing 60 Sausages. It is a credit to my staff who produced these sausages to such a high and exacting standard.

"These are a few of the many different types of home produced sausage available at Steadman's as well as a large selection of home made meat products.

We have a great team at Steadman's, enthusiasm, knowledge and expertise provide the recipe for excellence also that cheerful personal service along with traditional values beat the help-yourself, impersonal style supermarkets, that serve consumers not customers.

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AMATEUR MUSICIANS

We have good news! We had a splendid response from our plea last month for amateur musicians to join us in a musical soiree. We are delighted to say that this will take place on Saturday 10th January 2009 at 7.00pm in St Andrew's Church. We are relying on your support to join us in what we are sure will be a happy and fun evening. There is no entry charge.

Please just bring yourself, family and friends and enjoy our company and music. We look forward to seeing you.

Maureen Hindi & Jean Dixon 🗣️

GARDENERS OF DENT

Following a highly entertaining, interesting and informative meeting of gardeners in Dent, it has come to light that there is interest in allotments in Dent.

If you would be interested in the possibility of using an allotment area please contact John Hyde on 015396-25503 or John Sibley on -25024. 🗣️

McMILLAN NURSES

Many years ago, a small local Committee for McMillan Nurses was formed to support the wonderful care the nurses so selflessly gave to both patients and families. The nurse which covers the Sedbergh area is Mary Holland and on Wednesday 22nd October, Mary was presented with a bouquet of flowers from Kath on behalf of herself and all the friends of McMillan and a cheque from Mary Harkness in front of friends in Gladstone House. *See Page 94* 🗣️

SEDBERGH CHRISTMAS LIGHTS

The Chamber of Trade would like to thank all those Main Street traders and

non-trader members of the Chamber who have kindly contributed to the town centre lights this year by ordering a small Christmas tree and to Seasonal and Community Lighting who have kindly offered to sponsor lights on some of the larger trees. Christmas Lights make the town more festive for traders it is true, but the Chamber feels sure that it is the people of Sedbergh and our visitors who appreciate our efforts the most. The Chamber would also like to acknowledge the help of the Parish Council.

The members of Sedbergh Chamber of Trade would like to wish all the people of Sedbergh and District a very Peaceful Christmas and a Happy New Year and thank you all for your support of local businesses which is so much appreciated in these difficult times. 🗣️

SEDBERGH YOUNG FARMERS

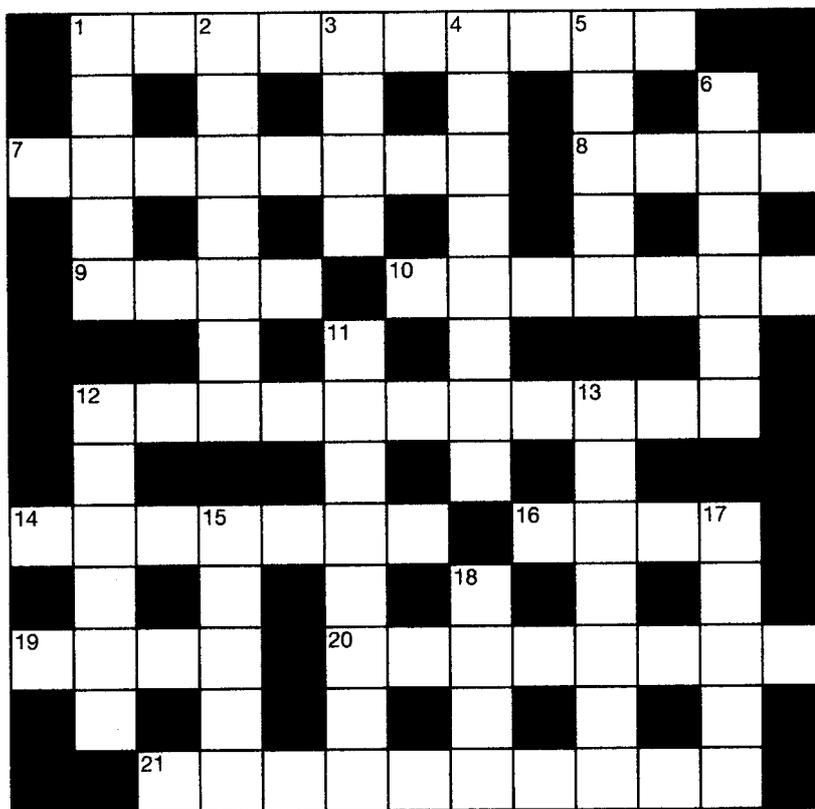
After a good start to the new year for the Club we have welcomed some new members and taken part in successful activities such as a Bonfire and Fireworks, Go Karting and a visit to Wearings Building company!

