

Sedbergh & District

LOOKAROUND

October 2010

Issue 282

Donation £1

This month, we have received a few suggestions for inclusion in future *Lookaround's*. These are being looked at and we thank you for your input.

We have now established a new e-mail address for your contributions.

When you send us items as you do now, could you also send it to editor@sedberghlookaround.org as well please? We will, as usual, acknowledge your submission from both addresses.

Dennis & Jacky Whicker

Music & Dance at The People's Hall

Saturday 9th October at 8pm

OLD TIME DANCE with **Roe Valley**

◇ Licensed Bar ◇ Raffle ◇
◇ Jacob's Join Supper ◇ £3 on the door ◇

Friday 22nd October at 7.30pm

The Atlantics

Playing 50s jive and classic rock 'n' roll, The Atlantics create a big authentic 50s sound and a great atmosphere that will keep you dancing all night

◇ Licensed Bar ◇ Raffle ◇

**Tickets £7.50/£4 (family £20) from
Sedbergh TIC or on the door**

*Sedbergh United Reformed Church
are pleased to invite you to the*

*Opening Celebrations
of the newly refurbished
Community Rooms and facilities*

*Sunday 17th October
6.30pm*

*Harvest Celebrations
and dedication of new facilities*

7.30pm

*Grand Opening
and Refreshments*

We hope you will be able to join us.

*RSVP to Mr Martin Cope
Sedbergh URC, Main St,
Sedbergh, LA10 5AB
by October 10th*

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>

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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.

The recipients this month are:- Robin Preston who is

11 years old on 9th October

Liam Middleton who is

11 years old on 21st 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.

Day	Name	Age
2	Christopher STAINTON	10
3	William BLACKBURN	3
4	Cally LAWSON	6
4	Amy HARPER	10
5	Thomas HALL	11
6	Ben GIBSON	7
7	Ross HORNER	1
7	Abbi WOOF	8
7	Alice HOLTON	9
9	Jed HARPER	2
9	Emily LISTER	5
9	Robin PRESTON	11
10	Rosie NEWBOLD	6
11	Phoebe HALL	5
11	Ben FIDDLER	10
13	Dillon OVERSBY	10
15	Kelly Ann SCOTT	2
17	Aaron TROUGHTON	9
19	Edward WILSON	6
20	Rosie HODGSON	4
20	Hugo HEAGREN	11
20	Harry PACKHAM	12
21	Liam MIDDLETON	11
25	Alex SAYNER	3
25	Robbie ALDERSON	10
27	Sam WILSON	4
	Nonagenarian & Over	
14	Mary CARGILL	94
20	Hilda BRACKEN	92

NONAGENARIANS

We are now including the details of all those aged 90 years and over who wish to have their details included. To do this, we must have the persons permission, the correct Name & Date of Birth and a contact telephone number. Please supply these details and they will appear in the relevant month. Sadly, they will not qualify for the Birthday Voucher! ☺

PERSONAL & SMALL ADS £1

COWIN/COUSINS

Congratulations Paul & Claire on the birth of Holly who arrived on 9th September 2010 weighing 6lb 13oz. Such a beautiful little girl. Well done. Love Dad & Mam.



=====

FOR SALE

Simmons 525/60mm Astronomical Refractor Telescope with Tripod £10. Epsom Stylus C42UX 4 colour Inkjet printer £10. Tel: 21214.

=====

FOR SALE

Sturdy Monopod complete with 2 quick release mounting heads making it ideally suitable for video or photographic use. £18 ono. Tel: 015396 20869.

=====

FOR SALE

Hymer B564 Campervan. 1995 in immaculate condition. 2.5L Diesel. £12,500. Includes many extra features, eg bike rack, safari room awning, topbox. Tel: 015396 21339 or 21286.

=====

FOR SALE

Silver LP case in good condition. Suitable for DJ's and/or record collection. £15. Ring 07826 316452.

=====

FOR SALE

Computer Cabinet, Wardrobe, Chest of drawers (blue); clear plastic stackable drawers. Tel: 07765 835192.

FOR SALE

Table Football game. Full size. Can deliver to Kirkby Lonsdale area. £25. Morphy Richards Bread Maker (white) in good working order, complete with manual. £15. Mrs J Day (Ingleton) 07795 654345.

=====

FOR SALE

Set of 4 Dining Chairs with ladder back in pine with fabric seats. Good condition. £20 for the set. Tel: 015396 20917.

=====

WANTED

Three Bedroom House to rent in the Sedbergh area for young family with local connections. Must have garden. Preferably rural. Please contact Jackie Higginbotham 015396 21073.

=====

WANTED

Sailing holiday in Greece in return for accommodation in Sedbergh, Feb/ March 2011. I, and my yacht, Wild Bird, are currently based in the Ionian in Greece. I (and possibly my dog) would like to spend three or four weeks in Sedbergh early next year. Does anyone have a spare room, or unused B&B or self catering accommodation they would like to swap for a holiday in Greece with me on board my boat? Contact me by email on caroldent@fastmail.co.uk to discuss further.

DENT PARISH COUNCIL

Campervans in Dent Car Park

At its last meeting, Dent Parish Council reviewed its policy on the overnight parking of residents' campervans and motorhomes in Dent Car Park. Although the overnight occupation of these vehicles is still prohibited, from 1st November 2010 full-time residents of the Dent Parish Council area will be able to park their vehicles in the car park against the wall on the east side, provided they hold a £65 Annual Permit and provided the vehicle is moved at least once every four months.

The first year's permits will be valid from 1st November 2010 to 31st December 2011, but to prevent the car park being dominated by campervans and motorhomes, only six will be issued each year.

The change is designed to help those people who, because of where they live, are unable to make

TO LET

One bedroomed flat Main St, Sedbergh
Rent £350 /cal month,
No Smoking
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alternative overnight parking arrangements for their vehicles.

Daytime parking of residents' campervans is already covered by the free residents' permits, and so does **not** require a new permit.

To apply for a permit, write to Tracy Fletcher, Dent Parish Clerk, The Croft, High Casterton, Carnforth, LA6 2SD by **20th October 2010** stating:

1. the make and registration number of your vehicle
2. your reason for wanting a permit and enclose a cheque for £65 made payable to Dent Parish Council. In the event of more than six applications for permits, the council will decide on their allocation.

FLU CLINICS 2010

for the patients of

LUNESDALE SURGERY KIRKBY LONSDALE & WEST VIEW SURGERY HORNBY

The NHS is being encouraged to reduce costs wherever possible and as a result we will not be sending individual letters to our patients this year.

Flu vaccination clinics will be held on:

Tuesday 12th October 9.30am to 12.30pm Kirkby Lonsdale Institute

Wednesday 13th October 9.00am – 12.00pm Hornby Institute

Friday 22nd October 9.30am – 12.30pm Kirkby Lonsdale Institute

These clinics are for patients who are over 65 year old or who fall into a priority group entitled to free vaccination.

The priority groups are:

Asthma, Diabetes, COPD, Chronic Heart disease, Chronic Kidney disease, Chronic Liver disease, Immunocompromised, Chronic Neurological conditions (e.g. Stroke), Multiple Sclerosis, anyone undergoing Chemotherapy, Registered Carers and Pregnant women who have not already received swine flu vaccination.

Healthy people under 65 years old do not need to be vaccinated.

SEDBERGH PARISH COUNCIL

The latest Council meeting was on 26th August at the People's Hall.

Current issues

- Purchase of Tennis Courts/ Fishing Rights – SLDC have advised that they will consider our request to have these assets transferred to the Parish Council at their October cabinet meeting.
- Acquisition of 72 Main Street - Further work on a feasibility study has been carried out and on 4th October Tim Farron our MP has agreed to front a meeting with Yorkshire dales National Park who are selling the building.
- Ghyllas Layby – The Local Area Partnership has agreed to grant

£3,000 to help fund the creation of a new picnic area and plans are now being drawn up.

Community Play

A presentation was given to the Council regarding the proposed community play which is scheduled for summer 2012. It is hoped that this will involve as many local residents as possible and will be funded by national grants. The Council expressed its support for the project.

Planning Committee

- There were a large number of planning applications and the council did not object to any. However a number of observations were made regarding the application for the

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 6th October
Settlebeck High School
Sedbergh: Sport and Local
Identity c.1870-2000
Professor Mike Huggins
In Settlebeck High School

Wednesday 20th October
Wrestlers, Crucks & Mullions
Lake District Buildings
Andrew Lowe
In Dent Memorial Hall

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

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- erection of 3 dwelling houses at Settlebeck Cottages.
- The meeting agreed a response to the Transport Plan for Cumbria.
 - The council have been advised that YDNPA planners are to take enforcement action regarding 37-39 Main Street if certain improvements to the front elevation are not carried out.
- Full details can be obtained either from the council office or by application to the clerk.

**Grants Agreed - None
Sedbergh Townscape Initiative**

A meeting is to held with the consultants on 27th Sept to receive their initial proposals and to plan the public consultation phase of the project.

The next meeting will be on **October 28th** at 7.30pm at the People's Hall committee room. Members of the public are welcome and there is always an opportunity usually around

J J MARTIN

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Main Street, Sedbergh

Complete Funeral Service
Day or Night

Chapel of Rest

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Dent 25334**

8.30pm for you to participate. The agenda will be posted in the Parish notice board and Community Office a week before the meeting. **Please note that from now on meetings will normally be on the last Thursday of each month. This means that one or two dates have been changed. Meetings are listed in the Parish Council notice board on the corner of Main St and Joss Lane.**

For any further information please contact the clerk Colin Robertshaw. (Tel 01539 730597 email clerk@sedberghparishcouncil.org.uk or at the Community Office around midday each Wednesday)

CHIROPODIST

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COUNCILLORS CORNER

There is no doubt in my mind that without either the presence of both the Tourist Information Centre and the Community Office in Sedbergh the town would be left with a gaping hole in the way which we provide services and information to residents and visitors alike. And make no mistake – this is what we are threatened with at the moment. I have referred to this matter a number of times before in my articles and I make no apology for returning to it again now. The Yorkshire Dales National Park Authority owns the building 72 Main Street in which these services are based and, come November, the Park's intention is to sell the property on the open market at a commercial valuation unless the town comes up with the money to purchase beforehand. I am not at liberty to mention the exact amount but I will say that it is a six figure sum which is a considerable amount of money by any standards especially as Sedbergh is the largest settlement in the Park and effectively provides a shop window for the Park particularly through the TIC. Amongst other things the Community office is also a hub for many organisations and activities including the History Society, the Ranger's Office, Planning Surgeries and the MP's surgery to name but a few. So what is to be done? The Users Group continues to meet regularly to consider possibilities and at the last meeting on the 14th September, which I attended, it was agreed that a meeting needed to be held with National Park officers before the November deadline and that Tim Farron would be asked to chair the meeting. In the meantime we continue to actively consider how the purchase would be financed (that is if the Park cannot be persuaded to transfer it to the town without consideration) and how the building would be run once it belonged to the town probably under the aegis of the existing Community Fund or another Trust set up particularly for the purpose. So the matter is actively ongoing but I shall continue to keep you up to date with developments as they unfold.

Not entirely unconnected with this is the Project Board set up by the Sedbergh and District Tourism Initiative. I chaired the last meeting of this Group (also on the 14th September – a busy day!) and am pleased to report that significant progress was made on the agreeing of the contents and format of a brochure which is intended to cover the whole of Sedbergh and District. We are now going out to tender on this and hopefully the end product will be hitting the shelves of TIC's and other organisations by very early next year. Through the good offices of SLDC (who are also funding the brochure) we are receiving first class advice from a Tourism consultant, Jane Hunt, who is very experienced and who is based in Morecambe. Also on the 5th March next year Sedbergh and District along with Kirkby Lonsdale will have a stall at

the prestigious Great Days Out event designed to attract businesses and visitors to our area. On top of which we are also working on other ideas like making Sedbergh a great place to visit during the Winter as well, not only for excellent walking but for all the other indoor and outdoor activities happening at that time of year. Any other ideas would be warmly welcomed!

Most readers will be aware that this Term Sedbergh School has new Headmasters for both its Senior and Junior Schools. The Chamber of Trade organised a welcoming Reception for them at Westwood Books on the 2nd September which went extremely well. I was pleased to meet both of the Headmasters and was very happy to know that they both placed great importance on a close and co-operative relationship between "town and gown" and I am sure that this can only work for our mutual benefit. In fact Andrew Fleck the Headmaster of the Senior School has had a house at Howgill for a number of years and loves and knows the area very well.

I was also pleased to be able to attend an Open Day at the Bull Hotel to give the new management the opportunity to set out their plans and explain their vision for the Hotel's future. I think that all those there were impressed by the enthusiasm and positive intentions of the new owners (a company which owns several other quality hotels in Northumberland and County Durham) and whilst the proof of the pudding

SEDBERGH PEPPERPOT CLUB

COFFEE MORNING



including
Pepperpot Music Makers
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Saturday October 9th
10.00am to 12 noon
with the
Pepperpot Music Makers
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books - CDs - bric-a-brac - etc*

PLEASE COME!

will be in the eating (literally!) I personally wish them all the best for the future.

As ever Peter Woof and I may be contacted at any time as follows:
Peter Woof: 015396 20857
Email: peterwoof@hotmail.co.uk
Ian McPherson: 015396 20648
Email: ianmcpherson24@hotmail.com

EDITORS NOTE

Please send your e-mail contributions to the normal address **and** editor@sedberghlookaround.org as well please? I will, as usual, acknowledge your submission from both addresses. Ed

COUNCILLORS CORNER

Well, we had a little bit of fine weather towards the end of August and into September and in the end we have a good crop of silage. The first was very heavy but the second was reasonably dry. None of it was taken without any rain water but it should be reasonable all the same. For the fourth year running I have to ask, could we have got our crop without big bale silage ? No, we could not.

There is no doubt that recent years have been horrendous for making crop on high fell farms. I can certainly remember better summers when I was a kid and a young adult. But, then there have also been some pretty mediocre ones. And yet, in former centuries corn was grown in Sedbergh at 900 ft. We know that and we can see it with the rig and furrow ploughing marks. In part, they had to grow their own grain because before railways and sprung coaches there was no question of carrying heavy produce any distance at all. It is one of the easiest facts to overlook that there were 720 acres of arable in Sedbergh Township in 1843. Much of this would have been potatoes but ploughing was a way of life. Also, we can see the "kestings" of former hedges up to 1,000 ft. Prior to extensive quarrying in the eighteenth century hedges were the only significant means of dividing land.

For either of these to have been viable there must have been a better prospect of a good summer in former centuries than we see now. But,

HEAPS OF FUN

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does this "prove" man-made global warming ? Again, of course not. I think it shows only that the climate does vary and that it was significantly better some of the time four, five and six centuries ago. Is climate change made-made ? It would be ridiculous to suggest that eight hundred years of burning coal will not have had some consequence. But then, the causal link is likely to be more complex than that. Certainly the recent fashion for running around like headless chickens is probably about the worst thing that could be done. It makes sense to reduce the use of fossil fuels and clearly it makes sense to use renewable energy sources. But, there cannot be much sense in building enormous great useless wind turbines simply as an act of self-flagellation.

You will detect that I have spent some of the past wet days in the Archives at Kendal. There have been some important new deposits concerning Steps End in Cautley, Back Lane in Sedbergh and Lockbank in Marthwaite. The past truly was another country. These

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Paul Stephenson
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 07810 595543



Tom Wilson
 015396 20954
 07790 946578

documents show that 300 years ago Weaver's Yard was "the way which leads from the Backlane to the Queen's Head in Sedbergh Town". This implies that what we now call the Bull was then the Queen's Head. Apart from the street frontage most of the area between Main Street and Back Lane wasn't built upon at all: it had been a field called Abbotson Close but on the east side of this track there was a very large Bowling Green. Methinks there must have been a fair slope !

If you would prefer that I stick to purely council matters then I apologise. Over the past week the last 900m of the A684 from Lincoln's Inn Bridge through to Ingmire has been dug up and renewed. That means the Sedbergh to Kendal road is more or less finished now apart from the perennial and recurring problem of water seepage on to the carriageway. We are aware of the two outstanding problems and it is my intention that we have another go at solving them before the Highways team moves on. **

It has been something of an

innovation that this section was repaired at night. I was surprised myself and can understand the irritation of residents of Garsdale as their repairs are being done by day. There was a simple detour for the Ingmire repairs, there is nothing of the kind in Garsdale. But, we will all benefit when they are done. Then the whole road will be in a good state of repair for the first time in a very long time. Inevitably there will be a temptation to forget about it until the potholes start again – that would be a mistake. Experience shows that one a road is repaired there is a real need to protect the surface with tar and chippings. This used to be a regular event but until the bit was done at Garsdale Head earlier this summer I hadn't seen any surface dressing for many years. I will be pressing for the whole of the A684 to be surface dressed in the next couple of years. That way it might last ten years rather than five.

Councillor Kevin Lancaster
 015396 20800, 07980 844 695,
 kjlanc@kjlanc.demon.co.uk, Fellgate,
 Dowbiggin, SEDBERGH, LA10 5LS

** The problems with respect to this has been highlighted to the Council again which has been done for the last 5 years. If you wish to follow the current complaint logged on 15th Sept, the reference number is 457830 at the Link:- <http://www.cumbria.gov.uk/roads-transport/highways-pavements/reporting-problem-on-highway/trackafaultonline.asp>. As we go to Print, it has 'not been inspected yet'.
 Ed

ROYAL BRITISH LEGION

Major Simon Carpenter of The Coldstream Guards talks on his experiences in Afghanistan.

The Legion would like to thank all those who supported the talk given by Major Carpenter in The People's Hall on Saturday Evening 18th Sept. Our thanks also to Steve Longlands for providing the wherewithal to enjoy the slideshow which accompanied it.

Major Carpenter gave a very informative talk on life as a soldier on tour in Afghanistan, following his experiences there earlier this year. It was enjoyed by all, and especially the boys & girls of Cressbrook House, who provided Major Carpenter with

some very searching questions afterwards! When the only reports about the conflict in Afghanistan are provided by the media, it is valuable to hear an account at first-hand. We are very grateful to Major Carpenter for coming up from Aldershot in his own time for The Legion's benefit.

Thanks to the splendid attendance we collected £135.40 for The Sedbergh Branch British Legion funds which supports annual donations to several local Armed Service charities.

The AGM For the Sedbergh Branch will be held in the White Hart Club at 7:15 on Thursday 4th November.

Rose Pease



Sedbergh Community Development Centre Autumn Courses in and around Sedbergh

Subject	Tutor	Wks	Day	Start	Times
Daytime Yoga	David Burbidge	10	Tue	28.09.10	09:30-11:00
Resurrect Your French	Helene Shovlar	11	Tue	28.09.10	15:45-17:15
Wednesday Afternoon Computing	Chris Wood	8	Wed	29.09.10	13:30-15:30
The Chinese Way to Better Health	June Parker	6	Wed	06.10.10	19:00-20:30
Intro to General Navigation	Tim Deighton	3	Fri	08.10.10	10:00-17:00
Coppicing for Firewood	Rebecca Oaks	2	Sat	16.10.10	09:30-16:00
Lowland Navigation day course	Tim Deighton	1	Sat	23.10.10	10:00-17:00
Feel Confident on the Fells	Tim Deighton	1	Sun	24.10.10	10:00-18:00
How to Buy and Sell on eBay	Chris Wood	1	Tue	26.10.10	18:30-21:30
Get more from Google Earth	Chris Wood	1	Wed	27.10.10	19:00-21:30
Useful Software for Free	Chris Wood	1	Thu	28.10.10	18:30-21:30
Landscape in Acrylics	Frances Winder	1	Sat	30.10.10	10:00-16:00
Find Your Family History	Katy Iliffe	5	Mon	01.11.10	19:00-21:00
Reducing Energy Bills in Old Houses	Diane Hubbard	4	Tue	02.11.10	19:00-21:30
Start Playing in a Ceilidh Band	Carolyn Francis	6	Wed	03.11.10	19:00-21:00
Basic GPS Navigation	Chris Wood	1	Sat	06.11.10	10:00-15:00
Hill Farming - 3 Farm Visits	Rosie Dent	3	Sat	13.11.10	10:00-14:00
Life Drawing Day	Judith Davies	1	Sat	20.11.10	10:00-16:00
Beaded Jewellery Workshop	Rachel Hearne	1	Sat	20.11.10	10:00-16:00
Handmade Christmas Decorations	Katy Iliffe	1	Sat	04.12.10	10:00-16:00

www.sedberghcdc.org.uk
 email:admin@sedberghcdc.org.uk **Tel: 015396 21031**

NEW HEADMASTER SEDBERGH SCHOOL

Andrew Fleck was born in Chichester, West Sussex and educated at Marlborough College. It was there that he developed his interests in the outdoors which led him to study Geology at Nottingham University. Whilst there, he gained university championship medals in all the "rough water" canoeing disciplines and led expeditions throughout Europe. A switch to long distance, solo sea kayaking saw him paddle around Ireland in 1983, Newfoundland in 1984 and the southern islands of Japan in 1986. Thereafter, he and Anne paddled in locations as diverse as the Galapagos and arctic Norway.

A career in Outdoor Education beckoned but Andrew quickly found his niche teaching young people rather than coaching adults. He gained a Post Graduate Certificate in Education from Bangor University in 1985 and started his teaching career



THE SEDBERGH AND DISTRICT CHRISTIAN AID COMMITTEE
are holding a

COFFEE MORNING

Wednesday 13 October
10am - 12 noon

 **URC rooms Sedbergh**

Coffee, biscuits, homebaking & stalls

All welcome 

at a large comprehensive school in Douglas, Isle of Man. Thereafter he moved to Hurstpierpoint College, Sussex as Head of Geography and to St Bede's School, Sussex as Deputy Head. Whilst in Sussex he gained a Master's degree in Education, studying the effects of Margaret Thatcher's Conservative government on education.

In 2003 Andrew was appointed Headmaster of Ashville College and the family moved to North Yorkshire. He has been Chairman of the Methodist Schools' Conference and sits on the HMC Professional Development Committee; responsible for providing training for teachers in independent schools.

Andrew's wife, Anne qualified as a Chemical Engineer and developed water treatment technology for ICI before retraining as a Physics teacher. Since 1998 she has run her own data-base development company, most recently specialising in agricultural enterprise.

The Flecks have hung up their paddles and now sail a classic wooden yacht north from Shetland.

THE THREE BROTHERS

I have just returned from an acupuncture study trip to China, where acupuncture is part of the mainstream healthcare provision. I was based in the acupuncture outpatients' department of a hospital in Hangzhou (about 120 km from Shanghai). While I was there, I visited an ancient traditional cottage hospital, which has been restored and is still providing traditional herbal medicine and acupuncture to local people. The doctor, who showed us round, told a story to illustrate his medical ideals.

Once upon a time in ancient China, a travelling doctor came upon the funeral procession of a prince. The doctor saw that the prince was not dead but just in a coma and he was able to revive him. The king was very grateful to him for saving his son and wanted to honour the doctor. But the doctor refused, saying he had two brothers who were also doctors and

much more skilful than he was.

He was the youngest of the three brothers and knew how to cure people of serious diseases. The middle brother was more skilful than he was, because he knew how to resolve less serious complaints before they became life-threatening. The eldest was the most skilful doctor and knew how to keep people healthy so they did not become afflicted by disease.

In Hangzhou, in the outpatients' department, inevitably the patients were all already suffering from more or less serious complaints. But I still saw preventative medicine being practised. Acupuncture points were often selected to strengthen weaker patients and to prevent recurrence of their diseases. This approach was always adopted, in particular, for patients who had suffered a stroke.

Many of us are managing minor

ACUPUNCTURE



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complaints and so in need of the help of the middle brother. I recently read an article about the runner Usain Bolt, who apparently suffers from back problems due to scoliosis (abnormal curvature of the spine), a condition he was born with. He has to do a lot of back exercises every day to keep strong. This is an inspiring example of someone managing a chronic health problem and still able to be a world-class sportsman.

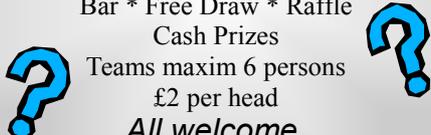
This autumn (starting on 6th October) I shall be teaching a short course at the Sedbergh CDC called "The Chinese way to better health". We shall be looking at the methods of traditional Chinese medicine for keeping healthy and for relief from minor complaints (in the tradition of the eldest and the middle brother). It is my experience that the slightly different viewpoint of Chinese medicine can make a big difference to people's health and wellbeing.

The course will introduce the Chinese medicine diagnostic framework and provide information about food, exercise and other self-help methods (the "free treatments" of Chinese medicine). As the class size will be small, the course will be adapted to the needs and interests of the participants.

For information about enrolment, times, dates and cost contact the Sedbergh CDC (telephone 015396 21031). If you would like to know more about the course content, please contact me. My telephone number is 015396 20972.

June Parker

The Pulse Gym
Grand Quiz
Friday October 15 at 7.30pm
Peoples Hall
Bar * Free Draw * Raffle
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Teams maxim 6 persons
£2 per head
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KIRBY LONSDALE EMBROIDERERS'

The group started the new session, after a break for August, with the AGM and a 'stitch in' with UFO's, (all those unfinished items - the intentions are always so good!) We have a really super programme planned for the 2010/2011 year, including making a smocked Christmas bauble - really fascinating - blackwork, box making, needle felting as well as various speakers and a possible trip. We had a really good trip in August this year taking in Texere Yarns in Bradford, (oh those bulging bags and lighter weight purses!) and then going on to Bankfield Museum in Halifax. A really good time was had by all.

We are a very friendly group and we meet on the second Thursday in the month at Barbon village hall. The parking is very good and it is a very comfortable venue. Our usual time is 2pm to 4pm, unless we have a full day workshop. For further details about the group and the programme please contact Pat Mann on 015242 21017. We look forward to hearing from you.

Ann Hunter

BEEES

Few of our friends and acquaintances would claim that this has been a good summer - least of all our bees!

Summer 2010 has unfortunately been rather too like the summers of 2008 and 2009 - a good spring when the bees have been able to gather plenty of nectar and make and store large quantities of honey, only to be followed by a very poor summer, when, as nature evolved them to do if necessary, they had to eat 75-80% of their carefully stored honey to stay alive. The result has been that only a very small honey crop could be left for the beekeeper to extract and bottle at the end of August.

Sadly, some beekeepers that took off the large 'spring crop' of honey found themselves having to feed those colonies with sugar syrup; there have been many reports around the county of colonies starving to death where the danger was not recognised and the appropriate steps taken.

The rapidly changing weather, going from one extreme to the other, has had other very unwelcome effects, and has led me to coin a couple of new beekeeping terms - *the shock swarm* and *the sleeping queens*.

As most people know, a fine strong spring can encourage the colony to swarm - nature's evolved way of reproduction. For all the research work that has been done, we still do

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not really know how the colony decides that it will swarm, dividing the colony into two, with the fertile queen and some half of the workers going off to set up home somewhere completely new, and the remaining half rearing a virgin queen to hopefully be mated and eventually head the remaining half of the colony. Usually the colony gives some signs beforehand that it has taken the decision to swarm - rearing one or more virgin queens, for example. But sometimes, and here the weather seems to be playing a part, there may be no visible signs, and yet, especially if the colony has suffered some *shock*, it may be the disturbance of a detailed inspection of the colony by the beekeeper, or a sudden switch and switchback in the weather, and hey-presto, out they come. Most of us have suffered one or more *shock swarms* in the last three years. Secondly, and again we

really do not know exactly why, the queen will stop laying her eggs, so within 21 days there is no brood in the hive and it appears 'queenless'. Of course, unless the situation is reversed, the colony is doomed, as there will be no new bees to replace the bees that die from old age and hard work in the normal way.

This year, as in 2008/2009, there have been many reports of colonies becoming apparently queenless, with no visible brood (eggs, larvae, or pupae), yet three, four, or more weeks later, suddenly it's all back to normal, with plenty of each type of brood visible. This can be very embarrassing (as a beekeeper) if a fellow beekeeper friend kindly offers to donate a fertile queen, only for you both to discover as you are about to introduce her to the colony that the colony's own queen is back laying her socks off again! It's happened to me twice this year!! Hence the term *sleeping queen*. It is as if the colony has decided the weather is just too bad and given up all thoughts of swarming and told the queen to take a long holiday instead! Then the weather takes another rapid change for the better, and she's told, "Get going, girl!" Who'd be a honeybee queen coping with climate change, as ours are having to?

So, a third very challenging year for both bees and beekeepers. Let's hope 2011 will give both us and our bees a break and a much more normal year. We'll see!

Malcolm Fraser-Urquhart



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PEPPERPOT CLUB

The annual Pepperpot Coffee Morning will be held this year on Saturday October 9th. As always, it will take place in the URC Rooms and the doors will open at 10.00am. It is not normal practice for a coffee morning to be held on a Saturday, rather than on the usual Wednesday Market Day. The disadvantage is that there are normally fewer people about the town, but there is a very good reason for choosing a Saturday - the primary-aged Pepperpot Music Makers are not at school and their families are free to come and hear them play. The Pepperpot Music Makers orchestra, conducted by Elizabeth Dodd Guar for the second year running, will be playing in the church from 10.30am. There are likely to be some solo items as well. The youngsters always rise to the occasion, concentrate hard and clearly enjoy what they are doing. Please come along for a coffee and give them your support - they deserve a good audience! They will have been practising hard, particularly over the previous fortnight, taking part in the

Grand Practice Challenge to collect money from family and friends, according to the total number of minutes they have spent in practising their instruments over this period. This Practice Challenge is to celebrate ten years since the Pepperpot Music Makers activities began. A similar one for the fifth anniversary brought in a useful sum for Pepperpot funds as well as the benefit of improved playing for the participants! The Challenge grand total will be announced at the Coffee Morning. There will be a raffle and all the usual stalls. If you are able to bring contributions for these (see advert) and a little spending money, it will be very much appreciated!

We are celebrating ten years of music making in other ways too. At long last the much discussed community orchestra is getting off the ground. Peter Crompton ran a very successful workshop in the People's Hall on Saturday, September 11th and we now have a start date of Thursday October 14th at 7.15pm for regular weekly rehearsals in the church room at St Andrew's. All players of orchestral instruments are welcome. The term will culminate in the performance of some appropriate welcoming music at the Wine and Cheese Party - another celebration - which we are planning for Thursday December 9th. If you have an interest in helping to provide musical opportunities for the youngsters of Sedbergh and maybe in joining with other like-minded people to go to a concert or a play or watch a DVD in

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Starting in Dent Memorial Hall

Wednesday October 6th

Evenings 5:30 - 6:30pm

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the comfort of a Member's home, with a glass of wine or soft drink in hand and some light refreshment, come along and discover the sort of events we arrange. Eight of us recently went to Keswick to see 'Northanger Abbey' at The Theatre by the Lake and enjoyed a convivial meal together beforehand.

Apart from having the chance of subsidised lessons on orchestral instruments and of playing in the Pepperpot Music Makers orchestra, young Sedbergh musicians are able to benefit from grants to attend summer music courses. Three, one aged only seven, spent a week on the Young String Venture course run by

Lake District Summer Music and had a thoroughly good time, whilst learning a lot and gaining in confidence on their instruments. Two more senior young people went to Aberdeen with the Westmorland Youth Orchestra. This trip was to take part in a festival and it turned out to be very worthwhile and a wonderful experience. All these young people started out in the Pepperpot Music Makers orchestra and now look set to enjoy their music-making for many years to come. That this is so is all thanks to Pepperpot Members, Friends and Sponsors.

*Shirley Smith 015396 21196
yantethera@aol.com*

St ANDREW'S CHURCH, DENT

In my eleven years as Vicar, I have found Dent folk hate a fuss; but something very significant has been happening at the parish church in Dent, as a huge and costly programme of restoration nears completion, we should understand what there is to celebrate.

As our architect commented recently, the restoration projects have been going on for nearly four years now and there is not a single area of the church untouched by the hands of the skilled stone masons, plasterers and joiners. As well as completely replacing a lead roof, all the church roofs have been repaired. Large areas of the medieval stone work have been re-pointed and damaged plasterwork inside the church has been put right. We have now reached the stage where our architect believes the church is as weather proof as you can make a medieval building such as St Andrew's Church, Dent (which was one of our major aims); what we now have is as good as it will get. Inside the church, our wonderful organ was rebuilt, again at huge cost. It is heartening to witness the pleasure the playing of the organ gives to all kinds of people at our services and at recitals. When we have finished the work inside the Tower, well over £400,000 will have been spent during those four years. All of which was raised by the efforts

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Lines of Healing: paintings by Delcia McNeil
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Surface: surface decoration by Maggie Berkowitz & friends
Traces: textile hangings by Cas Holmes

Weavers Café
Traditional Sunday Lunch: (12-3) 3 or 2 courses – groups welcome, booking strongly advisable on 015396 21159. **Lunchtime Special:** (12-2) soup & sandwich, £5.95
Teatime Special: (2-4) home-made cake and tea, £3.50

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of a dedicated group of volunteers, who convinced big grant givers like English Heritage the local commitment to restoring our church was really strong.

It is a tremendous achievement by the people of Dentedale and what it means is that the community has a viable place of worship for at least a hundred years. It is an enormous pleasure to drive up the dale and see the church and it's freshly restored stone work radiating a stunning golden colour in the evening sunlight. In the wider context, one of the trustees of the many charities who have supported the restoration commended the commitment and achievements of the people of Dent. It was most encouraging for him to see, as many churches in remotes areas such as the Yorkshire Dales are falling into disrepair, as they become too much of a burden to the remote communities they serve.

The last part of the restoration jigsaw, as it were, is the Tower. The architect is tremendously impressed with the new stairways and floors which have been installed so the bells can be welcomed back to Dent. The substantial new oak beams are made to last. In October, the Whitechapel Bell Foundry in London will come and install a new frame for our six bells. The original bells in the tower of St Andrew's came were cast at Whitechapel in 1787, but have not been pealed properly for nearly a hundred years! One older member of the community recalled the men climbing onto the bell frame and

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manhandling the bells for the bells to ring for Sunday services, but that was back in 1920s. At the time the bells were removed to London last year, the old frame and beams in the tower were so rotten, the whole thing could have collapsed at any minute, so we had to do something! All being well, the bells should be ready for full-circle ringing with ropes in the new year.

Those of you who attended the Dent Show will have seen a stall for the village clock. Only after all the heavy engineering work on the bells has been completed can we re-install the delicate clock mechanism. Because we have spent so much money on the church, there is very little in the kitty for this comparatively small piece of work. Approximately £2000 has been raised towards re-installation costs of around £8,000. Surely, after all that has been achieved, we can finish the job! But what I wish to say in conclusion, is to express my warmest gratitude to everyone who has contributed in any way to the restoration of St Andrew's Church, Dent.

Peter Boyles

CUMBRIA WILDLIFE TRUST

A Woodland Walk

On a warm July evening, mercifully midge free, a group from the Trust were invited to join a walk led by Edward Mills, Director of Cumbrian Woodlands, Fellow of the Institute of Chartered Foresters and worker in various woodland management roles for over 20 years. Now Edward and his wife have achieved their ambition of owning their own piece of woodland, Sales Bank Wood, north of Greenodd and south of Grizedale Forest.

The wood is approximately 24 acres in size and has been documented for at least two centuries. The proliferation of deer has led to

removal of the ground cover except where woodland has been deliberately fenced off.

In his introduction to the wood, Edward spoke of the danger of ticks in this sort of habitat. Cold temperatures reduce tick activity so they are most active April to October but warmer winters will extend this period. They prefer moist shady areas such as grass, bracken, bushes and leaf litter, damp woodlands in fact. Apart from the unpleasantness of their bite, they can carry Lyme's disease that can have serious consequences. For symptoms and more information visit www.lymediseaseaction.org.uk/ticks. Obvious precautions can be taken

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such as wearing boots and tucking trousers into socks. With this cheery thought we set off into the wood and our first stop was within the fenced area where deer had been excluded and impenetrable ground-covering plants were making progress difficult. This first area was dominated by a small leaved lime tree (linden). Apart from being the national tree of Slovenia and its heart-shaped leaf adopted as a symbol by Sedbergh's twin town Zreče, this tree is most attractive in its own right. In summer the sweet-smelling flowers are so covered by insects that the tree is said to hum or buzz. Although its natural range is the south of England and the midlands, there are examples in Cumbria. It is uncommon because of poor reproduction from seed but where found is generally abundant. The seed requires several days of continuous warm weather in order to germinate. Fortunately there was

evidence of new seedlings here but only where deer were kept at bay. The wood is highly prized for any use where the tight grain ensures it doesn't splinter when hit hard. It is a favourite of wood-carvers and morris-dancers apparently! The fibrous layer of under-bark called "bast" was twisted into ropes or used to make sandals. The leaves were also useful as fodder for livestock and the very young leaves were a tasty sandwich filling! The blossom can also be used to make tea which was used during the war as a mild sedative. The thick bramble and holly thicket surrounding them were refuges for small birds and full of insects. Not only the younger members of the party were intrigued to spot an elephant hawk moth caterpillar. This is one of our most striking caterpillars, with huge false eyes which are particularly prominent when disturbed as the snout is withdrawn into the body and the head



**THE ROYAL BRITISH LEGION GOLDEN POPPY RIDE
SATURDAY 23rd OCTOBER**

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THE ROYAL BRITISH LEGION BIKERS

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11.45am - The Bikers will follow The Legion Standard from the telephone
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12 noon - Town Crier's welcome and Concert to commence

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bobs from side to side to frighten predators. We had a textbook demonstration! This browny-green mini-monster was around 8 cm in length and had been steadily eating its way down the stem of a rose bay willow herb.

Extricating ourselves from the exclusion zone we gathered under a tall oak tree. Several holly saplings were sprouting under it and this was apparently a normal pattern. Theories were expressed as to why this should be so, from perching birds transporting seeds to provision of shade. The deer obviously like the new light green top shoots.

We walked on across a small stream then followed it along what was probably an old snigging track down which charcoal and the other products of coppicing were removed from the wood on pack ponies or carts. Many indications of past coppicing activity was evident all around. Multiple trunks from one base, of all shapes and sizes, abounded from which lengths would have been harvested for tool handles, bobbins and certainly in this wood, for



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charcoal burning. There were around 25 pitsteads in this wood alone. The wood must have a busy noisy place, providing employment for many skilled woodsmen, quite a contrast to the peace of this summer's evening. Since these activities ceased several of the coppice stools have grown far past the juvenile stage and we were shown a magnificent alder, very tall and with 8 trunks each at least 30 cm in diameter. There has been a revival of coppicing for the production of firewood, a practice that Cumbrian Woodlands is encouraging. There is a wealth of information on this and other woodland management topics on their website www.cumbrianwoodlands.co.uk

Our group agreed that this had been an excellent tour and warm thanks were expressed to Edward for his time and excellent leadership.

SG

CYCLE REPAIRS



Contact: Justin Kirk
Sedbergh 20213
After 6pm only weekdays
Any time Week Ends

AGE UK SOUTH LAKES

'The Way We Were' Intergenerational project

Across the South Lakes, Age UK have been encouraging young children and their families to participate with older residents in their rural communities in "The Way We Were" project. This exciting intergenerational project is running a series of workshops based in pre-school settings, exploring a variety of food themes linked to the locality, participants' interests, reminiscences, and Healthy Eating topics. Older people have been keen to share their knowledge and inspire the children, helping to plan, run and evaluate the activities whilst building new

sustainable partnerships across the communities.

We have planned a range of activities throughout October and November with Sedbergh Primary School, The History Society and Gladstone House. Activities will include a visit to the Sedbergh allotments, a cooking session, a visit to Gladstone house for coffee and cake, a food talk and finally a celebration where all the children, families, and older residents will come together to share local food and talk about their experiences.

Please contact Linda Greensmith, Village Agent for Sedbergh and Dent on 01539 728180 for more information/ dates and times. L G

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This Team Leaves It Clean

St ANDREW'S PARISH CHURCH

News from the Pews



It is true! Clouds do have silver linings as I discovered recently.

When *Lookaround* went into circulation at the beginning of September it became clear that Susan had made a mistake, using an old advert from 2008, which proclaimed lunches were being served on Thanksgiving Day. Telephone calls were made and St Andrew's catering team swung into action, taking the bull by the horns and saving the day, not to mention my bacon! The team did what they do best and produced hard to better homemade quiches and pies etc, with puddings to die for.

It was agreed the result was well worth the effort; the Church Room was transformed into a lively meeting and eating place, with the added bonus of a welcome profit for the church funds.

As *Lookaround* goes to press the total raised so far is in excess of £2,000 with donations still being given.

Three young families have brought their children to be baptized this month. One family chose to have a Private Service in the early afternoon. The baby slept contentedly until the actual baptism, opening his eyes

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when the water trickling on his forehead disturbed his slumbers, gave a little cry before promptly going back to sleep, contented in the Vicar's arms. The congregation present at the next Baptism was full of smiles when the baby's tiny hand grabbed hold of Rev Vic Hopkins' clip-on microphone, putting it straight in his mouth as babies do. Poor Vic was rendered speechless for a second or two, but once the baby was handed safely back to mum he was 'wired for sound' once more. As we go to press the third Baptism has yet to take place but no doubt there will be memorable moments for the family to take away and treasure.

It may be of interest to note a few facts about the font where the Baptisms take place in St Andrew's.

As in many churches the position of the font is near the church entrance, this being symbolic and serving as a reminder that baptism is the point of entry into the life of the church. Our octagonal font is made of black marble. I have not found out too much about its history except for one little snippet that arouses interest; that in 1843 Messrs. Blackmore and Co. of Stone House Marble Works in Dent were paid the sum of £13 14s 1d for renovation work.

Covering the font is a beautifully carved hood, which is raised and lowered by a touch of the hand quite smoothly using a counterweight mechanism. The inscription around the hood reads "*To the glory of God in memory of Mary Augusta wife of the Rev M Howell MA and daughter of the late Richard Willan MA born Sept 21 1826 died Nov 23 1911*" Again, I have no further information as to the origins of the hood.

An invitation is extended to join our Harvest Festival celebrations on Sunday 10th October at 10.30am and again at 6.30pm when there will be Choral Evensong.

A further date for the diaries: St Andrew's Church Choir and Friends, accompanied by Deryck Cox on the organ, will give a performance of Faure's Requiem and other pieces of music composed by John Rutter on Sunday 31st October at 6.30pm.

*Susan Sharrocks & Tony Reed
Screen, Churchwardens*

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DENT GALA

Well, what a wonderful day on Monday 30th August, the weather was kind to us and a marvellous time was had by all. It is impossible to list the many Gala events which were enjoyed by everyone, but here are just a few of our photos:

Our fund-raising for the Memorial Hall was a great success with record takings of around £2,850, prior to the deduction of expenses. This will be of great help towards funding the refurbishment of the Kitchen, Haygarth and Sedgwick rooms. It may also mean that we currently do not need to increase the hire charges for the Memorial Hall rooms as had been previously planned.

A big THANK YOU must go to members of the following businesses and organisations who donated raffle prizes and sponsored events at this year's Gala:

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Booth's, Kendal	Bottle of Wine
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W. Dawson Fuels, Sedbergh	Children's Lollipop Game prizes
Trevor Gardner, Heating Engineer, Sedbergh	Coconuts
G B Builders, Dent	Skittles and Bowling
Sarah's Care Lookaround Advertising	
Robert and Rosie Gornall	
Eggs for throwing	
Age U.K., Kendal	Pots for smashing
Women's Institute, Dent	Afternoon Teas
Dalton Family	
Bacon Butties & Barbeque	
Bouncy Castle	Anonymous
Not forgetting also, thank you to members of the Memorial Hall Committee and many others who helped to make the Gala such a success by helping with posters and programmes, giving prizes for games and items for stalls and not least of all their valuable time.	
<i>Dent Memorial Hall, Chairperson:</i>	
<i>Sarah Woof 01539625212</i>	
<i>Secretary : Jean Haygarth</i>	
<i>01539625269</i>	



EMMA PACKHAM

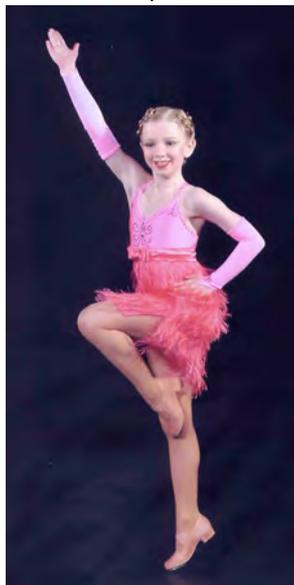
A Sedbergh Star

Over the summer holidays Emma Packham (aged 11) trained and toured in London and Kent with the National Youth Ballet. Emma won her prestigious place within the Ballet company through 3 auditions over spring beating 1000 hopeful dancers for the 100 places on offer.

The tour ended on 5th September with a Gala performance at The London Palladium to a standing ovation from a sell out performance. In the audience watching was Jeffery Archer, Wayne Sleep and Jayne Cadbury (to name but a few!!)

In act 1 Emma played a girl in Roger Quilter's Children's Overture, which was a classical ballet based around nursery rhymes. Act 2 was the World Premiere of Michael Morpurgo's Rainbow Bear. The Music was composed by Stephen Barlow and narrated by his wife Joanna Lumley. Emma danced as a fish in the water scenes. The performance was seen as a huge success attracting television coverage and rave reviews in the national papers.

After an exhausting summer was it time for a rest? NO - Emma started at a vocational Dance School - The Hammond in Chester, one of four Government recognised Dance Schools of Excellence in England.



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welcome!!!!*

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Emma will be attending her new school full time for the next 5 years combining her education and dance training. Her day starts at 5am and finishes at 7pm with a minimum of 4 hours dancing per day. After 1 week at the school Emma was moved up a school year for her dance training!!

Emma won one of the 30 places on offer through several auditions over 2010 and was offered one of the rare bursary's to help with the school fees. Even though the bursary is generous there is still a large amount of fees to pay per year on top of all the extras like uniforms, theatre trips, Pointe and Dance Shoes. We are looking for sponsors and grants to assist with Emma's education if anyone can help or offer

information we would be most grateful of any support.

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KILLINGTON WI

So here we are—another new WI year. As an ex 'you know what', my life has always run from September to July, and as we have just had a month off, it certainly seemed like a new term when we foregathered in September on our usual second Tuesday in the month.

There was plenty of vital WI business to be conducted. Our finances are in a very healthy state, but best of all we were delighted that Margaret Denton was fit enough to be with us in person to give us the report. Since February we have already amassed over £600 for our contribution to the Thandi project. Well done everybody. Birthday congratulations were given to Margaret Fearnhead and Pauline Ramsbottom, both of whom had had -0th celebrations in August. Well done, girls! Keep taking the medicine! Outings and activities were planned and then it was time for our speaker.

We were very fortunate to have persuaded Wendy Cooke from Dent to come and talk to us. Wendy is an expert in many crafts. However, today

she had come to tell us about, and show us examples of, her skill as a jewellery designer and silversmith. She brought a varied selection of her creations for us to see and explained how they had been made. At the end of her talk, some of our craftier members were encouraged to make a pair of earrings themselves. We heard about the history of self adornment and all came away a little wiser after a most entertaining presentation. Thank you, Wendy. Tea and birthday cakes followed, then raffle and competition. The latter for 'a favourite brooch', resulted in a three way tie for the winners, viz Pauline Ramsbottom, Susan Sharrocks and Brenda Nolan. Elizabeth Perrott won the competition.

During our meeting our President gave us the rather sad news that one of our members of very long standing, will no longer be attending meetings. Jossie Waller has been a regularly attending member since Killington WI was founded in 1941. During that time she has been very active and held many offices in our WI. Of recent

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years she has been content to sit back and in her turn enjoy what others have organised, while always bringing an entry for our competition. Jose is moving to Sedgwick to live with her daughter, while her husband Billy will be in residential care. Jose, we hope that you will be very happy. We will miss your company and thank you for your friendship.

Our next meeting will be on Tuesday 12th October at 2-00pm in the People's Hall. We are looking forward to a slide show of Old Sedbergh, presented by Diane Elphick. Diane is a stalwart of the History Society, which has a remarkable collection of pictures. Anybody who has ever been in Sedbergh is sure to enjoy it and learn lots. Do come and share our pleasure.

Wendy Fraser-Urquhart.

PS Members. The diaries and calendars have arrived. If you ordered one please bring your dosh.

DENTDALE WI

As the nights start drawing in 15 members and 2 visitors enjoyed an evening get together in the Memorial

hall in Dent.

Our able treasurer Judith Newsham was chairing the meeting as our president Catherine was away on holiday. Before she went Catherine had time to write a thank you card to all the members who had given up their time baking and serving teas at this year's Dent Gala on Bank Holiday Monday. We managed to raise £398 which will go towards the Memorial Hall funds.

Leaving the summer behind we had plenty to look forward to as we discussed all the activities being planned for the autumn through to Christmas. Our main autumn event will be the Apple Day being held on 30th October 2010 when all things related to apples will be gathered in the Memorial Hall for all to enjoy. This will include apple games, apple food, apple advice, apple products and apple pie and cream for tea. The funds raised will go towards the work done by Associated Country Women of the World (ACWW) who supports women all over the world.

We are planning to get a trip out to Boundary Mill for a spot of Christmas

GRAHAM J MOFFAT



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shopping in November and our Christmas Party this year will be held in the Dale. The two options are an event in the Memorial Hall or a meal at the George and Dragon. Members were asked to choose which they prefer.

The Federation have also been busy planning an autumn programme and members could look forward to a Quiz evening on November 1st at the White Hart Social Club, Sedbergh and the Christmas Panto.

Before our main speaker took the floor, Jenny Pilgrim gave a short talk on the progress being made with the Dentdale Neighbourhood Watch Scheme. Where the planned improvement in communication will mean more people in the Dale will be alerted to essential information more quickly and efficiently.

We then sat back and enjoyed an enthusiastic insight into "A day in the life of a Vet". Ellie Skinn talked about the huge variety and challenges that present on a day to day basis in her work as a vet in a Lancashire practice. The members had the opportunity to look at samples and X-

rays of problems which can plague animals. Ellie gave some examples of the more exotic animals that can turn up in surgery without warning and some anecdotal stories about the scrapes some animals get into which call for a Vet to sort them out. Ellie finished with inviting members to ask questions about her work.

Before we closed the meeting people were reminded that Nominations were now due for next years Committee members. The raffle was won by Anne Mason and the competition of a picture or photo of an animal was won by Freda Meakin with a pencil drawing of an otter.

Dale Smith

HOWGILL W.I.

We met at Howgill Village Hall on September 2nd. The President welcomed fifteen members and gave a warm welcome to two new members, Sarah and Jackie.

Mary updated us on news from the information pack received from National HQ.

Mary is to be our delegate at the council meeting at Ulverston on October 19th. Members were reminded of future events: the table top sale at Preston Patrick on Sunday October 31st and the pub quiz at the White Hart in Sedbergh on November 1st.

Our speaker for the evening was Jenny Pillgrim who has first-hand experience of setting up a First Responder Group being Chairperson of the committee covering Dentdale and Cowgill. She explained what is

involved; their aim is to help save lives and give support alongside the ambulance service. On receiving an emergency call in the Dale they act quickly to reach the casualty, assess the situation and deal with it in that vital first hour. Incidents can be anything from someone needing TLC to hypothermia or a heart attack. Tanya Hoare thanked Jenny for a fascinating insight into a valuable service in a rural community.

The competition for a story entitled *Illness Strikes* was won by Mary Stainton with Barbara Axford second.

Barbara took home the raffle prize. The evening was rounded off with the social to *Name that Tune*, our usual Jacob's Join and get together.

Next month is the Annual General Meeting to be held in Firbank Church Hall on October 7th. A WI advisor will be attending. *Ann Hoggarth*

FROSTROW WI

Due to many Members being on holiday, the September meeting was cancelled; however, that does not mean that Members have not been active during the past month.

The walking group decided to have a couple of days away, walking part of the coastal part of the Cleveland Way. Pat Ramsden found us a lovely cottage at Staintondale, just North of Scarborough, with stunning views across to the coast, and good facilities for the seven of us, although it would have been big enough for our usual ten walkers. We spent two days walking, eating and talking and a good time was had by all,



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unfortunately it just was not long enough, so the search is on for a similar property for next year when perhaps we will be able to stay for longer.

The reading group have been reading *Bloomsbury Ballerina*, the life of Lydia Lopokova who achieved international fame, but at the height of her career she unexpectedly married John Maynard Keynes, the British economist and Bloomsbury set member. The biography was really enjoyed, and provided some very interesting discussion.

Our next meeting is on Wednesday 6th October: A reminder to all Members that we will be discussing the future of our group at that meeting. Visitors are very welcome to the first part of the evening when Susan Garnett will be entertaining us with a talk with slides on her travels in Venezuela. *Linda Hopkins*



HELP FOR HEROES

Road Trip. 24th – 28th August

Our journey began at 12:30pm on the 24th August 2010 from Elmpt.

Here we got to see the other drivers and their stickered up cars. From Elmpt we drove to the Nurburgring, we stood on one of the corners watching the cars zoom round with their tyres screeching. We then went to the other side where there was shops selling memorabilia and other gifts. From here we then drove to our first camp site and pitched up for the night. This was quite an experience in itself for those who hadn't ever camped before!!

It was an early start to the second day and slightly strange sharing a shower with daddy longlegs and other insects. We took the day to travel to Italy preparing for the Stelvio Pass. It took around 7 hours to get there and once we were there the views were astonishing. Our camp site was beautiful and surrounded by icy mountains which glistened in the morning.

On the third day the atmosphere – from the excitement of not knowing what to expect at the Stelvio Pass – was amazing. It took a few hours for us to get there, once we reached the bottom there was a mix of excitement and nerves looking up at all the “hair



pin” turns and twists that were ahead of us. Once we reached the top the views were immense, it was a very happy and proud moment that most cars and made it to the top. Our journey down was scarier than going up as you could see everything that was coming which wasn't necessarily a good thing.

Our final day was another early start, packing all our things away and putting down our tent (which was easier to put down than put up). The group of cars then split up for our journey home, some going back to the Nurburgring and others heading back to Elmpt. Back in Elmpt a party was waiting for us for everyone to share stories, take pictures and form more bonds with the other drivers.

Around 25 cars and 6 motor bikes took part. Some of these cars were; A Skyline, Ford Focus St's and RS's, Jaguars, Peugeot GTI and Golf GTI.

Thank You to everyone that sponsored William Longlands for the “Help for Heroes Road Trip”.

We raised almost 30 thousand pounds for a fantastic cause.

Thank You.

Rachel Lord





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The characters in our logo are Ewe and Mee and from time to time you will see their little lambs Imm and Err! They change colour with the seasons and will occasionally sport 'topical' outfits! Being everything Yorkshire, we are extremely proud that Ewe and Mee were created by local artist AJ Callan. Ewe and Mee are currently busy developing a range of products for children - they are very clever sheep who will be able to show children how to create the most wonderful finger puppets and simple knitted / crocheted items (maybe with a little help from Mum!). Look out for these kits which will be coming in 2011 to our website - its all very exciting - Eee Baaaa Gum!!

If you need to contact us please feel free to do so at:-
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Julie Whitehead

DENT GALA

Many thanks to all our helpers both on Gala Day and in its preparation. A fantastic result, over the target of £2,500!! WOW! Many Thanks.

Sarah E Woof

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TIM FARRON MP

September and if you don't count a week and a bit at the start of the month, we are still not back in Parliament nor will we be until early October. I am starting to find it all a bit frustrating. Of course I can write to Ministers to ask them to act upon issues, I can even speak to them on the phone, at conferences or in meetings. But there is nothing to beat facing them in the House of Commons and asking them to take up a case that is affecting the lives of people in the South Lakeland area. As I am sure you know asking people to do something in public is what really forces action.

However, don't for one minute think that I am allowing the continued Parliamentary holiday to provide me with an excuse for not challenging Ministers whether in the Liberal Democrat or the Conservative side of the coalition. Over the past few weeks I have been in touch with the Ministries of Defence, Health and Environment, Food and Rural Affairs, The Treasury, The Foreign Office and

even the Prime Minister; raising issues as varied as the need to make it easier for foreign tourists to be able to visit the UK through to the need to ensure adequate compensation for the poor people who lost money with the collapse of Equitable Life.

Leaving aside chasing Government ministers I have also spent a fair bit of time chasing Cumbria County Council and in particular their Highways Department. Firstly, I have been contacted by several people about the zebra crossing on Long Lane by the Police Station in Sedbergh. It has been pointed out that because of its position cars frequently fail to stop or even slow down for people crossing.

As a result many people feel very nervous indeed about using it. Cumbria Highways have agreed to conduct a survey of traffic driving by the crossing in order to see what can and should be done to make the crossing safer. We look forward to receiving the results. Separately, I told you last month that the resurfacing on the A684 is going ahead, in fact by the time this

appears it should well have been completed. However, many people have pointed out that repairing the drains West of the entrance to Lilymere would be a wise idea before doing any resurfacing work, that way the rather frequent flooding there will be solved and the road surface will last a bit longer. I have made sure that Cumbria Highways understand this so if the resurfacing is complete you will be able to judge how good they are at listening to advice.

By the time my next column for Lookaround appears I should be firmly back into the routine of travelling down to London each week to attend the House of Commons. So if there is anything I can do to help you either through Parliament or through putting pressure on councils (County or District) please do please contact me by phoning me on 01539 723403, writing to Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me on tim@timfarron.co.uk.

Thanks for your support

Tim Farron MP

SEDBERGH SWIMMING CLUB

Saturday Time Change!

Still places left in teaching groups! If you haven't got down to the pool yet, there's still time - Tuesday: 1 beginner, 1 intermediate, 4 in deep end group doing life saving skills Thursday: 4 beginner, 1 intermediate. Ring 20760 or 20574. One of our 8 swimming teachers will be pleased to assess new members and get the

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right group for you. Each term has an average of 9 lessons, and Saturday swims start October 2nd with inflatables, and continue every weekend this term (except half term) at the NEW time of 10.30 - 11.30. All dates shown on your membership information are correct, only the time of the Saturday swim has changed! If you are no longer a junior and would like to learn to swim, let me know. It may be possible to run a 6 week course for adults/older students. Tel 20574 if this applies to you! Come on, the water's warmer these days and you've been meaning to learn to swim.

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YORKSHIRE DALES NATIONAL PARK

Dog owners urged to help fight cattle parasite

Dog owners are being urged to clean up after their pets to help stop the spread of a virulent parasite in farms in the Yorkshire Dales National Park.

Vets and the Yorkshire Dales National Park Authority (YDNPA) have teamed up to highlight the dangers caused by neospora infection.

Neospora is a parasite found in dogs' faeces and, if they foul grazing land and pregnant cattle ingest the parasite, it will cause them to abort or give birth to calves infected for life.

Alan Hulme, the YDNPA's Ranger Services Manager, said: "We are urging all dog owners to make sure they clean up after their pets when they are walking in the National Park.

"Just one incident of a cow eating some of these eggs can have a huge impact on a whole herd – and a farmer's future livelihood."

Skipton vet Andy Barrett, from the Kingsway Veterinary Group, stressed that there was no danger to humans

from eating meat from an infected cow or drinking its milk.

But he said: "Just one infected cow can have dire consequences on the profitability of a farm. If cattle are infected during pregnancy, the result can be abortion, birth of a weak calf or birth of a normal-looking calf that is infected for life. These calves then transmit the parasite across the placenta to all their offspring for the rest of their lives and these offspring

are themselves up to seven times more likely to abort. Abortions are very costly and they deprive beef farmers of a calf from the affected cow and, in the case of dairy cows, lead to the loss of milk and a calf. An abortion in a dairy cow has been estimated to lead to a financial loss of £1,200. In addition, infected cattle can only be identified by expensive blood tests and there is no treatment for the infection. Once introduced into a herd, the parasite is spread very efficiently to calves and the involvement of dogs is no longer necessary. This year we have seen a significant rise in cases. In just two farms alone there have been 21 reported cases in the last six months – last year there were only four. There are no effective control measures against the parasite so it is essential that dogs are not allowed to foul farm land which could be grazed by cattle. We would ask all owners to clear up after their dogs wherever they foul – not just on footpaths." He said the parasite rarely caused disease in dogs and was very difficult to detect.

See also Page 73.

**FRIENDS OF
DENT PRIMARY SCHOOL**

The Friends of Dent Primary School Committee raise money throughout the year to provide funds to enhance the learning experience for the primary school children. We are able to purchase such things as outdoor play equipment, games equipment, library books, computers, yoga sessions as well as assisting with some maintenance work such as carpets, blinds, updating toilet facilities and the proposed re-roofing scheme.

The Committee apologise for the cancellation of the Summer BBQ, who would have thought that it would have been raining in July ? The committee also got wet at the Dent Show where despite the rain show-goers enjoyed the chance to show off their muscles & dexterity on the "Get Hammered" game and the "Pea in the Bottle" game, (if this is leaving

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Tuesday 18th January
Wednesday 16th February



you wondering exactly what these games entailed then come along to next year's show and all will be revealed.)

The new school year is now underway and the Friend's of Dent Primary School Committee are starting to organise our annual Promise Auction which is the highlight in our fund raising calendar. In such a small village that has a number of organisations & committees raising money for all sorts of different groups, clubs & facilities we have to find different types of fund raising methods and the Friends of Dent School Committee have been able to hold "An Auction of Items & Promises" for a number of years now. This year the auction will be held on 26th November, at The George & Dragon Hotel, Dent. The lots will be auctioned by David Hunter (as seen on TV on BBCs "Flog It").

Without the generosity of individuals and local businesses the Promise Auction would not be such a success, anyone who is able to donate items or promises can contact Helen Winn 015396 25298 or Julie Middleton 015396 25004.

Helen Winn

COMMUNITY PLAY

Latest update

Recently, Jon Oram from Claque Theatre came to Sedbergh to talk to people in the community who have expressed an interest in being involved in the project. Naturally a number of questions came up which Jon and the members of the Steering Committee were able to answer. We thought it would be useful to go through these questions and share this information with you.

But in case you're not familiar with this initiative, Sedbergh & Dent and surrounding areas hopes to embark on an ambitious and exciting new project in the form of a Community Play, to take place at Easter 2012. A

Community Play brings together a small professional theatre team who work inclusively with large numbers of people from the area over a period of around 18 months to create a total theatre experience that both celebrates and challenges the entire community.

Community Plays of this type are written for, and about the local community in which it is set. The play usually relates fascinating local stories from the past and also grapples with topical issues – and then makes a fresh and exciting narrative from it! It brings together people who may have no previous experience of a theatrical production but who can contribute in many ways

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to a successful play. This large-scale project will involve children, young people and adults in a joyous, creative experience that will be remembered for a long time.

How much will the play cost?

A lot depends on what kind of play and how we approach it – but basically it is likely to cost as much as the funding that can be raised for it.

How will the play be funded?

Previous community play projects Claque Theatre has fundraised for have been successful in getting Arts Council and Heritage Lottery funding. In fact Jon Oram told us that in 46 applications to Arts Council, he has not yet been refused. That is an extraordinary record. There are other,

smaller, grant-giving organisations we can approach as well. Jon and Claque Theatre will be helping to prepare and submit some of these funding applications.

How much money will people in the town need to raise?

The major funders expect to see some ‘match’ funding from the applicants. This can range from around 10% to 40% or so of the total applied for. However, we are able to count ‘volunteer’ hours as match funding in kind – so all the work we do in preparation for the play will have a value we can exploit with our funders. We can also count in the value of loaned venues, equipment etc. It is unlikely that the town will be

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required to raise more than £2,000 - £3,000 in actual cash – and that can be small grants from other funders used to ‘match’ the larger applications. We see no difficulties in raising those sorts of sums, especially given that the project can bring to the town grants and awards of up to £75,000.

Who is on the steering committee and are any of those people receiving payment for their time?

Currently the Steering Group is a ‘shadow’ group only. The Steering Committee will be elected formally at the first AGM – likely to take place in November of this year. The current Steering Group was formed after several public meetings were held to

discuss the idea of such a project. Every organisation in the town was written to and invited to send a representative to those meetings. The group is: Dave Smith (Chair), Clare Rice, Susan Garnett, Dave Faulkener, Sandra Longlands, Ian McPherson, Hilary Dixon, Emma Mills, Jackie Harris, Gillian Rea, Carole Nelson, Tony Reed-Screen, Helen Diamond and a representative from Sedbergh School.

No member of the Steering Group is paid. Everyone’s efforts are entirely voluntary.

How will you overcome the challenge of getting people involved when existing groups and events struggle to get people



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interested?

The experience of other community plays has been that people get more involved as things start to happen. There are so many roles and opportunities in a community play that there is something for everyone and to suit every skill. We will continue to spread the word and hope that people will be motivated to join us. There are already a good number of enthusiastic supporters – aside from those who are on the steering group. Sedbergh School, Sedbergh Primary School and others have recognised the educational opportunities that this project will present and thus are fully committed to supporting the project.

Don't you think we have enough groups and events to deal with? Can the area cope with another?

It's the old adage – "if you want something done – ask a busy person". A busy community like Sedbergh is exactly the sort of place where a community play could be successful. People enjoy being involved in something different, learning new skills, trying something completely new to them – and making new friends in the process. Often, the existing clubs and societies find their numbers swell as people discover them through the play!

As we have so much creative talent living and working in the

area, why do we need to involve professional theatre people?

Claque Theatre has over 30 years of experience in delivering hugely successful community play projects. These projects are large and complex to organise – and they require particular skills to ensure they are successful in both creative and logistical terms and involve as many of the community as possible. Claque also has the respect of the major funders such as Heritage Lottery Fund, Arts Council etc., thanks to a long and successful association with them. Their track record and professionalism will be key to achieving the necessary funding.

When will the play take place?

The actual play will be presented in Powell Hall, Sedbergh School at Easter 2012. However, events, workshops, courses and projects which build towards the play will begin before the end of this year.

What happens if we can't get the money?

Very simply, we won't have a play!

How can I get involved?

If you'd like to get involved, we're actively looking for people to help with research, story ideas, publicity, planning and all manner of different tasks. A project of this size can only succeed if people get involved, so we hope you will think about how you could contribute. To register your interest, you can drop into the Sedbergh TIC and leave a message for the Community Play Steering Committee. Otherwise you can communicate with the steering committee via:

www. <http://sedberghanddistrict.wordpress.com/>

Facebook page: Sedbergh & District Community Play

Email: thecommunityplay@gmail.com

Jackie Harris



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CANCER CARE COVER UP SCANDAL?

As Phillip Day relates in the Book: "Cancer - why we're still dying to know the truth", a cure was discovered over fifty years ago by an American Doctor Ernst T. Krebs. He called it Laetrile. Found in the stones of Apricots and other non citrus fruits a substance called Amygdalin or vitamin B17, combined with enzymes cures cancer.

Cancer is a metabolic disease, a healing process that won't switch off, it is the result of chemicals in the environment and inadequate anti-oxidants: the vitamins C, E, A and D and minerals selenium and zinc also grape seed extract, pycnogenol, lipoic acid, turmeric and others, Statistics are that in western societies, one in three will get cancer. Conventional treatment is surgery chemo/ radiotherapy none of which cure cancer in most cases. They haven't dealt with the basic condition The NHS and doctors continue to look for a magic bullet. There isn't one because it will not cure the basic condition and in any case the cost would be prohibitive.

The American -experts' on government Drug Safety committees had Laetrile banned, they knew it was safe, low cost and effective but said it contained cyanide and was dangerous!

Big Pharma drug companies have their own cancer 'treatments' which are very profitable!

Doctors should study nutrition and avoid prescribing drugs wherever

possible.

Politicians whose decisions set policy in the N.H.S.. which is failing, a 'holy cow' and a bottomless pit for tax-payers money should realise they have taken wrong advice on drugs and switch to nutrition which is effective, safe and low-cost.

The EU ban on Cornish calcified seaweed (perpetrated by the devious French) which farmers used to put essential minerals back in the soil should be lifted. Minerals if not in the soil then not in the food chain. People should know that cancer is preventable and curable by following the advice in Phillip Day's book.

People are dying because of well intentioned ignorance. *E Bateman*



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KIDZONE

Summer 2010

Changes are happening at Kidzone, and all for the better. The girls are all in good health. They have enjoyed a number of visitors, many of whom have taken them on outings. The Monkey Park is a favourite. All African children love their wildlife. Here they can feed nuts to the monkeys. If you have an open bag the monkeys will rummage inside it and help themselves to your sandwiches too! Or sit on your head. They love Mamba village as well. This is a crocodile farm. The keepers are so enthusiastic about their charges. Now I find crocodiles of interest, but must admit I don't find them cuddly! They



are so snappy! They lay eggs there which are then sent to Mombassa to hatch, as Nairobi is not warm enough. Great care must be taken with the eggs, or deformities can occur. Also it's a great skill persuading the mother crocodile to leave her buried eggs so they can be sent away to

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hatch.

In July Kidzone celebrated Anne's 11th Birthday and Susan's 6th. This is the first time they have had the means to mark Birthdays. The two shared a cake and some snacks with the rest of the girls. In August they will do the same for Martha, Faith and Sophie. I am really pleased the girls can now mark Birthdays. Good Birthday memories are such an important part of childhood. Of course, they can't celebrate every Birthday on the day, but a 'party' and a cake once a month for those with a Birthday that month, is fine.

Whilst a new building is much needed, in the meantime improvements have been made to the

girls' accommodation in the two converted classrooms. A First Aid Box and a Fire Blanket hang on the wall, there is a large bathroom mirror, and most useful of all, drawers for each child's belongings have been fitted under the bunk beds. They can now organise their own clothes. They have started a library, just a few bookshelves at present, but that's about to change. When Gloria Dawkins died last year her family kindly made a collection for Kidzone at her funeral. The £93.50, now made up to £100 will give a good start to the Gloria Dawkins Library. She would have been delighted with this.

Sedbergh people have made many other contributions to improve life for

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the children over the past five years. Money from Sandra Gold-Wood's Coffee Morning bought them a washing machine. Money collected by the Rose Theatre paid for several outings at a time when they rarely had these treats. Blankets made from knitted squares, thanks to Helen Beare and Howgill and other local WI's have brightened up the dormitory and living space. Kath Winn has knitted brightly coloured ski hats for all twenty children which they just love wearing. There are another nine for some children in the Schools Programme too. They think of Kath as their 'Cho Cho', Swahili for 'Grannie'.



Plans are now in hand for the new

building. Some land will be purchased about 15 miles from Nairobi due to the high prices in the city. On it they will build a purpose built Orphanage and a High School which Richard and Mary, the Directors of Mary Happy School and Kidzone, have wanted to build for a long time. Secondary

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Schools or High Schools are for those who have passed the KPCE, the Kenyan equivalent of our GCSE for students aged roughly 16 to 20. They are mostly boarding schools as each one specialises in certain subjects and they cater for different abilities. The plan is that the school fees will help fund the Orphanage.

Finchley Catholic High School, a Centre for Business Excellence, have pledged to raise £150,000 for the project. This school have been sending a group of teachers and older students to help at Kidzone, and Nyumbani, the home for HIV+ children, as volunteers each summer. Kidzone has very few girls from Catholic families, most attend a local Free Church Sunday School. Just another example of Churches working together to help the disadvantaged.

Jeremy Hunt, the present Sports and Culture Minister, is also helping with advice. He has spent every summer as a volunteer at Nyumbani since he was a student. He was able to arrange the funding for Lawson High School, which he recently opened at Nyumbani Village. Isn't it great to hear the good things about our politicians?

The Kidzone Schools Programme has now found sponsors, in our area too, for Grandma Muliko's 4 hungry children I met last year. So they now have good food and good education at St Teresia's School in Kilungu, about 90 miles north east of Nairobi. It is near their home but they board so they are properly fed. Over 80



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children, including the orphans at Kidzone, have sponsors for their education There are still 12 children waiting for sponsors, so if anyone is interested please contact the writer for more information. It is not only individuals, some schools and other groups sponsor children.

I look forward to another visit to Nairobi later in the year and will have much more to tell you on my return.

Christine Wood

GOLDEN POPPY

Town Band to launch Poppy Appeal in Sedbergh

Each year, in the run-up to Remembrance Sunday, the launch of the County Poppy Appeal is marked in some way. This year the Cumbrian Section of The Royal British Legion Bikers are undertaking a 2 day circular tour of the county, carrying with them a symbolic poppy made of real gold. They start at Grange over Sands on the morning of Saturday 23rd October, finishing in Ulverston the following day and passing through Sedbergh on the way.

The Bikers are a rapidly growing section of The Royal British Legion & it is hoped that their Golden Poppy

Ride will advertise the fact that this is not only a charity for veterans of past conflicts, but is also very much focussed on the needs of present day Service men and women.

The Bikers will be met at the Telephone Exchange at approx. 11.45am by the Sedbergh Branch Standard Bearer and led up Main Street into Joss Lane Car Park. There, our own Town Crier will greet them and The Town Band will commence playing in honour of The Golden Poppy and the 2010 Poppy Appeal.

This beautiful "Golden Poppy" was specially commissioned by The Legion's County manager, Karan Herrington-Howell and has been

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hand crafted by Tony Kelly, a local silversmith. It is several inches across, mounted on a slender golden ring and stands in a handsome acrylic presentation box. A silver label marks the occasion & its significance.

In the lead up to the Bike Ride, coupons will be printed in editions of The Evening Mail (as yet the exact dates are not known). These can be collected and sent with a minimum donation of £1 to the 2010 Poppy Appeal and everyone who donates will have a chance to win this beautiful and valuable item. The draw will take place a week after the event, the result to be advertised in The Green Door (too late for the November Lookaround but there will be a full report in December).

We shall be serving hot drinks and Bacon Butties at the far end of the car park from 11.45am and all proceeds

will go to this year's Poppy Appeal. Please join us, we very much welcome as many as possible attending what promises to be a very enjoyable morning.

If you would like to help, or need more information, please call Rose Pease – 015396 21575. *RP*



The photo shows Cumbrian representative for The Royal British Legion Riders, Terry Wilson, with The Royal British Legion's county manager for Cumbria and the Isle of Man, Karan Herrington-Howell, at the launch of The Royal British Legion's Golden Poppy. © NWE Mail

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SEDBERGH TOWN BAND

Band Trip to Scotland – September 2010

Two years after the stay in Dumfries when the first professionally recorded CD was made the Band returned to Scotland at the beginning of September to join up with the Creetown Band to present their 'James Gilmour Memorial Concert'.

Members of the Band arrived at varying times, some deciding to make a holiday of the event and take a caravan on the delightful Galway coast. A number were in the area by Friday evening and joined with the Creetown Band in what was, for them, an additional rehearsal. The

remainder of the Band congregated at the Cock Inn, Auchenmalg, in time to erect the Band's Marquee in the sheltering lee of the inn and arrange the chairs, stands and banners in readiness for a beach concert advertised to start at 2pm: an afternoon of light popular music performed by the Sedbergh Town Band was promised and duly delivered.

The Band's presence was owing to the meeting between the respective directors of music of the two bands. Alan Lewis was holidaying in the area, heard the Creetown Band rehearsing and decided to join in with them (a popular tradition in the

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friendly band fraternity). In subsequent socialising the two directors, Alan and Stuart McNab, decided that a combined concert would be a good idea and agreed to investigate the support such an event would gain from their respective band members. The response was remarkable and the majority of the Band made themselves available for the trip.

As the summer holiday season was coming to an end accommodation even at comparatively late notice proved no problem and caravans, hotels, bed and breakfast establishments and a farm were occupied.

Thus it was that the Band came to be performing on the Saturday at the Cock Inn – all the equipment having been transported in the Band's recently acquired trailer and van driven by Keith Wood. Until Saturday the weather had resembled that experienced on the Riviera, but our arrival saw a reversion to normal though a brisk wind, clouds an, occasional showers and a distinct lowering in temperature failed to dampen the exuberant playing of the band and the appreciative response of a sizeable audience who came to listen to some two hours of popular selection from the Band's repertoire and to take advantage of the



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barbecue. Of particular note was the playing of Jim Dillo. In between each item played by the Band he played a popular Scottish melody to the delight of the audience.

Sunday morning saw the Band arriving at the headquarters of Creetown Band, a magnificent decommissioned church that affords then a variety of room as well as an extensive rehearsal room of a size suitable to accommodate a concert. After a number of years of sole occupancy plans are in hand to turn the premises into a community centre though this well-established band (1880) will remain the principal occupier.

Nearly fifty instrumentalists under the alternate batons of the two directors of music spent an intense two and half hours rehearsing the programme for the afternoon's concert. Each band had selected seven items which it had been incumbent on the bands to bring up to concert standard in rehearsals prior to the Sunday when the bands joined to play together for the first time. In the course of the previous two weeks Stuart McNab had visited Sedbergh and taken a rehearsal of the Creetown selection – likewise Alan Lewis had performed a similar function at Creetown. The result was a remarkably smooth integration of

the two bands that boded well for the afternoon performance

Lunch was scheduled to be served in the Creetown Band Room but an electrical fault caused a last minute diversion to Newton Stewart where the bowling centre was opened to heat and serve welcome refreshments

After lunch the bands made their way to Gatehouse of Fleet, some fifteen miles away where the parish church was the venue for the concert. Billed as the 'Jimmy Gilmour Memorial Concert' it recognised a long serving and popular member of the Creetown Band with all 'donations at the door after the concert going to Jimmy's favourite charities.

The concert was well attended and the audience was entertained to a most eclectic range of music – excellent and imaginative

arrangements of hymns (*Repton* and *Eternal Father Strong to Save*) sat alongside the *Best of Abba*, the frantic *See you Later Alligator*, popular film music (*Pirates of the Caribbean*), and items allowing the display of individual talent (Creetown's Jack Norgate's tuba brilliance, the inspired creativity of Sedbergh's percussionist, Ali Macdonald, and Jim Dillo's splendid pipe playing in *Highland Cathedral* that concluded the proceedings). The largely Scottish audience particularly appreciated Jim's bravura display on their national instrument.

Thus, after refreshments in the Church Hall and a presentation by the

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Band to Alan Lewis as a mark of appreciation of his organisation of the event a memorable weekend in the Band's experiences came to an end.

FARFIELD MILL OPEN WEEKEND

The Band was pleased to be invited to participate in Farfield Mill's Open Weekend on 11th and 12th September. On the Sunday afternoon they entertained a transient audience who took in listening to the band along with viewing the wide range of attractions that had been organised.

The thirty strong band played a wide selection ranging from old favourites to items that have only just been acquired.

Gerry Blackwell

DENTDALE METHODIST CHAPEL

Celebrations

We have recently celebrated God's Provision, in more than one respect. First came new wall heaters to provide instant heat, (no more putting the heating on hours before) given by a business, then re-decoration of internal paintwork, ceiling, walls, woodwork etc, then the wedding (first for 29yrs!) of Emily Clarke and Kris Baldock in the chapel all decorated with fruit, vegetables and flowers. All the paint etc was "donated", none of the cost of all of this had to come out of the chapel funds and among those who helped paint etc were the Bride, Groom and Brides Father (and possibly one or two others from the family).

It was a mammoth task for a small congregation, almost outfacing, if you had seen the chapel in the middle of the re-plastering when furniture was sheeted up and scaffolding was being

wheeled about you would have wondered could it ever be put to rights.

Emily wanted a middle aisle, so on the Friday she brought some friends along and the layout of seating was altered to create this, at present we are using this layout, 80+ people filled the chapel for the wedding, we had Mrs Barbara Airey present as Registrar and Rev Tim Widdess officiated, Mrs Margaret Mcvoy was the organist. The "scrambe" took place afterwards and then it rained, a downpour, everyone went back inside the chapel until the rain cleared, then they went to the reception up in the Memorial Hall which had been transformed by a Marquee Lining.

On the Sunday we held our Harvest Service and our preacher was Mrs Juliet Burd from Tunstall, she reminded us of the task we have of sowing the seeds of God's love, following the service we enjoyed Tea in the adjoining room. On Monday evening, Mr & Mrs Dave & Lyn Allen & friends led our service, they did a sketch about house building and urged us to build on The Rock (Jesus) and to share how God blesses us and how we are His fellow workers and need God with us. Then Mr Wayne Hutchinson auctioned all the harvest produce and home baking with great humour and energy, we had supper and cups of tea, a really great time together. Then the clearing up was all done before we braved the terrible wind and rain to go home. Many thanks to everyone who supported our Harvest Festival.

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Now what? Usual Sunday services at 2pm, AGM Wednesday 6th October prayer meeting for it the previous Sunday at 3.15pm. Coffee Mornings, are monthly events that have proved enjoyable and profitable and will certainly continue next year, possibly one more this year. We hope our buildings will be hired for use by members of the community and of course the weekly Dr surgery is held there.

We are grateful the chapel looks so much better, no plaster falling off or peeling paint, no more being cold in services, we (as signed at the end of this article) firmly believe God has great blessings in store at this place

and as He has provided the where-with-all to get the job done He will also continue to guide and teach us all. Are we ALL willing to "Go"? To be used and led to reach out to others in His name, because important though meeting together in worship is, there must be more, must be Vision and reaching out.

As ever, prayer or a listening ear (in confidence) are always available, just contact us.

This is the last time I (Sarah) will be compiling this article, thank you for reading it, come see us soon. God Bless.

*Sarah & John Woof
(Sec and Steward) 25212.*

THE EPIC

It was a crisp sunny day at the end of October. Eight of us, mostly teachers, were spending the week at an Outdoor Centre in the Lakes on the first stage of the Mountain Leadership Course. Today we were climbing Blencathra by way of Sharp Edge, a rocky ridge with a sheer 2,000 ft drop either side.

Our leader, Sam, gathered us round as we approached the ridge, urging us to take care. He said if anyone felt frightened on the route to let him know. A coward but an honest one I admitted feeling frightened before we started. "Well, you walk directly behind me," he said confidently, and we all set off.

Behind me was Terry. A fit young man in his late twenties whom I admired for his agility and stamina. I was certain he would pass the course with distinction.

We were some way along the ridge when there was a commotion behind me.

Sam and I turned around to see that Terry had slipped and Paul, behind him had just caught him by his

rucksack. We all froze. At that moment I understood the term "my legs turned to jelly". My legs literally felt as though they were filling with liquid, leaving me unable to move at all. I have never experienced anything like it before nor since. My mind was racing, wondering what would have happened if I had been behind Terry. I could not have held his weight. Would I have tried to and had us both hurtling over the edge? Or would I have watched him fall? Fortunately I shall never know.

Sam said, "We can't go back. Sharp Edge isn't a down route. I'm going to put you all on a rope. You'll find you feel more secure. But I have to tell you there are no belay points on Sharp Edge. If someone slips one side, I will jump down the other side and this should save us all. This has been tried many times in the Alps." What he didn't say was that whilst

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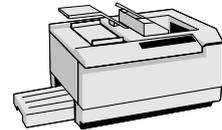
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there had been some successes, there had been disasters when the whole group had fallen to their deaths.

But Sam was right, we did feel safer on the rope, and we continued without incident to the top of the ridge. We had survived what mountaineers call 'an epic'.

Back at the centre we went over the incident. Terry had been over confident and not given the concentration a route like that demanded. I realised then that in the mountains the mindset is just as important as physical ability. Also to know one's limitations.

They say you should go back and

tackle whatever has frightened you as soon as possible, whether it's a mountain or a bike accident. But I have never been back to Sharp Edge, nor wanted to. I Have climbed Snowdon via Crib Goch and Helvellyn via Striding Edge. Both exhilarating and challenging ridges. For me, Sharp Edge is neither. But on that ridge I learnt a lot about mountains and about people. Above all, I learnt a lot about myself and about fear. In a tricky situation it's so important not to give the imagination free rein. Keep your mind on the next step and things may get better. If you don't they will most certainly get worse!

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**YORKSHIRE DALES
 NATIONAL PARK**

Judges have announced the winners of the Yorkshire Dales National Park Authority (YDNPA) Best Building Design Award competition.

Buildings entered for the award – which aimed to promote examples of both innovative and sensitive developments – ranged from private houses and pubs to a domestic weaving studio and a barn.

Andrew McCullagh, the YDNPA's Deputy Head of Planning, said: "We had some interesting and unusual schemes that were exciting, stimulating and innovative but, at the same time, were sympathetic to the

beautiful landscape of the National Park.

"The judges were very impressed with the overall high standard of entries and decided that, in some categories, this should be reflected by having more than one winner.

"One of the aims of the competition was to put across the message that the YDNPA, as the planning authority, is much more open to good, new design than perhaps people think and that we particularly encourage innovative approaches – provided the setting is respected.

"We wanted to emphasise that this doesn't mean that traditional building styles and materials always have to



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be replicated. We also wanted to highlight the fact that energy sustainability is an important consideration in overall design, and that some compromises in external appearance to achieve this may be acceptable.”

Anyone who had been involved in or knew of a development that had been completed in the last seven years, and which they considered to have been particularly successful in achieving a high standard of design, was invited to submit a nomination in any of six categories: innovation, energy sustainability, conversion, new building, extension or alteration and restoration.

The judging panel comprised Stuart Parsons and Andrew McCullagh and independent architects Robin Snell and Paul Crosby and they visited 20 shortlisted properties throughout the National Park including nine homes and eight buildings in public use of various kinds.

An awards event, at which winners will be presented with commemorative plaques, is planned for the end of November to coincide with the publication of a colour brochure giving details of the winning buildings.

The competition results come as YDNPA staff continue writing new guidance on building development within the National Park.

The Sustainable Development Guide will offer help and encouragement to people wanting to improve the sustainability of existing properties, carry out new building

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development as sustainably as possible, and produce sustainable energy, both for profit (including through farm diversification) and to help reduce national reliance on fossil fuels.

It will support existing planning policies for the area and set out in more detail how they can be applied.

It will also focus on the range of energy-generating technologies available to help meet national targets to reduce carbon dioxide emissions and will put them within the context of the overall need to promote energy efficiency.

The new Sustainable Development Guide will be available from 2011 on the Planning Policy section of www.yorkshiredales.org.uk

The winners of the Yorkshire Dales National Park Authority Best Building Design Award competition in our area were:

New Building

Weaving Studio, High Brigflatts

Extension or Alteration

Hawes Junction Chapel, Garsdale

Restoration *Reachey, Grisedale*

There were many other categories and winners but not in our area.

AUGUST WEATHER

Generally August was a mixed month with the longest dry spell being 4 days which was repeated twice. In the end we ended up with 3.58 inches of rain which was enough to keep everywhere muddy. Atmospheric pressure was on the low side resulting in a fairly breezy month, generally from the usual North Westerly direction. On only 4 days did the maximum wind speed not reach double figures with a high of 19.9 mph. It was a generally mild month, as expected for August, with a high of 76.9F and a low of 37.6F. Wind chill towards the end of the month brought temperatures close to ground frosts with a couple of nights at 37.0F.

Butterflies are still obvious by their absence although the buddleia was flowering in the latter half of the month. The bees were certainly making the most of the abundant nectar. The swallows continue to feed

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their brood and roost in the kennel each night. The culprit for the demise of the collared dove emerged when one morning I opened up to let the dogs out first thing to see a sparrow hawk standing astride another collared dove. A young female, she promptly picked up her prey in one talon and flew off with it to the field where she obviously plucked it judging by the remaining feathers. Six mallards are still turning up for breakfast. They greet me up on the kennel roof and fly down when I enter the chicken run and greedily gobble up food I put down as only ducks can!! There still continue to be hedgehog as road casualties. Hopefully some survive to breed. Badgers continue to visit the field with quite often two present most nights. The bird feeders are still a source of interest particularly with the continued visits from goldfinch and siskins to the niger seed. Chaffinch are less frequent visitors at present. Most breeds seem to have finished nesting but have generally had a successful season, except pigeons and doves, as most now breed under cover out of site of magpies.

Dear Editor,

After just a few months of being connected to BT Broadband the technical problems have started!

Currently (mid September) I have had no internet for 10 days. Numerous calls to BT (Indian call centres) resulted in the booking of an engineer to come to check a fault on the line. I knew this was incorrect as I had Hub evidence that our Wi Fi was connected and Live Mail also worked. After waiting in all morning the engineer phoned to say he wasn't coming, there were numerous people in the Sedbergh area with the same problem (intermittent, slow or no internet) and that the problem was not individual lines but 'the exchange in Sedbergh and that BT needed to acknowledge there was a problem and do something about it'. So as requested I phoned the Indian Call Centre to report on the situation to be told to wait 7 days and call back!

Strangely then I received a telephone call from an Indian Call centre? With someone from 'Microsoft Engineering Dept' offering a 'Screen-Sharing investigation into my computer to see if there were any infections in the hard-drive which would cause slow or intermittent internet access and that this would take about 8 minutes.' I'm pretty dumb about computers but not that dumb and I didn't take up the offer!

I have since been informed that this was the right choice as this sounded suspiciously fraudulent.

The purpose of my letter is threefold;

Back/neck ache?
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015396 23696
Josephine Lade LCSP (Phys)

- 1) to ask if there is any way a shared internet problem can be communicated quickly so that some joint action can be taken to try to get a solution. The tone of the BT engineer suggested that the problem should have been dealt with earlier.
- 2) To ask if anyone has found a way to actually speak to any BT personnel in the UK to express dissatisfaction with their service since I have yet to find one! And
- 3) to alert people to the fact that information shared in BT Call Centres is then distributed to other companies and we become fair game for any sort of follow up.

I would just like to take this opportunity to thank neighbours who have been brilliant in phoning and updating me on what they had found out about the problem.

Judith Walsh

EDITORS NOTE

Please send your e-mail contributions to the normal address **and** editor@sedberghlookaround.org as well please? I will, as usual, acknowledge your submission from both addresses. *Ed*

SEDBERGH JUNIOR SCHOOL

New Headmaster

Scott Carnochan was born in Scotland and at a very early age his family expatriated to the Far East where they remained for 26 years. Scott returned to the UK and his native Scotland as a boarder at Dollar Academy and it was during his time there that he developed a real passion for education, boarding, sport and the outdoors. During his time at Dollar Academy he gained his 'cap' representing Scotland on the rugby pitch at U18 level. From school, Scott's desire to continue into the field of education saw him go on to study for a Bachelor of Education at Herriot-Watt University, Edinburgh



and thereafter into his first teaching post at Kenilworth School, Warwickshire. However, the expatriate 'bug' was still in his blood and he and his wife, Kate, spent two wonderful years teaching at Hillcrest Preparatory School, Nairobi before returning to the UK and to St John's College School, Cambridge where Scott took up the positions of Housemaster and Head of Sport. The three years prior to Scott and Kate joining Sedbergh Junior School were spent at Foremarke Hall, Repton Preparatory School where Scott was Head of Boarding and a member of the Senior Management Team. He is currently in the final stages of a Master's degree in Educational Leadership.

Scott and Kate join the Sedbergh community with their 2 ½ year old daughter, Poppy. Kate worked as an IT analyst for Anglian Water before deciding that caring for young people was her true calling and she took up the position of Housemistress firstly at St John's College School, Cambridge and thereafter at Foremarke Hall. Kate has also joined Sedbergh Junior School as the Housemistress of Marshall House.

Jean Bednarek

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DENTDALE METHODIST CHAPEL

Many thanks to all who had any part whatever in the re-decoration of the Chapel and during the Harvest Weekend. *Sarah E Woof*

K-SET

Thinking of Doing Something about Saving Energy in your House?

This four week course to be run in November by the Sedbergh Community Development Centre on behalf of K-SET might be able to help you.

The course summary reads - "Understanding your traditional home - working to its strengths to reduce your electricity and fuel bills".

The tutor will be Diane Hubbard who has a BSc Hons in mechanical engineering and who has spent twenty years in industry. She has also trained as a domestic energy assessor at the British Research Establishment (BRE).

The course will be held over four evenings, the first on Tuesday 2 November at the Community Centre and the other three on the following Tuesdays in the houses of course

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members. This will make it possible for Diane to give practical advice on solving the problems of old stone buildings or Victorian town houses.

The topics covered will include the pros and cons of different types of insulation, types of ventilation; condensation and other sources of moisture; health hazards; breathable construction; heating and lighting types; and reducing energy without spending a fortune. This is sample only, of the many issues that will be explained.

Course numbers are limited in order to give each student a chance to receive personal advice on their particular problems.

This course has been arranged by the Killington Sustainable Energy Trust and we believe it will be most worth while.

The course fee is £40. To find out more, or to sign up, contact the Sedbergh Community Development Centre, check out the Community Centre website at www.sedberghcdc.org.uk or ring Maureen Lamb on 015396 20553.

Maureen Lamb

Sedbergh CDC Course
**REDUCING ENERGY BILLS
IN OLD HOUSES**
4 Evening Sessions
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First session at the Sedbergh Centre
Some sessions at the houses of participants
The course will cover
Insulation - Ventilation - Damp - Fuel Use
Contact Sedbergh CDC 015396 21031
or phone 015396 20553

BIRD SHOOTING

After a report of a large dead bird on the Arten Gill Bridleway above the Viaduct in Cowgill, upper Dentdale, I found a dead Red Kite on the 27th August. To cut a long story short, the bird was sent to London Zoo for a post mortem which showed that it had been shot. The matter is now in Police hands.

This is obviously a tragedy that such a beautiful bird is shot but it is also illegal to kill such a highly protected species. If you have information of anyone using a gun, in particular a shotgun, in that area or anywhere else to shoot down



large birds, please let me or the police know (PC John Shaw, 0845 33 00 247 or Crimestoppers at 0800 55 111). As you may remember, a raven was shot in Cowgill a

couple of years ago so whoever is doing this must be stopped.

Red Kites have not bred in Cumbria for over 150 years mainly due to human predation. This young male bird was part of the reintroduction project in Grizedale and had only been released 3 August. Red Kites are predominantly carrion feeders and do not attack gamebirds or livestock.

If you find any dead birds of prey, please take a note of their location, collect them if possible and report to me or the police.

Thank you,

Jackie Foott 015396 25453

FAMILY MUSINGS

Does anyone use Basildon Bond writing paper and envelopes these days? I found the remains of a pad in a leather zip case which had been made especially for writing paper and envelopes, there was a little pocket for a book of stamps and a holder for a pen, ink pen I presume. These "cases" would often be given for 21st birthday presents, what ever happened to them all I wonder. Then I read that a lady wrote to The Lady magazine to complain that the advert she had put into the magazine offering her services as a carer had only received replies of a perverse nature, I wonder if she wrote in on Basildon Bond? It reminded me of the time an elderly widower telephoned me to ask if Good Companions would provide him with someone to keep him warm at night? I was unable to meet his need.

Hey! Ho. Whatever it is that makes our knees sound like a cracking wood fire or creaky floorboards it is not Arthritis, we know this because Glucosamine & MSM are helping to ease the pain but according to some very important "everyone listen to me" person it does not help Arthritis sufferers. Cleared that up then. Having had cause to be up step ladders over recent weeks my poor knees made me feel my age plus some, after all I now come into the age range that Saga and Age UK support but hubby and I were able to still join in the dancing at a recent wedding, someone proved himself to

be quite a mover and shaker and that was while being stone cold sober! I moved and shook as well, perhaps rather more than was intended, must get back on the diet!

Just had a letter from a friend saying she hasn't started writing her Christmas Cards yet .. am I missing something here, do people start their cards in September? Far too organised for me is that, usually start thinking about it in mid Nov and write them up to New Year, maybe this year will be the exception.

Everyday there are tomatoes to pick, what a joy to pick my own home grown, take a bite and savour the flavour, the Rasps in the Green House have fared very well away from the birds, one good thing about my garden, if I get sick of one job there is always another, plenty of variety. Enjoy yours.

Sarah

PEOPLE'S HALL

A 5-piece band **The Atlantics** *The authentic sound of the 1950s dance music* will play in the People's Hall on 22 October 2010. See advertisement on the Front Page

The Atlantics play rock 'n roll, 1950s style jive and rhythm 'n blues, influenced by Bill Haley, Little Richard, Big Joe Turner, Chuck Berry and many others. Our People's Hall has probably resounded to the big sound of the 50's vibe before in its 50-year history. Now is your chance to remember and recreate the experience.

Doors open 7.30pm, concert starts at 8.00pm. Tickets £7.50 (concessions).

The People's Hall is sponsoring a **Workshop** in association with the **Highlights Community Touring Scheme** and the evening performance by The Atlantics. Highlights CTS promote professional touring artistes to perform in village and community venues across Northumberland, Cumbria and Durham. The Workshop offers places for up to 20 youngsters over 8 years of age and is being co-ordinated by Gillian Rea of Settlebeck High School. The Workshop will run from 6pm to 7pm on 22 October and all the youngsters taking part will be offered free attendance at the evening performance.

An **October Dance** has been arranged, with the Roe Valley Band playing, on 9th October. Kenny Bell, who had been booked, has to go into hospital and, thanks to the Roe Valley Band, the gap has been filled. See advert on Front Page.

About 30 people attended the recent **Blackheart Band** evening adding useful funds to our redevelopment project.

Regarding the **redevelopment plans**, we still await planning permission. Meetings have been held with representatives of two of our major "stakeholders" – the Town Band and the Pulse Community Gym regarding funding.

Dr Gina Barney, Hon Secretary
(20790)

OCTOBER GARDENING

The rough weather of September has touselled the summer bedding plants in my pots and window boxes and turned my thoughts to winter bedding and colour.

Around about this time of year the most readily available plants seem to be mini cyclamen – full of flower and promise, with lots of buds and attractive silver veined or mottled foliage. I am always tempted, and do purchase some of these, but never plant them out of doors as they hate being wet (indoor *Cyclamen* are always best watered from below and these are no different), and they will not stand the frost.

Mini cyclamen are most closely related to *Cyclamen persicum* which hales from the western Mediterranean, where it grows in rocky soils, often under pine trees. (The Cyclamen Society recommend the addition of a few fallen pine needles to planting compost to encourage growth). Plants in their native habitat are dormant through the hot, dry summer months and only come into flower with cooler Autumn and Winter weather – just in time to provide some (rather short lived, given our climate) winter bedding. *Cyclamen* grown indoors in pots require a cool light place and need a well drained compost. A peat free compost based on composted bark is ideal or, failing that, a multipurpose compost with added grit will do. I only tend to repot my *Cyclamen* tubers when they begin to distort their current pot – over potting can lead to

too much wet compost around the roots which will soon rot the roots and tuber. Once established a *Cyclamen* tuber can go on for years and grow to be at least six inches in diameter. It must have been these large specimens which earned the plant the name “Sowbread” It is not recommended for human consumption but has been used times past as a cure for various ailments – as an ointment against serpent bites; as a cure for cataracts; as a purge or to cleanse the skin, cure sunburn and chilblains and prevent boils and “can be drunk to counteract poison, especially the sea air” And there was me thinking that the sea air was good for me. I shall have to take to the cyclamen tea whenever I go to the seaside in the future.

Elaine Horne

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EDITORS NOTE

Please send your e-mail contributions to the normal address **and** editor@sedberghlookaround.org as well please? I will, as usual, acknowledge your submission from both addresses.

Ed

BOOKWORM

What I have been reading this month

1. Joanna Trollope - 'Friday Nights' (fiction)

I found this an enjoyable read about a number of people of different ages and circumstances who live in the same neighbourhood and happen by chance to get together on Friday evenings. From a tentative start these local friendships develop and then a 'stranger' is introduced to the group. his presence acts as a catalyst for all kinds of changes in the dynamics of the group both positive and negative. The narrative could happen anywhere!

2. Penelope Lively - ' Family Album' (fiction)

6 children, 1 husband, 1 wife, 1 adult au pair and a large Victorian house in the country comprise this family. Mother cooks and cooks, father writes and the 4 girls and 2 boys grow in their different ways. Astutely and subtly written - is this a normal family or a dysfunctional one with a secret? A good read for a journey - also makes you think about your own family !

3. Margaret Forster - ' Over' (fiction).

I think Margaret Forster is a superb writer (born, educated and lives part time in Cumbria) and the terrain of this book is no disappointment. She tackles what happens to people when a family tragedy strikes them unexpectedly- in this case an 18 year old twin dies in a sailing accident. Forster understands the power and effect of what is unsaid and she writes a taut, moving and painful

account of this family wrenched apart by the response to this devastating loss.

best wishes

RM



CANCER CHARITY POETS

This September Craig Bradley and Ian Bland walked the 'Dalesway' from Windermere to Ilkley which is approximately 80 miles. They were doing it for the *CL/C Sargent for Children with Cancer Charity*. They stopped off at primary schools along the way. They visited: Windermere Primary, Burneside Primary Grayrigg Primary and Sedbergh Primary.

At Sedbergh they did a quick thirty minute poetry performance which was loud, fast and lots of fun! The poets were very funny and very silly and also very daft. We enjoyed listening and joining in. We all had a wonderful time and it was hard to choose a favourite poem. Although it was 30 minutes it only seemed like 5! (Time really does fly when you're having fun.) They also taught us a lot about poetry and we all really enjoyed it!.

Sophie Waller and Cara Ellis



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LUNCH CLUB

Age UK South Lakeland - Sedbergh

The first Age UK South Lakeland Lunch Club took place at the Red Lion on the 9th September. We had 14 people attend a lovely meal provided by The Red Lion, and everyone enjoyed the company and the food. Mary Gladstone has kindly agreed to be the Lunch Club Coordinator, so if anyone is interested in attending please contact her on 015396 20438. Keith Wilberforce has volunteered to help in Mary's absence.

Thank you to Jonathan for agreeing to the host the Lunch Club and we hope to see more people at the next one on the 14th October.

Jean Park, Age UK Lunch Clubs



Coordinator, said, "The lunch was very enjoyable. The food was beautifully prepared and served, and there was plenty of choice. The atmosphere was friendly and we had a great chat, putting the world to rights. It was very good value for 2 courses, plus teas and coffees at £8 per head. I am sure that many more people will wish to join once news has spread about how good it is. Why not come along next time and give it a try?"

Linda Greensmith

KENDAL ECUMENICAL GROUP

The Kendal Ecumenical Group is pleased to announce that Mrs Ruth Clarke was elected a trustee at the twelfth AGM of the charity.

Ruth brings much highly valued ecumenical experience. Formerly a head teacher, she has since been Assistant Director of the United Reformed Church Windermere Centre during its formative years, Moderator of URC General Assembly, President of Churches Together in Cumbria and she continues to be active in the Ecumenical Forum of European Women including being

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Ruth Clarke is an Elder of Carver United Reformed Church, Windermere. Until moving from Brigsteer to Kendal she served on the Two Valleys PCC and represented them on Churches Together in Kendal and District. She has represented the URC on Churches Together in Britain and Ireland. In her working life as a teacher, she brought together two London Secondary Schools to become Head Teacher of a school with a wide range of ethnicity.

Norman Burnell

5. Lewis
6. Eastenders
7. Magpie
8. Coronation Street
9. Tales From The River Bank
10. Tenko
11. The Jewel In The Crown
12. Dads Army
13. Porridge
14. Sutherlands Law
15. Cash In The Attic
16. Open All Hours
17. The Snowman
18. Starsky and Hutch
19. Newsnight
20. It Aint Half Hot Mum
21. Tomorrows world
22. Upstairs Downstairs
23. Blue Peter
24. Gardeners World
25. Pole To Pole
26. Going For A Song
27. Top Of the Pops
28. Bargain Hunt
29. Roobarb And Custard
30. The Bill

The Winner was B.H. Perring from Carlton Colville, Suffolk.

Thank you to everyone that entered the Quiz. *Elaine Horne*

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TELEVISION PROGRAMMES QUIZ

The answers for the Firbank Church Television Programmes Old & New Quiz were as follows:-

1. Heartbeat
2. The Good Life
3. Inspector Morse
4. Top Gear

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ALTERNATIVE SERVICE

Praise & Testimony

These monthly services are not like a "normal" Sunday Church service, if there is such a thing as normal. They take place in a home setting, very relaxed, we sing a few worship songs, and listen to someone share their testimony then we have supper. The opportunity for prayer is there if needed, we do not take up a collection and parking is available in the garden. We try to go for the last Sunday monthly but it don't always work out, do ring for the dates, it doesn't put you under any obligation.

*Sarah & John Woof. "Rhumes"
Laning, Dent. 25212.*

HALF MARATHONS

Running For Cleft Palette

To quote the French International, Pierre Danos ... "Rugby players are either piano players or piano shifters & fortunately I am one of those who can play a tune".

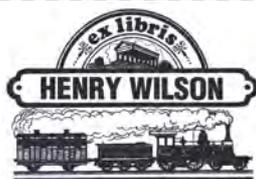
Unfortunately after spending far too long in the front row I am one of those players who had to come to terms with the fact that he is tone deaf and more physically suited for a life in the removal business.

But the time has come to make a stand and to prove that props can do more than shuffle from one scrum to the next, and as such I will be running both the London Half Marathon & the Cardiff Half Marathon on the 10th & 17th October this year.

On a more serious note I will be running on behalf of 'CLEFT' 'Bridging the Gap' which is a UK charity supporting cleft palette research (www.cleft.org).

As I'm sure most of you will be aware cleft palette is a condition where the roof of the mouth does not fully close leaving a gap which can extend through the upper jaw and lip, it is estimated that 1 in 700 people suffer from this condition making it one of the most common birth defects in the UK.

If anyone would like to sponsor this worthy cause or simply lend their support to all those 'piano shifters' out there who aspire to play a good tune one day then please donate via: www.justgiving.com/des-metcalf or lend your support via facebook 'Props Can Run'
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DOGS IN SEDBERGH

On 14th May of this year, I wrote to South Lakeland District Council outlining the problems with respect to Dog Fouling in our area and asked for the Dog Wardens to pay some attention to our problem. I received an immediately reply informing me that South Lakeland did not have any Dog Wardens but a Dog Collector who would collect a stray dog. Also that a 'Street Care Client Officer' would contact me.

On 1st August, I wrote again to SLDC as I had not had any contact from a Street Care Client Officer and that in the 'South Lakeland News' Summer 2010 edition, Page 6 referred to "DOG WARDENS TO ISSUE SPOT FINES" who would issue £75 fines and pointed out the contradiction in their reply.

I was contacted on 4th August by a Street Care Client Officer and wanted to meet me in town in about an hour as he was going to be in town. Due to my (busy) schedule, I could not make it but he would contact me again. I am still waiting. I think it was on 4th August that a white van drove past

my house with two persons wearing fluorescent jackets and left as quick as it arrived. Could this have been the 'Token' visit to Sedbergh?

I am aware that the new Age UK Village Agent has also been trying to make headway on this subject too.

See also page 38.

Ed

CUMBRIA WILDLIFE TRUST

Juniper and ancient woodland in Cumbria

Cumbria Wildlife Trust has been given £130,000 to encourage the growth of native juniper conifers. Michelle Waller of the Cumbria Wildlife Trust advises that juniper can live for up to 200 years but with the majority of Cumbria's juniper originating from the 17th to 19th centuries it is nearing the end of its natural lifespan.

If any landowner is interested in having the Trust consider their land for planting they should contact Neil Harnott, Senior Conservation Officer, Cumbria Wildlife Trust, Plumgarths, Crook Road, Kendal, Cumbria, LA8 8LX. Tel 01539 816300. Fax 01539 816301.

Landowners may also be interested in the Woodland Trust's MOREwoods programme which is specifically for landowners who want to plant up their land. Contact details are – Woodland Trust, Dysart Road, Grantham, NG31 6LL. Tel: 08452 935 689

Both awards have been granted by Waste Recycling Environmental Limited under the rubbish tax agreement.

Douglas Thomson



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Ian Higginbotham

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ASPIRE

I'm taking part in the annual Aspire Channel Swim which is modular over 11 weeks (2 miles a week) 1416 lengths of brightly lit, chlorine saturated water amid plasters, hair and wee (got to be worth a penny a length!) so not that different from the real channel.

Aspire helps people who have had a spinal injury. <http://www.aspire.org.uk> Their adaptation to their new lives makes my 'challenge' a little easy in comparison. But anything would be.

So it's obviously a vehicle to get you to donate some money to help people with spinal injuries get on with their new lives.

Please do. <http://www.justgiving.com/Mike-Hinson>

com/Mike-Hinson

Every week you can laugh at the thought of me ploughing up and down. With thanks *Mike Hinson*

BUY A BRICK

I would like to say a huge thank you to everyone who donated to my "Buy-a-brick" campaign and those who either donated or lent a helping hand to my bake sale! I raised over £130 pounds but would never have got that total without the generosity and kindness of everyone who contributed! It really helped me along, so thanks once again and I will hopefully be able to let everyone know how I get on once I come back!

The money will all go towards an expedition to Borneo with Raleigh International where I will be working in a community. It could be building a nursery but other possibilities are putting in a system to provide clean water or hydro electricity!

Robyn Lewes

SCOTTISH DANCING

Lessons for Scottish Dancing are now being held in Queen's Hall most Fridays from 7:30 to 9pm.

The Lessons are free with an expert tutor and everyone is welcome to come along. There will be a chance to show off your dancing skills when there will be an evening of Dancing with a Banquet and Scottish Breakfast in Powell Hall on 27th November.

If you require any further information, please contact Lesley Alban on 20233.

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SEDBERGH WANDERERS FC

In the September issue of *Lookaround*, the Town Football Club thanked everyone who contributed to their Fundraising Weekend in July this year. Unfortunately, w=one person was omitted who contributed a lot of effort and hard work selling Raffle Tickets for the Club so a Big Thank You goes to Trish Woolf from all the members.

Caspa

SEDBERGH & DISTRICT ART SOCIETY

Summer Exhibition 2010

Held once again in Sedbergh School Library, in itself an attraction, this year's summer exhibition was the best for twelve years, with 1,490 visitors, and a total of ninety-five framed paintings and 'browsers' sold.

The exhibition is an opportunity for many painters of differing skills, using a variety of media, to show their work – and they all come from within a fifteen-mile radius of Sedbergh.

Thanks must go to organiser Helen Shields and her band of helpers who work so hard to prepare and manage the exhibition, and deal with visitors,

sales, questions, etc., and to Sedbergh School for the use of their premises.

Our informal get –togethers in the People's Hall committee room on Wednesday mornings, 9.30 – noon, have begun—we still have room for more, if you are interested in having a go, or trying out a new medium, or preparing paintings for next year's exhibition!

Meanwhile we are looking forward to our winter programme of talks and demonstrations --details later.

V. Finch

SEDBERGH BRIDGE CLUB

The AGM of the Bridge Club will be held at the White Hart at 7.30pm on Tuesday 9th November.

New members of any standard of play, beginners included, are always welcome at this relaxed Bridge Club. We meet at the White Hart at 7.30pm every Tuesday.

CUMBRIA IN BLOOM

The Hamlet of Millthrop was awarded Second Place at the Seminar on 2nd September at Maryport.

Thank you to the residents for doing such a good job to the Hamlet.

A Special Thanks goes to John & Gill for the work on the entrance, to Jack & Mary for taking the long journey to Maryport and for Richard Metcalfe for coming with the 'Sweeper'.

Thank you all.

Margaret Milburn

EDWIN MIDDLETON



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AGE UK

Appearing in the Community Office on Wednesday 6th October will be another trip down Memory Lane when Howgill, Firbank & Cautley will be illustrated. The previous ones for Sedbergh and Garsdale went very well with many people attending.

Linda Greensmith, the Age UK Village Agent will also be in attendance from 10am to noon on 6th October if you wish to drop in and discuss any issues.

At 1:30 pm on Friday 8th October, Linda will be visiting Dent Over 60's at Dent Memorial Hall and will be joined by Bill Kitchen who will deliver a presentation on 'Fire Prevention'. Everyone is welcome to attend.

Linda Greensmith

CHRISTIAN AID

The Sedbergh and District Christian Aid Committee are holding a Coffee Morning on Wednesday 13 October from 10am –12 noon in the URC rooms, Sedbergh. All the usual stalls will be running with the normal temptation of homemade biscuits with the coffee.

We look forward to seeing all our generous friends and new faces as all are most welcome.

Readers will be as pleased as we were at the following figures which were announced at our AGM in July:

Total House to House collection

£2477.61

119 Gift Aid envelopes @ 28%

= extra £277.00

Shop £1560.30

Dent Coffee morning £103.00

Dent Church collection £124.37

Thank you to all who helped us achieve these totals which have been duly sent off to Christian Aid HQ and will no doubt already be deployed helping the organisation with its ongoing work and that of assisting those affected by the various disaster crises currently affecting Pakistan, Niger and other countries worldwide.

Anne Pitt

FIREWOOD

Dry Seasoned Wood
Large & Small Loads

Call Jack on
015396 25268
07846 290519

DENT BOWLING

Our Indoor Bowling is continuing on some Wednesday evenings & Saturday mornings, the morning sessions run with a coffee morning which is open to non players. New members are very welcome. For the dates for October to December please phone Jean/Rob Haygarth on 25269.

TOY LIBRARY

The Toy Library is open every month on the 1st and 3rd Thursday at 2:30pm in the People's Hall.

A paid Library Co-ordinator is required from 1:15 to 4:45 pm to oversee everything. If you are interested, please contact Victoria Sayner on 015396 20935.

BRIGFLATTS QUAKER MEETING HOUSE

As many of you will know, just a gentle one mile stroll across the fields from Sedbergh is the oldest Quaker Meeting House in the North - built in 1675. It was visited in 1677 by George Fox who founded the Religious Society of Friends in this area twenty five years earlier. The Meeting House is open to visitors everyday from 10am to 6pm in Summer and until dusk in winter. Why not bring a picnic and eat it in our garden? Tea and coffee is always available for visitors to help themselves to inside the Meeting House and there is a 10 minute DVD explaining the rise of Quakerism in this area. Please feel free to ask the warden if you have any questions or would like to arrange a large group visit.

In addition to our regular Meetings for Worship on a Sunday morning from 10.30 – 11.30, throughout the Summer, we have been offering an additional opportunity to meet in the manner of Friends for just half an hour on a Thursday evening. These have been so well received that, although we had originally thought only to offer these for a couple of months at the height of the Summer, we have decided to continue to offer this additional chance to worship until the end of October. We would be delighted if you would like to come and join us in these, we hold them between 7.30 and 8pm. Many have felt that they have taken away a

lasting feeling of calm from participating our mostly silent way of worship.

The first week of October is National Quaker Week and to celebrate that we are offering some free talks which are open to the public.

The first talk will be at 2.30pm on Saturday 2nd October on the subject of Quakers in Medicine. Against a background of religious prejudice and adversity, many brilliant Quakers made huge contributions to medical science. John Fothergill from Wensleydale was one such noted medical discoverer and philanthropist. John Pearce, a neurologist and author, will be highlighting the legacies of several key figures in Medicine.

On Sunday 3rd October at 2 pm, a retired GP called Barbara Tonge will give an illustrated talk on “Growing into the Quaker Way from ground-roots medical experience in Africa.”

Finally, at 7.30 pm on the evening of Monday 4th October, Daniel Edge – one of the Peaceworkers attached to Quaker Peace and Social Witness- will speak about his work over the past year with the Christian Muslim Foundation.

Parking will be at the top of the Lane, with a few spaces closer to the Meeting House reserved for those with restricted mobility. For directions, please see our website: www.brigflatts.org

We hope you may be able to join us at any of these free talks.

Tess Satchell (Warden).

PHOTO CALL

This month I had many replies about last month's photo, I only hope I don't leave anyone out - I really should write them down.

Jean Richardson was the first then Janet Baines, Anne Benville and Mike Packham - I am sure I have missed someone.

Now for the names:-

Back row l-r: Pauline Woof, Janet Chamley, Georgina Swainbank, Alice Alban and Mary Mounsey.

Middle row:

Alexis McLean, Catrina Macdougall, Elizabeth Meadows and Phillipa Towler.

Front

Mike Packham and Jamie Ramsbottom

Thank you to all of you

I was also told that the girl on the left in the August Lookaround was Lisa Woof nee Wood.



This month is another Sedbergh Theatre photo of 3 young ladies. Who are they and what was the production?

Answers as ever to Shirley Tebay, Walnut Bungalow Dent LA10 5QT or tel (015396)25001 or email shirley.tebay@btinternet.com



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Sedbergh Lookaround

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BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0740 (C)	0817	M - F	564	KLC	0825	0858	M - F	564	KLC
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1007 (C, H)	1049	M - S	564	KLC	1055 (C)	1128	M - S	564	KLC
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	A8	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	KLC
1310 (C)	1347	M - S	564	KLC	1425 (H)	1500 (L)	Sat	564A	A8
1545	1620	M - S	564	KLC	1610 (C)	1640	M - F	564	W
1708 (C, H)	1745	M - F	564	W	1625 (C)	1658	M - S	564	KLC
1827 (C)	1904	M - S	564	KLC	1745 (C, H)	1818	M - F	564	W
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0858	0932	M - F	564	KLC	0705	0740	M - F	564	KLC
1128	1202	M - S	564	KLC	0940	1007	M - S	564	KLC
1443	1505	M - S	564	KLC	1235	1310	M - S	564	KLC
1658	1732	M - S	564	KLC	1510	1545	M - S	564	KLC
					1800	1827	M - S	564	KLC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Cowgill					Cowgill to Sedbergh				
1330	1355	Wed	564B	W	0950	1015 (L)	Wed	564B	W
0940	1009 (DS)	Sat	564A	A8	1020 (DS)	1050 (L)	Sat	564A	A8
1500	1530 (DS)	Sat	564A	A8	1545 (DS)	1615 (L)	Sat	564A	A8
1645	1715 (DS)	Sat	564A	A8	1735 (DS)	1805 (L)	Sat	564A	A8
Last Update: July 2010									

L = Sedbergh Library
 C = Via Kendal College
 H = Via Westmorland General Hospital
 DS = Dent Station

W = Woof's of Sedbergh
 KLC = Kirkby Lonsdale Coaches
 A8 = Apollo 8

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

For Comprehensive up-to-date information ring :-
 Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)

All times are from and to Thorns Bank

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	01/09	Mr Wright	Dent:	25533
Art Society (S & D)	09/08	Mrs Leigh	Sed:	20794
Badminton (Sedbergh)	10/08	Mr Wheatley	07816	437500
Beekeepers Association (S & D)	01/09	Mrs Whitton	015242	72004
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club (Queen's Gardens)	01/09	Mr Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club (S&D)	01/09	Mr Hinson	Sed:	20118
Caving Club (Kendal)	01/09	Mr Teal	Sed:	20721
Chamber of Trade	05/10	Mrs Kirk	07980	462063
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	01/09	Mr Beck	Sed:	20336
Cricket Club (Dent)	01/09	Mr Hyde	Dent:	25503
Cricket Club (Sedbergh)	01/09	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir *	09/10	Mrs Sugden	Dent:	25303
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent School (Friends of)	01/09	Mr Hartley	Dent:	25317
Dog Training (Sedbergh)	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/08	Mrs O'Neill	Sed:	21958
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders (Dent)	01/09	Mrs Pilgrim	Dent:	25589
Football Club (Dent)	01/09	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	06/09	Mr Kirby	Sed:	21214
Gala Group	04/10	Mrs Usher	07837	978626
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Garsdale Ladies Group	09/08	Mrs Ramsbottom	Sed:	21013
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions (Dent)	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Schoolroom	01/09	Mrs Stainton	Sed:	20665
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050

Kent Lune Trefoil Guild	01/09	Mrs Mitchell	Sed:	21144
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	01/09	Mrs Escholme	Sed:	20376
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Methodist Church Hall	01/09	Mrs Jackson	Sed:	20530
Over 60's (Dent)	02/09	Mrs Burrow	Dent:	25203
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council (Dent) *	09/10	Mrs Fletcher	015242	72768
Parish Council (Garsdale)	01/09	Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	10/08	Mr Robertshaw	01539	730597
People's Hall	01/09	SOS	Sed:	20788
Pepperpot Club (Sedbergh)	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground (Sedbergh)	10/09	Mrs Rice	Sed:	22100
Playgroup (Sedbergh)	01/09	Mrs Gunning	Sed:	20226
Playing Field (Sedbergh)	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Rag Ruggers	01/09	Mrs Hennedy	Sed:	20899
Red Squirrel Group (Sedbergh)	02/09	Mrs Foott	Dent:	25453
Residents Association (S & D)	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	01/09	Mrs Storey	Sed:	21593
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
South Lakeland Society for the Blind	01/09	Mr Axford	Sed:	21019
Squash Club *	09/10	Mr Thomson	Sed:	21747
Slimming Club	01/09	Mrs Uttley	01539	722568
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Toy Library	11/09	Mrs Osborne	015242	61029
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Howarth	Sed:	20428
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	01/09	Mrs Sugden	Dent:	25303
Women's Institute (Frostrow)	12/08	Mrs Petyt	Sed:	21574
Women's Institute (Howgill)	01/09	Mrs Hoggarth	01539	824683
Women's Institute (Killington)	01/09	Mrs Sharrocks	Sed:	20754
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	12/09	Mrs Wilson	Sed:	20238
Young Kidz	01/09	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



MK CONVERSIONS

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EDITORIAL

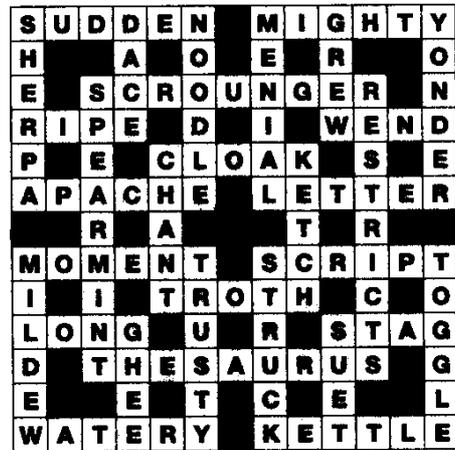
Me and my big mouth. Making an observation that last month was a small one in comparison to others. This month, we have been inundated for which we do appreciate. But, it has taken longer to put together so if you receive this copy late, you know the reason why. Thank you for your continued support and patience.

I have established a new e-mail address for your contribution. When you send me items as you do now, could you also send it to editor@sedberghlookaround.org as well please? I will, as usual, acknowledge your submission from both addresses.

Dennis J Whicker

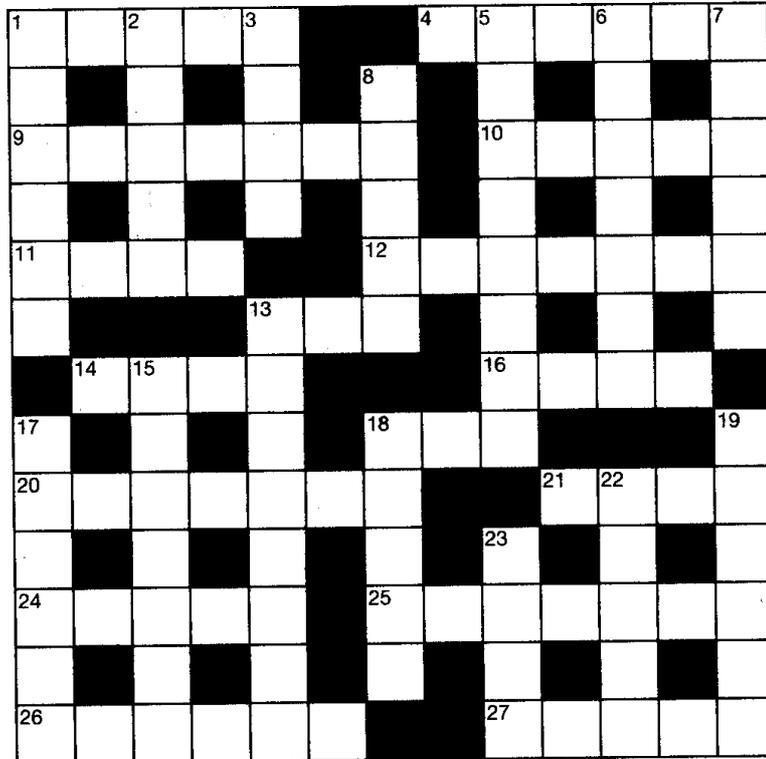


RAISING MONEY FOR THE PEOPLES HALL INVOLVED THE COMMITTEE IN ANY NUMBER OF NOVEL SCHEMES.



5			1	2			
			5			3	1
				7		9	
		7	8				3
1							6
4				5	8		
	4		2				
2	7		9				
			6	3			8

7	2	4	6	8	1	9	3	5
5	6	8	3	9	7	2	4	1
1	9	3	2	4	5	7	6	8
2	7	6	1	5	8	4	9	3
9	8	5	4	3	2	6	1	7
3	4	1	9	7	6	5	8	2
6	1	9	7	2	3	8	5	4
8	3	7	5	6	4	1	2	9
4	5	2	8	1	9	3	7	6



ACROSS

- 1 Spread out (5)
- 4 Correspond (6)
- 9 Search thoroughly (7)
- 10 Distant, reserved (5)
- 11 Garden invertebrate (4)
- 12 Blood-drinking bat (7)
- 13 Dedicated poem (3)
- 14 Lie back in the sun (4)
- 16 Type of knot (4)
- 18 Hive insect (3)
- 20 Pear-shaped fruit (7)
- 21 Horse's neck hair (4)
- 24 Snapshot (5)
- 25 Precious stone (7)
- 26 Perceptible (6)
- 27 Repeatedly (5)

DOWN

- 1 Astute, intelligent (6)
- 2 Of the moon (5)
- 3 Twelve months (4)
- 5 Soft wet area of land (8)
- 6 Worry greatly (7)
- 7 The - - - Tower,
Paris landmark (6)
- 8 Play truant (5)
- 13 American state (8)
- 15 Loving (7)
- 17 Russian chess champion (6)
- 18 Pugilist (5)
- 19 Ligament (6)
- 22 Make fit (5)
- 23 Lowest point (4)



Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh (2010/09) <i>ID(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2010/11) <i>ID; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2010/09) <i>ID (ES); 1D/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); 1S; ES; CH; TV; P; NS; DW; CW; DR; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh (2010/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh (2010/12) <i>ID; 1T; TVL; CH; DW; P; DR; VB</i> e-mail: wheelwright.cottage@homecall.co.uk	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2010/02) <i>ID (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh (2010/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356
Borrett Barn Flat, Marthwaite, Sedbergh (2010/10)	<i>Sleeps 4 people; D; T; CH; L; P, NS</i>	21175
Borrett Barn Caravan, Marthwaite, Sedbergh (2010/10)	<i>4 Berth; H+C Shower; WC; TV; NS</i>	21175
Mrs Durie	Crossthwaite, Garsdale, Sedbergh (2011/06) <i>Sleeps 6/7 D, F, T, CH, TVL, P, NS, DW, DR, CW</i>	07900 531043
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh (2010/11) <i>Self-Catering Sleeps 6-8</i>	20360

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 & Susan Sharrocks 20754

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 & Frostrow

Rev. T Widdess Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 20588 or 20503

www.sedberghchristiancentre.co.uk

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



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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 31st August 2011

Entries marked (*) see Advert in previous Lookaround.			23 1000 Ideas & Sketches	DCMH
OCTOBER			24 1000 Rugmaking	DCMH
1 1000	Connections Exhibition till 31st	DCMH	26 1400 Heroes & Heroines (26)	PH
1 1030	Cas Holmes 'Traces' till 14/11 (20)	FM	26 1400 Drystone Walling Demo	DCMH
1 1030	Emerging Talent 2010 till 3rd (20)	FM	27 1400 Discover & Do	DCMH
1 1030	Alice Kettle till 14/11 (20)	FM	28 1230 National Park Introduction	DCMH
2	National Quaker Week (77)	BF	29 1930 HVH Domino Drive	HVH
2 1300	Stonecarving Workshop	DCMH	30 0900 Flu Clinic	HC
2 1900	Flicks in The Fells	PH	30 1000 Sketching & Drawing	DCMH
2 1930	Howden & Jones in Concert	BIK	31 1000 Patchwork & Quilting	DCMH
4 1900	Community Play Meeting (40)	PH	31 1830 Faure's Requiem	StAS
5 1400	Spinning a Yarn	DCMH	NOVEMBER	
6 1000	Coffee Morning Barnardo's	URCR	1 1030	Cas Holmes 'Traces' till 14th
6 1000	Memory Lane - Howgill, Firbank, Cautley	CO	1 1030	Alice Kettle till 14th
6 1930	WIF Travels in Venezuela	PH	3 1930	WIF AGM & Jacobs Join Social
6 1930	HS Yorkshire Sporting Identity (6)	SHS	3 1930	HS Conscripton in WWI
7 1930	WIH AGM & WI Advisor	FCH	4 1930	WIH Gardens of the Lake District
9 0930	MS Table Top Sale (*)	PH	4 1915	RBL AGM Meeting
9 1000	Pepperpot Coffee Morning (9)	URCR	5 1830	FC Bonfire Night & Skittles Party
9 1000	Annual Autumn Fair	BIK	9 1400	WIK AGM & Desert Island Discs
9 2000	Old Tyme Dance (1)	PH	9 1930	FC Domino Drive
10 1030	Harvest Festival	StAS	9 1930	Bridge Club AGM
10 1830	Harvest Festival Choral Evensong	StAS	10 1000	Coffee Morning Bowling Club
12 0930	Flu Clinic	KLI	11	RBL Band Concert & Service
12 1000	Drawing to Sculpture	DCMH	13 1400	SHS PTFA Jumble Sale
12 1400	WIK Slides of old Sedbergh	PH	13 1900	Flicks in The Fells
12 1930	Bingo & Potato Pie Supper	FCH	14 1000	Family History Workshop (Beginners)
13 0930	Flu Clinic	HI	14 1030	Remembrance Sunday
13 1000	Coffee Morning Christian Aid (13)	URCR	17 1000	Coffee Morning Audio & Large Print
14 1915	RBL Committee Meeting	WHC	17 1930	HS Afghanistan
15 1930	Domino Drive	KVH	18	Health Centre Closed for afternoon
15 1930	Pulse Gym Grand Quiz (15)	PH	19 1930	WIH Domino Drive
15 1930	Friends of DCM Event	DCMH	19 1930	Great Escape & Helena's Husband Plays
16 0900	Flu Clinic	HC	20 1930	Great Escape & Helena's Husband Plays
16 1000	Squash Club Open Morning	SSSC	20 2000	Olde Tyme Dance
16 1030	Dent Pre-School Jumble Sale	DMH	21 1000	Family History Workshop (Advanced)
17 Eve	Grand URC Rooms Opening (1)	URCR	26 Eve	Auction of Promises
18 1130	Flu Clinic	DMC	27 Eve	Scottish Dancing
20 1000	Coffee Morning Garsdale Church	URCR	29 1900	Dent Pre-School Domino Drive
20	Health Centre Closed for afternoon		30 1930	Neighbourhood Forum
20 1930	HS Wrestlers, Crucks & Mullions (6)	DMH	DECEMBER	
22 0930	Flu Clinic	KLI	1 1000	Coffee Morning Ladies NFU
22 1900	Domino Drive (*)	GRVH	1 1930	HS Slides of Old Sedbergh
22 1930	The Atlantics (1)	PH	1 tba	WIF Christmas Party
23 1130	RBL Bikers Visit (23)	Sedbergh	2 1930	WIH Christmas Party

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Whilst every effort is made to ensure that information is correct, the Editor cannot
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Copies are available from Sedbergh Office Services, Sedbergh Tourist Office,
Green Door, Premier, Howgills Tea Room, Post Office and Dent Stores.*

COVER PICTURE
Spedding House, Millthrop
By Stuart Manger

3	1000	Christmas Tree Festival	SMC
4	1000	Christmas Tree Festival	SMC
4	1900	Flicks in The Fells	PH
4	1930	An Evening of Music & Song	SMC
5	1400	Christmas Tree Festival	SMC
5	1600	Dent Pre-School Christmas Fair	DMH
9	1915	RBL Committee Meeting	WHC
11		Dentdale Over 60's Christmas Lunch	DMH
14	1930	Domino Drive & Mince Pies	FCH
14	tba	WIK Christmas Lunch	tba
17	1930	Domino Drive	KVH
17		Dentdale Over 60's Friday Club Party	DMH
22	1000	Coffee Morning Town Band	URCR
22	1930	Christmas Domino Drive	HVH
25		Christmas Day	
26		Boxing Day	

2011
JANUARY

11	1930	Domino Drive	FCH
15	1930	B&D Agricultural Society Domino Drive	BVH
18		Health Centre Closed for afternoon	
19	1930	HS Auschwitz to Ambleside	SHS

FEBRUARY

2	1930	HS Gunpowder Mills of Cumbria	SHS
16		Health Centre Closed for afternoon	
16	1930	HS Every Home is a Museum	DMH

Regular Events

1000	Every Monday	Free Entry to Locals	FM
1200	Every Monday	The Monday Club	SMCR
1315	Every Monday	Howgill Toddlers	HVH
1930	1st Monday	Dent Parish Council	DMH
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
1400	1st Tuesday	SL Carers Association	PH
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	SLS Blind Group	PH
1930	3rd Tuesday	Ladies NFU	PH
1000	Every Wednesday	Coffee Morning	URCR
1315	Every Wednesday	Zebra	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday	Brownies (term time)	SMCR
1930	Every Wednesday	Sedbergh Seniors	PH
1000	1st Wednesday	Age UK	CO
1930	1st Wednesday	Frostrow WI	PH
1930	1st & 3rd Wednesday	History Society	SHS
1915	2nd Wednesday	Dentdale WI	DMH
1415	3rd Wednesday	SL Society Blind	PH
1930	1st Thursday	Howgill WI	FCH
1400	1st & 3rd Thurs	Child Health/Baby Club	PH
1430	1st & 3rd Thursday	Toy Library	PH
1915	2nd Thursday	Royal British Legion	WHC
1330	Every Friday	Dent Over 60's	DMH
1930	Last Thursday	Sed. Parish Council	PH
1930	Every Friday	Monkey House Café	Library

22	1930	Domino Drive	FCH
28	1930	FCH AGM	FCH

MARCH

2	1930	HS 3 Centuries of the Workhouse	SHS
8	1930	Domino Drive	FCH
12	1900	SS Choral Society	Ripon Cathedral
13	1900	SS Choral Society	SSPH
16	1930	HS Victorian Naturalists	SHS
17		Health Centre Closed for afternoon	
24	1900	Azda Empire Strikes Back	PH
25	1900	Azda Empire Strikes Back	PH
26	1900	Azda Empire Strikes Back	PH

APRIL

13	1000	Coffee Morning STAS Missionary	URCR
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MAY

??	1830	Barbecue (Date to be announced)	FCH
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DIARY KEY

BF	= Brigflatts
BIK	= Burton in Kendal
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
GRVH	= Grayrigg Village Hall
GVH	= Garsdale Village Hall
HC	= Health Centre
HI	= Hornby Institute
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
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)
StAS/D	= St Andrew's Church, Sedbergh/Dent
SSHC	= Sedbergh School Heritage Centre
STO	= Sedbergh Tourist Office, Main Street
URCR	= United Reformed Church Rooms
WHC	= White Hart Club
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

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 #
	0830 - 1100 P*	1500 - 1800 * 1500 - 1600 HC 1830 - 2030 W*
	1130 - 1215 Dent Surgery	
Tuesday	0830 - 1030 O	1430 - 1730 H*
	1045 - 1230 H*	1830 - 1915 W*
Wednesday	0830 - 1030 O	1430 - 1730 PD
	1045 - 1230 L*	1430 - 1800 L*
Thursday	0830 - 1030 O	1430 - 1730 H*
	1045 - 1230 L*	
Friday	0830 - 1030 O	1430 - 1730 L*
	1045 - 1230 L*	1430 - 1730 P*

Practice Nurses

Monday	0840 - 1300 JO	1400 - 1800 JO
	0820 - 1200 KB	1400 - 1600 DE
Tuesday	0840 - 1300 JO	1400 - 1720 JO
	0820 - 1200 KB	
Wednesday	0840 - 1300 JB	1400 - 1640 D 1640 - 1800 HV
	0840 - 1300 GH	1400 - 1600 GH
	0840 - 1200 KB	1400 - 1630 E
Thursday	0840 - 1300 JB	1400 - 1800 JB
	0840 - 1300 KB	
Friday		1400 - 1800 BD

*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*

L = Dr Lumb	H = Dr Hunt
P = Nurse Pilling	O = Open Surgery
# = Book on Day	W = Workers Surgery
C = Women's Clinic	D = Diabetic Clinic
JB = J Batty	JO = J Orr
GH = G Houghton	B = K Baines
R = Respiratory Clinic	E = ECG Clinic
K = Kay Lumb	KB = Bloods
D = Dressings	
* = Appointment Only	HV = Holiday Vacc's
District Nurse	Health Visitor
& 015396 21690	& 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

14 Long Lane
© 015396 20335 (including emergencies)
Mr N. Preston & Mr J. Bramley
Dispensary Monday to Friday 0900 - 1300
1400 - 1700
Consultations Monday to Friday 0900 - 1000 *
1400 - 1500 *
Other times by appointment only *

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY