

Sedbergh & District

LOOKAROUND

October 2009

Issue 271

Donation 70 Pence

Another packed *Lookaround* this month. It would have been a little bigger but someone submitted an article/letter regarding the 3P's but as we did not know who the author was, we could not print it. This is a

general requirement as we need to know the source of everything that is printed so please let us know the Author of this article and it will appear next month. Thank you.

Dennis & Jacky Whicker

SEDBERGH GALA GROUP



BONFIRE &



FIREWORK DISPLAY

Saturday 7th November

- 6 pm Gates Open
- 6:30 Lighting of Bonfire
- 6:45 Turnip, Pumpkin & Guy Competitions
- 7:00 Firework Display



Adults £2.50 Children u16 Free

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

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

Table of Contents

Advert Rates	97	Italy in September	84
Groups	94	Neighbourhood Forum	14
Bus Time Table	-	Operation Christmas Child	86
Religious Services	97	Parish Dent	8
Bed & Breakfast	96	Parish Sedbergh	10
Crossword	93	People's Hall	45
Crossword Answers	99	Photo Call	91
Age Concern	82	Playgroup AGM	90
Age Concern Village Agent	34	Pulse Community Gym	69
Art Soc	49	Royal British Legion Byng House	59
Bags 2 Sch	90	Royal British Legion	32
Books & Drama Festival	89	Showstoppers	41
CAB Change	89	SHS Drama	58
Chamber of Trade	38	SHS Firefighting	49
Churches Together	44	SHS Lizzie Hunt	38
Cobweb Orchestra	7	SL Blind Group	52
Community Office	37	SL Carers	88
Community Officer	92	Slovene Puppeteers	78
Councillors Ian & Peter	12	Sound of Sirens	47
Councillor Kevin	24	St Andrew's Church, Dent	55
Cumbria Wildlife Trust	65	St Andrew's Church, Sedbergh	62
Dent Gala	54	St Andrew's Sedbergh Flowers	50
Dent Memories	64	Stitching Circle	90
Dent Methodist Chap	19	Swimming Club	50
Dent Primary School	56	Three Country Lad	18
Dentdale Music & Beer Festival	18	Tim Farron MP	80
Dentdale Show	76	Tornado in the Are	54
DMH Bowling	51	Town Band	22
DMH Flicks in the Fells	90	Walking in Cumbria	68
European Union	70	Weather	40
Exit the EU	48	WI Dentdale	28
Family Musings	35	WI Frostrow	27
Farfield Mill	53	WI Howgill	26
Fire Safety	36	WI Killington	30
Flicks in the Fells AGM	90	YDNP Garsdale	57
Flicks in the Fells	67	YDNP Historic Buildings	89
Friends Meeting	43	YDNP SDF	66
Gardening	46	YDNP 3 Peaks	42
Garsdale Life 2	20	Yi Jin Jing	60
Health Update	90	Zebra Table	51

OCTOBER BIRTHDAYS



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

A previous Birthday Voucher was not collected so there are two this month.

The recipient this month is:-
Thomas Hall who is

10 years old on 5th October

Hugo Heagren who is

10 years old on 20th October

Please collect your vouchers from

Sedbergh Office Services

13 Kings Yard, Main Street,
Sedbergh

which can be used in any shop in
Sedbergh & Dent.

A Very Happy Birthday to **Hilda Bracken** who will celebrate her **91st Birthday** on 20th October 2009.



Day	Name	Age
2	Christopher STAINTON	9
3	William BLACKBURN	2
4	Cally LAWSON	5
4	Amy HARPER	9
5	Thomas HALL	10
6	Ben GIBSON	6
7	Abbi WOOF	7
7	Alice HOLTON	8
9	Jed HARPER	1
9	Emily LISTER	4
9	Robin PRESTON	10
10	Rosie NEWBOLD	5
11	Phoebe HALL	4
11	Ben FIDDLER	9
13	Dillon OVERSBY	9
17	Aaron TROUGHTON	8
19	Edward WILSON	5
20	Rosie HODGSON	3
20	Hugo HEAGREN	10
20	Harry PACKHAM	11
21	Liam MIDDLETON	10
25	Robbie ALDERSON	9
27	Sam WILSON	3
Nonagenarian & Over		
20	Hilda BRACKEN	91

PERSONAL & SMALL ADS £1

COWIN

Antony would like to say a big Thank You to everyone who attended his 4th Birthday Party and to say thank you for all the wonderful birthday presents and cards that he received.

(This was submitted for the September issue but was omitted in error. Apologies to Antony and his family. Ed)

CRAGG

Alison. Happy 40th Birthday on 16th October. Lots of Love from Luke x, Kim x & Zoe x.



CRAGG

Happy 40th Birthday Alison on 16th October. Love from Mum x.

DONOGUE

Best wishes Steve & Carol on your **Silver Wedding Anniversary** on 3rd October 2009. From Mum.

DONOGUE

Congratulations Dad & Mum on your **Silver Wedding Anniversary** on 3rd October. Martin, Ina, Garry & Nicola.

DONOGUE

Best wishes to Carol & Steve on your **Silver Wedding Anniversary** On 3rd October. David, Ann Marie & Family.

GIBSON

Terry & Doreen would like to thank all who phoned and sent Get Well cards for Terry who came out of Hospital on 2nd September.

HUNTER

Congratulations Allan & Kay on your **Ruby Wedding Anniversary** on October 4th 2009. Love & Best wishes from Mother, Dad & Brian.

LONGLANDS

Happy Birthday San. Hope you have a good day. Lots of love. Clive, Olive, Claire & Simon X

LONGLANDS

Happy 50th Sandra. Lots of love & best wishes. Bernie, Judith, Daniel & Zoe XX

LONGLANDS

Happy 50th Sandra. Lots of love Dad XX

LONGLANDS

Happy 50th Mum. Have a brill day. Lots of love. Steve, Bill & Rose XX

LONGLANDS

Happy Birthday Sandra on 29th. Love Gordon X

MAJOR

Eric & Margaret would like to thank family & friends for making our **GOLDEN WEDDING DAY** so happy & memorable.

PERSONAL & SMALL ADS £1

POSTLETHWAITE

James would like to thank everyone who joined him to celebrate his **40th Birthday** and also for the cards and generous donations to the North West Air Ambulance amounting to £445.

RAW

Fiona would like to say a really big thank you to her mum, dad, boyfriend Richard and brother Stuart for all their hard work in making her **21st Birthday** night one to remember. Also a big thank you to all family and friends for attending and bringing such kind and generous gifts. Thank you again everyone.

SCARR-REYNOLDS

Congratulations to Laura & Dylan on their Wedding in Miami. Wishing you health & Happiness for the future. All our love, Mum, Will, Lesley & Steven. XXXX

SCARR-REYNOLDS

Congratulations Aunty Laura & Uncle Dylan. Hope you enjoyed Miami. Love to you both from Chloe & Lewis XX

THORNTON

Joshua and Finn would like to thank everyone for all the lovely cards and presents that they received for their birthdays. They would like to say a big thank you to everyone that came to their BBQ and hope everyone enjoyed it as much as they did!

SWIFT

Peter would like to thank all family & friends for their lovely cards, good wishes & telephone calls received during his recent stay in RLI. Special thanks to Dr Hunt, Dr Lumb & District Nurses for their constant care & support. Many thanks also to our very good neighbours, Lorraine & Geoff and to Angela & Bruce for their lifts to the hospital. Kathleen & I have been very touched by all your kindness.

THORPE

Janet & Family of the late Richard Thorpe of Fountain Gallery would like to thank all Richard's friends in Dent for their letters, cards and kind messages of sympathy received.

FOR SALE

Baby's Cot Set & Mattress cover in white Broidine Anglais £15. Wall light fittings - 2 double lights, brass stem, white opaque fitted glass shades £20. Stovax Log storage system. Contemporary matt black metal. 1.5m x 45cm x 45cm. Cost £120 Unused. £50. Tel: 015396 20360

FOR SALE

Well over 100 Card Suspension Files for Filing Cabinet. Some new, some nearly new. £10. Tel: 015396 22128.

FOR SALE

5 Litres Halfords synthetic 10/40W Diesel engine oil £7.50. Leather Seat Shooting Stick £5. Tel: 20869

PERSONAL & SMALL ADS £1

WANTED

Freezer required (not a Fridge/
freezer). Please Tel: 21339.

WANTED

Self employed joiner looking for work
contact Chris on 07856 414638.

Sedbergh Methodist Church

HARVEST FESTIVAL

'STANDING ON THE PROMISES'
Displays of FLOWERS and PRODUCE

Saturday October 3rd
Viewing between 10am and 4pm
Homemade refreshments served all day
Soup lunch 12noon - 2pm

Sunday Services October 4th
10.30 am Preacher Mr Thomas Gorst
6.30 pm Harvest Songs of Praise

Sunday viewing 2pm - 4pm

No admission charge to displays in Church
Donations welcome for
Methodist Relief and Development Fund.



COMING SOON

to The People's Hall
Sedbergh

Sat. 3rd October
STAR TREK 12A

Starring Chris Pine, Zachary Quinto, Leonard
Nimoy, Eric Bana, Bruce Greenwood, Karl Urban
Zoë Saldana, Simon Pegg. 126 mins

The incredible story of a young crew's maiden
voyage on board the most advanced starship
ever created, the U.S.S. Enterprise. On a
journey filled with action, comedy and cosmic
peril, the new recruits must find a way to stop
an evil being whose mission of vengeance
threatens all of mankind.

No previous experience of Star Trek
necessary to enjoy this spectacular new
prequel.

Film starts at 7.30pm

Sat. 31st October
AGE OF STUPID 12A

Starring Pete Postlethwaite, Fernand Pareau
Jeh Wadia, Alvin DuVernay, Layefa Malemi
Jamilia & Adnan Bayyoud, Piers Guy. 92 mins

This enormously ambitious drama-
documentary-animation stars Oscar-
nominated Pete Postlethwaite as an old man
living in the devastated world of 2055,
watching 'archive' footage from 2008 and
asking 'why didn't we stop climate change
while we had the chance?'

Film starts at 7.30pm - there will be a
post film discussion of the issues raised

**Tickets for both films from the address
below or on the door**



Flicks in The Fells
72a Main Street, Sedbergh LA10 5AD
Telephone: 015396 20504
email: flicks@sedbergh.org.uk

COBWEB ORCHESTRA

The fourth visit to Tuscany by the Cobweb Orchestra ended on August 30th. The orchestra spent a glorious hot week in Castelfiorentino, a small town near Sienna.

There they enjoyed "La Dolce Vita", staying on a beautiful olive farm in the Tuscan Hills, playing a large selection of music for fun but also rehearsing for two concerts to be performed at the end of the week. The first in Castelfiorentino, in a splendid Baroque Church complete with Giotto frescos and wonderful acoustics, the second concert in a Spa town a few miles away.

Both concerts provided full audiences. The orchestra consisted of 26 players, all used to playing in cool English churches and halls, so in 38° with perspiration pouring we played music by Mozart, Haydn, Geminiani, Puccini and Arne, also several works written by Cobweb Orchestra players. A highly emotional moment playing Verdi's March of the Hebrew Slaves, was when the audience rose to its feet and burst into song - a most moving

PEOPLE'S HALL REDEVELOPMENT

7:30pm
Tuesday 6th October
People's Hall
Informal Open
Fundraising Meeting

To discuss funding possibilities
for the redevelopment of the
People's Hall

*Please come and give us your ideas and
tell us what you want you can do!*

SEDBERGH SCHOOL GIRLS FUND

A meeting of the Committee
will take place on
Thursday 22nd October at 4pm
in the Bursary, Sedbergh School.
Applications for Grants
should be made to the
Honorary Secretary, Peter Marshall,
The Bursary,
Sedbergh School LA10 5RY by
Wednesday 21st October

experience. We were so fortunate to have Stephen Reay, bassoonist from the Northern Symphonia, with us. His sense of fun, his wonderful playing, encouragement and conducting skills were a treat for us all.

The week was organised by Tebay player and flautist Andrew Forsyth of Weasdale: it went without a single problem, and we all returned to England exhilarated with so many happy memories and with Stephen's wonderful playing of Mozart's Bassoon Concerto ringing in our ears. Andy Jackson conducted most of the works, so the two Andrews gave us a brilliant time.

Cobweb Orchestra Tebay Section starts the Autumn Term at the Methodist Hall on September 21st at 7.30 pm. New players are warmly welcomed.

Any enquiries to Sheila Blackwell on 015396-20056. **SB**

DENT PARISH COUNCIL

At the September meeting, we were very pleased to appoint Colin Robertshaw as the new Parish Clerk. Some of the other items that were discussed are outlined below, and the full council minutes are published as usual on the Dentdale website, www.dentdale.com.

New Parish Clerk

Colin Robertshaw is joining us as parish clerk from the beginning of October. Colin lives in New Hutton, and became clerk to Sedbergh parish council just under a year ago. He will be continuing with this role in addition to his new responsibilities as Dent parish clerk. It is increasingly

common these days for clerks to be responsible for more than one parish, and one of the benefits this brings is a closer working relationship between the parishes involved. When we did the parish plan survey in Dent, one thing that people wanted us to do was to work more closely with other parishes, and so we are hoping that this appointment will help us to do this.

Farm and Neighbourhood Watch
CSO Karen Dakin announced that she would be arranging a meeting of Neighbourhood Watch and Farm Watch co-ordinators in the near future. In the discussion that followed it was suggested that all information

AUCTIONEERS, ESTATE AGENTS & PROPERTY MANAGERS INCORPORATING

DALTON & HAGUE ESTATE AGENTS
70 Main Street, Sedbergh LA10 5AD
Tel: 015396 20293 Fax: 015396 21650
e-mail property@chriswhelan.co.uk
www.chriswhelan.co.uk



Property Sales

Residential Letting & Management

Caretaking Services

Home Finding

Negotiations

Holiday Lettings

We have:

Clients looking for property to rent, all sizes and styles, letting only or full management

Clients looking for property to buy in all price ranges

We need:

Holiday cottages/apartments, no limit on owner use

from the police should be passed to members of both schemes in Dentdale, in order to obtain the widest coverage among members of the community.

Dent Play Area

One of the targets of the Parish Plan was to improve the children's playground equipment in Dent. Since the plan was published ten months ago, a committee has been formed with a formal constitution to bring this about. They have set themselves the target of raising £35,000 to refurbish the play area and so far, they have obtained £10,000 from South Lakeland District Council and have applied for a number of other grants. At the September meeting, the parish council granted them a further £5,000 from the money that the car park profits have produced.

Gravel Extraction

A member of the public reported that now that the barrier has been erected in Flood Lane, the extraction of gravel from the river seems to have increased at other points in the Dale. It was agreed that a representative of the Environment Agency should be invited to a future meeting so that the issue of gravel extraction could be discussed more fully.

Grants

Applications are currently invited for Parish Council Grants for projects that meet one or more of the following criteria:

- Address local social needs
- Contribute to the local economy

- Promote the quality of the environment
- Contribute towards maintaining local culture
- Involve or benefit the local community

Written applications should state the amount requested and indicate how the project will meet the above criteria. They should be sent to Dent Parish Council, c/o West Banks, Dent by 16th October 2009. They will be considered at the Parish Council meeting in November.

Housing Needs Survey

By now all households in the Dale should have received a copy of the housing needs survey from Cumbria Rural Housing Trust. The purpose of this survey is to establish the Dale's current need for affordable housing, and its results will determine the willingness of Two Castles Housing Association to build houses here. A high response rate is necessary to ensure the survey's accuracy, so if you haven't done so already, please take a few minutes to fill it in and return it. Additional forms can be obtained from Dent Stores, and any information you give will be kept strictly confidential.

Next Meeting

The next meeting will be at 7.30pm on October 5th in the Sedgwick Room. It is open to everyone, and members of the public will be able to raise any issue that concerns them in the public forum which usually takes place about 8 o'clock.

Jock Cairns, Chair Tel: 25655 e-mail: dentparishcouncil@btinternet.com

SEDBERGH PARISH COUNCIL

The latest council meeting was held on Wednesday 26th August at the People's Hall.

The meeting was addressed by Peter Marshall the Bursar from Sedbergh School, who covered a range of subjects including the setting up of a joint steering group with the School, Parish Council and police to look at ways of alleviating poor behaviour amongst the youth of Sedbergh. It was agreed that the issues raised could be further considered at the forthcoming Parish Council Workshop.

The following matters arising from the minutes were discussed:

a) Tennis Courts – NPS have written offering a 999 year lease for a premium of £28,000. It was agreed that an informal valuation would be obtained to compare and that the clerk would write a holding reply indicating that the Council was taking advice.

b) Parish Plan- It was agreed that a workshop be set up for Tue 13th Oct. The Council expressed its thanks to Dennis Whicker for his help in getting the Plan published.

c) Cllr Jameson reported that the problems of litter in the alleys around Kings Yard are the responsibility of SLDC and action is to be taken

The following planning issues were discussed:

Applications

Dales View, Guldrey Lane, Sedbergh. – Full planning permission for loft conversion, erection of rear extension and front porch. -

Retrospective *No objections*

The Workshop, Howgill Lane, Sedbergh. – Full planning permission for the renewal of barn roof with change of roofing materials from stone flags to Burlington Slates and the insertion of two roof lights.

No objections

Decisions by YDNP

The Paddock, Long Lane, Sedbergh – Installation of integrated reception system *Granted*

Garths, Marthwaite, Sedbergh – Listed building consent for the removal of existing flagstones roof covering and replaced with reclaimed Westmorland Slate. *Granted*

Further details of planning applications can be found on the Yorkshire Dales National Park website.

Finance

The financial report was presented to the meeting. It was agreed that an interim review of the budget be carried out in October

Parish Plan

A workshop for councillors is to be held on 13th Oct to produce action plans to go with the parish plan.

Requests for Grants

a) It was agreed that the Council would commit up to £2,000 towards the cost of the proposed Play Fencing project providing the Playground Committee were able to raise £2,000 and the expected grant from Cumbria County Council of £7000 was forthcoming. The fencing will provide an attractive safety barrier between the playground and football field and will incorporate about twelve interactive play panels

b) Following a request from Sedbergh

United Reformed Church it was agreed that the council would commit £1,000 to assist with the project to refurbish and modernise their community facilities.

c) It was agreed to contribute £250 towards the cost of plants for Cumbria in Bloom.

Car Parks

The flooding problem at the bottom of Joss Lane Car Park was discussed and it was agreed that the council would press the landlords SLDC for action to resolve the problem before the onset of winter.

Arrangements are in hand for a camera survey to try and resolve the problems we are having with the drains at Loftus Hill Car Park. It was also reported that YDNPA are to supply new cycle racks to go with the proposed tree planting scheme at the car park in Loftus Hill.

The public are asked to note that once again it has been necessary to close the public toilets each night due to problems with vandalism.

Cllrs Longlands, Blair and Jameson were thanked for their efforts in cleaning up the car park.

Football Field

A problem has arisen with groups which have hired the hall assuming that they can use the football pitch. Groups booking the People's Hall wishing to use the field as well should contact Cllr Longlands separately.

Highways

A discussion about the many unresolved highways issues culminated in an agreement that the

Council would contact Cumbria Highways and other interested groups with a view to drawing up an integrated town centre plan. An initial meeting with interested parties has now been arranged for early in October.

The next meeting will be on October 29th at 7.30pm at the People's Hall committee room. Members of the public are welcome and there is always an opportunity usually around 8.30pm for you to participate.

For any further information please contact the clerk Colin Robertshaw. Tel 01539 730597 email colinrobertshaw@talktalk.net or at the Community Office around midday each Wednesday

For all your joinery, house maintenance and general handyman jobs

Jeff the joiner -----



Over 34 years experience. All work undertaken but specialising in those smaller jobs

Doors, windows, locks, floors, kitchens, bedrooms, stairs, basic plumbing, reactive maintenance and any general handyman work

Covering Kendal, Sedbergh and surrounding area

Local references available

Ring for a no obligation quote on

07969

973346



Sedbergh Gala Group

AGM

7:30 pm

Monday 12th October

People's Hall

All Individuals and Groups within
the Sedbergh Community
may apply for a grant

COUNCILLORS CORNER

Before I was elected to the District Council I said that one of my priorities during my term of office was to see the provision of more affordable housing within the Sedbergh and Kirkby Lonsdale Ward. It is essential that such accommodation be provided either by way of sale or let otherwise we run the risk of local people (especially young ones) having to leave the area because they can no longer afford to live here. I am very pleased therefore to welcome two possible new initiatives likely to address this problem. The first is the imminent closure of Baliol School by North Yorkshire County Council and the subsequent placing of the property on the market for sale. We appreciate the anxiety being caused to staff and pupils whilst awaiting a final decision but in anticipation of this decision to close being made, Peter Woof and I have already asked SLDC officers to contact NYCC and to work with them to see whether or not the site can be

made available for a housing scheme. Of course, the site might well also attract the attention of institutional purchasers including other schools, and at the moment we shall have to wait and see how the situation develops. The second initiative is the proposed sale by Cumbria County Council to SLDC of the old Depot Site on Guldrey Lane. SLDC would then sell on the land to a Housing Association (at a subsidised sale price) with conditions that the subsequently built accommodation would be let out at affordable rates. The difficulty we always face in Sedbergh, of course, is that whilst SLDC is the Housing Authority, Yorkshire Dales National Park is the Planning Authority, and any development of the kind outlined above would need the approval of Yorkshire Dales planners. Local people will, of course, have the opportunity to support (or object to) the proposals once a formal application for Planning Permission has been submitted. Again it is a matter of watching this space.

Still on the subject of housing, in mid-September District Councillor Peter Woof (a member of the South Lakes Housing Board), together with Parish Councillor Dorothy Blair and two Representatives from South Lakes Housing, did a tour of Maryfell to examine the condition of the houses and flats and also to meet with local residents. Peter reports that the visit was a successful one

and that the various concerns raised by tenants will be pursued by him both through SLH and SLDC. Structurally the condition of most properties is good and maintenance continues regularly through an ongoing rolling programme.

My District Council colleague Kevin Lancaster raised the issue of New Road, Kendal in his last Lookaround Article particularly the effect that the banning of parking might have on the residents of the Ward who travel regularly to, or work in, Kendal. The results of SLDC's consultation process has recently been published and this soon will form the basis of a Report to Cabinet and then a decision by Cabinet as to how to proceed. For myself I have to say that at this point I have no strong feelings either for or against parking (except to say that the area definitely needs a good tidy up) but being a democrat, I do think it is vital that the final decision, once made, reflects the views of the majority as expressed either through the consultation process or the petition which has been signed and presented to the Council by concerned Council Tax payers. There are also quite complicated legal matters which need to be factored into the final decision.

Wearing another of my hats (a Quaker one this time!) I recently had the privilege and pleasure of leading a morning Assembly at Dent Primary School. I was enormously impressed by the quality of the facilities at the

school (not least the outdoor play and activity areas) and by the dedication and commitment of all the staff. It brought home to me again how essential small local schools are to the health of our community and that any attempts to restrict their operations or to close them down altogether should be strongly resisted. They deserve all the support we can give them.

At the last meeting I attended of Kirkby Lonsdale Town Council the Council adopted a crest and motto which will be used on all their official publications and also around the town to publicise not only their history but also the vision of the town for the future. It occurred to me that maybe Sedbergh could consider doing something similar. Kirkby Lonsdale has the legal status of a Parish Council just like Sedbergh, Dent and Garsdale but it calls itself a Town Council. Quite right too in my view – it is a town after all. Why I wonder does Sedbergh not do the same? Perhaps a local historian might like to furnish me with the answer to this either through these columns or direct to myself. Would we want to make the change if we were legally entitled to do so? Your views please....?

As ever please feel free to contact either Peter or myself at any time:
*Ian McPherson: Tel. 015396 20648
Email: ianmcpherson24@hotmail.com
Peter Woof: 015396 20857
Email: peterwoof@hotmail.co.uk*

Christian Aid

COFFEE MORNING

Wednesday 14th October

10am – 12 noon

URC Rooms Sedbergh

Coffee, biscuits,
homebaking & stalls

ALL WELCOME

SEDBERGH & KIRKBY LONSDALE NEIGHBOURHOOD FORUM

Summary of meeting held at Barbon Village Hall on Tuesday 8th September. County Councillor Kevin Lancaster welcomed everyone to the Forum.

APPLEBY FAIR UPDATE

Councillor Lancaster explained that follow-up meetings are in hand following the drop in sessions at Sedbergh and Kirkby Lonsdale and the Forum at Dent and various legal issues are being considered. Cautley residents have also met to consider legal issues arising from the Fair. Councillor Lancaster also mentioned some concerns over gypsies parking

within the county division since the 30th June.

John Challoner confirmed that a Neighbourhood Group for people living between Sedbergh and Cross Hall, had formed since the last Fair. The Chief Constable and Member of Parliament have offered to meet with the group on 30th September.

He added that the general opinion of the group is that too little/too late preparation caused a terrible 'log jam' in Cautley, causing misery for travellers who did not want to be pushed into convenient areas, and a very difficult time for residents. He reiterated that 50 caravans in three miles is not a problem, 50 caravans in 100 yards is!

The 'Respect' group will meet again shortly and Councillor Lancaster confirmed an update on this issue will form part of every Sedbergh & Kirkby Lonsdale Neighbourhood Forum agenda.

MACMILLAN COMMUNITY SOLUTIONS

Jonathan Ingram, Age Concern, explained an innovative service recently established between that

GARY ALLAN

Welding & Fabrication

*Structural Steelwork, Farm Equipment,
Farm Buildings Erected or in Kit Form,
Specialist Ornamental Gates & Railings,
Fabricated Steel supplied to the Building Trade,
On-Site Welding & Repairs.*

*Light Oaks,
Killington
Kirkby Lonsdale
Carnforth
LA6 3EY*

Tel: 015242 76426 Mobile: 07968 411787

organisation, Macmillan Cancer, NHS Cumbria and Cumbria County Council which, if successful in South Lakeland, may be taken forward nationally.

This three year initiative is community focused and would look to expand Macmillan's expertise in cancer support into community areas. The aims of the project are:-

- To link older people to existing support services
- To develop new services where there are gaps
- To improve the quality of life for cancer patients
- To enable people to remain living at home

The target group is people aged

over 50 living with cancer; caring for someone with cancer; survivor of a cancer related illness or bereaved as a result of cancer.

Jonathan mentioned that the project will be consulting with other charities and that isolation is an issue which many older people face. He provided some examples of local needs and gaps, eg.

- Gentle exercise groups
- Intergenerational projects
- Prescription delivery service
- Other practical services which support groups could offer, eg. gardening, dog walking etc.

Jonathan highlighted the projects need for volunteers to undertake a wide variety of roles and mentioned

**THIS TEAM
"LEAVES" IT CLEAN!**

Charlesworth

Tree Care & Fencing Ltd

Domestic • Commercial • Agricultural
Covering the whole of Cumbria & North Lancs.



- Agricultural & Garden Fencing
- Rustic & Panel Fencing
- Post & Railings
- Horse & Rabbit Fencing
- Stock Proof & Deer Fencing
- Fencing Materials
- Treated Timber

CALL GAVIN TODAY

015242 71840

OR WOODYARD ON

015396 20006

Mobile 07721 773135

email: gavin@g-charlesworth.co.uk

*The Woodyard, Old Railway Goods Yard,
Middleton, Kirkby Lonsdale LA6 2NE*

C
H
A
R
L
E
S
W
O
R
T
H



This Team Leaves It Clean

that a support group already exists in Kirkby Lonsdale where the Institute will host a Coffee Morning on 25th September as part of the 'World's biggest Coffee Morning' project. He also mentioned forthcoming events in Kendal – 23rd September – Colostomy Roadshow and 1st October – Conversations for Life (details from Jonathan on 01539 728180.)

A request was made that Jonathan include Dent in both the Macmillan Community Solutions Scheme and Village Agents scheme. He confirmed it was unlikely the Macmillan Roadshow, recently in Kendal, would visit smaller rural settlements.

Age Concern will appoint a 'Village Agent' for Sedbergh later in the year. **LOOK OUT, THERE'S A SCAM ABOUT!!!**

Austin Shields explained that Trading Standards (formerly Weights

and Measures) is part of Cumbria County Council and has two distinct roles – education and advice and enforcement. Austin explained Trading Standards continuing involvement with pub measures, counterfeit goods at car boot sales, animal negligence etc. pyramid selling schemes and working from home schemes before talking about current scams.

He warned people to beware of Cold Callers in unmarked vans offering to undertake work. He instanced occasions when householders had been driven to the bank to withdraw large amounts of money for such work, which was then never done or never finished, citing one scam when roof tiles were painted rather than being replaced. He urged people to always employ tradespeople who were recommended or known to them, rather than someone who 'turns up out of the blue'.

Austin also warned of the ease with which cold callers can acquire official looking ID cards. He explained that some Utility Companies now offer a password scheme whereby their representative has to confirm a chosen password.

He also warned of the danger of distraction burglaries when a householder is engaged by someone on the doorstep, and urged everyone to keep the Consumer Direct advice line number handy to report possible scams. 08454 04 05 06

No Cold Calling signs (similar to Neighbourhood Watch signs) are

the Dance atikk comes to Sedbergh with a unique fusion of street and jazz dance - where classical and modern techniques meet a street vibe which is taught in a fun, friendly and creative way.



for further details or to enrol please contact
Lucy Everett on 07834 035 443 or Andrea Sephton on 015396 20383

every Wednesday at
Settlebeck High School:
Settlebeck students - 3.45pm-4.45pm
age 7 - 11 years 5pm - 6pm
Adults (18+) 6pm - 7pm
£3.50 each, pay-as-you-go

Please support
 DENTDALE FESTIVE LIGHTS
GOFFEE MORNING
 Saturday 17th October
 Dent memorial Hall
Grand Raffle
 Homemade Produce
 Bring & Buy

available and Austin reported an 80% drop in Cold Calling in areas where these have been displayed (Ulverston and Storth). He warned of junk mail offers which 'were too good to be true' (and usually are) and gave advice on how to stop the majority of junk mail by contacting the Mailing Preference Service on 0845 703 4599 or write to Mailing Preference Service, Freepost 29, Lon20771, London W1E 0ZT. Similarly, contact the Telephone Preference Service on 0845 070 0707 or email tps@dma.org.uk to prevent unwanted telephone sales calls and report any high pressure selling techniques to Consumer Direct. Most calls from automated calling services can also be stopped in this way.

Junk emails are another favourite scam and Austin advised to delete such e-mails without opening rather than respond. Unsolicited e-mails can be stopped by registering with the E-mail Preference Service via www.dma.org.uk

Jonathan Ingram, Age Concern, warned of 'health therapists' trying to

'wheedle' themselves into people's homes when they are purely sales people trying to sell mobility and disability aids. He warned that it is particularly older people who are targeted and advised people never to make appointments with cold callers. Age Concern Helpline – 01539 728180.

GRANTS

Dent Play Area Committee
 Requested £1,000 Awarded £1,000
 Dent Allotment Association
 Requested £1,000 Awarded £1,000
 The next Sedbergh & Kirkby Lonsdale Neighbourhood Forum will be held at the People's Hall, Sedbergh, 7.30pm on Tuesday 24th November. All welcome.

Multiple Sclerosis



9:30 am
Saturday 17th October
 People's Hall
 Tables £7
To Book a Table or make donations of goods
 Please Tel:
 Sandra on 07815 069394

THREE COUNTRY LADS

Tom Sowerby
Thomas Handley
Donny Garnett

A new book has just been printed featuring the above Three Country Lads and written by Henry Sowerby.

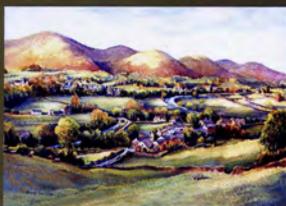
The foreword states:-

During a conversation with the late and much missed Jack Hill who was researching names on the War Memorial at the time, I remarked that they were just country lads like ourselves and because of them, we are able to enjoy a life of freedom amongst the Hills, Dales and Rivers of Sedbergh, which they were denied.

This is the story of three of these country lads. Two never returned.

'Three Country Lads'

Tom Sowerby.
Thomas Handley.
Donny Garnett.



£4.50

Henry Sowerby.2008.

One did.

A very moving book about parts of the lives of three of our former residents.

The book is available for £4.50 in local shops and through the generosity of Henry, the proceeds of the sale of the books will go to the Sedbergh Branch of the Royal British Legion, for which they are very grateful.

RP

DENTDALE MUSIC & BEER FESTIVAL

We all had a wonderful time so did every one that came, the artists enjoyed the 3 day event and were all thanked at the time. Thanks to all the local lad's and lasses that put in their time and effort and those folk from near and far, some sweat went into that event weather was great the village it's self made a nice profit.

Listed below is were the money went and what is left over will be going to next year's Festival.

DENT PRIMARY SCHOOL	£3.000
DENT CHURCH BELLS	£400
DENT PRE. SCHOOL	£300
DENTDALE SHOW	£200
DENT PLAYING FIELD	£150
PLAYGROUND EQUIP	£150
DENT YOUTH CLUB	£50
DENT CHOIR	£50
CRAZY CLUB	£50
OVER 60's	£50
Total	<u>£4,400</u>
Balance in the Bank	£4,423

Many thanks to everyone and Sponsors. 2010 will be another good year.

www.dentmusicandbeer.com

DENTDALE METHODIST CHAPEL

Mr Jeff Wall from Grange led our Prayer, Praise & Testimony service in August which was followed by a Buffet supper and well supported, then it was Harvest Festival time. First in the Circuit is Frostraw Chapel where Andrew & Tina Woof took the service, then it is Dentdale, where willing hands decorated the chapel on the Saturday, then Mrs Juliet Burd was our preacher on Sunday afternoon when Frostraw congregation joined us, this was followed by afternoon tea. On Monday evening Dave & Lyn and members of their family took the service, what a joy they are, and all this despite preparing for their wedding 4 days later! Then Geoffrey Woof auctioned the fruit, veg and flowers with his usual humorous actions and remarks, refreshments again, (we do like our food!) and then willing helpers to tidy up. A great weekend, good messages and good fellowship, thanks to all. Now, we look ahead to autumn and from Oct 1st our once-on-a-Sunday services will be 2pm through until end of April, except the Pr P & T services on last Sun in Oct & Nov which will be 7pm. Last year we moved into the schoolroom for the winter but as we are claiming the Prophecy for Growth that came in March we will probably be staying in the chapel but need to have more heating, does anyone have any portable Gas heaters we could borrow? The Prayer Praise and Testimony services in Oct and Nov will be in the evening partly so we don't clash with Dent Foot chapels

afternoon services, in December we are doing something different, we had planned a Community Lunch but have realised it would clash with the weekly lunch at the Sun Inn so will hold a Community Tea Party on Thur 31st Dec instead. We plan to meet together during the week for Bible Study, more details will appear on Chapel notice board. Our AGM is on Thur Oct 1st in the schoolroom at 7.30pm, all members and friends are welcome.

SE & J Woof.



G.B. BUILDERS LTD

- **General Building inc:**
 - New Builds
 - Extensions
 - Loft Conversion
 - Garages
 - Roofing
- **Joinery inc:**
 - New Windows
 - Fitted Kitchens
- **Drains**
 -  Drains Unblocked
 - Drain Jetter
- **Ground Works**
- **No Obligation Quotes Given**
- **General Advice**

Contact: Graham Bradley:
015396 25433 or 07778 874855
George Baines:
015396 21287 or 07977 514229

GARSDALE LIFE 2

Continued form last month

I was introduced to my first pig-killing at Longholme. I can recall help coming from other farms, Mary Haygarth with set pot full of boiling water to shave all the hair off after the killing and catching the blood - the smell of the blood and guts was just too much for me and I was as sick as a dog for the rest of the day. The next day Mary came round with a dish of "chitterlins" and off I went again!

I continued my farming now with Jack Dinsdale and George his son and 'Mother' Dinsdale -I never did know her name, but she made the best bacon and duck egg pies I have ever had, made in the lib loaf tins and cut in large slices. Talking of food, when we had supper and it was bacon, eggs and boiled potatoes, this was all cooked over the fire. The frying pan hung on a hook, the pan of spuds balanced at the side of the ever singing kettle and there was usually about 2 inches of fire showing through which Jack could shoot a jet of black-twist spittle. I used to sit and watch, absolutely mesmerised, certain he would miss and land it in the frying pan, but he never did, at least not whilst I was there.!

My time at Bridge End was a very happy one, and on June 18th 1944, my little sister Sylvia Jane was born. We knew she was due because Sam Winn had informed us that my mother was 'in calf! As the hour grew near with Mum timing her contractions I had to run to Sedbergh, up Havera to ask the District Nurse to come, and she came up by bicycle, 'basket on

Tai Chi 

Qigong and Yiquan

For health, strength and balance

with Jan McPherson

Beginners and improvers

Class

In Sedbergh starting on

Tuesday, 6th. October

at 7.30 pm at the

ARC Hall and thereafter every

Tuesday at the same time

Contact: 015396 20648

the front' and arrived just in time.

Hay Time was a busy time at Bridge End, because Jack had two fields down at Frostrow which had to be cut, scaled and led by horse and sled to the hay moo in the barn down there, getting there and back was by horse and cart, George went by bike sometimes so he could go back for milking. I can remember going home at midnight over Langstone Fell, light as day with the moonlight, long days for an eleven year old lad. After haytime, Sally the mare from the farm had a boyfriend call to see her - namely Stan Bracken's stallion, who promptly did his stuff and in due course she was delivered with a beautiful filly very like her mother, but the other farm horse, a male, didn't take kindly to her so we had to watch him carefully.

The first snow came and went and I said to George that I needed some timber to make a sledge. "No problem

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 7th October
Researching Family History

Katy Iliffe

Wednesday 21st October
The story of
Sunderland Flying Boats

Allan King

DENT MEMORIAL HALL

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: Richard Cann 20771

Bob", he said and we went down to the bottom fields near New Bridge and we felled an ash tree, cut it into two large trunks, on to the horse and cart, down to Ernie Mason at Rash Mill where he cut it into planks, then we carted it all the way back to the joiner's shop up Garsdale Jack Handley 'Banks', who cut into the size to make gates which is just the right size for a sledge, got some bed-lats off the tip on Langstone Fell and the sledge was ready for the next snowfall. This was the winter of 1944/45 and on the lots on top of the fell a lot of sheep died in drifts and I became quite an expert at picking up the smell of dead sheep.

As winter moved into spring the

sheep were brought down off the fell for lambing and we had to go looking for strays and retrieve any who had wandered onto our 'lot'. The land directly in line with Dinsdales over in Dentdale was Hartleys' at Shoolbred Farm and you were always made very welcome there with tea and scones etc.

With the arrival of Sylvia we now had a pram, one of those with the false bottom, lift the baby out and the mattress, and you found that the panels underneath lifted out and in went all the shopping from Sedbergh. I can't remember how many times Mum and I, Phyllis and Keith walked down to Sedbergh, Sylvia in the pram, groceries underneath and off we went, a round trip of about 8 miles!

Jim Pratt and his brother had a mobile shop that called about once a week with certain 'vitals', but they didn't have the choice that Metcalfes and Edmondsons had, and Metcalfes did make nice bread!

Two other people who had an influence on my growing up in "The Promised Land" were Thomas Bracken from Winterscales, who was a dab hand at making catapults using strips of car inner tube - no hedge was missed in our search for the ideal shape for the stick, and Bob Peacock from Hind Keld, who taught me how to whistle with my fingers - a skill that still fascinates my two grandsons!

D Day practically brought an end to the war in Europe and in 1945 the Turner family moved down the dale to No 1 Pinfold - new school, new friends - but that's another story! BT

EXCAVATING SEDBERGH

KEEPING THE PAST ALIVE – WRITING WORKSHOPS

Have you always wanted to write down a story about Sedbergh, Dent or Garsdale, thought it would be a shame if no-one recorded the facts before they were forgotten? Well now is your chance.

Eliza Mood who is a teacher of Creative Writing from Cumbria University is going to run a short series of workshops aiming to help you get those facts, thoughts, stories, down on paper.

Students will be able to choose a subject from research available through Sedbergh History Society or work on something more personal and can choose any form, drama, poetry or prose.

Eventually it may be possible to publish stories or poems or perform plays or sketches.

This is the first series of workshops associated with the Community Play Project.

Workshop 1 – 22nd October 2009 – 7 – 9.30pm

Community Office and History Room 72 Main Street.

Cost £4 (open to teens from 14 years)

Booking Sedbergh Tourist Office 015396 20125 email tic@sedbergh.org.uk

Writer's Workshop: Excavating Sedbergh.

To prepare for the workshop, if time, try writing some notes on the following:

Choose one, two or three locations or landmarks, outdoors or indoors, in or around Sedbergh. These can be natural or human-shaped, created or constructed. Visit your chosen location or locations on two or three different days and at different times before the workshop. Each time make some notes about each location or landmark - anything you like - and note any differences between one visit and another. Differences may for instance be coloured by your mood, the weather, other people there or anything else.

Bring your notes, if you write them, on the day.

If you don't have any notes, that's fine. Come anyway.

SEDBERGH TOWN BAND

Sponsored 'Blow In'

Just over twelve months ago the Junior Section of the Town Band was activated. Numbers of participating youngsters have steadily increased and at present there are twenty one players between the ages of eight and eleven who attend the Saturday morning coaching sessions in the URC and participate in public performances.

As recounted in last month's '*Lookaround*' the fledgling band has contributed to the Annual Christmas Concert, the Spring Concert and Gala Day culminating in their own exclusive concert in the URC on 11th

July. It has always been the intention of the main Band that the Junior Section should all be provided with good quality instruments. To achieve this end funds have been raised by various means, not least through successful application to relevant charities. The most recent manifestation of these money raising endeavours was witnessed on Saturday 12th September when a sponsored 'blow in' took place in the URC.

However, before the event, a number of the Junior Section with support from a few seniors exploited the wonderful weather and gave what was a virtually spontaneous concert

at the 'bus shelter. For forty minutes, under the conductorship of head coach Carole Marsden, they entertained a large transitory audience to their expanding repertoire. The generosity of local shoppers and passing tourists was remarkable: our sincere thanks go to them all for so munificently supporting them.

At eleven o'clock activities moved into the URC where coffee and biscuits were available together with the opportunity to purchase from the cake, book and bric-a-brac stalls as well as participate in a raffle boasting numerous prizes.

The main part of the fund raising then commenced. All members of the Town Band who could be present (21) had earlier been sponsored to play a solo item. Some chose to have the support of the magnificent accompanist Alexa Wightman (to whom a great vote of thanks is due for donating her time and expertise so generously) whilst others faced the challenge alone. And, in most cases, it was a real challenge being the first time the majority had played their

NICKY ROSS

All types of heating,
including underfloor.

Bathrooms designed,
supplied, tiled & fitted
Gas Safe registered

Mobile
07810 582345
Telephone
015396 20753



SEDBERGH HEALTH CENTRE

will be closed for Training Purposes on the following afternoons:-

Tuesday 13th October
Thursday 19th November
No Closure in December
Wednesday 13th January
Thursday 11th February



instrument before an audience. There is a considerable difference between playing in the company of thirty other players and being left entirely to your own devices.

However, without exception, the players acquitted themselves with immense credit not least thanks to the support and generous appreciation shown by the audience and fellow players alike. It was a 'fun day' but the musical pleasure derived was considerable and the aim of raising funds for the purchase of instruments was achieved far beyond the most optimistic expectations.

The Band's thanks are extended to Sandra Longlands and all those who helped on the stalls and with the coffee: to Stephen Mason for once again manning the door: and especial thanks to all who so generously sponsored the players.

GB

COUNCILLOR CORNER

The weather finally took up on 9 September allowing us to get some very good dry big bale silage. I thought we would be the last but looking around there has been a lot of grass cut this last week as the weather has settled down. This is the third rotten Summer in a row and certainly the worst of the three although for cropping it has been a lot better than last year. No doubt someone will derive comfort that three bad Summers together “prove” climate change, just as they claimed the four good dry Summers together in the 1990s “proved” it back then. With such a small sample size you can prove anything: these trends only become apparent over centuries and we have no reliable data sets from prior to 1800. No, I am not a climate change denier, just a bad science denier and some of the climate change material is extremely dodgy.

ARMISTEAD WINDFARM – Very unusually, there has been a move to have the decision of the inspector quashed. In most cases an inspector’s word is final and for all intents and purposes absolute; all the more so when permission is granted. As someone who regularly encounters inspectors’ decisions I will be interesting to see how this matter progresses.

SEDBERGH TENNIS COURTS – SLDC have agreed to sell the Tennis Courts on Guldrey Lane to Sedbergh Parish Council and the parish hopes to buy. We are now negotiating the price and I hope it all goes through. It

ZEBRA’S TABLE TOP SALE

Saturday 24th October

10am to 1pm

Sedbergh Methodist Church Rooms

for more information
or to book a table

Tel: Trish 07890 302038

has been a long slog and demonstrates just how protracted everything which involves local government tends to become. Local government is so procedure based. Every time something unfortunate happens a new procedure is added to avoid a recurrence. One view is that we should employ facilitators to push on with these things. That would be a shame.

HOUSING FOR OLDER PEOPLE – I was pleased to be appointed to a working group looking at housing provision for older people in South Lakeland and Eden. Prof. John Ashton, Cumbria’s Chief Medical Officer has very firm views on this issue; views which I strongly support. For various reasons provision within our area has decreased significantly over recent years whilst need has increased dramatically. Our first meeting was in a new facility called Jenkin’s Cragg built on Sandylands. I have also visited the new building in Bainbridge, next to the National Park’s Offices. There is a strong move away from the old style “Old People’s Home” to something which

is closer in feel to a hotel where individual preferences and privacy are protected.

GYPSIES AND TRAVELLERS –

Before you read this there will have been another meeting of the Gypsies and Travellers' "Respect" Group. I have continued to raise the profile of the issue in Sedbergh and Kirkby Lonsdale. Last week I made what was in effect my maiden speech on the county council upon the subject. Though I say so myself my words were well received and we now have the good wishes of virtually all county councillors behind us in our campaign to prevent a repeat of the last two years. This will be important because it is the county which appoints

members to the police authority and it is the county as Highways Authority which has the power to regulate traffic and control encampments. I remain of the view that a general injunction against breaking fields will be a key to preventing the worst excesses.

HIGHWAYS ISSUES – There have been many complaints about two sections of road. One is the road to Kendal from Scotch Jeans over to Lilymere and the other is that to Kirkby Lonsdale from Casterton to Devil's Bridge. Both are scheduled to be repaired in the next three or four weeks. Those who have been using the Garsdale Road will see that there have been major and very expensive repairs where the road is slipping into the Clough next to Low Smithy.

We are nearing the end of the ten year County/Capita arrangement. Our Conservative group is giving serious thought as to what will succeed it. Certainly it will be very different – none of us would vote to continue the present scheme. I do listen to your many views about highways provision and have strong ideas myself as to what we need down here.

Confidentiality prevents too much public discussion as yet but I hope the new ways of working will provide a much more useful service.

For non-urgent matters or to arrange a meeting please contact Anne Fenwick – 07951 465 073, AFenwick07@aol.com
Councillor Kevin Lancaster – 015396 20800, 07980 844 695, kjlanc@kjlanc.demon.co.uk, Fellgate, Dowbiggin, Sedbergh, LA10 5LS



Flicks in the Fells

The Big Screen will be visiting
DENT MEMORIAL HALL
Saturday 24th October

EASY VIRTUE 

Starring Colin Firth, Kristian Scott Thomas, Ben Barnes, Kris Marshall

Doors Open 7pm
Refreshments available
before film & in the interval
Adults £5 - Family Ticket £12
Children (u16 must be accompanied) £3
From Dent Stores, Meadowside or
Sedbergh Community Office
Profits to Dent Memorial Hall

HOWGILL W. I.

We met at Howgill Village Hall for the September meeting. President Mary Silva gave a warm welcome to members and our guest Hilary Charlton.

Two members attended a meeting hosted by Tebay W. I., when a group of magistrates were speaking, with an invitation to a follow up meeting which is to the Courthouse at Penrith.

Helen Beare and Anita Carey are polishing up their poetry reading skills as they prepare for the Reading Aloud Festival. Four members are going along to support them.

Members were reminded of forthcoming events. The next Howgill

Hikers walk will be led by Sheelagh Denniss when we will be walking in the Beetham area. The Christmas celebrations will be held at the Golf Club in Sedbergh on the 3rd December.

Mary gave a warm welcome to our speaker Ian McPherson, a retired solicitor living in Sedbergh for ten years. We were given a fascinating insight into a day in the life of a "A District Councillor". Being a big ward connected to eight parishes and involved with two national parks, the day is busy. There are decisions to be made plus thirty to forty e-mails to pass on and deal with, whilst always being available to listen and attend to



Sedbergh Community Development Centre Courses with places available

Felt Jewellery Workshop	Saturday 17 th October, Sedbergh
Have a Crafty Christmas	Wednesday 4 th November, 6 afternoons, Sedbergh
Beaded Jewellery Workshop	Saturday 7 th November, Sedbergh
You CAN Draw Workshop	Saturday 14 th November, Kirkby Lonsdale
Lattice & Cobweb Felt Scarves Workshop	Saturday 21 st November, Kirkby Lonsdale
Beginner's Internet & Email	Thursday 1 st October, 10 evenings, Kirkby Lonsdale
Buying & Selling on e-Bay	Thursday 1 st October, Sedbergh
Downloading & Using Free Software	Thursday 12 th November, 2 evenings, Sedbergh
Buying & Selling on e-Bay	Wednesday 25 th November, Kirkby Lonsdale
Computer Safety & Security	Date TBC, Sedbergh
Christmas Cooking with a Difference	Wednesday 25 th November, 4 evenings, Sedbergh
French Beginners	January 2010, Sedbergh
Introduction to Lowland Navigation	Saturday 3 rd October, Dent
Feel Confident on the Fells	Saturday 24 th October, Dent
Dry Stone Walling	Saturday/Sunday, 24/25 October, Ravenstonedale
Hill Farming – 3 Farm Visits	Date TBC November, various locations
Coppicing for Firewood & Other Uses	Saturday 31 st October & 14 th November

www.sedberghcdc.org.uk

email: admin@sedberghcdc.org.uk

Tel: 015396 21031

our concerns. This leads to a demanding schedule, which he finds both rewarding and enjoyable despite the long hours and heavy work load. Hilary Wilson thanked Ian for giving us the opportunity to ask questions and share our views.

The monthly competition for a painting of marzipan fruits was won by Barbara Axford with Helen Beare second. Hilary Wilson was the raffle winner. The social half hour was a quiz won by Bridget Postlethwaite and Dilys McCaffery. The evening came to a close with refreshments and a get together.

Next month will be the A.G.M., meeting at Firbank Church Hall on 1st

October. W. I. advisor Anne Timmings from Penrith will be guiding us through the voting. A reminder to bring along flags you have made.

AH

FROSTROW WI

What a fun night we had last month – boxes, bags and tags! Let me explain. Two of our members – Pat Ramsden and Linda Hopkins showed us how to make gift boxes, gift bags and gift tags. The ones they brought to show us what the finished article should look like were very professional and beautifully decorated. We split into two groups with the idea that we would swap over halfway through the evening.

farfieldmill

arts & heritage

Heritage displays. telling the fascinating history of the Mill; a unique range of **fine art and crafts** created by resident and visiting artists, **Farfield rugs and throws** produced on Dobcross looms; weekly **demonstrations** of weaving, rag-rugging and lace-making, plus **Weavers Café** for freshly-prepared food.

All you need for a great day out this September!

Exhibitions

Emerging Talent Cutting edge work by Contemporary Applied Arts graduates (*til 4 Oct)

Coast & Country by Suzanne Davies (*til 18 Oct)

Almost Blue Silk hangings by Anne Griffiths

Card Art An auction and exhibition of donated artworks by friends and supporters of the Mill, including celebrities – many at affordable prices.

**** AUCTION / OPENING NIGHT Friday 23 Oct,**

6-9pm, free entry – all welcome! **

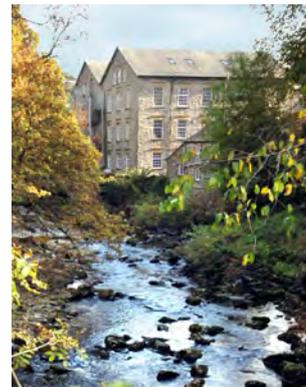
Weavers Café, open from 10am

Lunchtime specials and delicious home-made cakes and scones – outside seating area by the river. Sunday Lunch every Sunday, 12-3 (booking on **015396 21159**) – bring your own wine!

Open every day, 10.30 to 5 – just one mile outside Sedbergh!

www.farfieldmill.org 015396 21958

Local residents - FREE entry on Tuesdays



Well it turned out that we were not as 'crafty' as we thought we were so we only managed one project! It looked easy enough, it sounded easy enough butSomehow our boxes and bags were not quite as beautiful and shapely as Pat and Linda's – all that's needed is a bit more practice! With a bit of luck we'll have a stunning selection ready in time for Christmas. (I can't believe I just mentioned Christmas). It was a really good evening and even those among us who professed not to be artistic produced some lovely work. A big thank you to Linda and Pat for all their time and effort.

Our next meeting is on 7th October at 7.30 in Peoples Hall when Julia

Beeden will talk to us about the Abbeys and Priors of the North West. Visitors will be warmly welcomed – why not join us for a 'taster session'?

DENTDALE WI

There was a hint of autumn in the evening air as we gathered for our meeting and also a welcome spell of September sunshine for those on holiday including our President Catherine. In her absence, Judith Newsham took the chair.

Recent fund raising events have gone well. Following the successful Gardeners' Question Time, we will now be able to fund the renewal of the information cards for every house



Lose 7lbs in 14 days* at unbeatable value!



Classes in your area

SEDBERGH
Sedbergh Primary School,
Long Lane, Sedbergh
Thursday 6:30 - 8:00 pm

New Class Opening

* Trialists lost on average 7.25lbs in two weeks
** Bring this advert with you to claim offer below
Class Fee - £5.50

diet AND exercise
at all Rosemary Conley classes

Rosemary Conley

With our help you CAN do it!

Call Caytie on
01539 733378

caytie.wightman@rosemaryconley.com
www.rosemaryconley.com

Free membership worth £10 plus free**
portion pots® worth £4.88 when you pay for 5 weeks classes

in the Dale which will give GPS details in case of emergency. Our efforts in serving teas at the Dent Gala were also well rewarded making £260 towards the running of the Memorial Hall.

Two "Craft Days" had been held in early summer and it was time to show others the finished articles! Ann Mason displayed her completed woven waste paper basket, and Judith held up the colourful bunting made by some of our members which will be sent to the Federation offices for use at 90th celebration events.

Now three quarters of the way through the year, it is time to think of the AGM when we need nominations

for the Committee, and just to reinforce how quickly the year is going, Belle our Programme Secretary read out details of 2010 Programme but, before we get there, she would like suggestions for a venue for this years Christmas party!!!

Judith then introduced the Speaker for the evening, Andrew Lowe a retired Conservation Officer from the Lake District National Park who managed to be both entertaining and extremely informative in his talk entitled "Inside a Lakeland farmhouse." He said most old houses had been built into the landscape, near a water supply and usually

J N & E Capstick

Insurance Consultants

75 Main Street, Sedbergh LA10 5AB

Tel - 015396 20124 Fax - 015396 20791

Market Street, Kirkby Stephen, CA17 4QT

Tel - 017683 72285 Fax - 017683 72346

e-mail - sales@capstickinsurance.co.uk

**TRAVEL INSURANCE ~ CARAVAN INSURANCE
FARM INSURANCE ~ HOME INSURANCE
MOTOR INSURANCE**

SMALL ENOUGH TO CARE, BUT BIG ENOUGH TO COMPETE

J. N. & E. Capstick Insurance Consultants

are authorised and regulated by the Financial Services Authority

Now open until 7.00 pm on Wednesdays to help with all your general insurance needs.

Contact us on 015396 20124 or pop in and see us at 75 Main Street, Sedbergh

facing the morning sun, but the inside held all the clues and details of how the living space had evolved over the centuries. In the early stone houses the fireplace, needed for cooking and heat was built into the gable end of the house with a heck partition shielding it from the main door, spice cupboard and window on the other side to allow air to fan the fire. These are surprisingly consistent details and some still remain almost untouched over the centuries.

The oak wooden features were also mentioned in detail. The carved wooden stair hand rails, bread cupboards, wall panelling and beams were all indications of growing prosperity, and details we could look for in any old house. It was a fascinating talk inspiring us to look again at some of the old features in the dales houses in the area!

Rosalie Dodgson had brought along an iron as her entry for the competition for an old kitchen article and she was the winner this month. Thelma won the raffle prize. At next month's meeting on 14th October one of our members, Wendy Cooke will be demonstrating "Jewellery Making" New members and visitors always welcome.

KILLINGTON W I

This is one of those rare occasions when I am writing this report on the actual day of our meeting. It was good to be together again, our first proper meeting since July. Sadly we were without our President, Shirley,

who has been a little under the weather (or the doctor!) for the last few weeks. We missed you, Shirley, and look forward to seeing you, hale and hearty, by next month. In her absence the meeting was chaired by 'yours truly', our esteemed chairman of vice. Luckily I had a good team around me to see that I did not stray from the straight and narrow. Quite a few of our members were missing from the assembled company, and we send our special good wishes to Nora Capstick and Mary Bateman. We hope that you are both feeling better now.

In our business meeting we discussed several forthcoming events, and even discussed our 2009 Christmas Lunch, which will be on December 8th at 'The Pheasant', in Casterton. We had such a good time there last year that we decided that a return visit was in order.

Our speaker today, together with his two friends who also spoke on command, was Dr. David Watt, for many years a dentist in Kirkby Stephen. We learnt that, many years ago, he had instructed our own Sedbergh dentist, Ian Dawson, so if you have a painful extraction you know who to blame!

David is a member of The Search And Rescue Dogs Association (SARDA), a specialist Mountain Search and Rescue Team dedicated to training dogs to search for missing people. We learnt about how the dogs are trained and the tests they and their handlers have to pass to be

useful as rescue dogs. Search dogs and handlers are amongst the first to go out looking when there is a call out for a missing person. They work often at night and in bad weather. They regularly assist the police to search in other environments. They often look for children, despondent people, and the elderly and confused. The dogs live as family pets in the homes of their handlers. David's two dogs, who were with him today, were Thunder and Flash, both collies, as are the majority of search dogs. David answered many questions, and we really enjoyed his visit. Incidentally he remarked, after listening to our future plans, how impressed he is at how many and varied are the activities

offered to WI members. What an enterprising lot we are!

Our meeting concluded with tea, our competition, our raffle and lots of lovely chat. The competition for a 'picture of a mountain' was won by me, (honestly, it wasn't rigged!), the raffle was won by Sally Cragg, and we all enjoyed the chat.

Looking at our programme for next month, I see that the competition is for, 'a decorated chamber pot', and that our speaker Geoff Wood will spout forth on 'Sewers'. Come on now! You can't miss that! 13th October, at 2-00 pm in the People's Hall. New members and visitors always welcome.

W.F.U.

Sedbergh CDC presents
highlights rural touring scheme

**Two Gentlemen of Verona
or Vakomana Vaviri Ve Zimbabwe
Performed by Two Gents Productions**

A Zimbabwean take on Shakespeare's play in which actors Denton Chikura & Tonderai Munyevu take on all the parts using little more than a trunk, some scarves and hats.

**Saturday 14th November
Settlebeck High School, 8pm**

"Exquisite...small but perfectly formed"
The Times—Critic's choice



Tickets: Adults £7, Child/Benefit £4, Family £20
Free tickets for under 26s—please enquire
Bookings (Sedbergh Tourist Information)
015396 20125

ROYAL BRITISH LEGION

The meeting started with the Exhortation & Silent Tribute led by the Chairman

War Memorial gates – these were still in need of repair and John Douglass would approach Michael Mudd.

Long Service Awards for Poppy Collectors – all the awards had been organised and there is to a meeting for final arrangements for handing them out.

Terry Jeffries has been organising this Branch's Poppy Appeal for 11 yrs. and is to retire at the end of this school year. The Committee felt that his dedicated service to this cause should be recognised & it was decided to present him with an engraved decanter from the Branch at the forthcoming talk on 'RAF & Low Flying Aircraft'. Rose & John P to organise.

The Rev. Carol Marsden also made

a suggestion that the Remembrance commemorations around the War Memorial could be made clearer or louder so that those at the back could hear everything that was said.

Coffee Morning - John Douglass thanked all concerned for their help and Carol for allowing us to use the URC rooms. The morning raised £217.44p profit.

Social Events – Talk on "The RAF and Low Flying" to be given by Ms. Carol Bell, the RAF Regional Community Relations Officer, on Wednesday. 30th September at 7.30pm in the People's Hall. Poppy Collector's Long Service Awards to be distributed before the talk.

Welfare Committee – Colin Weir reported that Mrs. Gibson was much better.

Any other business

The Rev. Carol Marsden of the URC had been invited to attend the meeting to discuss the Remembrance



AMJ

Plumbing & Heating Engineer
No Call Out Charge
Free Estimates
Quick & Efficient
No Job Too Small
Local Lad charging reasonable rates

Tel: 015396 20464 Mob: 075906 588 30

- All your Plumbing, Heating & Gas Needs
- All Gas Appliances Serviced - Landlord Safety Checks
- City & Guilds NVQ3 Qualified

Please give Alastair a call and you will not be disappointed.



Concert to be held on 11th November. She asked whether we approved of the active Remembrance Commemorations incorporated into last year's concert & whether it should continue in this format. There was unanimous approval from the Committee. She also asked whether there was anything from the history of this Branch which we would like to be included, and to let her know if there was. Carol also wanted to discuss an idea for the St. Andrew's Remembrance Service which she had already talked to the other ministers about and gained their approval: "Order of Service to mesh more effectively with RBL ceremony at the War Memorial. The Service Sheet could display on back page a short description of what RBL is and does today; how people can get involved & advertising of our meeting times/coffee morning etc. To get the project off the ground Carol offered

her services in collating & printing of approx. 250 copies. The Committee was very enthusiastic in their approval. She also offered the use of the Sedbergh Primary School Choir of which she is now in charge. This would bring in parents & involve the younger generation. The Committee expressed their thanks for Carol's input into this evening's meeting. The Remembrance Service is to be taken by the Methodist Minister this year.

John Estensen will be Standard Bearer. Escorts to be arranged at Octobers Meeting.

Henry Sowerby's booklet about 3 Sedbergh men who served in the 2nd World War has been printed through the kind efforts of Janice Rusling at Sedbergh Office Services. 25 copies will be printed and available for £4.50.

The next meeting will be on 8th October at 7.15pm in the White Hart Club.

ABB EY ROOFING

Specialists in All Types of
Roofing Work including:

<ul style="list-style-type: none"> • Complete Re-Roof • Insurance Work • Grant Work 	<ul style="list-style-type: none"> • Roof Repairs • Storm Damage • uPVC Roofings
--	---




YELLOW PAGES

ABB EY ROOFING
 Penrith 01768 758573
 Carlisle 01228 808874

www.abbeyroofingcumbria.com




AGE CONCERN VILLAGE AGENT

This exciting new programme is being launched in Sedbergh and will enhance the services currently provided by Age Concern South Lakeland through Helpline Advisers and Specialist Officers. Village Agents will provide older people, particularly in more rural communities in South Lakeland, with easier access to services and information.

Village Agents are Age Concern South Lakeland staff who are based in or near the community they work in and who have been trained to:

- Provide accurate and consistent information.
- Provide an easy to access approachable point of contact that is both confidential and non judgemental.
- Put people in direct contact with the Age Concern Specialist Officers or other Agencies that are able to provide the service they need
- Carry out a series of practical checks for older people in their homes
- Help build communities.

Each Village Agent will work 10 hrs per week but they will all approach the job in slightly different ways – some will hold regular surgeries in local halls whilst others will make themselves known by attending existing events such as village coffee mornings. An important part of the role of the Village Agent will be to work closely with other voluntary and statutory agencies in South Lakeland. This will ensure that Village Agents



'quality work for the discerning client'
Ian Higginbotham
PAINTER & DECORATOR
Telephone 015396 21073 Mobile 07813 818958
e-mail: painter.ian@btinternet.com

are aware of other services available for older people, besides those offered by Age Concern South Lakeland, so they can help the client access the services most appropriate for their needs.

Because Village Agents are locally based they will work with their community to try and address identified needs and help prevent isolation – for example helping to organise Chair Based Exercise Classes; setting up a meet and eat lunch or arranging a local transport rota. Village Agents will also encourage people to volunteer with Age Concern – perhaps by joining the Bridge Building Team.

We are holding an information morning at Sedbergh Community Office on Wednesday 21 October between 10 am and noon – so if you are interested in the job of Village Agent in Sedbergh or would just like to know more about the services of Age Concern South Lakeland then please come along or contact Penny Pullinger, Village Agent Co-ordinator. 01539 728118 e-mail ppullinger@ageconcernsl.org.uk

Apple Macintosh Help & Advice
 problem solving – upgrades – installations

Video to DVD Transfer
 preserve those irreplaceable home movies

Audio Cassette to CD Transfer

**Digital Photographic
 Renovation & Retouching**
 retouching of scratches & tears –
 even remove that unwanted relative!

Contact Andrew on 07788 688490
 or email: andrew-allan@virgin.net

FAMILY MUSINGS

My brother certainly knows how to travel, Queen Mary 2 from Southampton across to New England, Boston and Halifax Nova Scotia, name just a few of the places they will visit before sailing back to Southampton, no planes so no jet-lag to recover from or delay a visit to see us. I see such cruises advertised and often wonder who has the inclination, time or money these days to partake of such luxury, now I know. There are a lot of other questions I wonder over that don't get answered, for example why are some people always so negative? Being positive makes such a difference don't you think? Or why some people always want to know the far-end of what one is doing or going to do, sometimes I don't know myself let alone tell them! Or why when you tell someone something is the matter with you they have had exactly the same, only, and this is the interesting bit that sometimes makes me grit my teeth, much worse than you of course!

On Saturday we are off to a huge family reunion, except most of those

there will never have met before so can it be called a Reunion? A huge family get-together at Hellifield, arranged by a couple of my mum-in-laws family and to include their offspring and as many generations downwards as there are, she, my mum-in-law is a great-grandma so there will be a few generations. When we get together with hubbys siblings and families and a little tot says "Granma" I expect they mean hubbys mum but they mean one of his sisters. Anyone unable to attend on Saturday has to send a photo so the rest of this huge extended family can at least see what they look like!

My skin has been poorly with the most awful rash for weeks now but at last some signs of improvement thank goodness, hubby says applying the lotion to my back every morning is like plastering a wall .. will just take his word for that as it's not something I have done or wish to do. Some new experiences can be very good, a close friend took me to the swimming pool at Capernwray last week to help me with my fear of water after a bad experience in Lake Windermere as a teenager, and wrapped up in a lot of prayer it all went well, I managed to walk about in the pool holding her hand and put all except my head in the water. This is in preparation for the Baptism of the Holy Spirit by full-immersion that hubby and I will have at the end of Sept at Heysham, not in the sea in a Baptism Pool at the Free Methodist Church there. Exciting, positive times to come, enjoy yours.

Sarah

New Class!!!
LEGS, BUMS & TUMS
A fun total body toning workout

Every Wednesday
 7 - 8pm
 Settlebeck High School

No Booking Required
 For further information, contact Kim Ball 07968 982613
 Holder of Fitness Diploma in ETM, Step & Conditioning



FIRE SAFETY

A clean chimney is a safe chimney

The autumn months are nearly upon us, with rising fuel costs many home owners are reopening old fireplaces and using wood or coal to heat their homes.

Cumbria Fire and Rescue Service have seen a resulting increase in chimney fires. Regular sweeping could prevent the majority of these. Sweeping also reduces the risk of dangerous fume emissions that may be present if there is a blockage in the, chimney or flue.

"To keep the risk of fire to a minimum, it is vital that all flues and chimneys are maintained in good working order at all times," This is just as important for appliances that use gas, as those that burn coal, wood or oil." said Station Manager Brian Steadman,

Modern chimney sweeping is an efficient and clean process that removes the build-up of soot and clears any obstructions such as birds' nests and leaves.

It is not just chimneys which bring extra risks with open fire but also the

dangers posed by the fires themselves. If people take a few simple precautions they can make sure that they and their homes are safe.

So before you light up, think about the following:

- Chimneys using smokeless fuel or bituminous coal/oil should be swept at least once a year.
- Chimneys using wood, should be swept quarterly when in use
- Ensure a fireguard is in front of the fire at all times, spark guards can prevent a serious property fire.
- Extinguish the fire before going to bed or leaving the house
- Do not light fires using flammable liquids such as petrol or paraffin.
- Do not burn paper or rubbish on fires in the grate
- Have your attic checked occasionally when the fire is alight, checking for smoke from cracks, defective brickwork or mortar joints.

"A fire in the home can be devastating, but ensuring that chimneys and flues are well maintained greatly reduces this risk, It is easy to forget about getting chimneys and flues swept because you can't see when it needs doing, but ensuring that this is done every year will help you to stay safe," said Station Manager Steadman.

For further information or a free Home Safety Visit from Cumbria Fire and Rescue Service please call on 01539 797628 or 08003584777.

Brian Steadman

**SEDBERGH AND DISTRICT
COMMUNITY OFFICE NEWS**

**Happy Birthday to The Community
Fund Charity Shop**

Clutterbooks and Clobber, as it is now called, will have been open for a year on the 1st of October. Thanks to your support and the time and effort of our dedicated band of volunteers, the shop has been able to contribute over fifteen thousand pounds to the Community Fund. The Fund is a registered charity and this money is available, at the discretion of the Trustees, to support local organisations and projects for the benefit of the wider community.

The Trustees meet again on the 4th of November to consider further requests for funding support. Please contact the Community Office for details.

Welfare Benefits Advice

If you need information about Carer's Allowance- Attendance Allowance- Disability Living Allowance, Incapacity Benefit- Income Support, or if you need help with the completion of claims forms or want a full benefit assessment, Stephen Hennefer, Benefits Adviser with the Disability Association will be holding his next drop-in surgery at the Community Office on Tuesday 13th October.

The surgery which is open from 10.30-2.00 provides free, confidential advice to anyone who is affected by ill-health or disability, or to their family or carers. Just call-in or make an appointment via the Community Office.

**Daphne Jackson
MSc (Ost) DO**

Registered Osteopath
BUPA Provider

**Mill Barn, Broad Raine
Killington LA10 5EP**

Please ring Kendal Practice
for appointments
01539 740452

Age Concern

On Wednesday 21st of October from 10-12am, the Community Office is hosting the Age Concern information morning about its Village Agents Project We are looking forward to working with Age Concern and if you would like to know more about the services of Age Concern South Lakeland and in particular, the role and responsibilities of the Village Agent, do call in.

The 3Ps Debate.

We are pleased to note that the Parish Council has expressed a commitment to address the pavement and traffic calming issues raised in recent editions of the *Lookaround*.

**The Community Office Annual
General Meeting**

The AGM will be held in the URC Rooms at 7pm on Monday the 9th of November. This is an opportunity to contribute to a review of the role Community Office, to consider and if necessary, revise its terms of reference and its constitution and to identify its aims and objectives for the next few years. All interested parties welcome.

SETTLEBECK HIGH SCHOOL
Settlebeck Student gets top GCSE mark in country!

189 out of 200. This mark is rarely achieved by anyone in any GCSE but this is what Year 11 student Lizzie Hunt gained in her Catering exam this summer. However, this is not just a good mark, it was the best mark in the country. Out of over 13,000 students who sat their WJEC Catering GCSE exam, Lizzie's mark was the highest.

She was surprised and thrilled when she received the telephone call informing her of her achievements. "Within minutes my mum was on the phone telling all my family" said Lizzie. "She'd originally thought I should drop Catering to concentrate on my Science. I'm glad I didn't!"

Catering teacher at Settlebeck School, Helen Waring, is extremely proud of her achievement. "She is very talented, both practically and academically. Her dishes were of an incredibly high standard and she demonstrated mastery of some very technically difficult skills such as flambé and making soufflés."

Headteacher Dr Judith Greene was delighted when she received the letter from the Chief Examiner. "The letter described Lizzie's achievements as magnificent and commented on the fact that all the elements of the course were of the same extraordinarily high standard."

Since hearing the fantastic news about her Catering exam, Lizzie had received the rest of her GCSE results

and got an outstanding 11A* and 2A's.



CHAMBER OF TRADE

An Open Invitation

Anyone who runs any type of business from Sedbergh and District should come to the Annual General Meeting of Sedbergh Chamber of Trade on 19th October. There will be drinks and nibbles and a business presentation. Members of the Chamber of Trade committee will be on hand to explain what the Chamber of Trade does and what its benefits to Sedbergh are.

During the past year the Chamber of Trade has achieved a number of things. In addition to regular events such as organising Christmas Late Night Opening, we have produced a promotional DVD, 'Get to Know Sedbergh', and continue to develop the Sedbergh promotional website, www.sedbergh.org.uk, which consistently gets around about 220 genuine visitors per day, each of them looking at, on average, three pages a time and spending, again on

average, about two-and-a-half minutes looking (a goodly time in web-page terms). These visitors are predominantly from the UK though they include people looking from literally all over the world.

This year a separate group called Howgills Experience has been formed, associated with the Chamber of Trade, to deal with the specific promotional issues facing accommodation providers. The plan is for this group to have a distinct identity, thus allowing the Chamber of Trade to focus on more general business developmental topics.

Plans for the Chamber for the coming year include producing a new leaflet to promote Sedbergh and

pulling together a database of businesses in Sedbergh and district, classified by business type, to better target information and sharing of ideas of interest. We intend to develop contacts with Cumbria Chamber of Commerce and the Economic Development team at Cumbria County Council, especially with regard to European Policy Development, and initial contacts are already underway.

At the meeting on the 19th October officers for next year are to be voted in. There could be some new faces and fresh ideas – could even be yours - so come along and vote. 19th October, at 8pm in the People's Hall.
Carole Nelson

Eden Recycling Skip Hire

We provide environmentally friendly Skip hire, recycling over 80% of all waste brought into our fully licensed and approved Waste Transfer Station situated in Kirkby Stephen

Contact

- Tel 017683 72322
- Mob 07860 426716
- www.edenrecycling.co.uk
- Email edenrecycling@aol.com

We can supply Mini, Midi, Builders size skips and 25 yrd Roll on off bins. Demolition, asbestos testing, and removal. Crusher Hire Recycled Aggregates delivered, as well as sand, and concrete mix, supplied loose, or in 1 ton dumpy bags

Waste carriers license
CMA/192914
waste management license
EAWML57540
issued by environment agency



AUGUST WEATHER

It takes some believing but this month was even wetter than last!! With a total of 6.72 inches there was over 1/2inch more rain. The only consoling feature was that we were not the wettest place in the UK! However in the middle of the day on Friday the 21st we had one of the worst hail storms I've witnessed. Certainly my 17 year old passenger had never seen anything like it. I thought the hail stones were about to shatter the windscreen. They were the size of large peas or small marbles. In a matter of minutes everywhere was an inch deep in white. All the animals ran for cover. At the end of the first week it did seem

as though we might have a dry spell but it only lasted 3 days! With the atmospheric pressure moderate winds were variable with most days reaching maxima in double figures. The highest gust recorded was 19.5mph once again from the North West. The rain had a cooling effect on temperatures with only a handful of days reaching the 70sF with a maximum of 76.3F. The lowest recorded temperature was 43.0F.

The weather obviously had an effect on the natural world. The swifts having moved South the swallows started to follow them mid month though in the latter part of the month we actually had more about as lots passed through especially

Cumbria Eco Heating Limited

Ground Source Heat Pumps & Solar Panels

Prospect House, Marthwaite, Sedbergh, Cumbria, LA10 5HS

Trevor 015396 20796 or 07771514535 George 015396 21287 or 07977514229

Email: info@cumbriaecoheating.co.uk

www.cumbriaecoheating.co.uk

- Save up to 70% off your Heating Bills
- Lower your Carbon Footprint
- Grants Available
- Please ring for a no obligation chat
- Full Service Provided – Planning, Excavation, Installation and Commissioning
- We are the local Worcester Bosch Group accredited installer of Ground Source Heat Pumps

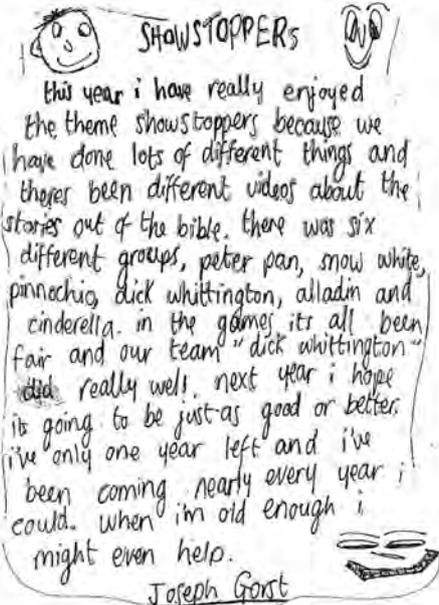


youngsters. Butterflies were still short in numbers even though the buddleia was in bloom. Apparently we have had an invasion of millions of painted ladies this year from the continent but very few have made it this far as I have only still seen a couple. Our grand daughter's class have helped the numbers by successfully hatching some out at school. Bumble bees are still plentiful in spite of the weather. The birds, particularly house sparrows, have been going down the fat balls at break neck speed. We haven't seen the long-tailed tits all summer. Let's hope these comics return soon. The warm damp weather has certainly encouraged plant growth especially weeds around the garden. In spite of earlier doubts there seems to be the likelihood of a good crop of damsons and sloes. Our one plum tree is weighted down with fruit but lots is going mouldy on the tree as a result of all the rain no doubt.



EDWIN MIDDLETON
JOINERS
 All aspects of site joinery work
 30 years experience
 We design, manufacture purpose made joinery in our own workshop.
 All your requirements fully fitted.
 UPVC windows & doors
 Free Advice and Estimate
 Phone: 015396 25431 or 015396 20074
 Mobile: 07779 049103 or 07814 149105

SHOWSTOPPERS HOLIDAY CLUB
 This years event was held in the People's Hall from 27th July to 1st



SHOWSTOPPERS
 this year i have really enjoyed the theme showstoppers because we have done lots of different things and there's been different videos about the stories out of the bible. there was six different groups, peter pan, snow white, pinocchio, dick whittington, aladdin and cinderella. in the games its all been fair and our team "dick whittington" did really well. next year i hope its going to be just as good or better. i've only one year left and i've been coming nearly every year i could. when i'm old enough i might even help.
 Joseph Gorst

August by the Churches Together. The leaders had a great time but here are some comments of some of the 70+ children that attended and what they thought of it.

I thought Holiday lub this year was great because I liked the games, especially the game where we had to put our face in cream and get the chocolate ... *Katie*

I liked the songs best especially Father Abraham ... *Sam*

I liked the games and learning about God in the stories. It was really good fun ... *Robbie*

I like making stuff and I like Tim and Sandy too .. *Sophie*

We do different songs and we have food and drinks too .. *Michael*

Thank you for all your prayers, they really do make a difference to the week.

YNDP 3 PEAKS

Calendar Girl Angela Baker has become the first person to join a new group aimed at helping to preserve Yorkshire's beautiful Three Peaks.

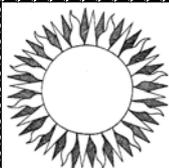
Angela, who posed as Miss February in the famous Rylstone WI nude calendar, joined guests and Yorkshire Dales National Park Authority (YDNPA) staff at a special event to mark the formation of the Friends of the Three Peaks.

Her husband John, whose death from non-Hodgkin's lymphoma sparked the fund-raising calendar for Leukaemia Research, worked for the YDNPA as an Assistant National Park Officer and started the first project to conserve the path network around

Pen-y-ghent, Whernside and Ingleborough.

The Friends of the Three Peaks group is the latest phase in a new, three-year project to try to protect and conserve the area, which receives about 250,000 visitors a year and, in 1986, was judged to have the most severely eroded footpath network in the UK.

The Friends of Three Peaks has an annual membership fee of £10, although you can pay more if you wish. As a 'Friend' you will receive regular newsletters, be able to go on Friends walks and have the opportunity of becoming involved in looking after the Three Peaks paths. It provides a way for people to put



OPTIONS for health and well-being

Options are having some Taster Sessions in early 2009. Call in for details.

Now open Tuesday, Wednesday & Thursday

Yvonne Cervetti	Aromatherapy, Hot Stone Therapy and Massage	015396 21303
Elizabeth Hilton	Light Therapy	015396 21800
Deyna Hirst	Yoga Consultant	015396 21556
Ian McPherson	Homeopathy and T'ai Chi	015396 20648
Melanie Missenden	Counselling, Aromatherapy, Remedial Massage, Reflexology, Hot Stone Therapy, Reiki, Indian Head Massage	015396 21058
June Parker	Acupuncture	015396 20972
Denise Williamson	Homeopathy and Bowen Technique	015396 20846
Daisy Lussierfigg	Aromatherapy, Reflexology & Hot Stones ...	01539 567579
Victoria Reed	Hypnotherapy	07803 047643
Peter Burridge	Counselling	07817 718793

Health practitioners in the local area



something back into the area. Anyone wanting to become a Friend should log on to the YDNPA website at http://www.yorkshiredales.org.uk/friends_of_the_three_peaks_membership_form.doc and complete the form before returning it to Friends of the Three Peaks c/o Josie Simpson, Yorkshire Dales National Park Authority, Colvend, Hebden Road, Grassington, Skipton, North Yorkshire, BD23 5LB along with a cheque made payable to 'Yorkshire Dales National Park Authority' and marked on the reverse 'Friends of the Three Peaks'.

FRIENDS (QUAKERS) MEETING *Brigflatts*

Inspite of the illness of our excellent Warden, Tess Satchell, we are continuing to cope with the usual stream of visitors from Britain and all over the world, including, among many others, visits from the only Quaker School in Japan, the Northern and Southern Quaker Schools, a group of Australians, people who are interested in the poet Basil Bunting who was inspired by our Meeting

House to write his most famous poem, "Briggflatts", (his spelling !) and people interested in the building for its own sake. Whatever their reasons, whatever their faith, all seem to feel a great sense of peace.

The children / young people's group is thriving, thanks to some very dedicated adults, who lay on a variety of activities. Nigel Morgan, composer and lutanist, and Alice Fox , soprano, gave a concert of Early music, and as a bonus they performed Nigel's own composition "Improving the Silence ", inspired by Brigflatts.

Quaker Week starts on 3rd October with a talk by Sybil Oldfield (University of Sussex) editor of "Kindertransport, Before and After" at 3.0 pm in the Meeting House, on "The Kindertransport and the Quakers". In 1939 the last of ten thousand German Jewish children were brought to safety in Britain. How was this done?

On 5th October, Sybil will give another talk on Thomas Paine, anti-slavery campaigner, revolutionary, and exiled author of "The Rights of Man", whose bi-centenary is this year. Was he influenced by his Quaker upbringing and the 17th century Quaker persecution history when Quakers "spoke truth to power".

Discussion and refreshments after this talk.

The first talk will be geared to A-level students , but all are welcome to either or both talks --- no admission charge of course !

In Friendship

Valerie Finch

CHURCHES TOGETHER

in Sedbergh

For most of the churches in Sedbergh we are approaching Harvest celebration, it is then a quick leap to Remembrance and then before you know it Advent and Christmas is upon us! At such times it is both time to be busy with planning and preparation and also time to take stock of the passing year!

Sedbergh Churches Together group has been doing that together as we have looked at what we do together and what we plan on sharing over the coming 12 months. We reflected on the summer holiday club, the biggest yet! the musical weekend in July 'Greater than Gold' which culminated

in a shared service and many requests to do something similar again in the future and heard of the success of the Monkey House Youth Cafe, run for teenagers in Sedbergh by a group of young adults from Sedbergh Churches.

A small group of representatives meet every 3 months to plan these events and work on behalf of the churches. As the current chair I was pleased to welcome Tim Widdess, Methodist Minister, as the new Vice Chair at our September meeting. The other officers of the group are Ben Maunder and Emma Brown as Secretaries and Kate Roberts as Treasurer.

As usual we will be uniting for

Sedbergh Office Services

13 Kings Yard, Sedbergh Tel./Fax 015396 20788

e-mail: office@sedberghofficeservices.com

OPENING HOURS

Monday - Wednesday & Friday 10 am to 4:30 pm (Closed Thursday)

Saturday: 10 am to 12 noon

All types of bulk photocopying available up to A3 size

at low prices

Laminating up to A2 size

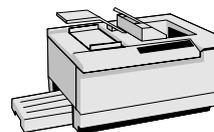
Wide range of office materials

Printer ink cartridges

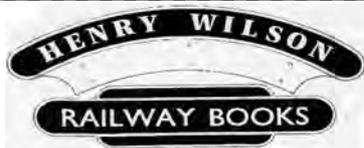
Labels a speciality

Fax service available 24 hours a day

Plus much, much more!!



All your stationery needs always available



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.

Book Tokens sold & exchanged.
Free Book Search Service

61 Main Street, Sedbergh LA10 5AB
015396 21111 & 01829 740693

www.henrywilsonbooks.co.uk
e-mail: hwrailwaybooks@aol.com

A selection of our stock is also available in
The Dales & Lakes Book Centre 72 Main St.
Tel: 015396 20125

Remembrance Sunday and are planning a joint Carol Service for the 20th December. Last year the United Reformed Church was packed for the occasion. As well as singing and celebrating Jesus' birth £300 pounds was raised and split between Zak Hall, Farm Crisis Network and Manna House. It truly is a highlight in our Church and Town calendars.

We are already planning ahead for 2010 and are arranging a winter walk in January to celebrate 'The Week of Prayer for Christian Unity' and plans are afoot for a new drama/musical project for Spring.

Churches Together in Sedbergh is not about making us all the same but

enjoying what we do together and respecting what we choose to do apart. Keep an eye out for our planned new noticeboard on Main St which will keep you informed of such events.

Carole Marsden, Chair of Churches Together in Sedbergh

PEOPLE'S HALL

The Management Committee, chaired by Steve Longlands, has set up two subcommittees to progress the proposed redevelopment.

The Planning Subcommittee is convened by Dr Gina Barney and includes Steve Longlands, Andrew Allan and Barbara Hartley, our Architect. Its remit is to finalise the plans for submission to the Yorkshire Dales National Park planning authorities and subsequently to manage the physical works.

The second subcommittee, the Fund Raising Subcommittee, is convened by Dr Hilary Hodge and includes Sean Hobson, Jack Mclean, Carole Nelson and Douglas Thomson. Their task is to raise the funds. They will be responsible to coordinate all approaches to major funding bodies. Their work cannot be achieved alone and they welcome approaches from Townsfolk with ideas for fundraising, however small. They plan to hold an Open Meeting at 7.30pm on Tuesday 6 October 2009 in the People's Hall.

We have started a blog giving up-to-date information and news at:
www.sedberghpeopleshall.blogspot.com (short link www.bit.ly/PH0001)

Dr Gina Barney Secretary 20790

OCTOBER GARDENING

This month is the time when I begin my garden tidying in earnest. The first task is to prune back fruited canes of Blackberries and train in this season's growth. There are various cultivars of blackberry, some with thornless stems which make them easy to handle and less painful to harvest, and some with extra vigour and enormous fruits which give a heavy crop. I find both to be lacking in flavour and much prefer to cultivate a wild bramble. Blackberries grow extremely well if trained up through a hedge, planting the root underneath the hedge and training new canes along the top of the hedge (assuming it isn't too tall) and down over the sides. Evergreen hedges such as Leylandii and Yew make very good supports as they provide a neat solid framework and when grown on the south or west side of the hedge the canes produce an excellent crop of early fruits and take up no more space than the hedge itself. Hedge cutting can be left until after fruiting has finished and the old canes cut down to the ground. New canes are then carefully pulled to one side and the hedge trimmed around them.

I am giving my Autumn raspberries (cultivar 'Autumn Bliss') a last chance at fruiting under the normal pruning regime but if the two previous years are anything to go by I will not expect a crop of any size. The canes came from a garden in Silverdale where they fruited very successfully. Our

o'neil&petrie
architecture
& design



We pride ourselves on providing a full range of architectural services tailored to suit all our client's specific requirements across Cumbria, North Lancashire and North Yorkshire.

Please contact us on:

01539 738899
www.oneilandpetrie.co.uk



Sedbergh growing season is a good 2 – 3 weeks later than that balmy corner of Lancashire, and so far it hasn't been warm for long enough to allow the canes to mature and fruit. It seems a shame to dig the whole lot out so I may see how they perform if pruned conventionally – in mid or perhaps late summer. Gardening always gives plenty of scope for experimenting and if I have a bad year for a particular crop this year, I always look forward to trying again with a new method in the next growing season. Who knows. It may actually work next time.

Elaine Horne

SOUND OF SIRENS

Many readers will remember the time when our son John was assisting with *Lookaround*. Moving to others pastures in Leeds a few years ago (not necessarily greener!), he met up with 4 musician friends and began having some music sessions. They called themselves "Sound of Sirens" and played in one or two pubs in Leeds. John plays the Drums and writes for the Band which includes Rob on Vocals, Danny & Mick on guitar and Pete on Bass. Since then, they have played in some 'Battles of the Bands' in Leeds and won them all.

They have a Web Site with more information at: www.myspace.com/soundofsirens666.

They have recently been invited to Recording Studios in Leeds and have made a DVD of one of their songs which was co-written by John. Part of this Video can be seen on the Web at <http://www.youtube.com/watch?v=KkPFJJ0OVPU>

On 31st January 2010, 'Sound of Sirens' have been invited out of 2,000 Bands, to perform with 29 others on Sky TV (Channel 195) in "The Best of the Bands 2010" where they hope to do well.

A review of the Band can be found on www.lemonrock.com/soundofsirensleeds

Maybe they will come and play in Sedbergh one day!!

D & J W



The Wine & Coffee Lounge

at

The Old Dairy Farm

Widdale, Hawes, DL8 3LX Tel: 01969 667070

3½ miles from Hawes on the B6255 Ingleton Road

Open For

Morning Coffee : Lunch : Afternoon Tea : Dinner : Sunday Lunch

Fully Licensed

*We offer a wide range of coffees and teas,
a comprehensive wine list, selection of malt whiskies, liqueurs and spirits, and a variety of menus.
Theakstons & Kronenbourg on draft.*

Try our
Early Evening Special
available 5.30 - 6.30pm
2 courses £12.50
3 courses £15.00
by advanced booking only
Excluding December

Our tasty, evening
a la carte menu
offers local and international cuisine
Prices from:
Starters £3.75
Mains £10.50
Desserts £5

Our traditional
Sunday Lunch
Menu is only
2 courses £12.50
3 courses £15.00
and is supported by
blackboard specials

Usual opening times

Friday & Saturday : 10:30am to 3:30pm (ish) ~ Thursday, Friday & Saturday : 5:30pm to late
Sunday : 11:00am to 3:30pm (ish)

Our Restaurant is available for private hire.

Richard Johnson & Partners

Solicitors

For a personal service
in an impartial world

Home and Farm visits (free)
by prior arrangement

Agricultural Matters	Wills
Probate Trusts and Tax	Conveyancing
Family	Commercial Transactions

Contact: Michael McGarry
Tel: 01969 667000
E-mail mbmccgarry@dial.pipex.com

Market Place Hawes North Yorkshire DL8 3QS	7 Railway Street Leyburn North Yorkshire DL8 5EH
---	---

Tel : 01969 667000 Fax : 01969 667888	Tel : 01969 625577 Fax : 01969 625588
--	--

EXIT THE EU NOW!

The political elite of continental Europe, the competitors and erstwhile adversaries of Britain, set up the EU (European Union) to act as a proxy in their plans to take over the UK for commercial and political reasons.

The French 'founding father' of the EU said "The nations of Europe should be led towards union without their people understanding what is happening; each step disguised as having an economic purpose, but which will inevitably and irrevocably lead to federation".

Former French President Mitterand told his confidant Magoudi "I will take

my revenge on the English upstarts. I will destroy their beloved island by linking it with Europe" Magoudi let the cat out of the bag.

By agreement with the Lib-Lab-Con UK politicians, none of whom will allow a vote on EU exit, Britain is being taken over step by stealthy step. Under the pretence of trade advantages, UK politicians have agreed to the UK to be taken over.

National governments of EU member countries will be abolished. In England's case, Westminster parliament and government will be replaced by John Prescott's Regional Assemblies which will take instructions from Brussels. On the latest EU maps England has disappeared!

The latest estimate on the cost of EU membership to the UK is over £100 billion per year, an average of over £1,768 for each citizen; money from the EU is only a fraction of the total cost to the UK. The trade deficit with the EU is over £40 billion a year.

Apart from the UK independence party none of the British politicians will allow a vote on EU exit. The agreements they have made with the EU are illegal and treason. Only the UK electorate hold power to assign sovereignty and independence to a foreign entity.

Without UKIP MPs in the next election England is finished. The discredited Lib-Lab-Con politicians must be consigned to the dustbin of history.

Edwin Bateman



Cleaning Services

Phone:-
07883 515 220

SETTLEBECK HIGH SCHOOL

Firefighting

We got picked with other people to do a firefighting course. There were Settlebeck and Baliol schools and we did it for 10 weeks and did all sorts of things. We cut a car up, learnt heartstart and how to put hoses out. We went out in the fire engine sometimes. We went to Kendal and in the BA chamber – it was pitch black and we had to search around the chamber for the dummies; there were two children and a parent. One was very heavy. I really enjoyed it. On the day we showed our parents what we had learnt and we had a presentation and got certificates and took a lot of pictures. *Zoe Underhill*

FARNHAM & BRIGGS Upholsterers

Underley Home Farm,
Kearstwick, Kirkby Lonsdale
We offer quality craftsmanship,
specialising in re-upholstery, leatherwork,
& general furniture restoration.
We also have a wide choice of
fabrics to choose from.
Tel: 015242 - 71207/71582
Mob: 07901 783806

Paul Hoggarth



Building Contractor

**6" Wood Chipper For Hire
Small Plant Hire**

015396 21413

07968 977429

SEDBERGH & DISTRICT ART SOCIETY

The annual Summer Exhibition, held in the Sedbergh School Library, received many favourable comments, well over thirty pictures were sold, and the standard of the exhibition seems to improve each year. Many thanks are due to the School for its continued support, and to the organiser Helen Shields and her enthusiastic band of helpers who made this year such a success.

We are now looking forward to our winter programme, which will include the Wednesday morning informal art group, the fortnightly evening talks / demonstrations on Fridays in St. Andrew's Church Room, and the fortnightly Thursday evening portrait group, hosted in turn by the artists.

Meanwhile -- keeeeeeep painting !

V. Finch

SEDBERGH SWIMMING CLUB

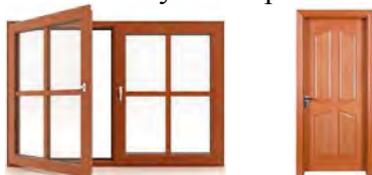
Want to improve your fitness this autumn? How about swimming the Channel - yes, it really is 2 years since we did it! Count and record your lengths until December 6th in the relative comfort and safety of the pool. Come on, it's only 1416 lengths - share it with a friend/group or even on your own. There are still 7 swimming weeks left before Christmas - so as long as you average 203 lengths per week it's a fait accompli! The over 50's group will of course be sprinting there and back again! Any sponsorship raised will go to the charity Aspire which supports people with spinal injuries. **YOUNG LEARNERS!** There are still a few places left in beginners' and intermediates' Tues and Thurs classes - any takers? Contact Claire Roper 20466.

Kate Thexton Tel 20574, Secretary.

MIKE PAGKHAM

Joiner

Over 30 years experience



Windows - Doors
Wood ~ PVC ~ Facia Boards
Fitted Kitchens

Mob: 07917 807898

Tel: 015396 21484

TIMBER FOR SALE

- * Kiln Dried Oak & Hardwoods of furniture & joinery grade
- * Fresh Sawn Oak & Larch structural beams cut to size
- * Fire wood bundles
- * Wood chippings & Sawdust

For help & advice contact

Philip Richardson
Cabinet Makers
Timber Merchant
& Sawmillers

Hill Top

Newbiggin-on-Lune
015396 23422

www.philiprichardson.co.uk

St ANDREW'S CHURCH FLOWER FESTIVAL

A big thank you to all the very talented flower arrangers who helped us decorate St Andrew's, Sedbergh for the Flower Festival, which took place over the Bank Holiday weekend.

Our arrangers excelled themselves using titles from prose and poetry, such as 'Out of Africa', 'Cargoes' and 'Wind in the Willows' depicted through the most beautiful floral art; their enthusiasm, good humour and hard work enabled us to fulfil our design, thank you all.

Lesley Alban & Linda Hopkins

E. P. C. S.

for all your pest control problems
also tree felling
fallen trees logged or cleared
for quotes, phone
Chris on

Tel: 015396 21531
Mob: 0786 6007 739



JONATHAN BEGG

Time Served Builder

All Roofing and Property
Repairs & Alterations Undertaken.
Chimney Stacks,
Stove Liners and Fire Places.
Plastering, Tiling and Flagging.

No Job Too Small.
Tel: 01539 729066
Mob: 07929 516185

DMH INDOOR BOWLING

What a good time was had by all at our Saturday morning Bowling session in September, Coffee and biscuits/cake were available for both participants and players and we had a goodly number of each. However, keen though folks are to play not many are keen to form a committee so we will make a start with a Memorial Hall sub-committee and be open to others joining us, if interested please let me know. Future dates for Bowling are; Sat Nov 21st and Sat Dec 19th, we will try to have one in Oct, see notice in Hall notice board/ kitchen window for details. 10-12, refreshments on sale. Christmas theme in December. Sarah 25212

ZEBRA'S TABLE TOP SALE

The Sedbergh Zebras are having a Table Top Sale on Saturday 24th October from 10am to 1pm in Sedbergh Methodist Church on New Street. This is instead of our Commission Sale.

If you would like to donate items for the Zebras Table or if you could do some baking, please see Mags or Trish.

For further details, please contact Trish on 07890 302038.

Please do come along and support us.

Please also see advert on Page 24.

ELLIS TOMLINSON

Fully Qualified
Electrician
Rewires Sockets
Showers

Phone:

07964 626 708



SAM KONCZYNSKI



Carpets & Floor Coverings
Supplied & fitted

Telephone
07771 97 00 96

SLSB SEDBERGH GROUP

For people with sight problems

Bombs and Brides
(and a Bridegroom)

The first autumn meeting was another wonderful afternoon of shared memories. The title "I will never forget....." produced some fascinating stories. Some were alarming, from a terrifying early parachute jump off the wing of a plane, to a nerve racking tram ride in 1980's Russia, destination unknown. Some were exhilarating, from a massive beer barrel pull to a beautiful winter's ice skating experience.

Memories of schooldays identified some members who were obviously well behaved and others not so (no names divulged), of the ups and downs of early married life, and of working days, when one maternity nurse found stored breast milk had been accidentally used for the coffee break.

However, quite a few people could remember bombs, from a huge bomb exploding in a naval ship in which one member was serving, to exploding



GRAHAM J MOFFAT
BUILDER
PLASTERER
ROOFER
QUALITY WORK
Tel: 015396 20907

and unexploded bombs dropped locally. And one episode of a bomb that never was.

Weddings were absolutely unforgettable, from serene, well planned events to others that had to fit in with wartime or working responsibilities and were more like a shambles, but just as enjoyable.

Margaret McClure from SLSB head office attended to update us with their news. Next month there will be a not too serious quiz. Meetings take place on the third Tuesday of the month and new members are always welcome. Transport may be available. Tel 21019 or 01539 742633. JGL

chairworkshop.co.uk

CANE · RUSH · SEAGRASS · WILLOW · ROPE

chairseating & tuition

repairs · supplies · restoration products
also: fine bead jewellery · repairs · restringing
haberdashery & tool sharpening

99 Main Street, Sedbergh

(01539) 621489 · info@chairworkshop.co.uk

Kevin Puncher

Joiner/Carpenter

Over 35 years experience
All types of work considered
Free estimate

015396 25737 - 07854 968720

Email: kpuncher@hotmail.com

Backstonegill Cottage,
Dent, Sedbergh, Cumbria, LA10 5TE

The People's Hall
 Howgill Lane, Sedbergh LA10 5DQ

Available for hire for
 all kinds of functions...

❖ Parties ❖ Meetings ❖ Concerts ❖
 ❖ Jumble Sales ❖ Dances ❖
 ❖ Theatre ❖ Discos ❖ Lectures ❖

For availability and bookings –
Sedbergh Office Services ☎ 015396 20788
www.peopleshall.org

L Drive Time L
Driving Tuition

Beginners • Pass Plus • Refresher Courses

For professional & patient tuition

Tel. 01539 731296 07929 839 826

David Morgan ADI
www.drivetimekendal.com

**FARFIELD MILL
 CARD ART EXHIBITION AND SALE**

Would you like to buy an original artwork at a modest price and help support Farfield Mill in the process?

CARD ART is the Friends of Farfield Mill's major fundraising exhibition for 2009, providing an opportunity for you to buy original, A5 size artworks by artists, celebrities and supporters of Farfield Mill, all at affordable prices. There are no set themes, so the exhibition will bring together a variety of concepts, materials and media (painting, drawing, textiles, cartoon, printmaking and photography).

We will be showing and selling the work in the Dover Gallery at Farfield Mill starting with an opening event on

Friday 23rd October 2009 from 6 to 9pm to which everyone is invited.

There will be a list of contributing artists, but the provenance of each picture in the exhibition will only be revealed after purchase. Each artwork will be signed on the back.

On the opening night there will be a standard reserve price for all pieces, with the opportunity for people to offer higher bids during the course of the evening. The exhibition will continue until Sunday 15th November - any work not sold on the opening night will remain on sale at the reserve price.

CARD ART promises to be exciting and fun - we hope you will come and buy.

PULSE COMMUNITY GYM
 Membership
 £175 per year - 6 months £95
 Couples - £275 per year
 Family - £350 per year

NEW
 6 week taster period
 £30 + £20 deposit
 for the swipe card

Please ring Dot Dunn on 20232 during school hours for further information.

Wenningdale Home Repairs
We offer a good range of home improvements and maintenance jobs such as:

- * Interior decorating
- * Exterior painting
- * Sash window repairs
- * Sanding of floors

Working in Sedbergh,
 Kirkby Lonsdale & Bentham
Mobile: 07854 - 596391

DENT GALA

What a fantastic result, £2,000 for Memorial Hall funds, and what a great way to raise it, many thanks to all our very willing helpers before, during and after the Gala. Work starts months beforehand and speeds up as the day draws nearer and could not be done if it wasn't for a dedicated group of people who in turn are supported by other people interested in and willing to support the Gala, and we were featured in the Westmorland Gazette with pictures and write up! Great! Whatever part you played, my sincere thanks.

The Gala committee in general and me in particular are always open to comments and ideas, so, please if you have them, write them down and send to me, we however do point out that it is the GALA we are concerned with, NOT the Show which is something very different and does not take place on the BH Monday. Gala is unique and is very much appreciated and enjoyed, long may it continue. We do need more people to be involved, how about it?

One of the competitions was Guess the Gap of and to guess the length of two pieces of string between two poles. The Adults length was 13' 7 3/8" (4.15m) and the Children's 8' 8 3/8" (2.65m) The winners were Roger Underwood with 13' 7 1/2" and Ian Middleton & Christine Taylor with 13' 7". The children's winners were Ellie McDowell with 2.7m and David Burton with 2.5m Well done to all.

Sarah E Woof, DMH Chairman

TORNADO STEAM TRAIN

The newly built A1 Class Tornado Steam Train will be making a passing presence in Garsdale and Dent on Saturday 3rd, Sunday 4th and Saturday 10th October on the Carlisle to Settle Railway.

At the time of going to Press, it will leave Hellifield about 1045 before entering the most beautiful scenic railway in the country. It is anticipated that the Tornado will stop at Appleby about 1200 before arriving in Carlisle about 1315.

Leaving Carlisle about 1640, it will again stop for water at Appleby about 1750 before travelling through the area back to Hellifield.

Tickets for the train on all of these days have already been allocated but further information is available on their dedicated Web Site at: www.a1steam.com/.

There is a very strong request and recommendation. Do not trespass on railway property as there will be a lot of Transport Police and Railway Staff on duty and you will be prosecuted so make it a happy day for everyone and keep off of the track and lineside areas.



STOP PRESS: The Tornado will be stopping at Dent Station on Saturday 3rd October about 1115. This has been allowed with a request that if you venture onto the platform at Dent, you make a donation towards the 'Tornado A1 Class Fund'.

St ANDREW'S PARISH CHURCH DENT

The displaced congregation of St. Andrew's, Dent, are back in their own church.

We are grateful to our neighbouring churches of Sedbergh, Howgill, Killington, Thornton-in-Lonsdale, and our fellow parishioners at St. John's, Cowgill, for inviting us to worship with them while our church has been undergoing major restoration and repairs. We held our first Sunday service in our newly weather-proofed church at the end of July.

The scaffolding came down in the second week of August revealing a pristine-looking church dominating the village. The main contractor cleared the site in the third week of August. The locals and especially Dent Stores miss the diligent and skilful workmen who always had a cheerful greeting, - at least at ground level, even in the worst weather that Dent could throw at them.

The floor has yet to be scoured and waxed, better lighting over the choir stalls and the sanctuary to be installed, and soon, we hope, the organ has to be rebuilt. Harrison & Harrison of Durham have had parts of the instrument at their workshops for renovation. They have advised us they require six weeks to rebuild the organ as atmospheric sensitive parts have to become acclimatised again to their old home before the organ can be re-tuned. Grants and donations allowing, we expect the organ to be in place and in



fine tune before Christmas.

Phase 2 of the restoration project will not be started until well into 2010. All the rotten timbers have been taken out of the tower. For the time being the tower is void of any fittings. Before the bells can be hung and the chiming tower clock re-installed an internal staircase has to be built to the top of tower, a new bell ringers' floor and clock floor built, and a new metal bell frame fixed. In addition some works specified in Phase 1 had to be postponed to Phase 2 to meet the costs of taking down and rebuilding the top crenelated section of the tower. This was in a dangerous condition but it had not been apparent until the scaffolding had been erected to the top of the tower. The postponed works comprise renewing the bier room

roof, re-pointing the south wall, and re-roofing and fitting gutters and downspouts to the porch. It is as well that Whitechapel Bell Foundry cannot work on our bells

until next year. It gives the PCC's Appeals Committee a breathing space to raise the funds for Phase 2. Completing all the works in Phase 2 depends entirely on the generosity of worshippers, supporters, visitors, and the patronage of grant-giving bodies. On completion of Phase 2 we will celebrate by ringing a full peel of bells. Will we be able to do this by Christmastide next year?

*David O'Brien
Churchwarden,
St. Andrew's, Dent*



Fancy a new Boiler before winter?
 Over 90% efficient
 How about one with a
FREE - 5 YEAR WARRANTY



Contact Trevor Gardner

your local Worcester Bosch Accredited Installer

Tel: 015396 20796

Mob: 07771 514535

Gas, Oil, LPG Central Heating
 Underfloor Heating
 Bathrooms, Tiling etc

Plumbing & Heating Engineer



DENT PRIMARY SCHOOL

The Friends of Dent Primary School committee held their annual Summer BBQ in July to mark the end of the school year. For this year's BBQ good weather was crucial as outdoor team games were planned to be held on the school field. Luckily the rain stopped at 5pm and the sun came out. Games included welly throwing, tatty race, water challenge and the games were brought to an end by an egg throwing competition.

Some committee members have after many years of service stepped down and the committee and the school would like to thank Anne Hawley and Wendy Pontefract for

their dedication towards raising money for the school children, the committee welcomes Catherine Steel and Lorna Sedgwick.

The Friends of Dent Primary School raise money for the school to be able to purchase items and services to enhance the childrens learning experience. The committee have purchased computers, books, digital cameras, outdoor play equipment and many other items throughout the year.

The main fund raising event will be the Annual Promise Auction which is to be held at The George & Dragon Hotel, Dent on Friday 20th November. This event has been held for many

years and the committee is very grateful to all those who donate items and services to the auction. In the past we have been able to offer lots such as fully decorated Christmas trees, babysitting and gardening services, home-cooked meals, chocolate cakes, decorated Christmas cakes, bed & breakfast accommodation and barrels of beer. We hope to make this years event another success and would gratefully appreciate any donations, these can be made to Helen Winn, Tel 25298. Please come and support the event at the George & Dragon Hotel who will be kindly supplying a free buffet .

Pennine Bridleway National Trail in the Yorkshire Dales National Park.

The Pennine Bridleway is a new National Trail in the north of England, designed specifically for horse riders, mountain bikers and walkers to enjoy.

This latest phase of work by the Yorkshire Dales National Park Authority (YDNPA) and Natural England will contribute to the 200 miles of bridleway running from Derbyshire through Yorkshire to Cumbria.

During this major work at Garsdale Station towards the northern border of the National Park, about 3.5 miles of track will be developed along existing and newly created public rights of way, drainage will be installed with minimal disturbance to the surrounding vegetation and landscape. This new section will be finished to recognised National Trail standards and suitable for horse riders, mountain bikers and walkers.

By March 2010 the National Park Authority hopes to have 97 per cent of the route completed, with the remaining three per cent to be finished in 2011.

The Pennine Bridleway project is now actively seeking new accommodation providers along its route for humans and horses. There will be a Business Workshop in November to provide more detailed information.

The Pennine Bridleway is free to access and further information is available from www.nationaltrail.co.uk/penninebridleway.

CHIROPODIST

HPC Registered

Kay Whittle

MSSCh DipPodMed MBChA

Surgery

Pedi-Care House,
Howgill Lane,
Sedbergh



Tel: 015396 22122

Appointments 10:00 - 4:00

Closed Mondays

H.J.Hall "Softop" Socks up to size 15!!

YORKSHIRE DALES NATIONAL PARK

*Progress on missing link of the
Pennine Bridleway*

Work is progressing on the latest phase of improvements to the

SETTLEBECK HIGH SCHOOL

*Gifted and Talented Workshops,
Ripley St. Thomas, Lancaster*

Mrs Brown organised a trip to a school at Lancaster to do fun activities. There were loads of activities like Art, Maths, English and Drama. We set off at 8.30am and got to Lancaster about 9.00am. When we got there we met in the hall and split into our subject groups. I was in Drama with four other people from my school. We went into a large room where we met nineteen other people. We did some exercises to get to know each other. We then got given a tiny script and discussed how you would show the scene. We then had a fifteen minute break. Then we went

back and got into groups of three and acted out the scene to different groups. After that we got into two groups of twelve and started making paper costumes and props. We had a break for lunch and then we finished them off. When we had done that, our three actors got acting and we had to do the sound effects. We had to do everything behind a white sheet and all you could see were shadows. We then performed in front of parents. Then we came home. I thought it was great and I would love to go again.

Stephanie Barnes

On Saturday 9th May nineteen Gifted and Talented students from Year 7 and 8 were taken to a range of

**GEORGE AND DRAGON
DENT**



A Dent Brewery House



Catering for Locals, Visitors & Residents
Daily Menu featuring Local Produce
Bar Snacks & Main Meals
A la Carte available Friday & Saturday
Traditional Sunday Roast Lunch
Wide selection of Wines
House Wine from £8.89

*Open for Lunch 12 - 2.30
Evening Meals 6 - 8.30*

Tel: 015396 25256
e-mail: mail@thegeorgeanddragondent.co.uk
www.thegeorgeanddragondent.co.uk

workshops at a Lancaster secondary school. Students who have shown particular skills in Art, Maths, English or Drama met like-minded youngsters from around the North West.

Alison Brown
Progress Leader for Year 7 & 8



**WATERCOLOUR
FOR BEGINNERS**
5 week course in Landscape
Painting with Professional Artist

**PEOPLE'S HALL
SEDBERGH** only
£45

Monday afternoons
(2pm - 4pm)

Starts **16th November**

Tel: (01969) 650878
www.peterwoolley.co.uk

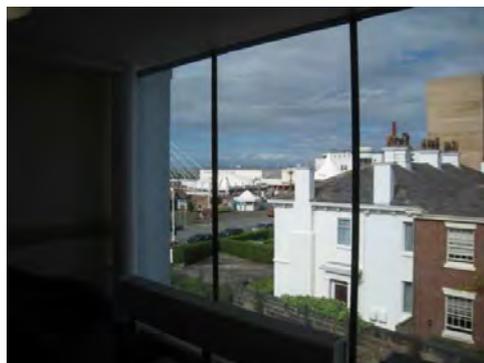
**ROYAL BRITISH LEGION
POPPY FUNDING**

Byng House, situated on the Promenade at Southport with views out towards the Irish Sea, is a Royal British Legion Poppy Break Centre & one of our Branch's main fundraising benefactors. It provides full hotel-style accommodation for ex service or serving soldiers & their dependants who, through recovery after illness, bereavement or any other major life-affecting event, may be offered a 2 week stay. All this is funded entirely from the Annual Poppy Appeal and donations from Legion Branches.

Having heard that a major refurbishment was due, we were very pleased to accept an invitation to view the completed project. We were met and taken on a tour of the facilities by one of its trustees, Mr. Eddy Dixon. Byng House has 32

double or family rooms, 4 single rooms & 4 suites for disabled guests plus carers. All have been beautifully refurbished & each has a large en-suite "wet-room" style bathroom.

Apart from the spacious conservatory there is a gamesroom, library, a TV room, a licenced bar, a hairdressing salon and a beautiful, sunny courtyard with plenty of seating. Activities are co-ordinated in-house which include evening entertainment and several free outings per week.



From what we saw and heard during our visit, Byng House has been providing vital respite, friendship & hospitality with great success, over many years and we are proud to be members of the organisation that is responsible for creating & nurturing it. As Eddy told us, "The Royal British Legion has been helping our heroes for 88 years".

If you would like to know more about the work of The Royal British Legion, please contact me on 015396 21575.

Rose Pease
Secretary, S&D Branch
The Royal British Legion

YI JIN JING

On Tuesday, 6th October at 7.30 pm at the URC Hall, Joss Lane I shall be holding my first T'ai Chi Qigong class of the Autumn Term. I look forward to welcoming back those students who have been training with me for some time (in some cases several years) as well as those who would like to begin learning and practising the Chinese Internal Arts. Everyone is most welcome whatever your level of expertise. The classes last for 90 minutes and the cost is £24 for four weeks. An initial taster session will cost £5.

Over the years we have covered and learned many different Qigong sets (including the Yang Style 18 part

Set, the B.K.Frantzis Energy Gates Set, the Ten Phases of Qi Cultivation, the Eight Brocades, the basics of the Yiquan system as taught by Wang Xiang Zhai, and different parts of the Cheng Man Ch'ing T'ai Chi Form). I have also taught to some students elements of the Xingyiquan and Baguazhang systems. Throughout this I have been ably assisted by Andi Chapple who has been training with me now for seven years and who is developing into a very skilled teacher in his own right.

This term I shall be concentrating on teaching the Yi Jin Jing which roughly means: The Classical Routine for Stretching the Muscles and Tendons. This was taught to me by Master

The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes
offer you a warm welcome



We are open daily for home cooked food, (a particular favourite is Ham `n` Eggs) and offer an extensive menu for residents and non-residents.

Our two guest rooms are both en-suite and we can boast one of the finest views of Cautley Spout and the Howgills.

Please note our opening hours.

Tuesday to Sunday 8.30am—4.30pm (closed Mondays unless Bank Holiday)

Wednesday to Saturday nights open from 7.00pm ~ **Booking Essential**

Faye Yip who is the daughter of Professor Li Deyin (designated by the Chinese government as one of the one hundred "martial arts treasures of China"). It contains twelve different Forms and is relatively quick and easy to learn and very deep-reaching in its effects. It is one of the oldest sets in the Qigong canon and traces its origins to the Indian Buddhist monk Bodhidharma (Ta Mo) who is reputed to have introduced it to the

J J MARTIN
Funeral Service
 (B Goad)
Established 1869
Main Street, Sedbergh

Complete Funeral Service
 Day or Night

Chapel of Rest

Day or Night
Dent 25334



Philip Horner
Fencing Contractor

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



Shaolin Temple in China in 526 CE. The Yi Jin Jing features extended, soft and even movements of the body, and places emphasis on the turning and flexing of the spine, thus invigorating the limbs and internal organs, and developing flexibility, balance, muscular strength and Qi (energy). Personally I find it very beneficial and one of the most effective sets I have ever practised. If you would like to begin to learn

these Chinese Martial and Healing Arts but can't make Tuesday evenings then please give me a call (Sedbergh 20648) to discuss other possibilities. Alternatively you might care to attend June Parker's Wild Goose Qigong class on a Monday morning (see her advert in the September issue). As well as being an Acupuncturist, June is an extremely accomplished Qigong teacher who specialises in the Wild Goose Form.

Thank you to all my students for your continuing support and I look forward to seeing you in October, hopefully alongside some new faces!
Ian McPherson

KEVIN BATEMAN
TIME SERVED MONUMENTAL MASON
Tel/FAX 01539 723903
Mobile 07817 060619

Manufacture, Lettering and Installation
 of new Memorials
 Additional inscriptions
 Renovations
 Cleaning and Re-paint/Re-gild service.
 Free estimates
Please telephone for a Brochure

**St ANDREW'S PARISH CHURCH
SEDBERGH**



As the nights are drawing in it is perhaps time to reflect on the major achievements of the last month before we look to the future. The Flower Festival was a huge success and the Church looked magnificent. We are extremely grateful to all the flower arrangers and especially to Linda Hopkins and Lesley Alban for their guidance and expertise. Although the weather was against us,

and there were less visitors than we had hoped might enjoy the wonderful creations, we nevertheless raised £3,000 from the sale of programmes and refreshments.

In the nick of time we managed to hang the Sedbergh Stitches' tapestries for them to be admired by our visitors to the Flower festival. They are quite stunning and look to have been designed especially with the Church in mind. Work is in hand to have them permanently illuminated so that they can be fully appreciated on gloomy days.

Thanksgiving Day also raised around £3,000; we do not have an exact figure as we are still receiving donations and for those of you who

Countrywise—Countrywide



Nigel Davis
solicitors

The only name you need to know for agricultural and rural legal advice

To discuss your problems contact:
Rachel Capstick



**The Stable Yard
Dalton Hall
Burton-in-Kendal
Cumbria
LA6 1NJ**

Tel: 01524 784260 Fax: 01524 784261

E-mail: enquiries@agriculturalsolicitors.co.uk

Office Also at: The Sheepfold, Carr Hall Farm, Turnditch, Belper, Derbyshire, DE56 2LW DX 742820 Belper 2
Tel: 01335 372889 Fax: 01335 372891

Cumbria Stove Centre
 Supply and installation of
 wood, coal and gas stoves
 Flue and chimney lining services
 Inglenook specialists
 Fully qualified and experienced
 Hetas engineers
 01539 821061 (day)
 015396 25227 (evening)
 SHOWROOM:
 34a Main Street, Staveley, Nr Kendal

Methodist Church, Sedbergh Circuit
Social Responsibility
Monday 9th November, 7.30pm
‘St. John’s Hospice’
 Speaker:- Revd David Barnett
 Chaplain
 at Methodist Church
 Light refreshments
 Opportunity to give to Hospice
All welcome

filled in a Gift Aid declaration we will claim back 28p in the pound from the Tax Man which will further enhance the total. We are extremely grateful for those of you who contributed.

Together with the proceeds from the Flower Festival we should just about manage to stay in the black for this financial year.

Looking to the future our next major event is the Harvest Festival which will be held on Sunday 11 October. We will celebrate in the morning at 1030 am and in the evening at 6.30 pm with a Choral Evensong. And looking forward into November it is time to remind you to make a note in your diaries that the Christmas Fair

will be held in the People’s Hall on Saturday 14 November.

On a pastoral note may we remind you that the clergy and lay members of the Church are readily available to give home communion and visit the sick. Should you or your relatives like a visit please contact either the Vicar or the Churchwardens whose contact details are at the back of this magazine.

*Lavinia Mahon
 & Tony Reed Screen*

NATURAL STONE PRODUCTS

Internal & External Flooring	Original Old Stone	Roofing Flags
Driveways & Paths	Troughs and Millstones	Ridge Tiles
Patios	Gate Stoops	Lintels
Steps		Sills

Unbeatable Quality & Customer Service

MALLERSTANG FLAG LTD

Tel 017683 71610 Mobile 07977 097410

www.mallerstangflagltd.co.uk

TREADWELL FLOORING

Suppliers, planners & Fitters of Carpet,
Vinyl, Laminate & Wooden floors
Quality in-stock carpets at Bargain Prices
1,000's of samples to choose from.

*Carpet Upholstery Cleaning
Service at competitive rates*

Call Nicola or Gordon Sproul
Tel/Fax: 015396 21175

DENT MEMORIES

The Dent and Sedbergh Oral History Society continues to collect the memories of folk in our area, a precious record for years to come. These recordings are transcribed and put on computer disc, so people can listen to the voices while reading the interviews on screen. Our computer has now moved from Westwood Books to Sedbergh's Community Rooms. We owe Mark and Evelyn Westwood grateful thanks for finding space for it at their ever-expanding businesses over the past two years. Now the Sedbergh and District History Society have kindly offered to share their room at the Community Offices, where people can enjoy the archive at their leisure. We have also been able to purchase new up-to-date equipment as the result of a generous grant from Cumbria County Council Community Unity, for which

we are most grateful.

This month's excerpt comes from an interview with the late Mr Jack Middleton. Jack farmed in Dentdale but by the time I met him he was long retired, and living in Sedbergh. He and his wife Eva recalled their farming days. When October came round, it was time to say goodbye to the family pig.

Interviewer: Did you keep pigs?

Jack: Only two for bacon you know, no we didn't breed any pigs, we used to buy 'em in the spring, usually at Dent Fair Day we bought two pigs and we'd bring 'em back. There was a lad used to come with pigs in a motor, we used to buy them off him, fatten 'em and kill 'em.

Interviewer: What time of year would you kill them?

Jack: Oh you'd always to kill 'em with an 'r' in the month, hadn't you?

October you could start, I reckon it was a bit early, September. If you didn't kill 'em with 'r' in the month there was bluebottles about and they'd strike yer maggots....And you used to kill 'em yourself, like, you know. Aye he was a butcher, mi Father, he used to go round killing pigs. He just used to do pigs, and Matt Haygarth at Rivelin, he used to do it, oh and Jack Akrigg as well.

Interviewer: Everybody kept a pig so I suppose there was quite a demand for butchering them?

Jack: Oh yes everybody had pigs. You couldn't do without a pig. They said if you'd a dead pig in t'house and a wick wife you were alright for winter (laughter).
Anthea Boulton

CUMBRIA WILDLIFE TRUST

Local Reserves

Burns Beck Moss Nature Reserve is WSW of Killington Village. It is the site of an infilled tarn dating from the ice age, and has been noted for its nature conservation interest since the 1950s when it was first designated a Site of Special Scientific Interest. It is situated in a shallow valley formed by Burns Beck, a minor tributary of the Lune, which flows north through the middle of the reserve. The moss comprises three raised mire bodies that are dependent on rainfall for moisture, and two valley mire bodies that are influenced by the ground water flowing into them. Raised and valley mires rarely occur together on the same site and only a small number of Cumbrian sites, near Torver and Winster, are similar to Burns Beck Moss in this way. Between the raised mires are mineral rich flushes where water enters the site and modifies the vegetation present. Other habitats are also present including unimproved grassland, and patches of willow carr and reed bed.

A range of conditions was created on the moss surface by peat cutting. This has led to the development of a checkerboard of 32 vegetation communities, an uncommon diversity for a mire site.

Sixteen species of bog moss (Sphagnum) have been found here: possibly a record number for a Cumbrian mire.

Bog plants which can be found at Burns Beck Moss include ling, cross

Back/neck ache?
Sports injuries?
Sciatica?
Repetitive strain?
Stress/tension headaches?
www.reflex-om.com
Kendal, Hawes & Newbiggin-on-Lune



015396 23696
Josephine Lade LCSP (Phys)

leaved heath, bog myrtle, bog asphodel, cranberry, crowberry, bog rosemary, cotton grass and sundew.

The undisturbed wild nature of Burns Beck Moss provides a habitat for many animal species. Fox, hare, roe deer, tawny owl, snipe, reed bunting and heron are frequently seen.

In summer, migrant or breeding birds such as curlew, sedge warbler, willow warbler, grasshopper warbler, meadow pipit and whinchat may also be encountered, as well as common lizard, frogs and drinker moths.

Green hairstreak, small pearl-bordered fritillary and small heath are a few of the butterflies to be seen. Rare visitors have included the ringlet butterfly and dark green fritillary.

Recent management work has included insertion of weirs to retain the necessary level of water and subsequent improvements to the boardwalks.

All are welcome to visit at any time. For a guided walks, ring 01539 816300 or visit the website www.cumbriawildlifetrust.org.uk

SG

YORKSHIRE DALES NATIONAL PARK

Last chance for 2009

Communities, businesses and individuals in the Yorkshire Dales National Park are being invited to apply for funding in a last call for projects in 2009.

The Yorkshire Dales National Park Authority's Sustainable Development Fund (SDF) – now in its seventh year of operation – aims to support new business ideas, community schemes and environmental projects that demonstrate new ways of living and working in the Dales and that benefit the National Park and its communities.

To date, more than £1 million has

Counsellor and Psychotherapist

BACP Senior Accred. Counsellor

UKCP Accred. Psychotherapist

MSc Group Analyst

NFED Dip in Eating Disorders

Able to work with depression,
relationship problems, eating disorders etc.

Jennie Davies

015396 21261

1st & 2nd Fixing Painting
Doors Fitted DIY Rescues
Windows Outside Taps, etc
Kitchens Small Plumbing Repairs
Locks Washing Machines Plumbed
 Tiling

**Joiner
&
Handyman**

“Special Rates for OAP’s”
NO JOB TOO SMALL!

Steve Chadwick

015396 21581

*Prompt Local Service
All work of the highest quality & guaranteed*

been awarded to some 120 projects, large and small. In turn the funding has attracted more than £2.5 million of match funding to the area from a wide range of statutory, voluntary and charitable funding sources.

Support has been given to local businesses producing locally-sourced produce, such as Sedbergh-based Laura's Looms. With two grants from SDF, Laura has been able to develop and expand her business, creating high quality woven "Howgill Throws" using Bluefaced Leicester sheep fleece obtained from farms in Garsdale and Dentedale.

The SDF is managed on behalf of the Yorkshire Dales National Park Authority by the Yorkshire Dales Millennium Trust. Any organisations, individuals or businesses wanting application forms and further details about SDF funding for 2009/10 should contact Isobel Hall on 015242 51002 or email her at isobel.hall@ydmtd.org.

Details and application forms are also available on the Authority website at: www.yorkshiredales.org.uk.

FLICKS IN THE FELLS

Thanks to all of you who came to see 'Easy Virtue' last month. Thanks also for all your comments regarding the sound quality of the film, it's something that I'm looking into. I've checked all the equipment which is working perfectly, so there are lots of other possibilities – it could be the quality of that particular disk we were supplied with, or just lazy actors mumbling their lines! I'll be keeping a close eye (and ear) on the situation.

So in October we have two films for you. 'Star Trek' has finally been released by our distributor, so we'll be showing that on 3rd October, and then at the end of October on the 31st we'll be showing 'Age of Stupid'. There may be a discussion following 'Age of Stupid' to explore the issues raised by the film, further details in due course, but in the meantime, to whet your appetite, here's the film's website: <http://www.ageofstupid.net/>

Saturday 3rd October at the People's Hall, Sedbergh

Star Trek

Starring Chris Pine, Zachary Quinto, Leonard Nimoy, Eric Bana, Bruce Greenwood, Karl Urban, Zoë Saldana, Simon Pegg. Certificate 12A. 126 minutes.

The greatest adventure of all time begins with *Star Trek*, the incredible story of a young crew's maiden voyage on board the most advanced starship ever created, the *U.S.S. Enterprise*. On a journey filled with action, comedy, and cosmic peril, the new recruits must find a way to stop an evil being whose mission of

EXPERIENCED DRESSMAKER

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

vengeance threatens all of mankind.

No previous experience of Star Trek necessary to enjoy this spectacular new prequel. The story skillfully reimagines the fabled first meeting of the Enterprise crew and takes us on a magnificent, breath-taking, action adventure.

Doors and licenced bar open at 7pm, Film starts at 7.30pm

Tickets: £5 Adults, £3 Children (u16), £12 Family ticket (2 adults and up to 3 children). Available at Sedbergh & District Community Office beforehand, or on the door.

Whilst every effort will be made to show the film advertised, occasionally circumstances beyond our control may make it necessary to show an alternative feature for which your original ticket will be valid, or you may have the price of your tickets refunded.

Future screening dates for your diary, at the People's Hall. Films and times to be confirmed.

2009 – 31st October, 5th December

2010 – Saturday 16th January, 6th

February, 6th March, 3rd April, 1st

May, 12th June.

Andrew Allan

WALKING IN CUMBRIA

More than 160 Cumbria walks to download and print FREE!

There's no doubt about it, walking is good for you. It's good for your heart, it's good for your lungs, it's good for the muscle and bone growth of your children and it's good for your feeling of wellbeing! Strong scientific evidence now supports the many benefits to health of regular walking – it is recommended that we take at least 10,000 steps a day.

Studies show that walking can:

- Reduce the risk of coronary heart disease and stroke
- Lower blood pressure
- Reduce high cholesterol
- Reduce body fat
- Enhance mental well being

Walking offers a great way to help kids get the active habit. If parents express excitement about the prospect of a walk in the countryside, they are more likely to transmit this

feeling to their children. It's important to treat the walk as an exploration or adventure and to go at the child's pace, no matter how often they want to stop and look at things; take treats to eat and plenty to drink; and head for some landmark that will appeal to them such as a castle, a playground, an ice cream van or a boating pond. If children experience walking as part of a fun activity they are more likely to want to go again.

So, how do you find out what is on offer? John Harris, a keen walker, got fed up with the lack of information on walks in the County. So, he decided that if he couldn't find what he was looking for – he had better create it! So www.walkingincumbria.org.uk came into being.

www.walkingincumbria.org.uk gives you all the information you need for the best walking in the County:

Details of more than 160 walks to download and print free, details of all the Cumbria walking groups, maps and walk books – plus loads more information.

So check out the website and get walking!

Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

General Builders

Plastering ~ Roofing ~ Extensions
Fire Places Fitted

Paul Stephenson

015396 21557

07810 595543



Tom Wilson

015396 20954

07790 946578

Yvonne Cervetti a natural touch

M.I.F.A, M.C.A.R, JING Advanced Massage, GRCCT Reg.

Advanced Massage for pain relief & prevention

A fusion of techniques for the treatment of soft tissue injuries, muscle & joint pain

Hand & foot Reflexology inc. specialist
Reflex therapy for spinal injuries & whiplash

Pure indulgence
Hot Stone/Aromatherapy

Appointments in Sedbergh & Kirkby Lonsdale
Call Yvonne on 015396 21303 or 07795 063107

HEALTHY FEET BY EDNA

15 Years experience in
the NHS, the Community
and Private Care



Why go looking for foot care
when you can experience it in
the comfort of your own home?
Call now
or find her at
The Cross Keys
Cautley

Corns
Callus
In-growing Toenails
General Footcare

Phone 07968 535420
Sedbergh
Kirkby Stephen
and surrounding areas

PULSE COMMUNITY GYM NEWS

You may have heard that plans have been put forward for the gym to be included in the Peoples Hall project. There have been several meetings at the Peoples Hall and an open evening for the public to view these plans and we are very excited about this as we will have more space and therefore will be able to have more equipment. It will also be more central and easier for parking. Of course, there is still a long way to go yet and a lot of money to be found through grants and fundraising but we hope you will go on supporting us and keep up membership.

To encourage new members we are introducing a 6 week taster period at a cost of £30 + £20 deposit for the swipe card. The £20 will be refunded at the end of the 6 weeks on the return of the swipe card, or hopefully, if you wish to

become a fully fledged member, the £20 will go towards the cost of a year's membership.

The fees to join the gym are as follows:

Full Membership - £175 per year or £20 per month by standing order; 6 months membership for £95 or £20 per month by standing order;
Couples - £275 per year or £30 per month by standing order; Family - £350 per year or £35 per month by standing order.

The family membership is strictly for 4 family members, living at the same address (over 16 yrs old).

Please ring Dot Dunn on 015396 20232 in school hours for any further information and for details on how to join, or to look around the gym.

Don't wait until the New Year to make that resolution to keep fit – start now to feel the benefits sooner rather than later.

EUROPEAN UNION

The Lookaround has remained independent of any issues and remains so with the current trend of submissions regarding the EU. Everyone is entitled to their opinions and the Lookaround is a platform for that. Everyone should respect everyone's views.

Ed

I am sure readers of the Lookaround don't really want another spate of correspondence about the benefits of, or objections to, the European Union but David Burbidge's letter really cannot go unanswered.

I hope that the European Day of Languages proved to be a musical success and was enjoyed by all those who took part, but I just have that

niggling feeling that it may also have been something of a paean to the EU. I may be proved wrong, but I'll bet its Ring of Pimples will have been prominent in Sedbergh library last Saturday.

Are we ever likely to see the library given over to an objective presentation about the EU? Answer : No.

As David will be aware, the word "England" has been removed from the EU map of Europe – the only country in the world to have its identity officially expunged. The land mass that was England is now nine Regional Assemblies, none of which include the name "England". In the contorted lexicon of the E.U. the

THE HEAD AT MIDDLETON

Nr Kirkby Lonsdale, Cumbria

Tel: 015396 20258

A Charming Country Inn in an area of outstanding natural beauty situated on the A683 between Sedbergh and Kirkby Lonsdale



Accommodation available

Family Room From £75.00 ~ Double/Twin From £65.00 ~ Single From £35.00

Prices includes Full English Breakfast

All Rooms En Suite, TV, Phone, Tea/Coffee Facilities

BAR MEALS or RESTAURANT and an OUTSIDE EATING AREA

ENQUIRIES WELCOME FOR GROUP PARTY MENUS & BUFFET PRICES

FULL MENU available for Take-Away

PIZZA AND GARLIC BREAD TO EAT IN OR TAKE-AWAY

SERVED UNTIL CLOSING TIME

USUAL OPENING TIMES

Monday to Friday from 6 pm

Weekday Lunchtimes by prior arrangement for Party Bookings

Saturday open all day 12 noon to 3 pm & 5 pm to 11 pm

Sunday open all day 12 noon to 3 pm & 5 pm to 10 pm

Proprietors: David and Elizabeth Martin

English Channel no longer exists, either, not by name nor as a sea.

There are twenty seven countries in the EU but only twenty six will be featured in the European Day of Languages .Even with Dame Vera Lynn singing it "There'll Always be Nine Regional Assemblies under the Authority of Brussels" wouldn't have quite the same ring to it !

"If you don't agree with what I say you are a bigot and a xenophobe" is the authoritative voice of the Brussels Eurocrat and which seems to have an echo in David's letter. Dictatorships invariably start by categorising and then demonising those elements of society and those views it does not approve of. In today's Europe they

are labelled Bigots and Xenophobes.

Once the Lisbon Treaty has been signed, once Parliament has been further emasculated ,how long before" Bigots and Xenophobes "become "Enemies of the State"? Similar progressions have taken place in countries across the world in my lifetime, in my parents' lifetimes and consistently throughout history.

There is absolutely no reason why the process should not begin here, ever so subtly at first, ever so legally, and, eventually ,ever so ruthlessly.

Like the great majority of people in this country I am not a bigot, nor a xenophobe. I merely oppose the concept of a political European Union: I object to the greed and

<p><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £4.30 Garlic Mushrooms on Toast £3.90 Pate with Garnish, Toast & Butter £3.80 Soup of the Day £3.50 Egg Mayonnaise £3.60 Grapefruit Cocktail £3.60 Garlic Bread £2.75</p>		<h1>THE HEAD AT MIDDLETON</h1>  <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h2>Menu</h2>	<p><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £9.99 Grilled Rainbow Trout £9.99 Breaded Scampi £7.39 Breaded Haddock £7.39</p>	
<p><u>Extra Special Main Courses all £11.95</u></p> <p>Loin of Pork in Cider & Apple Sauce Lamb & Apricot Casserole Chicken with Basil, Port & Dill Sauce Venison Casserole Supreme of Pheasant Chasseur Pork in Pepper Sauce Cod & Prawn Crumble</p>			<p><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £7.39 Stilton & Vegetable Crumble £7.39 Vegetable Lasagne £7.39 Mushroom & Nut Fettuccini £7.39 Broccoli & Cream Cheese Bake £7.39 Vegetable & Pasta Bake £7.39 Vegetable Tikka Masala £7.39 Macaroni Cheese £7.39</p>	
<p><u>Main Courses</u></p> <p>Roast Dinner of the Day £7.39 Mixed Grill £12.99 Sirloin Steak approx. 8oz uncooked £11.99 Half Roast Chicken £8.20 Chicken Kiev £7.39 Lasagne £7.39 Steak & Kidney Pie £7.39 Cumberland Sausage £7.39 Gammon & Pineapple £7.39 Barnsley Lamb Chops £10.99 Marinated Lamb Steak (6oz) £10.99 Pork Chop in BBQ Sauce £8.99 Cheese & Ham Pasta £7.39 Tuna Pasta Bake £7.39</p>		<p><u>Rice Dishes</u></p> <p>Chilli £7.39 Chicken Tikka Masala £7.99</p>		
		<p><u>Salads</u></p> <p>Ploughman's Lunch £6.20 Cold Meat Salad & Roll & Butter £6.99 Prawn & Rice Salad £6.99</p>		
		<p><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.99 Ham; Beef; Cheese & Tomato; Cheese & Pickle or Salad from £2.99 Toasted Sandwiches from £3.20 Portion of Chips £1.85 Portion of Onion Rings £1.85 Mixed Side Salad £1.85 Portion of Mushrooms £1.85 Roll & Butter £0.65</p>		



WRS

A wide range of antiques, garden statuary, reclaimed building materials, ironmongery, fireplaces & stoves.

THE GALLERY

Contemporary art and design led crafts: jewellery, ceramics, textiles, paintings, sculptures and gifts

RESIDENT ARTISANS

- Kate Bentley Artist
- Silver Forge Jewellery & Workshop
- Gary Eccles Furniture & Restoration
- Ian Johnson Photography & Framing
- Graham Glynn Pottery & Sculpture
- Hat Trick Café Good Food

YEW TREE BARN
 Low Newton LA11 6JP
 015395 31498
www.yewtreebarn.co.uk
 Situated just off the A590
 between the Grange and
 Newby Bridge Roundabouts.

venality of its ministers and M.E.Ps and to the corruption endemic within it.

David dismisses any statistics which reflect badly on the EU as being typical of all statistics ,which ,he says are untrustworthy by their very nature and “made up on the spur of the moment” By the same token statistics supporting the EU must also be unfounded.

Here is a fact (not a statistic): The United Kingdom is one of the net contributors to the European Union.

What this means ,in terms of money – the only quantifiable aspect of membership - is that we pay IN

considerably more than we take OUT. At present, every U.K. taxpayer is contributing an average of £2200. a year gross into the EU.

The “brave project of nations united together rather than fighting together” was actually the programme designed by NATO. and which guaranteed the peace ,so that those European countries participating at the end of the War were enabled to work together towards the eventual trading union known as the Common Market.

The EU has undoubtedly achieved many notable successes through multi-lateral co-ordination ; _ but it remains a grossly expensive,

disingenuous ,corrupt and incompetent bureaucracy

David believes that pride in one's own country is "basically a good emotion" Not exactly a ringing endorsement, David but thanks anyway. In the context of this country, nationalism can hardly be shameful or otherwise as we no longer have a nation! (see above).

Another apologist for the EU, Tim Farron, wrote to say that he believes the EU is the best hope of tackling international crime. Tim Farron does have genuine reservations about the EU and I am pleased to note that he is fighting the EU's ruling that all sheep should be electronically tagged. This is a scheme designed by

Brussels , the effect of which will ensure that English sheep farmers could be forced out of business to the (totally unexpected!) benefit of French sheep farmers -. Surprise or no Surprise?

I digress. Tackling international crime is not like attempting to reverse a particular bureaucratic injustice.

The question is - what moral authority does the EU have to combat international crime and precisely how would it set about doing so.?

If a British company, say an insurance or an investment company, were to collect large premiums from anyone gullible enough to believe that great rewards would accrue and then failed to have its company accounts

Cobble Country

Dales & Lakes

Town & Country Property Agents Est. 1992

- Free Valuation
- Property Marketing Consultation
- Maintained mailing list
- Full colour particulars with floor plans
- Office open during 6 days a week
- Full property particulars on our website
- Negotiable commission
- Residential & Commercial Sales, Lettings and Holidays

59 Main Street, Sedbergh, Cumbria LA10 5AB 015396 21000

www.cobblecountry.co.uk
cobblesedbergh@yahoo.co.uk

audited in accordance with the law, the directors would have committed a criminal offence, be facing prison and the company would be struck off. The auditors of the EU have, for the last thirteen years, refused to sign off the EU accounts quoting, an “unacceptable level of risk of illegality and irregularity” If we applied the standards of British law to the EU it would have been closed down years ago and its ministers jailed..

Its own auditors accuse it of illegal- ie: criminal practices, it loses €100 Billion a year through customs duty scams and V.A.T. fraud alone .With the Mafia embedded and other criminal elements making hay with our money, any claims the E.U. might

make to be combating crime are hypocrisy.

Maybe I’m missing something ,but I can’t understand why, (apart from wishful thinking) the EU will provide better policing than individual countries’ police forces liaising closely with each other. Does Tim Farron hope (if this is the case) for the only other option , a EuroPol Commissariat operating as the police arm of a single state (Superstate) with a single code of law and easily subject to political control?.

The possibility of a Euroland police doesn’t give me much comfort I’m afraid. Once the Treaty of Lisbon is in place It may not be too long before Bigots and Xenophobes like me are

ABLE MEMORIALS

**Monumental and Architectural Masons
New Memorials and Additional Inscriptions
Showroom with over 30 memorials on display at
3 Wildman Street, Kendal**

**Please call for a brochure or free estimate
on 01539 735583**

Home visits available by local mason Edward Waller

Tel: (evening) 015396 21338 or 07779 025745

knocked up at three o'clock in the morning by men in leather coats carrying clipboards, but at least I won't have been taken by complete surprise,

With regard to the EU's "constructive negotiations with countries who not so long ago had nuclear weapons pointed at us" Yes, fine, - the EU organisation did negotiate to seek rapprochement with the USSR but without the military umbrella of NATO I doubt that they would have got far.

The U.S.S.R., of course, was an earlier control- freak Union of many countries – what David would regard as the many facets of a brilliant (Russian) diamond. . It grieves me to say so, but David or his children will discover that their own sparkly, many faceted, European diamond will turn out to be paste, just like its Soviet counterpart.

The Soviet empire was a multinational bloc of European and East European countries – I see little difference between the practicalities of regulating a pan-Communist or a pan- Europeanist bloc.

European unity was the goal of Napoleon and of Hitler . Although permanent European political union could not be achieved by either Communism or Fascism, a fresh generation of natural bossy-boots and dictators is now trying it on under the mantle of Europeanism.

Let us not forget that Angela Merkel was once a senior functionary in the repressive government of East

McMINN CONSULTANCY SERVICES(N.W.)LTD



STUART MCMINN BSc HND ABEng

PLANS DRAWN

PLANNING/ BUILDING REGULATION APPROVALS
FOR NEW HOUSES, COMMERCIAL PROPERTIES,
EXTENSIONS, ALTERATIONS & REFURBISHMENT.

Architectural & Building Surveying Services.
Planning Supervisors. Land Surveying.
Farm & Barn Regeneration.

Tel 01524 781081 Mobile 07729845147
West Winds North Rd Holme Nr Carnforth
Lancs LA6 1QA

Germany. An ominous example of transferable skills perhaps or an insight into the typical . mind-set of European political bosses? Probably both.

Tim Farron is absolutely correct that the people of the United Kingdom must have a Referendum over membership of the EU. I have never been asked if I wanted to be dragged into this undemocratic organisation, no-one has sought Tim Farron's permission to sign away his ancient freedoms, and no mandate has been given by David Burbidge for him to become a paid-up member of Euroland either.

John Hill

DENTDALE SHOW

What a fab weekend we've just had.

Me and my family along with a few friends from Bingley Harriers headed up to Dent on Friday for a couple of nights camping.

It was the Dentdale Show and this year it incorporated a round of the English fell championship. What this meant is that where the race usually attracts a hand full of runners this year there were hundreds toeing the start line for the short but sharp blast up and back down Aye Gill Pike.

The weather was kind for the show and held out for the race and even the wind blew in the right direction to aid our passage up the hill.

A first for me was to take part in a race started by a real life Town Cryer (fantastic English eccentricity) (*I wonder who that was??? Ed*) and for some reason as we charged away from the start line we were all deafened by a whining siren that sounded like a world war 2 air raid warning.

There was Bingley Harrier drama from the start as I accidentally tripped up my team mate Steve Fry as we funnelled towards the first gate. Despite going sprawling and taking out at least one other runner as he fell to earth he performed a stylish Western Roll and quickly recovered to get back on my shoulder by the time we started to climb the hill.

I managed to shake off Steve's attack but although I tried my best to stay with Andy Jebb on the climb up

the steep grassy hillside, he was just too strong for me pulling out about a minute on me by the turn. Just before I reached the summit the leaders began to stream past in the other direction and with gravity on their side they were flying down the hill at breakneck speed leaving us lesser mortals to continue winching our way to the top.

Although only 3 miles in total the mile and half up was lung bustlingly tough and even the return leg proved challenging as each foot had to be placed carefully to avoid disaster.

The race was won by Simon Bailey of Mercia in a new course record time of 25 mins 38 secs and although our club's big guns couldn't pull off a win Bingley still managed to post 3 runners in the top 10 and, along with Andy Jebb and myself, we made second team.

I was 50th overall in 31 mins 57 secs which I was quite pleased with having never run the hill before and with short sharp races not really being my cup of tea.

Bingley had a great turn out of 14 men in the race but only 2 ladies made the trip which was a bit of a shame.

As we crossed the line we were greeted by some great Dales hospitality as one of the local campsite owners (Margaret from High Laning Caravan and Camping park) had laid on gallons of cold fresh milk and a number of crates of flavoured milk which made an interesting and

refreshing change from the usual post race beverage of 'grassy' orange juice.

Talking with Margaret after the race (we were staying on her campsite) I was delighted to hear just how thrilled her and the rest of the village community had been to host the event and welcome the runners and their families into their lives for the weekend. If you just turn up, run and go home again, it's very easy to take events like this for granted and forget about all the unpaid planning, organising and effort that goes into making an event like this happen. These folk don't have to do this, farmers don't have to let us trample across their fields in the name of sport and marshals don't have to stand atop wind lashed fells shouting encouragement but thankfully they do and through the actions of these often faceless and nameless folk our lives

are enriched and we're given memories to cherish – MANY thanks to you all.

I'm sure I'll return to take on this fantastic little race again and enjoy more hospitality at the hands of the fine folk of Dentdale as we rampage through their magnificent scenery.

Although I can't lay claim to a win in the fell race (or even a very high placing), the day was not without a personal triumph as I stormed to victory in the 'slow bike race' sponsored by Wheelbase cycles. My time of 10 mins and 2 seconds to complete the 50 yard course proved invincible even when threatened by some very skilful and much younger bike handlers – a victory for experience over exuberance!!!!

Next weekend it's the big Ben – a jog up and down the highest mountain on our little island ...

Andy Nicoll



Appliance Services

SALES • SERVICE • REPAIRS

To all leading makes of domestic & commercial appliances

PORTABLE APPLIANCE TESTING

Tel/Fax: 015396 21699
Mobile: 07889 286 722

Tooby's
ELECTRICAL STORE

TV • Audio • Domestic Appliances
Sales • Service

Kew House, Ingleton Industrial Estate
Ingleton, Carnforth, Lancs LA6 3NU
Tel: 015242 41224
Ee-mail: info@toobys.com
Web Site: www.toobys.com

21 Main Street, Bentham, Nr Lancaster
Lancs. LA2 7HQ
Tel: 015242 61259

SLOVENIAN PUPPET THEATRE IN SEDBERGH

The American folk singer Woody Guthrie once said: "Anyone can be complicated but it takes a genius to achieve simplicity."

I couldn't help but think about this when watching the Slovenian puppet theatre which visited Sedbergh in late August with a compact fusion of stories about the fingers on your hand, a walk down a fairytale lane to the sea, and a mouse who was given a nose so she could be become better acquainted with her audience. And audience participation with some of the kids doing a small performance for the first time in their lives.

Beautifully presented by two of Slovenia's leading puppeteers - Igor and Jelena Cvetko (Jelena is the director of the National Slovenian Puppet theatre in Ljubljana) the show captivated children in Sedbergh and several other parts of Britain with it's mixture of children's theatre and puppetry.

A common question when introducing them to friends was: "Are your puppets glove puppets or marionettes?" To which their reply was: "neither." They use hand held models resembling the fingers and a ball which grows into a mouse when ears and a nose are found. I didn't hear any complaints but I did feel relieved they didn't do the excellent but somewhat avant garde show we saw in Ljubljana which involved only buttons.

Earlier in the year we arranged that we would pay their expenses

including flights - then set about setting up shows which might help pay the bills. As they were flying to Stansted it made sense to include the nearby Huntingdonshire village of St Ives (twinned with Medvode in Slovenia) and this included an evening with the twinned exchanging ideas for future joint projects - and them singing the praises of Sedbergh's legendary twinning efforts.

Other shows between Stansted and Sedbergh included Cambridge near where they stayed with my brother (which included a punting expedition), Newark near Nottingham twinned with Ljubljana, Robin Hoods Bay and the Whitby folk festival, Borrowdale,

COMPUTERS are wonderful –
until they go **WRONG!!**



- ◆ Cumbria Computer Systems
- ◆ Your LOCAL I.T. specialists
- ◆ 25 years of experience
- ◆ Microsoft certified
- ◆ Full range of Computer Sales and Service
- ◆ Very competitive call-out rates
- ◆ Complete PC systems supplied and supported
- ◆ Wireless/wired Networks for home or business
- ◆ Friendly, jargon-free advice
- ◆ Virus and Spyware/Malware removal
- ◆ Consultancy service

Call us on
07545 010542

e-mail: admin@cumbriacomputersystems.co.uk
www.cumbriacomputersystems.co.uk

Ambleside, the Sick Children's hospital in Edinburgh (where we stayed at the Slovenian consulate,) the Kendal Mintfest street festival (with many thanks to my neighbour Mick Hoff for lending us his small marquee to use in the pouring rain), and after a trip across on the Ullswater steamer: Martindale.

Most of our venues had less to do with where we might profitably raise some funds and more to do with showing off some of my favourite places and events in Britain.

Jelena told us how they had been to England several times before though mostly to visit the permanent puppet theatre in London - where they had been told it was the only one in the

country. After explaining to them that most people in the south of England view anywhere north of Watford as a kind of cultural desert, I took them to meet the puppeteers at the Upfront Puppet Theatre near Penrith where we talked about future tours of Northern puppeteers to Sedbergh and Slovenia. And then later to see the very lavish and Victorian theatre in Biggar just over the border into Scotland.

Saturday was of course the highlight of our tour with a show in Sedbergh Library for which we are indebted to Doone and the library staff for their help. The room was packed with parents and grandparents and a floor full of pre-school children and babies, with my 2½ year old Anika opening the door for the audience as they arrived.

It was a packed tour with many excellent performances and visits to some of Britain's more beautiful corners - but for me what I liked most was when they met people by chance who already knew them from other twinning events: like George Handley who Igor had stayed with five years ago when he came with the Zrece singing farmers. Or singers like Emma Aylette and Jan Harrison who had met him at our concert in Rogla when our group had toured Slovenia in 2006. Or the Quakers at Brigflatts where Igor's translation into Slovenian is still the mostly widely used introduction.

I love that sense of a world made smaller by friendship and cooperation. *David Burbidge*



Bakery & Tearoom

Main Street, Sedbergh Tel: 21058
for

Traditional Bread
Homemade Cakes & Scones
Freshly Baked Daily

Open 7 Days a Week



Good selection
of Gluten Free and Allergy foods
always available

TIM FARRON MP

I remain determined to do all I can to help with the issue of the planned closure of Baliol School. There are few communities that would be as welcoming to a school like Baliol as Sedbergh has been and losing this connection would be tragic for the boys who attend the school. To say nothing of the 30 odd jobs that the school provides to the town. I have written to both North Yorkshire and Cumbria County Councils to suggest a way through. Cumbria currently has no provision for children with behavioural or emotional difficulties and has indeed sent a few boys to Baliol over the years, so it seems sensible for them to see North Yorkshire's plans as an opportunity to take over the facilities in Sedbergh and open their own school. Especially given that specialist state schools appear to be able to provide education at half the cost of private schools. I await their response.

My meeting with the Chief Constable of Cumbria to discuss the policing of events around the Appleby Fair has been moved back at his request. We were offered the option of meeting with his deputy but decided that the best idea was to wait until we could meet with the top man.

We had a really enjoyable time in the sun at the County Show. It was great to see so many people there and to meet with a fair number. Thanks to everyone who signed our farming petition. Even though Parliament is, still, in recess I am keeping up the pressure on Hilary Benn, the Defra Minister, over a

number of issues. The most recent has been his department's review of the Rural Payments Agency. Clearly in these times when we are all having to watch our spending, to have a Government Agency that has cost us £75 million in fines to the EU because of the chaotic way it has handled making payments to farmers is unacceptable. I have called on the Minister to ensure that every aspect of how the agency works is examined to ensure that we are all getting much better value for money than we have received to date.

Our campaign for a new Cancer Unit at Westmorland General Hospital is building to its climax with decision time rapidly approaching. I am

**Oliver Higginbotham
Farm & Garden Contractor**

Stone walling
Fencing
Decking
Paving
Landscaping
Tree maintenance/Felling
Hedge cutting
Hedge Laying
Tree Planting
Weed Control

Pest control
(Mole, rabbit, rat, squirrel, mink)

Hardwood Logs-Woodchip-Manure

GARDEN MACHINERY & SERVICE

Mobile: 07815 899 994

Sedbergh: 015396 21073

planning to walk through the night from the Royal Preston Hospital to the Hospital in Kendal on the 2nd and 3rd of October to draw attention to the distances that cancer sufferers in this area are currently being asked to travel to get treatment. I am not expecting people to join me for the bulk of the journey but, legs willing, I plan to arrive at Kirkbie Kendal School at around 10.00 am on the morning of the third and then set off on the final leg up Burton Road to the Hospital itself, where I will present our petition in favour of the proposals, with as many people as possible walking with me. Please do come along, if the previous events in support of the Hospital are anything

to go by it promises to be a memorable occasion and the more people come along the more notice the people making the decision will have to take. If your diary is already booked up that morning then at the very least please do make an effort to sign the petition. There are lots of copies around or you can go to my website (www.timfarron.co.uk) and sign up there.

If you want to contact me about these or any other issues please do write to me, Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP

COLIN KNOWLES

Decorating Services Ltd

48 Bowland Road

Heysham

LA3 2EW

Tel: 01524 850094

Mob: 07867 620112



AGE CONCERN

launches the Big Response!

Age Concern South Lakeland has welcomed the publication of *Shaping the Future of Care Together* – the Green Paper on the reform of adult care – and has organised its own 'Big Response' which will take place in October. This will give local older people an opportunity to take part in a discussion of the care system and put their views direct to local MP Tim Farron.

The Green Paper was published in July and contains the Government's proposals for reforming the care and support system for older people in England, including a new National Care Service. The Government argues that increasing numbers of people will need care as the population ages and this will mean rising costs. It sets out five funding options for the future, ranging from everyone paying for care themselves to having care fully funded from taxes.

Sonia Mangan, Chief Officer of Age Concern South Lakeland said:
"We're delighted the Green Paper

has finally been produced. We know from talking to older people that the care system badly needs reform and that financial investment in care services is a big issue. Those on moderate incomes who can afford to pay something towards the cost of their care are heavily penalised by the current means-tested system.

"But this is not just about money. Will the proposals add to the dignity and independence of older people and increase the choice and control they have over their own care? Will the proposals create a care and support system that is understandable, transparent and easy to deal with?"

Hugh Tomlinson Deputy Director of Age Concern South Lakeland said:

"Sadly, many people assume that their care will be free in retirement. But in fact it is estimated that older people spend more in paying for care out of their own money than the net spend by public authorities.

"We would like to get feedback from older people on the suggestions in the Green Paper. For example, do you agree that Attendance Allowance should be scrapped and the money put instead into the care system? (Attendance Allowance is a non

means tested benefit awarded to help meet the costs of care and allow you to remain independent for longer) If you would like to take part in the Big Response, or to get your views heard in some other way, please do not hesitate to contact us".

The Big Response will take place on 5th October at Castle Street

FIREWOOD

Dry Seasoned Wood
Large & Small Loads
Call Jack on
015396 25268
07846 290519

Community Centre. To receive a booking form contact Age Concern South Lakeland on 01539 728118.

The five funding options that the Government is considering are as follows:

Option 1: Pay for care yourself

You pay for your own care. The Government doesn't pay anything – even for the poorest.

Option 2: Partnership

The Government pays for part of your care, with you paying the rest. The amount you pay will vary depending on how well off you are and how much care you need, with the poorest getting care for free.

Option 3: Insurance

The Government pays a part of your

care and then you have the option to take out an insurance policy to cover the cost of the rest.

Option 4: Comprehensive

When you retire, everyone except the poorest will pay around £20,000. You could pay in different ways - a lump sum, in instalments or after you die by using the money from the sale of your house. This would cover the costs of any care you may need in the future, except for accommodation costs if you need to go into a care home.

Option 5: Tax funded

The Government would pay all the costs of your care using money from taxation. This would require an increase in taxes.



SEDBERGH SCHOOL



We have a variety of opportunities for employment, including career development

We may have a job to suit you, such as Matron/Housekeeper, domestic cleaners, pastoral care assistant, catering, laundry assistant & administrators.

Perhaps you would like just a few hours during the week, week-ends or some evenings to fit around your other life commitments.

To find out more, please contact Michelle for an informal chat, she will happily detail all of our current opportunities and will answer any questions you may have.

We look forward to hearing from you

All positions will require a full satisfactory enhanced CRB application.

Call Michelle on 015396 20303 or email at:
maw.bursary@sedberghschool.org

ITALY IN SEPTEMBER

Yes, we are unashamedly Italophiles - so we were looking forward to another visit. Not without justification. This was the ninth visit from Sedbergh - a tenth is planned for next May. It was certainly not the first for several of our twenty-three group members. Going to the Hotel Elma feels like going home or visiting friends in a familiar and beautiful setting. The usual warm words of welcome, accompanied by a wine buffet, awaited us when we arrived, after dark on September 2nd, at the end of a smooth flight from Newcastle.

Our first day was restful, to get the feel of the lovely spa town of Fiuggi with its health-giving waters and to sample the glorious sunshine, so wonderful; after our very disappointing English summer. In the morning of the second day, our private coach took us through the

wooded hills of the Lazio countryside to the Abbeys of Subiaco. If some of us had been before, that did not matter at all. St Benedict's Abbey, clinging to the rock-face on the edge of the deep gorge of the Aniene river, is an amazingly romantic place, lavishly decorated with frescos depicting the life of the Patron Saint of Europe who lived for several years in a cave there. It's an enchanting place with a rose garden once visited by Saint Francis of Assisi who grafted roses on to mountain thorns in memory of Benedict centuries before.

On the Saturday we had our usual Rome Day, which, this time, included a trip to Ostia Antica, the ancient port of Rome near the mouth of the Tiber. Some say the excavated ruins here are "*better* than Pompeii". Certainly we spent a fascinating morning walking round the ancient gyms, baths, shops, villas, bars and offices of a town which was at its height when Christ Himself was walking around The Holy Land. After lunch we entered Rome along broad avenues built by Mussolini, looked at the stunning facade of the largest church in the world, St Peter's, and made a stop at The Colosseum where our guide told us something of its fascinating history. Before leaving the Eternal City, we each had the chance to throw a coin over the left shoulder to ensure a return to the Trevi Fountain.

One real highlight of the week was an open-air concert on the Sunday evening at which two young artists - a fine tenor and a soprano who had recently sung with Andrea Bocelli in

ACUPUNCTURE



"Acupuncture benefits low back pain"
JCM News, Feb 2009

Free half hour
initial assessment
and telephone advice.

June M. Parker

Dip Ac, MBAcC

49 Bainbridge Road, Sedbergh
Tel: 015396 20972

Rome - gave a recital of well-known operatic arias and lovely Neopolitan songs, specifically for us. It brought a tear to many an eye.

Monday evening's treat - following a morning visit to the hill-top City of the Popes, Anagni, and an early evening guided stroll through medieval Fiuggi - was the obligatory Pizza Margarita (preceded by salami and bruschetta and followed by tiramisu) at the Irish Pub in the town, by courtesy of Pierluigi's friend, Mauro.

As usual we had our morning sessions devoted to Italian Life and Literature. On Tuesday, a well-known Italian local historian, Daniele Baldessare, enthralled us with stories of primitive times in the wild area

where we were staying, and of the specially wonderful polygonal walls made of such large stones that Mythology claims they were built by one-eyed giants known as the Cyclopes. That afternoon we were walking beside these ancient walls.

Anyone looking for a holiday with a purpose would find it in this wonderful area of Italy. Our stay was not only cultural and educational; we also enjoyed superb Italian food accompanied by local wines made from sun-drenched grapes on nearby hillsides. We came back to England refreshed and invigorated, fired up with enthusiasm to face whatever autumn and winter might bring.

George D Handley

Take the hassle out of recording Digital TV with a 'plus' recorder

SKY plus
FREE Equipment and standard fitting Subs from £16.50 per month

Freesat plus
via a Dish from £300 plus dish no ongoing subscription

Freeview Plus
via your aerial from £149 no ongoing subscription

SKY plus HD
from £49 + fitting Subs from £26.50 per month



Tooby's
ELECTRICAL STORE



Ingleton 015242 41224 / Bentham 015242 61259

Need Help Re-tuning for digital?
BOOKINGS NOW BEING TAKEN FOR THE JUNE AND JULY SWITCHOVER DATES - need a digibox? Reserve yours now!

OPERATION CHRISTMAS CHILD

Operation Christmas Child needs YOUR help to increase our shoebox numbers. This Christian humanitarian aid organisation sends gift-wrapped shoe boxes full of small gifts to deprived children of all faiths in Eastern Europe. The joy on the children's faces is amazing to see, as they open what are often the first gifts they have ever received (or will receive). Scarves, hats, gloves, sweets, soft toys, small games and toys, pens, pencils, colouring books, even toothbrush and paste, facecloth and soap ... all received with smiles of delight.

This is the twentieth year of the world's biggest children's Christmas

charity ... and thanks to the generosity of the people of Cumbria, we are extremely popular and successful in this area. It is such a simple, rewarding and inexpensive way of making a real difference to a child's life. We are appealing to you as individuals and groups of all ages – WI's, churches, clubs, schools, guide and scout organisations, work groups, groups of friends and family – to take part by filling shoe boxes. It really is great fun to have an evening or daytime get together, covering boxes and filling them over a drink and a natter.

We are also looking for people to knit hats and scarves and make small craft items for the boxes such as

PLUMBING, GAS OR ELECTRICAL PROBLEMS?

Make the local logical choice . . .

. . . call **015396 20107**

BOILERS & SERVICING

Full Central Heating
Gas - LPG - Oil
AGA - Rayburn
Stanley - Redfyre
Replacement Boilers

LIFESTYLE

Bathrooms
Kitchens
Fires
Fire Surrounds
Tiles

ELECTRICAL

Designing & Wiring
Power & Lighting
Inspecting & Testing
Rewiring
Security Alarms



small bags, pencil cases, jewellery. Perhaps you could hold a coffee morning to raise money for your gifts.

Your first step is to get hold of a leaflet which explains about choosing an age group and gender, gives examples of what to put into your box and tells you how to find your nearest drop-off point. Log on to www.operationchristmaschild.org.uk or telephone 01993 770652 or call in at Sedbergh Post Office or the Green Door Sweet Shop to pick up a leaflet.

We are delighted and grateful that the Johnsons at Sedbergh Post Office have agreed to be a drop off point for Operation Christmas Child which means your shoebox can be left there for collection between 1st and 18th November. The boxes then go to our Kendal processing warehouse where the boxes from the whole area are packed into large cartons for shipment. Your boxes will

go, at the end of November, to Crimea (Ukraine), where there are many street children, orphanages, and heart breaking poverty. This year's campaign runs from November 1 – 18, so please start planning NOW! If you would like further information, or your group would like an illustrated talk, just telephone Rosemary Webster, your District Co-ordinator 015395 68013. We know that many people in the Sedbergh area, including the Methodist Church, URC church and some schools and individuals already fill shoeboxes for Operation Christmas Child. Thank you very much - this is a simple way to make a huge difference to a child's life this Christmas. PLEASE HELP There will be a Shoebox Service at Sedbergh Methodist Church at 1030am on Sunday 1st November. All are welcome.

go, at the end of November, to Crimea (Ukraine), where there are many street children, orphanages, and heart breaking poverty.

This year's campaign runs from November 1 – 18, so please start planning NOW! If you would like further information, or your group would like an illustrated talk, just telephone Rosemary Webster, your District Co-ordinator 015395 68013.

We know that many people in the Sedbergh area, including the Methodist Church, URC church and some schools and individuals already fill shoeboxes for Operation Christmas Child. Thank you very much - this is a simple way to make a huge difference to a child's life this Christmas. PLEASE HELP

There will be a Shoebox Service at Sedbergh Methodist Church at 1030am on Sunday 1st November. All are welcome.

NBC-SKYNET

DIGITAL AERIAL AND SATELLITE

- **DIGITAL TV AERIALS**
- **SKY REPAIRS**
- **AERIAL FREEVIEW**
- **SATELLITE FREEVIEW**

Local - Professional - Reliable

**Tel: 07710 400 499
or 01539 562561**



**SOUTH LAKELAND
CARERS ASSOCIATION**

We offer support to people of any age with caring responsibilities.

The Sedbergh Carers Support Group meets on the 1st Tuesday of the month. Our next meeting will be held on the 6th October, 2 - 4 in the Committee Room at the People's Hall, Sedbergh.

Our guest speakers are Moira Leck and Jane Wrightson from Age Concern who will talk about their work on falls prevention. The best foot forward project aims to prevent slips, trips and falls amongst older people. These ladies will also talk about Age Concern's eat and heat project which aims to help people who are worried about their fuel bills and to make sure that they are getting the best deal available. Advice is given on how to keep warm during the winter months, healthy eating, keeping active fuel efficiency and insulation measures.

On Tuesday 3rd November, 2 -4, Cumbria Fire and Rescue Service will deliver Heartstart training. The training teaches people what to do in an emergency; they are simple skills that can save lives.

Both events are free to attend and new members are particularly welcome.

Refreshments will be available as will information about the help and support that we are able to offer to Carers.

For more information or advice please contact South Lakeland Carers Association. Telephone number 01539 815970



stramongate press

printers

printers

of

Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448
fax 01539 730253
e-mail info@strampress.co.uk
website www.strampress.co.uk

YORKSHIRE DALES NATIONAL PARK

Advice on historic buildings

Owners and occupiers of historic buildings in the Yorkshire Dales National Park will have the chance next month to pick up tips and advice on ways of keeping their properties in excellent condition.

The Yorkshire Dales National Park Authority (YDNPA) has organised a free 'Caring for Your Historic Buildings' event on October 24 at the People's Hall in Sedbergh that will cover a range of topics including:

- principles of conservation
- causes and treatment of damp
- stone masonry repairs including demonstrations with lime mortars
- how to employ an architect.

The day is being organised by the YDNPA's Assistant Building Conservation Officer Gaby Rose, who said: "The aim is to provide residents with some specialist advice and information to help them maintain their property and so retain its character and value. It will also highlight the hazards they will encounter by using wrong materials and inappropriate building methods."

Speakers will include Historic Buildings Consultant Jonathan Ratter and Conservation Architects Elaine Blackett-Ord and James Innerdale.

The number of participants at the event will be limited so it is strictly a matter of first come, first served.

Anyone wanting to book a place should phone 01969 652354 or email herinfo@yorkshiredales.org.uk.

SEDBERGH FESTIVAL OF BOOKS & DRAMA

The Literary Trust and festival organiser would like to thank everyone who helped with the events in any way; the events programme in Sedbergh could not go ahead without the help and interest you give to our efforts.

We are particularly grateful to the Technical Team, Andrew, Steve and Ian, Helen and Sandra and their teams for the catering, the TIC for ticket sales and organisation, Andi for design and print and all the wonderful volunteer stewards and helpers, we would also like to thank the management of the various venues we used. Lastly a very big thank you to everyone who supported us by coming along to an event!

We have some exciting new projects for the rest of this year and 2010 – watch this space for news.

M WINN & SONS LTD

(Established 1894)

Sedbergh

General Builders & Joiners

Now

Kitchens

Supplied & Fitted

Contact R. M. Winn
015396 20649



CITIZENS ADVICE BUREAU

Please note that the information with respect to the C.A.B. on the back pages has been amended with a new telephone number and Web Site.

HEALTH UPDATE

With reference to the report that appeared on Page 38 of the September issue, please note the following amendment for the Flu Jabs.

Saturday 3rd October – 9am – 11.30am (no change)

Saturday 31st October – 9am – 11.30am (changed from 24th October)

Surnames beginning A-G arrive between 9 and 10am surnames H-Q between 10 and 11, with surnames R onwards between 11 and 11.30. Last admittance will be at 11.30.

BAGS 2 SCHOOL

Zebras Toddler Group are having their autumn Bags 2 School collection on Friday 16th October. Bags containing clothes, shoes, belts, soft toys, etc, can be dropped in to Sedbergh Methodist Church between 12 noon and 3pm on Wednesday 14th October.

To arrange collection of Bags, please contact Trish on 07890 302038.

Thank you for your support.

STITCHING CIRCLE

New Stitching Circle

Two young women are looking for other people interested in quilting, knitting, embroidery – basically anything you can do with needles while chatting! We are hoping to start a stitching circle in Sedbergh that will meet on Thursday evenings once a week or once a fortnight to share tips and ideas. All ages and abilities welcome! If you'd like to join please ring Katy on 07843673416.

DMH FLICKS IN THE FELLS

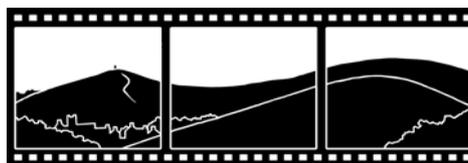
Not into Bowling? Come to the Cinema at Dent Memorial Hall on the eve of Saturday October 24th. See Advert for details.

SEDBERGH PLAYGROUP AGM

Will all parents please note that the AGM for the Playgroup will be held at 8pm in the Spooner Room.

Old and new attenders are very welcome.

FLICKS IN THE FELLS AGM



FLICKS in The Fells

The Annual General Meeting of the Flicks in the Fells committee will take place at the Community Office on Friday 9th October at 7pm. Please come along, whether you're just interested in watching films, or helping to show them!

We had a number of comments after our screening of 'Easy Virtue' about the sound quality of the dialogue. There are a number of factors which can affect this – the way the soundtrack is mixed, the quality of the disk the film is on, possible problems with the sound equipment and sometimes it's just the actors not speaking properly! Following the comments I've checked out every bit of the equipment, which is working perfectly, but we'll be keeping a close ear on the problem. *Andrew Allan*

PHOTO CALL

Once again the goodly readers of *Lookaround* have come up trumps. I had a call from Harold Goad at Burton Hill - strange how that keeps cropping up - to say last month's photo had appeared in a book written by a former Sedbergh School boy about Whinney Haw and the Armistead family whom he spent quite a time with helping on the farm. Harold confirmed that it was Firbank Church and that the happy couple were Tom Mason and Emily Woof and a young John Armistead had been sent down to tie the gates.

I also had a letter from Mrs Joan Drew who informed me that an earlier photo was of No 6 Hallbank. Joan



BUSINESS PREMISES TO LET

Excellent Office/Storage accommodation.
3 miles from Sedbergh on the Dent Road.
Ample parking. Easy Motorway access.
Electric / Telephone / Internet Access
£450 per month + rates
Tel: 015396 25657

lives in Painswick, Gloucestershire but also has a house in Hallbank, the letter arrived too late for inclusion in last month but my thanks are extended to her as well as to Harold who better still is going to lend me the book. As a child living in Firbank, I once did a bit of haymaking for old Louis Armistead for which I was promised 3d - needless to say 50 years later I'm still waiting... with interest it could now be a tidy sum.

I don't hold out much hope for this month's photo which is another wedding. Judging by the carpet it must have been high society. The house in the background looks vaguely familiar but it probably isn't local, nevertheless one never knows what the well informed readers will come up with. Again it comes from Freda Trott's collection.

As usual I can be reached via post - if there isn't a postal strike - at Walnut Bungalow, Dent, Sedbergh, Cumbria LA10 5QT, by phone at 015396 - 25001 or by email at shirley.tebay@btinternet.com



Hearing Problem?

Visit the
Irene Taylor Hearing Centre
Est. 1980

- Fully independent
- Specialist & expert hearing aid advice
- Hearing protection
- Home visits
- Competitive prices
- Over 27 years of experience

The Hearing Centre
Salt Pie Lane
Kirkby Lonsdale LA6 2BH
015242 73589

Registered with the Hearing Aid Council
www.prestonhearingcentre.co.uk

COMMUNITY OFFICER REPORT

Over the last month Sedbergh and the surrounding area has continued to see low levels of reported crime, there has been a report of theft of scrap on the outskirts of town. There has been an attempted break in to a holiday cottage where entry was gained via a rear porch window, no entry was gained into the house, nothing was taken and only a small amount of damage occurred. There have been a number of calls regarding 'cold callers' throughout the county, the Door step advice from Trading Standards is:

- Always use the door bar when

answering the door.

- Do not allow strangers into your home.
- Never employ cold callers and do not buy goods from them.
- Do not keep large sums of cash in the house.
- Don't leave the door bar engaged overnight.

For further advice contact Consumer Direct – 08454 04 05 06. It is also possible for No Cold Calling Signs to be requested from Trading Standards to help prevent cold calling, please contact Austin Shields (Trading Standards) 01229 404043.

Over the summer holidays Young Cumbria has worked with 4 youths from the Sedbergh area to complete their bronze Duke of Edinburgh award expedition, walking from Grasmere to Langdale then to Ambleside. All were successful despite the wet weather!

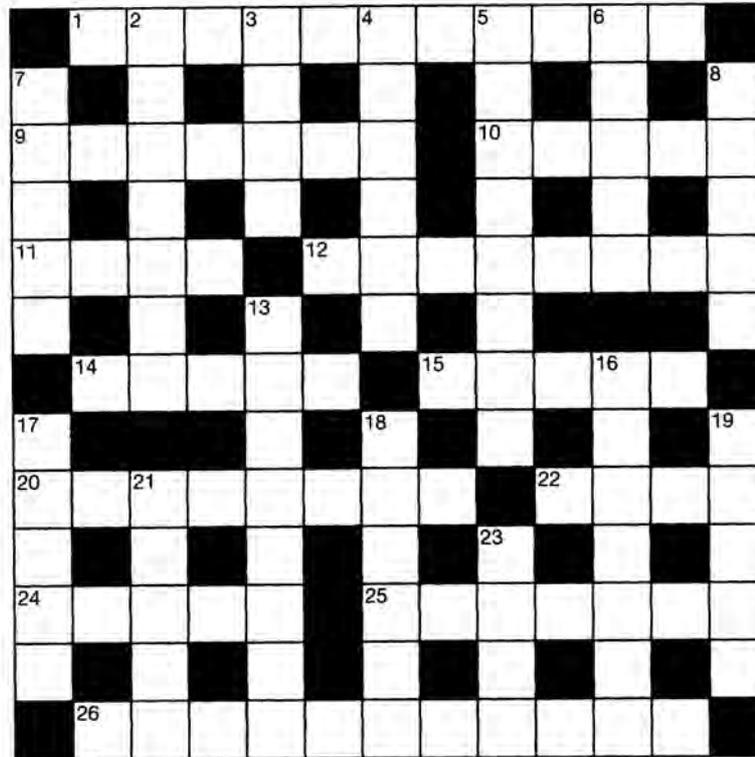
9 Young people from Sedbergh along with another youth club took part in a residential stay in Keswick, with Young Cumbria. One of the activities was with Maryport In shore Rescue Service. The youths then had a sponsored 'Stay Awake' to raise money for this cause. Young Cumbria has a full programme of events for the next few months.

The drop in for this month will be Dent Stores Tuesday 06/10/09 10:00 – 12:00 and Sedbergh Library Monday 26/10/09 17:30 – 19:00.

Karen Dakin CSO 5206

Email karen.dakin@cumbria.police.uk

Tel - 0845 33 00 247.



ACROSS

- 1 Flash of lightning (11)
- 9 Olympic Games venue (7)
- 10 Cavalry sword (5)
- 11 Blocking vote (4)
- 12 National airline of Russia (8)
- 14 Kill by immersion in water (5)
- 15 Entice, lure (5)
- 20 Perpetrator (8)
- 22 Breakwater (4)
- 24 Bric-a-brac item (5)
- 25 Endurance, strength (7)
- 26 Insight (11)

DOWN

- 2 Pistol case (7)
- 3 One over the eight! (4)
- 4 Rubbed out (6)
- 5 Donated (8)
- 6 Tag (5)
- 7 Labourer (5)
- 8 Pier (5)
- 13 Final piece of work (4, 4)
- 16 Clause in a contract (7)
- 17 Sofa (5)
- 18 Human being (6)
- 19 Tree of Lebanon (5)
- 21 Meeting discussing topics of public concern (5)
- 23 Horse-drawn vehicle (4)

ORGANISATION	Update	CONTACT	Tel:	015396
Allotments Association (Dent) *	08/09	Mr Smith	Dent:	25688
Allotments Association (Sedbergh)	02/09	Mr Atkins	Sed:	20031
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
Birdwatching	02/09	Mrs Foott	Dent:	25453
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)	06/09	Mr Kirby	Sed:	21214
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 Schoolroom		Mrs Stainton	Sed:	20665
Howgill Toddlers		Mrs Alderson	Sed:	22050

Kent Lune Trefoil Guild		Mrs Mitchell	Sed:	21144
Killington Sailing Association	12/08	Dr 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
Over 60's (Dent)	02/09	Mrs Burrow	Dent:	25203
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
Pepperpot Club (Sedbergh)		Mrs Smith	Sed	21196
Pistol and Rifle Club		Mr Middlemiss	Sed:	20662
Playground (Sedbergh)	10/09	Mrs Rice	Sed:	22100
Playgroup (Sedbergh)		Mrs Gunning	Sed:	20226
Playing Field (Sedbergh)	10/09	Mr Longlands	Sed:	20885
Rag Ruggers		Mrs Hennedy	Sed:	20899
Red Squirrel Group (Sedbergh)	02/09	Mrs Foott	Dent:	25453
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
Toy Library	06/09	Mrs Roberts	Sed:	21355
White Hart Sports and Social Club		The Committee	Sed:	20773
United Reformed Church Rooms		Mrs Howarth	Sed:	20428
Westmorland Gazette Correspondent	Rat	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	03/09	Mrs Woof	Sed:	21644

* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect,
please supply details to the *Lookaround* Office



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby	15 Back Lane, Sedbergh (2009/12) <i>ID; IT; TVL; CH; DW; P; DR; VB</i> e-mail:- antique.thurlby@amserve.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2010/02) <i>ID (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2009/09) <i>ID(ES); IT(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (2009/09) <i>IT; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com	21455
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2009/11) <i>ID; IT; IS; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2009/09) <i>ID (ES); ID/T (PB); TV; NS; CH; VB; P; NP(*) ; Di (min 4 by arrangement)</i> e-mail: kathryn.vigar@btopenworld.com	20447
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2009/12) <i>F/D (4 poster); IS; ES; CH; TV; P; NS; DW; CW; DR; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2010/05) <i>2D (4 Poster); 2D; IT; IS; All ES; TVL; P; CH; CW; FC; NS</i>	21012

CAMPING, CARAVANNING & SELF-CATERING

Borrett Barn Flat, Marthwaite, Sedbergh (2009/10)	<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	21175
Waterside Farm Caravan, Firbank, Sedbergh (2009/09)	4 Berth; H&C Shower; WC	20616
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

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Canon A W Fell Tel: 20283

Church Wardens:

Tony Reed Screen 21081 & Lavinia Mahon 21740

ROMAN CATHOLIC

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

Rev. Dr. P Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30 & 18.30

Rev. T Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. C Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

Mrs T Satchell Tel: 20005

UNITARIAN & FREE

CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Wednesday 19.30

Rev. G Jones Tel: 01539 722079

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

CHURCH OF ENGLAND

Firbank; Howgill & Killington
Cautley & Garsdale

Canon A W Fell Tel: 20283

Church Wardens:

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

Rev. P Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Fell End;
Garsdale Street; Garsdale Low Smithy;
Hawes Junction & 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	=	£1.50
Postal Overseas	=	£2.50

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

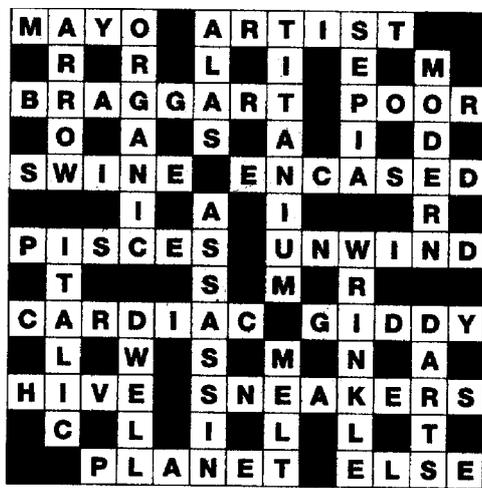
Dates are held up to 11th July 2010

<i>"Lookaround Diary" What's missing?</i>		U R	25 1000 Patchwork & Quilting	DCMH
Entries marked (*) see Advert in previous Lookaround.			26 1900 Autumn Moonwatch	DCMH
OCTOBER				
1	1030 Emerging Talent (till 4th) (FM)	FM	27 1930 Garsdale Ladies Plant Swap	GVH
1	1030 Coast & Country (till 18th) (FM)	FM	28 1000 Coffee Morning Garsdale Church	URCR
1	1930 WIH AGM	FCH	28 1400 Discover & Do	DCMH
2	1000 Hidden History (till 8/11)	DCMH	28 2000 Ha Ha Hitler Play	PH
3	1500 Quaker Week	BF	29 1930 Sedbergh Parish Council Date Change	PH
3	1000 Standing on the Promises (6)	SMC	30 1930 Domino Drive	HVH
3	1900 Flicks in the Fells (6)	PH	31 1900 Flicks in the Fells (6)	PH
5	1930 Dent Parish Council Meeting	DMH	NOVEMBER	
6	0930 Understanding Children's Behaviour	PH	1 1000 Hidden History (till 8/11)	DCMH
6	1400 SL Carers Age Concern	PH	1 1030 Shoebox Appeal Service	SMC
6	1400 Spinning & Rugmaking	DCMH	3 SS Half Term Ends	
6	1930 WIB Church Mouse Cheese	BVH	3 1400 SL Carers Heartstart	PH
6	1930 PH Redevelopment (6)	PH	3 1930 WIB Annual Meeting	BVH
7	1000 Coffee Morning Barnardo's	URCR	4 1000 Coffee Morning Firbank Church	URCR
7	1930 HS Researching Family History (21)	SHS	4 1930 HS North Eastern Railway	SHS
7	1930 WIF Abbeys & Priors in the NW	PH	4 1930 WIF AGM & Jacobs Join Social	PH
7	2000 Sedbergh Playgroup AGM	SR	5 1930 WIH District Councillor	HVH
9	1900 Flicks in the Fells AGM	CO	6 1800 Garsdale Bonfire & Fireworks	GVH
10	1900 Bolton Male Voice Choir	PH	6 1830 Firbank Bonfire Night & Skittles Party	FCH
12	1930 Gala AGM (12)	PH	7 1400 SHS PTFA Jumble Sale	PH
13	1000 Benefits Advice	CO	7 1800 Gala Bonfire Night (1)	PH
13	1400 WIK Sewers	PH	8 1030 Remembrance Sunday	StAS
13	1930 Bingo & Potato Pie Supper	FCH	9 1900 CO AGM	URCR
14	1000 Coffee Morning Christian Aid (14)	URCR	9 1930 St John's Hospice (63)	SMC
14	1915 WID Jewellery Making	DMH	10 1000 Benefits Advice	CO
14	1930 CWT Mushroom or Toadstool?	SHS	10 1400 WIK AGM + Jackie Huck	PH
16	1930 Friends of Museum AGM	DCMH	10 1930 Firbank Church Domino Drive	FCH
17	0930 MS Research Table Top Sale (17)	PH	11 1000 Coffee Morning Bowling Club	URCR
17	1000 Festive Lights Coffee Morning (17)	DMH	11 1915 WID AGM	DMH
18	1030 Christian Worship	PH	13 1930 WIH Domino Drive	HVH
19	1930 Beetle Drive	GVH	14 1100 StAS Christmas Fayre	PH
19	2000 Chamber of Trade AGM	PH	14 2000 Two Gentlemen of Verona (31)	SHS
21	1000 Coffee Morning Badminton	URCR	15 1030 Christian Worship	PH
21	1000 Age Concern Village Agent	CO	16 1400 Watercolour Classes start	PH
21	1930 HS Sunderland Flying Boats (21)	DMH	18 1000 Coffee Morning Killington Church	URCR
22	1900 Excavating Sedbergh (22)	CO	18 1930 Domino Drive	GVH
23	SS Half Term Starts		18 1930 HS Lady Anne Clifford	SHS
23	1930 Domino Drive	KVH	20 Annual Promise Auction	G&D
23	1800 Auction / Opening Night (27)	FM	21 1000 Sed. Playgroup Christmas Market Fayre	PH
24	0930 YDNP Caring for Historic Buildings	PH	21 2000 Howgill Dance & Singalong	PH
24	1000 Zebra's Table Top Sale (24)	SMCR	21 Fantasia on Christmas Carols	Carlisle
24	1900 Flicks in the Dent Fells (25)	DMH	22 Fantasia on Christmas Carols	SSPH

*The S & D Lookaround is edited, published & distributed monthly by
Dennis & Jacky Whicker and is printed by Stramongate Press.*

*The content of The Lookaround in no way reflects the views of the Editors.
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.*

*Copies available from Sedbergh Office Services, Sedbergh Tourist Office, Premier,
Ellies, Post Office, Farfield Mill, Dent Stores & Meadows Cafe*



- 23 1930 Doubting Dawkins SMC
 24 1930 Neighbourhood Forum PH
 24 1930 Garsdale Ladies Sedbergh Soap GVH
 25 1930 CWT The Lakeland Eagles SHS
 26 1930 Sedbergh Parish Council PH
 27 1930 Domino Drive KVH
 28 SSCS Rawthey Ball SSPH
 28 Take That Tribute Band PH
 30 St Andrew's Day
- DECEMBER**
- 1 1930 WIB Christmas Meel & Party BVH
 2 1000 Coffee Morning LNFU URCR
 2 tba WIF Christmas Party tba
 2 1930 HS Traditional Local Food SHS
 3 tba WIH Christmas Party tba
 5 tba Flicks in the Fells PH
 8 1200 WIK Christmas Lunch tba
 8 1930 Domino Drive & Mince Pies FCH
 9 SS Term Ends
 9 1800 Late Night Shopping Sedbergh
 9 tba WID Christmas Party tba

DIARY KEY

- BF = Brigflatts
 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
 G&D = George & Dragon, Dent
 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
 PH = People's Hall
 SHS = Settlebeck High School
 SLSB = South Lakeland Society for the Blind
 SMC(R) = Sed. Methodist Church (Room)
 SR = Spooner Room
 StAS/D = St Andrew's Church, Sedbergh/Dent
 STO = Sedbergh Tourist Office, Main Street
 URCR = United Reformed Church Rooms
 WIB = Women's Institute, Barbon
 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 |
| T'ai Chi | 1930 Every Tuesday | URCR |
| SL Carers Association | 1400 1st Tuesday | PH |
| Killington WI | 1400 2nd Tuesday | PH |
| SLS Blind Group | 1400 3rd 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 |
| Frostrow WI | 1930 1st Wednesday | PH |
| History Society | 1930 1st & 3rd Wednesday | SHS |
| Dentdale WI | 1915 2nd Wednesday | DMH |
| Howgill WI | 1930 1st Thursday | FCH |
| Child Health/Baby Cl | 1400 1st & 3rd Thurs | PH |
| Toy Library | 1430 1st & 3rd Thursday | PH |
| Royal British Legion | 1915 2nd Thursday | WHC |
| Sed. Parish Council | 1930 Last Thursday | PH |
| Monkey House Café | 1930 Every Friday | Library |



MK CONVERSIONS

Four Lane Ends, Marthwaite
 Sedbergh LA10 5ES
 Tel: 015396 22038
 Fax: 015396 22039
 Builders, Joiners & Roofing
 Contractors

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

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 & Mr B Houghton

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

1000 - 1700

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

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

e-mail office@sedbergh.org.uk

www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 01539 738772

www.cabsouthlakeland.org.uk/kendal.html

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