We would like to congratulate the Sedbergh YFC Junior Quiz team for reaching the Southern District Finals. Also to thank Mr and Mrs Harper of Hebblethwaite Farm for hosting the bonfire and fireworks and to everyone that helped to make it into an enjoyable evening. 🗣️

SHOE BOX APPEAL

A big thank you to Pauline and Garth of Bath House for their donation of soap for the shoe box appeal.

Julie, Diane & Amanda 🗣️



ACROSS

- 1 Poacher's adversary (10)
- 7 Group of spectators (8)
- 8 Seize (4)
- 9 Greek ewe's-milk cheese (4)
- 10 Spoke (7)
- 12 Calligraphy (11)
- 14 Garnishing herb (7)
- 16 Gymnastics apparatus (4)
- 19 Touch (4)
- 20 Suitable (8)
- 21 Endless (10)

DOWN

- 1 Rough in voice (5)
- 2 Make wet (7)
- 3 Tight twist in a rope (4)
- 4 Exciting, tense (8)
- 5 Score of two strokes under par (5)
- 6 Nasty person! (3, 3)
- 11 Most charming (8)
- 12 Source of warmth (6)
- 13 Put on a list (7)
- 15 Volley of shots (5)
- 17 Backless shoes (5)
- 18 Movie (4)

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KILLINGTON W I

Today the muse is not providing me with inspiration, so writing this will be really hard work. My mother used to say, "Hard work never killed anyone!" but I don't like taking chances.

Our A.G.M on November 11th was a happy meeting when the activities of the year were reviewed. Unlike most WI's Killington does not sing *Jerusalem* at the start of every meeting as we have our own song. This happens to be the original song sung by the women of the founding institute in Canada back in 19?? However at our AGM we give full voice to *Jerusalem* and those of us who can't reach the top notes just

mime it! It always takes me back to my schooldays but then I didn't have any trouble with treble trills. Sadly several of our members couldn't, for one reason or another, be with us. Still - all the more tea for the rest of us. We send our special good wishes to Joan Moores, who has left us to move nearer to her family. Dear Joan – we will miss your company and gentle humour, and especially your lovely poetry readings, but hopefully we will see you from time to time.

There has been lots going on lately. We mounted two teams for the annual quiz at the Bull and they acquitted themselves well but did not

win. **Hearty Congratulations** to the Howgill team who did win! The Federation Drama Festival at the Burnside Institute was greatly enjoyed by the group of us who went and we totally agreed with the adjudicator's choice of winner. You can't beat a good laugh. By the time you read this we will also have garnered lots of ideas for seasonal food and decorations from the Festival of Food and Flowers at Kendal Town Hall. It really will soon be here. Next year I definitely will 'shop early for Christmas'. (I can hear our revered editor saying, "She'll never be early for anything").

The reports from our treasurer, secretary and president gave tidings of an excellent past year. The finances are healthy, our activities are many and varied, and our captain continues to steer our ship on a safe course. Wow! Long may it continue. One of the best things of the year has been our happy connection and successful fund raising for Thandi. We know that every penny we raise goes directly where it is needed. Our committee has been augmented by two more willing souls. Welcome to Anne Jones and Brenda Nolan. Jobs are allocated at the next committee meeting! But we already know that Margaret Denton will be donning the mantle of Treasurer. Let's hope that she has enough fingers.

Gosh! I nearly forgot to mention that we also had an excellent speaker. Jean Hilton wove magic with the tales she told – some spooky, some funny,

but all with the one essential which she averred that every story should have – *a grain of truth*.

And it's true that I won the competition for 'a favourite teddy-bear', with what our 3 little grandsons call the "Sedbergh Teddy", who sleeps with each of them in strict rotation when they are here. Actually it isn't true because he only tied with Shirley's Pudsey Bear. The raffle winner of a pretty arrangement of flowers was Elizabeth Perrott, and the committee provided us with a super tea.

Have I missed anything?

Our Christmas Lunch will be at the Pheasant Inn in Casterton, on Tuesday 2nd December at noon sharp. A good time will be had by all!

And finally as Readers' Digest always says, "A HAPPY CHRISTMAS TO ALL OUR READERS!"

WFU 

Philip Horner
Fencing Contractor

Walling
Man & Tractor
Tel: 015396 21984
Mob: 07855 349157
e-mail: prhorner@hotmail.com



TIM FARRON MP

As you know the provision of housing for local people at prices they can afford is one I have been working on very hard since before I was elected as your MP. As well as directly helping several residents in the Sedbergh area with affordable housing problems I have also championed a number of initiatives, like my "Home on the Farm" plan, in the House of Commons and with local councils. As a further step in this continuing drive, along with my colleagues on the District Council, I am carrying out a survey of the Sedbergh area to look for buildings and land that people think would be suitable for affordable housing. If you

have not seen me already then you should over the next few weeks and if you have any ideas for possible sites and have not seen one of us around then please do write them down and send them into the office.

I was extremely disappointed that the Yorkshire Dales National Park Authority decided against supporting the idea of directly elected representatives to National Park Authorities. I suppose it was not a surprise that the members of the authority took a look around the table, decided that they rather liked what they saw and so decided to vote against any measures that may result in changing some of the individuals present. I perfectly understand there

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is a tension between the national and local roles of an authority which means that care needs to be taken to ensure that it does not become too parochial. But currently an authority has such a massive impact on the lives of people who live within its boundaries that it is simply wrong that residents have no direct influence on its decisions and so have no sense of involvement in those decisions. You are very lucky that at least one of your district councillors sits on the YDNPA but that is by no means guaranteed, many district council representatives come from outside their authority's boundaries and have very limited understanding of the area they are making decisions over. I look



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forward to hearing the outcome of the Government's consultation with all the other interested parties.

Our campaign for a new cancer unit at the Westmorland General Hospital is gaining momentum in a very encouraging fashion, I gained support from the Health Minister Ann Keen MP in a debate in Parliament and have met with the Government's Cancer Tsar Professor Mike Richards who was also very encouraging. He said that the support of local residents would be particularly important in any decision on this issue and as a result I have launched a petition to show the decision makers that there is strong backing for the plan in the area. If you have not received a petition yourself they are available in many outlets around Sedbergh and Dent. Please do sign up if you are in support, the £15 million investment in the hospital that would result, would not simply be good for patients but for the hospital and the local area.

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

Finally, I hope you have a great Christmas and I wish all the very best for the New Year.

Tim Farron MP 

Richard Johnson & Partners

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Fax : 01969 667888

Tel : 01969 625577
Fax : 01969 625588

COBWEB ORCHESTRA

Ten years ago this month, a small group of musicians gathered in the quaint, corrugated-iron village hall at Sandford, near Appleby, for the inaugural rehearsal of the Cobweb Orchestra in Cumbria. The conductor then, as now, was Ian Potts, a professional musician with a distinguished musical career in the Army before heading the county's music service and going on to be a significant force in the musical world in his part of Cumbria.

The joint brainchild of musician, composer and conductor Andy Jackson and Northern Sinfonia's co-principal horn player Chris Griffith, the Cobweb Orchestra was formed to encourage lapsed musicians to pick up their instruments again for the chance to play proper, orchestral music in the encouraging environment of an orchestra of like-minded individuals.

The formula worked, for now the Cobweb network covers Cumbria, Northumberland, County Durham, Cleveland and North Yorkshire and has more than 700 active members who take part in weekly rehearsals, study days, one-off concerts and even overseas performance trips. The participants' ages have ranged from just seven years to well over 90 and, in true Cobweb fashion, some had been away from their instruments for nearly 50 years until lured back by the unique open-access, non-competitive ethos that has become the hallmark of this inspiring organisation.

Until recently, the Cobweb Orchestra had operated from under the wing of Northern Sinfonia and their base in the Sage centre, Gateshead, but changing priorities there meant that Cobweb found themselves facing an independent future. Quite undeterred, a group of

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their members formed a committee to look into the options available and, in no time, had formed a company limited by guarantee and a committed board of trustee directors. Eighteen months on, the company is going strong and learning quickly about the challenges facing an independent arts organisation such as this, with funding guidelines constantly challenging the original blueprint for the orchestra's character, which remains as strong as that first night back in 1998 in Sandford.

Recently many of its members descended on the market hall in Appleby for a well-earned party to mark the 10th anniversary with an informal play-through of some of its repertoire. Later, a subtle transformation took place as the musicians regrouped into a Ceilidh band and the doors were opened to friends of Cobweb and the public at large for a Ceilidh.

It was also an opportunity to raise funds, so entry to the event was by a donation to orchestra funds. By the end of the night, the dancers and other guests knew they were supporting a very special community of musicians.

The Cobweb Orchestra warmly welcomes new members. If anyone is interested in playing with us, we meet on Tuesday evenings during school term time, at 7.30 at the Methodist Church Hall in Tebay. Any queries to Sheila Blackwell on 015396-20056 or the Rosemary Handley on 015396-21411.



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Sedbergh Lookaround

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See Page 86



See Page 54



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LIVING

Just a line to say I'm living
That I'm not among the dead
Though I'm getting more forgetful
And mixed up in my head.

I've got used to my arthritis
To my dentures I'm resigned
I can cope with my bi-focals
But - ye Gods - I miss my mind

Sometimes I can't remember
When I'm standing by the stair
If I should be going up for
something
Or have just come down from
there.

And before the fridge so often
My mind's full of doubt
Now did I put some food away
Or come to take some out?

So remember I do love you
And wish that you lived near
And now it's time to post this
And say goodbye my dear

At last I stand beside the Post Box
And my face - it sure is red
Instead of posting this to you
I've opened it instead!

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SEGG

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From news and sport to looking after
the wife.

Languages, history, Stalin or Marx,
Or men's failure to repair those
pitchmarks.

Worldly wonders from Egypt to
Niagra,

Or just the benefits of taking Viagra.
From replacing divots and raking

sand,

To the number of immigrants in the
land.

The beer's too cold or the bar
shutters down,

It doesn't take much to create a
frown.

The greens are too fast or the greens
too slow

It's all discussed by the men in the
know.

There's talk of aches and pains,
sprains and rust,

At least the Juniors still talk of sex
and lust.

Several rules you must adhere to,
i.e the group in front you must not
drive through.

And when you are on the tee and
eager to go,

It's into reverse man, slow, slow, slow.

Now you've reached the magic fifty,
With spreading waist-line you ain't so
nifty.

So remember take it easy, not too
fast,

Save your energy, make it last.

One of the benefits of being a tubby,
You'll qualify for a motorized buggy.

Call in at the pro-shop mate,

You're entitled to a special Seniors
rate.

To keep up with Bruce must be your
aim,

To copy his swing might improve your
game.



There's only one way now and its all
down hill,

Won't be long 'til you need that pill.

There's one for this, one for that,
And one to stop you being a ^~@#
fool

You aren't no Adonis, nor a movie
star,

It's not your fault, but you are what
you are.

You've got the charm, you've got the
wit

And when you hit that ball, man it
stays hit

'Just for men' obviously far too late
the horse has bolted, should've shut
the gate.

Sex appeal, still got plenty?

Or are you like Elmo, with the tank
half empty?

Welcome to life after fifty, Buddha.

SETTLEBECK HIGH SCHOOL

Use of Settlebeck Grounds Policy

At Settlebeck we realise that we have a duty as a community school to support, wherever possible, our local community and to enable members of the community to make effective use of our site for activities which:

- further community links with the school,
- provide educational opportunities for community members,
- have a charitable function or intent,
- support community sport and recreation.

Provided that:

1. written permission is sought and given from the headteacher beforehand,
2. a fee is paid as and when appropriate to recompense the school for services provided and wear and tear to property (see Lettings Policy)
3. any damage done to school property is made good
4. all litter generated is removed after the activity

The school has in recent years provided a public access path around the eastern edge of the site leading down to the river and this is clearly open for public use at all times.

The school tennis courts are left open and during the summer months, when the tennis nets are up, we recognise that some members of the community come along of an evening or weekend and use the courts for tennis. Currently, we accept this use as permissible without written request to the headteacher. We will not

accept use of the tennis courts for any vehicle of any description, including cycles, motorcycles, skates and skateboards.

All vehicles are banned from our school fields.

Occasionally our bus park is used for people learning to cycle or training for the motorcycle test. We accept this as permissible but require a written request for permission.

No dogs should be exercised on the site, other than on the public access path, under any circumstances.

Cumbria Constabulary have a copy of this policy and are prepared to enforce any breach of it.

THE SHAPING OF TIME

Wax and wane through centuries

Slipping by in days

Life and matter being exposed

In every haze ridden phase.

Aloft the call of angels

And aloft the call of sins

Maybe a messenger of the place

Where rock falls and time begins.

Every place where space does dwell

Time has left a mark

It may be death or life or strife

Where light shines it may be dark.

Captured in a second

Encased in lifeless motion

Around a time of seeing

Giving an onward and progressing

Notion.

Time has a beginning

And time has an end

But the space that falls in between

Bears beauty and broken souls to

Mend. *Mary McCullagh, Year 11*

ORGANISATION	Update	CONTACT	Tel:	015396
Angling Association		Mr Wright	Dent:	25533
Art Society (S & D)	09/08	Mrs Leigh	Sed:	20794
Badminton (Dent)		Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	10/08	Mr Wheatley	07816	437500
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
British Legion *	12/08	Mrs Pease	Sed:	21575
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	10/08	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 *	12/08	Mrs O'Neill	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	10/08	Mrs Goad	Sed:	20402
Garsdale Village Hall		Mrs Scarr	Sed:	20502
Garsdale Ladies Group	09/08	Mrs Ramsbottom	Sed:	21013
Golf Club *	12/08	Mr Gardner	Sed:	21551
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 *	11/08			
Howgill Schoolroom		Mrs Stainton	Sed:	20665

Howgill Toddlers		Mrs Alderson	Sed:	22050
Kent Lune Trefoil Guild		Mrs Mitchell	Sed:	21144
Killington Sailing Association *	12/08	Mr Ripley	Sed:	21101
Ladies National Farmers Union		Mrs Escholme	Sed:	20376
Liberal Democrats *	12/08	Mrs Minnitt	015242	72520
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)	09/08	Mr Cairns	Dent:	25655
Parish Council (Garsdale)		Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	10/08	Mr Robertshaw	01539	730597
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 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) *	12/08	Mrs Petyt	Sed:	21574
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

BUS SERVICES

Sedbergh to Kendal via Oxenholme					Blackhall Road, Kendal to Sedbergh via Oxenholme				
Monday to Friday					Monday - Friday				
0745		564	S	❖	0830		564	S	❖
0940		564	W		0835	Sch	564	W	
1005		564	S	❖	1030		564	W	
1015	Wed	564B	W	❖	1050		564	S	❖
1240		564	W		1300	Wed	564B	W	❖
1300		564	S	❖	1330		564	W	
1440		564	W	❖	1410		564	S	❖
1550		564	S	❖	1610		564	W	
1711		564	W		1625		564	S	❖
Saturday Only					1745		564	W	❖
Saturday Only					Saturday Only				
1005		564	S	❖	1050		564	S	❖
1050		564A	A8	❖	1410		564	S	❖
1300		564	S	❖	1425		564A	A8	❖
1550		564	S	❖	1625		564	S	❖
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
Monday to Saturday					Monday to Saturday				
0900	M-F	564	S	❖	0710	M-F	564	S	❖
1120		564	S	❖	0940		564	S	❖
1440		564	S	❖	1225		564	S	❖
1655		564	S	❖	1515		564	S	❖
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945	Thu	567A	W	❖	1215	Thu	567A	W	❖
Sedbergh to Cowgill					Dent to Sedbergh				
1330	Wed	564B	W	❖	1000	Wed	564B	W	❖
0940	Sat	564A	A8	❖	1035	Sat	564A	A8	❖
1500	Sat	564A	A8	❖	1600	Sat	564A	A8	❖

Last Update: September 2007

M-F Monday to Friday Only
 Tue Tuesday Only
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 S = Stagecoach in Cumbria
 A8 = Apollo 8 ❖ = Provided with Support from CCC
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 Wednesday 11.15

Canon A W Fell Tel: 20283

Church Wardens:

Tony Reed Screen 21081 & Lavinia Mahon 21740

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 Sunday 12.00
 Holy Days 19.30

Rev. Dr. P Campbell Tel: 20918

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Rev. T Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
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Rev. C Marsden Tel: 22030

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 Cautley & Garsdale

Canon A W Fell Tel: 20283

Church Wardens:

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

Rev. P Boyles Tel: 25226

METHODIST CHURCH

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

Rev. T Widdess Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 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.*



Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month (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
Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 20th December 2009

Entries marked (*) see Advert in previous Lookaround.			21 1400 Rev T Widdess (13)	DMC
DECEMBER			21 1830 Carol Service	GSC
1	Scouts Post Starts (38)	Sedbergh	22 1830 Carol Singing (13)	Dent
1	2000 Dent Parish Council	DMH	22 1930 Christmas Domino Drive	HVH
2	1200 WIK Christmas Lunch date change	Pheasant	23 1330 Bingo (*)	GH
2	1400 Spinning a Yarn	DCMH	23 1830 Carol Singing (13)	Dent
2	1945 Town Band 10th Concert (10)	PH	28 1400 Own Arrangement (13)	DMC
3	1000 LNFU Coffee Morning (*)	URCR	JANUARY	
3	1200 Keeping You Warm Road Show (84)	Fire Stn	4	SS Term begins
3	1800 Late Night Shopping	Sedbergh	7 1930 HS St Helena & Napoleon (9)	SHS
3	1930 HS Cromwell's Rep in Sedbergh (9)	SHS	7 1930 WIF Discovering Lakeland Villages	PH
3	WIF Christmas Dinner	TBA	8 1430 Cameo Meeting	SMCR
4	1430 Cameo Meeting	SMCR	10 1000 The Motto Project (11)	FM
5	1930 Kathryn Tickell Concert (*)	PH	10 1900 A Christmas Carol Ends (15 & 42)	BAC
5	Ploughman's Supper	BVH	10 1900 Amateur Musicians	StAS
5	1800 Late Night Shopping (11)	FM	13 1930 FCH Domino Drive	FCH
5	1930 Carols Concert (14)	DMH	14 1215 Lunch & Lecture	URCR
5	1000 Carol Workshop (14)	PH	14 1930 Sedbergh Parish Council	PH
6	1000 Christmas at Farfield (11)	FM	18 1030 Christian Worship	PH
6	1100 Christmas Tree Festival & Market (12)	Dent	21 1930 HS Registration Service since 1837 (9)	SHS
6	1330 Bingo (*)	GH	22 1430 Cameo Meeting	SMCR
6	1400 West Gallery Carols (14)	PH	23 1800 Harmony, Harps & Haggis Supper (14)	HSR
6	1730 Festive Meal & Ceilidh (14)	DMH	24 1000 Harmony, Harps & Haggis Workshop (14)	HSR
6	1930 Bingo	BVH	24 1630 Harmony, Harps & Haggis Concert (14)	HSR
6	WIH Christmas Party	TBA	24 1830 Flicks in the Fells	PH
7	1000 Slovene Folk Carols (14)	Dent	25 1000 Harmony, Harps & Haggis Workshop (14)	HSR
7	1000 Christmas at Farfield (11)	FM	27 1930 Garsdale Ladies Group Jacobs Join	GVH
7	1400 Sharing Service (13)	DMC	28 1930 CWT Nature Conservation	SHS
9	1330 Bingo (*)	GH	29 1930 Sedbergh Parish Council	PH
9	1930 FCH Domino Drive & Mince Pies	FCH	29 2000 Dentdale Show Committee AGM	DMH
9	2100 Les Bull Band	Bull Hotel	FEBRUARY	
10	SS Term Ends		4 1930 HS Old Kendal Now and Then	SHS
10	WID Christmas Party	TBA	4 1930 WIF The Story of Sarah M	PH
12	1930 Christmas Domino Drive	KVH	6	SS Half Term Begins
12	1900 A Christmas Carol Starts (15 & 42)	BAC	6 1930 Killington Sports Domino Drive	KVH
13	1500 Flicks in the Fells (16)	PH	14	St Valentine's Day
13	1830 Flicks in the Fells (16)	PH	15	SS Half Term Ends
13	1930 Carols by Candlelight	HJC	15 1030 Christian Worship	PH
14	1030 Christian Worship	PH	17 1930 FCH Domino Drive	FCH
14	1400 Afternoon Service (13)	DMC	18 1930 HS Rise & fall of Textiles	DMH
14	1930 Christmas Concert	SMKL	25 1930 CWT Birds of Prey	SHS
17	1400 Blood Donor Session	PH	25 1930 Sedbergh Parish Council	PH
17	1730 Blood Donor Session	PH	28 1830 Flicks in the Fells	PH
17	1830 A Christmas Evening (12)	Gate Manor	MARCH	
17	1900 Carol Singing	BVH	1	St David's Day
18	1430 Cameo Meeting	SMCR	2 1930 FCH AGM	FCH
19	1930 In the Sparkly Dark (19)	PH	4	Confirmation Service
20	Scouts Post Ends (38)	Sedbergh	4 1930 HS Prehistoric Cumbria	SHS
20	1330 Bingo (*)	GH	4 1930 WIF My Craft Projects	PH

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

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

10	1930	FCH Domino Drive	FCH	
11	1930	CWT AGM + Baffin Island	SHS	
14	1300	Dentdale Run	Dent	
15	1030	Christian Worship	PH	
17		St Patrick's Day		
18	1930	HS Traditional Buildings in Sed & Dent	SHS	
20		SS Term Ends		
21	1830	Flicks in the Fells	PH	
21	1930	HS AGM + Jacob's Join	SHS	
22		Mothering Sunday		
24	1930	Garsdale Ladies Group Demonstration	GVH	
26	1930	Sedbergh Parish Council	PH	
28	1200	Spring Show	PH	
APRIL				
1	1930	WIF Growing Gardener Prospective	PH	
8	1000	WIF Coffee Morning	URCR	
10		Good Friday		
13		Easter Monday		
19	1030	Christian Worship	PH	
22	1930	CWT Wildlife in Sacred Places	SHS	
23		St George's Day		
25	1830	Flicks in the Fells	PH	
28	1930	Garsdale Ladies Group African Orphans	GVH	
29	1930	Sedbergh Parish Council	PH	
MAY				
4		May Day		
6	1930	WIF WI Advisor & Resolutions	PH	
17	1030	Christian Worship	PH	
18	1930	Garsdale Ladies Group Auction	GVH	
23	1830	Flicks in the Fells	PH	
25		May Bank Holiday		
28	1930	Sedbergh Parish Council	PH	
JUNE				
3	tba	WIF Outing	tba	
21		Father's Day		
21	1030	Christian Worship	PH	
23	1930	Garsdale Ladies Group AGM	GVH	
24	1930	Sedbergh Parish Council	PH	
26		Dent Folk Festival	Sedbergh	
27		Dent Folk Festival	Sedbergh	
28		Dent Folk Festival	Sedbergh	
JULY				
1	1930	WIF Thandi Friends Project	PH	
3	1930	Sedbergh Wanderers Junior Disco	PH	
4	1000	Sedbergh Wanderers Coffee Morning	PH	
4	1300	Sedbergh Wanderers Sports Day	PH	
4	2000	Sedbergh Wanderers Abba Tribute Band	PH	
5	0900	Sedbergh Wanderers Car Boot Sale	PH	
5	1300	Sedbergh Wanderers Half Marathon	PH	
19	1030	Christian Worship	PH	
30	1930	Sedbergh Parish Council	PH	
AUGUST				
5	1930	WIF Dance Exercise	PH	
15		Charter Market	Sedbergh	
23	1030	Christian Worship	PH	
26	1930	Sedbergh Parish Council	PH	
31		August Bank Holiday		

DIARY KEY		
BAC	=	Brewery Arts Centre, Kendal
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
GSC	=	Garsdale Street Chapel
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
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
SMKL	=	St Mary's Church Kirkby Lonsdale
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

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
Zebras	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
Monkey House Café	1930 Every Friday	Library

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 *

* = By Appointment Only

DENTAL SURGERY

Finkle Street ☎ 20626

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

Monday to Thursday 0900 - 1700

Friday 0830 - 1500

LIBRARY Main Street ☎ 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

SEDBERGH TOURIST OFFICE

Main Street ☎ 20125

Open every day

0900 - 1700

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

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

e-mail office@sedbergh.org.uk

www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 0870 1264061

www.cabkendal.ndo.co.uk

PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600

☎ 01539 795000 or 0845 6060265

SLCVS @ Community Office

1st Wednesday every month

10 am to 12 noon

☎ 01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

www.sedberghcdc.org.uk

POLICE

☎ 0845 33 00 247

PUBLIC TOILETS

Main Street & 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 *

* = By Appointment Only

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY