

Sedbergh & District

LOOKAROUND

November 2011

Issue 294

Donation £1

To save all us time later I offer profuse apologies now for all the errors, omissions and other gaffes which I have no doubt you will all find the minute you open the cover. Thank you all in advance for all your

forbearance!

In last month's *Lookaround* I promised an update on Dennis' progress. Better that that, there is a letter from the lad himself; please turn to page 7
J Rusling



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Saturday 5th November

- 6:30 pm Gates Open
- 6:30 (approx) Lighting of Bonfire
- 7.00 Judging of Pumpkin and Turnip Lanterns
- 7:30 (approx) Firework Display

Games & Tombola Stalls ~ Food & Refreshments

Adults 3.00 Children u16 Free

People's Hall Field



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

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

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NOVEMBER 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 recipient this month :-
Melissa Sproul who is 10 years old on 24th November.

Please collect your vouchers from
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Sedbergh
which can be used in any shop in
Sedbergh & Dent.



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!

Day	Name	Age
3	Kobe CRESSEY	8
11	Logan COWIN	3
11	Maximillian GEUER-LEES	10
18	Adam SEN	5
18	James ABBATT	9
18	Robbie KENDAL	10
24	Melissa SPROUL	10
25	Jasmine PARLEY	1
28	Toby GREENSMITH	5
29	Denim FOSTER	9
Nonagenarian & Over		
29	Rene Huddleston	90

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DAWSON

Jenny thanks family and friends for everything that made 9 October so very special. Your love and friendship mean so much to me.

=====

DOUGLAS

Gladys and family wish to thank everyone for their kindness and support following the sad loss of David. Special thanks to the Revd Carole Marsden for a wonderful service at Sedbergh URC, to Brian Goad for his kindness and caring, to Dorothy for the refreshments and to Dr C Hunt and the nurses at Sedbergh Health Centre. Also many thanks for all the cards, letters and flowers and for the donations to the Langdale North Ward, Westmorland General Hospital.

=====

FOSTER

Happy 9th Birthday to special son, DENIM Have a great day. Lots of love always, from Mum. xxx

=====

FOSTER

Happy 9th Birthday to our grandson, Denim. All our love, Nanna and Grandad. xxx

=====

FOSTER

Happy 9th Birthday Denim on 29th November. All the best for a good day. From Uncle Martin and Cousin Sean. xx

=====

FOSTER

Happy Birthday Denim (Turnip). Nine years old on 29th November. From Uncle Mike. xx

MARSDEN

Many thanks for all the cards, gifts and good wishes on the safe arrival of Eleanor Mary.

=====

FURNITURE

Would the people who helped themselves to the four chairs and four table legs from outside 2A New Street like to come and collect the table top; or alternatively please return the items taken.

Thank you.

=====

MITCHELL

Mel would like to thank everyone for their best wishes, cards and flowers following her recent accident. A big thank you to all my clients for their kind consideration.

Hope to be up and running soon!

=====

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=====

THANK YOU

I would like to thank the veterinary surgeons and staff at Sedbergh for all their care and help when my cat was hit by a car and suffered a broken leg. They were so very good. "Buttons" is now doing well.

Mellie Allen

**SEDBERGH ORCHESTRA'S
'FIREWORKS' CONCERT**

Last month's *Lookaround* advertised the concert which Sedbergh Orchestra will be giving at St Andrew's Church on Thursday 10 November at 8.00pm. This is to remind you of the event and to encourage you to come. The doors will not open until 7.45pm - this is to allow us to have a short rehearsal beforehand, Thursday being our normal rehearsal night. Tickets (£6.00 for adults, free for 18 and under) are available in advance from Donald and Shirley Smith on 015396 21196 or by emailing yantethera@aol.com or at the door.

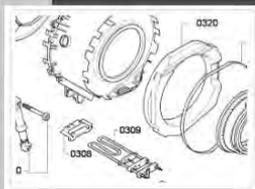
By coincidence, three of the pieces in our programme, chosen by Peter Crompton our conductor, were written by composers who were born in England and who all died in 1934 - Elgar, Holst and Delius. The German-born Handel also has a claim to be

English. Two centuries earlier he settled in London and became a naturalised British subject in 1727. His famous 'Music for the Royal Fireworks' was composed in 1749 and performed in London's Green Park, to celebrate the end of the War of the Austrian Succession and the signing of the Treaty of Aix-la-Chapelle in 1748. The music is clearly in no way associated with the activities of Guy Fawkes almost two centuries earlier still, but its title provides sufficient reason to play the piece as the first item on the programme in a concert so soon after 5 November, while the memory of Sedbergh Bonfire Night is still with us! We shall have a battery of five timps at the back of the orchestra!

'Sérénade Lyrique' will follow the 'Fireworks' music, after a short but much needed breather for the wind and brass players! It is an attractive, little known piece by Elgar; we had

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help from the Bournemouth Symphony Orchestra and Carlisle Music Centre in tracking it down. Next comes Holst's 'Songs of the West'. It has never been published, but the parts were released by the BBC as part of their 'Light Fantastic' Music Festival in June this year. One of our members did an internet search and discovered that the Wimborne Orchestra had downloaded the parts in order to perform the piece. Their conductor very kindly emailed them to us. Delius's 'Irmelin Prelude' will be played next, This was actually written before the opera of that name and is a delightfully romantic piece which is well worth getting to know. The Cobwebs librarian helpfully supplied a missing cor anglais part, so you can see that lots of people have been involved in making this unusual concert programme come together.

The composer of the final item, Grieg, appears to be an odd man out - he died in 1907 and was not English! But his music, 'In the Hall of the Mountain King', will probably be more familiar to you than the pieces described above.

We do hope to see you on the 10th and feel pretty confident that you will enjoy the experience - as the players no doubt will!

Shirley Smith

LETTER FROM THE EDITOR

Dear Readers,

First and foremost, a continued BIG thank you to Jan Rusling for producing, which I hope you feel is, another bumper issue of the best Newsletter in the land. A continued thank you to all the contributors (although Jan's headache will not agree) especially in using the editor@ e-mail address and getting things in early for her.

As I write this update, I am still in isolation in The Christie after having a big dose of chemotherapy on day 2 of my 'internment'. Day 3 saw me receiving my own Stem Cells previously Harvested. Since then, I have gone very weak as my immune system shut down leaving me vulnerable to infections and not being able to eat anything due to various 'Side Effects'. Fortunately, I had a little 'reserve'. By the time you read this, I should be well on the road to recovery.

I cannot express my gratitude enough to everyone for all of your Prayers, comments, best wishes, cards and assistance both for Jacky and myself in this troubled time but with all of your support, I will be back home in November to thank you personally.

Finally, just a reminder to help us celebrate 25 years of Lookaround, do attend the Annual Bonfire Night at the People's Hall to see an excellent Firework Display.

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TIM FARRON MP

I was out knocking on doors around Sedbergh the other day, collecting people's views on this issues that affect them. Thanks to everyone who took the time to fill in my questionnaire, and some of you even took the time to speak to me. Clearly the future of the buildings at Baliol School is an issue for some of you and we are investing some time to find out what is going on there so that we can ensure it is to the greater good of the town.

Parliament is back in session now so I am settling into the routine of saying good-bye to the children on Monday morning and not seeing them again until Friday (even if I get back on Thursday it is usually after their bed time).

As I have said before I try to ensure that I use my time in London as productively as I can.

The other day I had the pleasure of

meeting with Mark Thompson, the Director General of the BBC. I wanted him to rethink his plans for BBC Radio Cumbria.

I am sure many of you listen to and value Radio Cumbria, in total nearly 40% of people living in Cumbria listen to the station at some point or other, that is higher than any other BBC local radio station. During the many difficult times we have faced here whether it be foot and mouth, the shooting around Whitehaven or the flooding Radio Cumbria have provided a magnificent service in keeping us all informed of what is going on and importantly what we can do to get help.

It seems to me, therefore, unfair that the hierarchy at the BBC should reward this success by planning to cut the budget for Radio Cumbria by 20% (higher than the average BBC Local radio station cut of 12%), which means losing nearly 10 full time

equivalent jobs at the station and about 50 hours of broadcasting as their service is combined with another station like Radio Newcastle. This is all part of the BBC's "Delivering Quality First" programme to save money across the corporation.

The sad thing is that they appear to have decided that Radio 4 and BBC1 are the bits of quality broadcasting that they are going to deliver first, not local radio in Cumbria which offers a different but no less valuable form of quality. Both Radio 4 and BBC1 are being untouched by the proposed cuts leaving those of us who listen to Radio Cumbria suffering disproportionately.

Anyway, I am fairly certain that Mr Thompson is very clear now how I feel about his plans and am looking forward to hearing what he has to say when he gets back to me. If you have any thoughts on this issue I would love to hear them.

Finally, thanks to everyone who has supported the campaign to get a new radio therapy unit at the Westmorland General Hospital. The number of people signing the petitions or pledging their support has been magnificent but we still need more. You can indicate your support by emailing me or going to my website.

As ever if you have any issues you wish to raise with me please do write to Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or email me attim@timfarron.co.uk.

Thanks for your support

Tim Farron

LOST STOLEN OR STRAYED

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To the maternity hospital.

Congratulations and welcome home

Thanks to all concerned



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COUNCILLOR'S CORNER

LOFTUS HILL CAR PARK: Over the last few months you will all have become aware that Sedbergh School has declined to renew the lease of Loftus Hill Car Park to Sedbergh Parish Council. All your elected representatives have agreed that because this is a delicate situation where quiet diplomacy is required we will not go further into the rights and wrongs in this Lookaround. Be assured it is at the top of all of our agendas.

THE COMMUNITY OFFICE: We have had some constructive meetings over the last couple of months. The event for members of YDNP was not well attended: we did not expect it to

be. However, it did provide an excellent opportunity to progress our cause in the absence of senior officers.

REOCCUPATION OF FORMER DWELLINGS IN THE YORKSHIRE DALES:

During my time on the Yorkshire Dales the policy I was initially most proud of and eventually most disappointed with was the Local Plan Policy B16, the Reoccupation of Former Houses. There can be no doubt that as the Local Plan Working Party drafted it we went in a direction which did not command the support of the then Head of Planning, Peter Watson.

Looking back to 2002 I see the First Deposit Draft contained a phrase "*special architectural or historic interest*". By the time of the printed finished policy this had become "*such architectural or historic interest that its restoration in the landscape is justified*". More crucially, Justification 10.78 included the sentence "*Other former houses that are not listed may nevertheless be of local historic interest or architectural merit.*"

There were several versions between the two which I do not have to hand. That which went before the Inspector included dating references and an assertion that the property should have been a house for the greater part of its existence. This was based upon the work of Prof. Brunskill and others, including myself. It identified the shift from vernacular and therefore locally important architecture to a national style of polite, locally less important architecture. In the Yorkshire Dales

you can cut this difference with a knife, prior to 1805 and post 1805. You can see it here in and near Dowbiggin. Wilkinstile built in 1776, still a vernacular longhouse. My own house Fellgate built in 1810 and Garsdale Foot, formerly Todhole built at a very similar time, both built in the polite architect designed way.

The Inspector totally agreed with and applauded the aspiration of the second draft policy. However, he thought it was too harsh and that applicants would not be able to date their properties: so he took out the dating references. In this he was wrong: dating is not difficult. But, it was his clear intention that the vernacular / polite distinction would be respected and that that was the key policy point. I was assured that the lack of dates would not affect the interpretation of the policy and re-assured that the policy remained clear. Being a house for the greater

The Royal British Legion
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The Town Band
REMEMBRANCE CONCERT
Friday 11th November
7.30pm
United Reformed Church
Tickets : £5.00

part of its existence did not seem to be a problem either.

At first it seemed it was being interpreted exactly as I had expected and Danscroft near Helmside was soon approved, as it should have been. I then heard disturbing reports of obfuscation with two properties, Mirehouse in Cowgill and Ghyll, formerly Ashbeckgill near Sedbergh.

On both of these officers were presented with full evidence; in the case of Ashbeckgill going back with continuity to 1586! The evidence was in truth superfluous as ten minutes on site could tell a competent local historian that the house met all the criteria. There were other instances where the actions of the park authorities were not consistent with our aspirations, Marthwaite Foot and worst of all West Banks above Dent.

In the case of West Banks a year was spent collecting evidence to prove the self-evident. The Head of Planning then chose to ignore it and pretend it did not exist. We were able to demonstrate that it was rebuilt in 1724 to 1729 by one Miles Thistlethwaite, fashioning it out of an earlier cruck framed house. In this



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case members declined to follow the bad advice of their officers, but only after the applicants and their agents were put to totally disproportionate costs and delay.

I still believe that if it is interpreted as it is written this is a good policy. Some have criticised us that it does not impose a local condition. This was because it was a building conservation policy and not a housing one. We were advised the condition would be overly onerous. However, almost without exception those who have come forward with proposals have offered a local condition – another telling point.

It is not surprising that over the last eighteen months few proposals have come forward. That is a shame, houses of local vernacular architectural importance are falling down as a result.

Councillor Kevin Lancaster
015396 20800,

07980 844 695, kjlanc@kjlanc.demon.co.uk,

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COUNCILLORS' CORNER

From Cllr Evelyn

Last month I made my first visit to Radio Indigo, the area's community radio station, in its snug studio in Salt Pie Lane, in Kirkby Lonsdale. It is the first community, non-for profit radio station in south Cumbria and its mix of music and local information has already won it an award for community action. Now its broadcasts are going global as the station is participating in the BBC's internet portal Radioplayer, a website which offers streams of BBC and independent radio output. It also means that in Sedbergh, where it is difficult to receive any radio programmes at all, we can now listen to our local station. A Facebook app has also been launched to allow social media users to share their radio listening and chat about radio content. Apparently Indigo Radio has a strong following in Germany, India

and South Africa so my broadcast about South Lakeland District Council's programme of testing private water supplies will go around the world.

My next stop was a meeting of the Sedbergh School Girls' Fund where I represent the District Council. This is a fund run by Sedbergh School which gives grants to girls born or resident for at least three years in the Parish of Sedbergh and the surrounding area to help with their education in the broadest sense. The grants can contribute to costs such as books, equipment, sports coaching, educational travel and maintenance. The Sedbergh School Boys' Fund Committee meets in November so

there is still time for boys to apply for a grant.

Later in the month I attended a meeting of District and Parish Councillors with the Headmaster and the Bursar of the Sedbergh School to discuss the problem of the closure of Loftus Hill car park and I am pleased to report that we are making some progress on identifying alternative sites for off street parking at the southern end of town.

As a tennis player, rather than a councillor, I attended the AGM of Sedbergh Tennis Club. It was heartening to realise that now the South Lakeland District Council is transferring a long lease on the courts to the Parish Council, the Tennis Club



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can begin planning for the future. It seems likely that junior coaching will start again next year and there is going to be a real effort to increase membership.

From Cllr Ian

I am delighted to announce that Kirkby Lonsdale resident Nick Cotton has recently joined the local Lib Dem team as a campaigner. At a recent meeting the Sedbergh and Kirkby Lonsdale Branch of the Party also adopted Nick as its prospective candidate for the SLDC elections next May. Nick is already a Kirkby Lonsdale Town Councillor and has an especial interest in the environment and sustainable transport issues. He has written a number of guides to cycling in this country and abroad. Evelyn and I look forward to working with Nick and, along with his particular expertise, we hope to provide an even better service to the residents of our Ward.

Evelyn mentioned in her above piece the recent meeting with Sedbergh School. This was attended by the Headmaster and the Bursar along with Parish Council Chair, Cllr Hilary Hodge, Cllrs Lancaster and

Atkins, and Evelyn and myself. One very positive outcome was that we agreed to continue to meet as a liaison Forum between the Town and the School with a view to anticipating and dealing with controversial issues before they assumed the status of problems! We also started to look at the situation regarding Loftus Hill car park and a further meeting is planned for the near future when we shall begin to examine the practical options on the ground.

I have reported previously on the activities of the Sedbergh and District Tourism Initiative. We had our last meeting on 14 October when we again looked at the question of Adventure Tourism focussing specifically on the use of bicycles, both standard and electric powered. Nick Cotton and Matt Clayton from Dent were at the meeting and they were able to get their heads together on this matter of common interest. An approach to Sustrans is also being considered with a view to the development of an off road cycle trail through the area linking with others that already exist. We also had the benefit of the advice of Lindsey

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Gibson who already promotes adventure holidays in the Lakes and is keen to start similar schemes in the Lune Valley. So continue to watch this space.

This tied in with another meeting a couple of days later - the first meeting of the newly created steering group of the Dales Integrated Transport Alliance for Sedbergh and District. We continued to discuss the Dent Bus and also the possibility of providing a new service on the Hawes to Kendal route (via Sedbergh) and again considered how bicycles might be part of a wider network of connecting transport options. The ultimate objective is that DITA will be creating a website to provide this information on a Dales wide basis with links to Sedbergh. We in turn would provide this information in paper form for those not conversant with the use of computers or want to have something to hold in their hand. I know the feeling!

On 8 October I had the privilege of listening to a talk at Brigflatts by the current Chair of CND, Professor Webb, on the subject of Trident - as one of a number of activities organised by local Friends as part of National Quaker Week. Professor Webb spoke eloquently on the subject finishing with a challenging statistic and some homework. One "Reaper" Drone currently costs six million pounds and the average annual salary of a nurse in the NHS is £20,710. How many nurses could you employ for the cost of one Trident missile? No prizes, but definitely

worth researching on the internet. This equation and the consequences of it in terms of human lives would in any other circumstances be regarded as insane....

Evelyn and I may be contacted at any time on:

Evelyn Westwood: email
evelyn@markwestwood.co.uk

Tel. 015396 20148

Ian McPherson: email
ianmcperson24@hotmail.com

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SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 2nd November
Cemeteries of the Western Front
David Shackleton

An illustrated talk about the
Commonwealth War Graves
Commission

Wednesday 16th November
Cumbrians on the move
Susan Dench

An illustrated talk on how
Cumbrians moved around northern
Britain and the World

All meetings in Settlebeck High School,
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or all of our lectures

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

SEDBERGH & DISTRICT HISTORY SOCIETY

The first meeting of the winter programme held on Wednesday 5 October attracted a large audience of members and visitors despite the bad weather.

The speaker was Anthony Fitzherbert OBE, and his subject was Afghanistan. He first travelled there in the early 1970s but had worked there from the late 1980s. His work was involved with issues related to rural development, agriculture and land management, in particular transforming emergency relief into sustainable agriculture production. Over the years he has worked independently for various agencies

and organisations including the U.N.

The first part of his talk dealt with the complicated history of Afghanistan. The country is on the route from Central Asia and the Middle East to the Indian sub-continent and therefore had seen many invaders and had also acted as a buffer state between great powers. He described the influence of various dynasties such as the Mughal's and the Dourani's and then the contacts with the British Empire which resulted in three wars. The present frontier between Afghanistan and modern Pakistan was drawn in 1893 and included the Wakban corridor to provide a buffer between Russia and the British Empire. His talk also covered the period from when the British left in 1947 up to the present time.

The second part of his talk dealt with the agricultural production and geography of the country and gave a glimpse of Afghanistan not seen in the TV coverage of the present conflict. However, some disturbing statistics were that opium sales made up 32% of the GDP of the country and 80% of the world's production of heroin came from there, yet this was grown on only 3% of the cultivated land. After his talk he answered various questions and was then thanked by the chairman.

Mr Fitzherbert also gave details of funds to help street children in Kabul and to set up schools in parts of Afghanistan. There was a retiring collection for those in the audience who wished to help.

Richard Cann

FAMILY MUSINGS

Computer repaired and landline goes wrong, more phone emailing which takes place this month from friends home in Hull.

The journey went well, found the day before that son and T in Hull, text him few hours after arrival to have him say he was wondering if I had got there yet!

Hubby took me on a lovely car journey on Sunday. Have you been to Littledale? Go there and keep on and on and on and you eventually reach Roeburndale! Great scenery. We saw rabbits, deer and lovely waterfall. I opened around five gates so it's not for the fainthearted! It made us think of Grisedale and our little children

riding along on toy tractors; great fun. I wonder what happened to those sit and ride toys, There was a Miffy bike too. Anyone remember Miffy?

Our stream has seemed as if it couldn't wait to take our drive down the road in recent heavy rain and puzzling was the colour of the water, as if fresh digging had been done higher up.

Hubby and friends have been busy and the last deluge saw all water keeping to its course. Only puzzle was a big pool on top lawn, sorting that might be a job for me.

I will never let it be said my mum bred a gibber even if roundabouts do scare me! Keep people guessing.

Sarah

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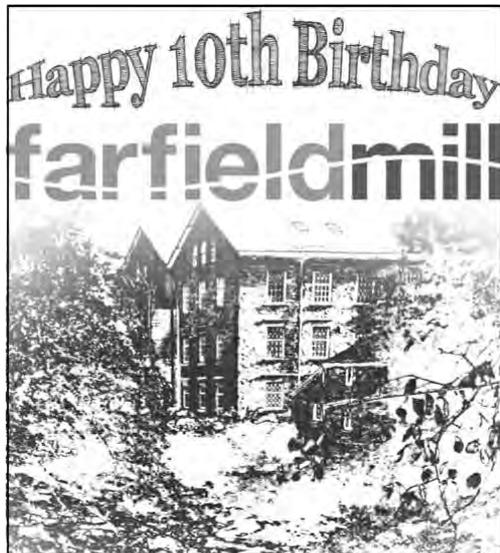
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 Entries due by 16th November
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NEW EXHIBITIONS for NOVEMBER
 From the 12th – Edge Textiles presents Edgings South
 From the 19th – Anne Griffiths presents Alice's House



NOVEMBER Workshops
 Ingrid Wagner - Big Knitting
 Thursday 10th November
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PEOPLE'S HALL

Grand Cabaret Evening & Hog Roast Saturday 26th November
A Feast of Local Talent!

At last it is November and on the 26th the event you have all been waiting for – **Sedbergh's got Talent** in the People's Hall – the Grand Cabaret Evening. Acts include the return from retirement, after 50 years, of the Hellions Band; the Rawthey Rhythm; the Fawcett Buses, Kevin Kendal and guest stars.

Doors and Licensed Bar open at 7pm and service of a superb Hog Roast and accompaniments commences at 7.30pm prompt. The entertainment starts at 8pm and continues with dancing until midnight, at least. Tickets on sale at Steadmans and the TIC. The number of tickets is limited so avoid disappointment and buy early. All proceeds to the People's Hall Redevelopment Fund. Please see display advertisement on p26 for more details.

The **Dance**, with its Jacobs Join, on Saturday 8 October 2011 was well attended and a good time was had by all. A profit was made to go into the general funds.

By the time you read this the **Promise's Auction**, where 95 lots were on offer, will have happened. Report next month.

Redevelopment news
 It was gum boots on and tape measures out recently when the Planning Subcommittee met in the changing rooms. These are certainly in need of a "change" - forgive the pun. The S/C was looking to see

JUMBLE SALE

The Institute, Kirkby Lonsdale

Saturday 19th November
10am - 12am

Tea and coffee available

Proceeds towards Middleton
church restoration fund

All welcome

SEDBERGH SCOUTS

Christmas Coffee Morning



Saturday
19th November
10am

Scout Headquarters

which walls could be safely removed and which could not. After all we do want to keep the kitchen on the floor above. It is amazing that the very rich Football Association does not have any guidance on planning changing facilities. Fortunately the Rugby Football Union does, so with a little "downsizing" we are using this guide in our planning. It is the intention that the changing facility will be multi-use and could be hired for fell races, sports days, etc.

DATES FOR YOUR DIARY

Friday 9 December 2011 at

7.30pm – *Holly and the Ivy*

A Touring Highlights music and song event, more in December edition of Lookaround.

Saturday 10 December at 8pm

- *Old Tyme Dance*

with Kenny Bell

We can publicise your event in the

People's Hall - just email us:

SPHALL123@gmail.com

Visit our blog: <http://bit.ly/SPHblog>

*Dr Gina Barney, Hon Secretary
(20790).*

AUDIO BOOKS

Have you tried Audio Books?

During November they are FREE to borrow from Sedbergh Library

Why not try one at home or in the car?

St Andrew's Church
CHRISTMAS FAIR
SATURDAY NOVEMBER 19TH
10.30am - 2.30pm
IN ST ANDREWS CHURCH
Coffee and Tea
Lunches Cakes Crafts
Preserves Bric a Brac
Gifts Books and more!

POLICE REPORT

In the last month reported crime for the Sedbergh area has been very low. However we have had a few reports of cold calling by various companies or individuals. We remind residents to check identification badges of people calling at their door, and if in doubt telephone the company who they claim to be from. Any genuine callers will not mind waiting for you to make these checks.

There have also been two thefts in the area; the theft of a number plate from a car and also of a metal garden ornament (due to the price of scrap metal being so high thefts like this have increased throughout the South Lakeland area). We urge you to

continue to be vigilant and report any suspicious incidents to us as it assists with crime prevention.

If you are interested in joining Neighbourhood watch or Farm watch please contact us on the below details or register yourself on the Cumbria Community Messaging website.

The problem profile for the Sedbergh area is anti social behaviour at the Peoples Hall. Patrols continue with regular visits to the area at various times. If anyone has any information regarding any problems with antisocial behaviour in this area please contact the Police.

Please feel free to contact us on 0845 33 00 247 or email us on rachel.

Cobble Country Property

Congratulations to the new business owners starting up in Sedbergh over the last few months.

Kath and Rob Mason take over the much liked Green Door sweetshop from Andy McLennan

James Roberts establishes a brand new purpose designed Gallery in place of the former outdoor clothing of Three Peaks

Cobble Country would like to wish all the new businesses much success in their respective concerns and thank the two former business owners with entrusting them in the sale of their businesses.

Good Luck also to Rebecca at On a Roll, a new start up sandwich shop.

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thomas@cumbria.police.uk or karen.dakin@cumbria.police.uk.

Or alternatively you can speak to us during our regular drop in surgery at Sedbergh Library at the new time and date of the 3rd Saturday of each month between 10:00 – 12:30 or the first Tuesday of the month between 12:00 and 13:00 at Dent stores. We are also at Gladstone house every other Friday from 13:00.

We would be pleased to meet you all to discuss any issues or simply for a chat.

*PCSO 5206 Karen Dakin and
PCSO 5245 Rachel Thomas.*



SEDBERGH METHODIST CHURCH

CHRISTMAS TREE FESTIVAL

A display of trees decorated to the theme of 'Films'

Fri Dec 2nd Viewing from 10 am – 5.30pm
Sat Dec 3rd Viewing from 10am – 5.30pm Musical Evening with Local Guests 7.30pm
Sun Dec 4th Family Service 10.30am Viewing from 2pm – 5.00pm Festive Songs of Praise 5.30pm

Homemade refreshments served daily

Admission by programme £2.00
Proceeds to North West Air Ambulance

ROYAL BRITISH LEGION

Notification is hereby given of the Annual General Meeting of the Sedbergh Branch of The Royal British Legion on Thursday 10 November in The White Hart Club at 7.15pm. All members welcome

PERFORMANCE POETRY AT SEDBERGH PRIMARY SCHOOL

Sedbergh Primary celebrated their annual book week at the beginning of October by performing poetry.



We began with a visit from Kirstie Pelling (above) – a local performance poet who enthralled the children with an exciting and energetic assembly. She then spent the rest of the day in workshops teaching us how to improve our own reciting.

We continued the week with various classroom activities and a competition to fill our poetry tree; as well as having lots of visiting readers. A big **thank you** to all who gave up their time to read to the children and to show that reading for pleasure is a lifelong pursuit.

During the week we also raised £724 from our book fair of which we get approximately 40% commission. This of course will enable our teachers to extend their classroom libraries, so once again thank you to all who bought books.

Our week concluded with a 'poetry slam' assembly where all the classes were able to show off their performance skills. An enjoyable time was had by all!

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TOWN AND SEDBERGH SCHOOL

So many people have spoken to me about the article written by Andrew Fleck in the last edition of Lookaround that a response is called for. People seemed to have been surprised by the tone of the article and its somewhat hectoring style.

As Chairman of the Parish Council, together with others, I have met with representatives of the school on a number of occasions to try to work through various issues including that of Loftus Hill car park. One thing that has struck me throughout these meetings is the apparent lack of appreciation from the school as to what the Town does for the School and no acknowledgement that the School can have negative as well as positive impacts on the Town. Andrew Fleck's article seems to reinforce this lack of awareness.

Where would the school be without

a large pool of local labour? Many people who work for the School are employed on very low wages but never the less demonstrate great loyalty to the School. They also provide a lot of informal support to the pupils which does not seem to get the recognition it deserves.

One example of a negative effect that Sedbergh School has had on the Town is that when Sedbergh Junior School opened it resulted in a loss of pupils at Sedbergh Primary School thus affecting that school's income and possible viability. This is of very serious concern for the Town. In relation to the proposed closure of the car park the economic impact that this would have on the Town has not been sufficiently recognised.

Questions have also been raised about the figure of £9M which Andrew Fleck claimed had been shown to be the contribution by the school to the area. An air of complete disbelief has been circulating and with good reason. The independent study was a paper exercise carried out by consultants using data provided by the School and then adjusted using various formulae. In any case the figure quoted was incorrect as the study actually gives a figure of £1.4 million for the GVA (Gross Value Added) economic benefit to the local area of Sedbergh and a 10 mile radius. (The GVA is the commonly accepted measure of economic benefit in studies of this nature.) In relation to the contribution to the community from various projects some of the 30 listed simply do not

exist and so cast doubt on the accuracy of this claim.

The investment of £20K in traffic calming measures in Loftus Hill is necessary in large measure because of the children from Sedbergh Junior School crossing over to the main school grounds and due to the obstruction caused by buses and coaches parked by the school on the road. Surely the main beneficiary of this expenditure is the school itself.

The Town and School are mutually interdependent but it is time that this relationship was built on a more equal footing. I am pleased to report that a group of local elected representatives composed of Kevin Lancaster, Evelyn Westwood, Ian McPherson, Jim Atkins and myself have agreed to meet regularly with Andrew Fleck and Peter Marshall to discuss issues of mutual interest and to work together for the benefit of us all. *Hilary Hodge
Chairman Sedbergh Parish Council*

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SEDBERGH SCHOOL AND TOWN

I have read the piece in last month's *Lookaround* and congratulate the school on the success it had achieved during the last few years.

I confess ignorance of the thirty projects involving discussions with the town. However, it is very apparent to me that the school is as dependent on the town for its existence as are the 371 individuals whom it employs. The school is equally dependent on its customers, the pupils; no pupils, no school.

Sedbergh is not a tiny, isolated village set in the middle of wasteland. Many tourists visit for the day, or take extended holidays here, drawn by the beauty of the area and the opportunities offered for walking and general relaxation. Many combine their visit with a trip to the book shops which have been encouraged to open up in the town. These visitors, also, indirectly, provide work, and therefore wages for the local community. All of these individuals need somewhere to park their cars. The closing of Loftus Hill car park will have a profound effect on the town, and on local business.

I think it well within the capabilities of Sedbergh School to provide in exchange for the Loftus Hill car park a space for the rest of the community. This space could also be utilised by the parents visiting the school on match days, thereby allowing free access along Busk Lane for the general public at all times.

*Lavinia Mahon
Bridge House,
Brigflatts*

LETTERS TO THE EDITOR

LOFTUS HILL CAR PARK

May I reply to the Headmaster's article in last month's *Lookaround*. Sedbergh certainly needs the school to survive but Sedbergh also needs Loftus Hill car park to survive.

On market days there are forty to fifty cars in the car park so where are these cars going to park? But not just on market days; there are other days when there are more cars in Loftus Hill car park than there are available spaces in Joss Lane car park.

Therefore if we are to attract more visitors to Sedbergh then we need more parking space, not less. These visitors would include the parents of the extra pupils the headmaster wants in order to expand the School.

He is obviously correct that the car park splits the two parts of the Junior school, however the large Back Lane playing field also connects the two parts of the school. Why cannot part of this playing field be made into a playground? It seems that making the car park into a playground is possibly only a short term measure as some time in the future they may want to build on it. If they do build on it then where do the children play? They would then have to build a playground on the playing field so why not build it there now?

Bill Lewis

RESPONSE TO THE HEADMASTER'S ARTICLE

Andrew Fleck's *Lookaround* article has the stated purpose to set out the School's position on Loftus Hill car park and the reasons why it is essential that it returns to School use.

The article states "We have recently commissioned an independent study into the financial contribution that the School makes to the Town and immediate surrounding area. The study shows the economic benefit to be £9 million per year."

This figure of £9 million is mistaken and overstates the benefit by over six times. The study actually gives a figure of £1.4 million for the GVA (Gross Value Added) economic benefit to the local area of Sedbergh and a 10 mile radius. (The GVA is the commonly accepted measure of economic benefit in studies of this nature.)

Economic and statistical studies such as this use insider jargon and correct interpretation is not easy. However the corrected figure of £1.4 million does in itself show an impressive level of economic benefit to the Town.

Mark Westwood

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**DAMAGED VEHICLE
JOSS LANE CAR PARK**

Between 12 and 18 September, whilst my car was parked in Joss Lane Car Park as normal, someone caused damage to the offside rear wheel arch, door and along the side, probably by misjudging their distance when parking next to me.

We all know accidents can happen but no note was left by the other party involved so I am therefore out of pocket in the amount of my insurance excess together with a probable increase on my insurance premium for next year as the insurers will be unable to reclaim their costs.

I hope in a way that the damage was caused by a visitor and not a local resident who I am sure would have had the decency to at least let me know what had happened.

The matter has been reported to the police and I would urge anyone else whose vehicle is damaged in any way

to report the matter. Obviously if anyone has further information I would be grateful to hear from them.

The incident has left me not only out of pocket but saddened by the lack of consideration for someone else's property.

*Lyn McLennan
83 Main Street*

SEDBERGH & DISTRICT
**HISTORY SOCIETY
ANNUAL DINNER**
7 for 7:30pm
Friday 25th November
Bull Hotel
Tickets £15 available from
The Membership Secretary

Sir,
May I through *Lookaround* mention something that has been advertised in its pages and was fantastic. I am referring to the Dramatisation of St Marks Gospel; a fantastic production which brought tears to the eye for best of reasons.

Thank you Angela Weir and all who took part.
SE Woof

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ST MARK'S GOSPEL

Over the weekend of 14 to 16 October a dramatised presentation of St Mark's Gospel, produced and directed by Angela Weir, was staged at the Methodist Church. Angela had a good many male parts to fill, as men are in the majority in all the Gospels. I went along on the Sunday evening. Boy was I in for a surprise.

I know that over the weeks Angela had worked extremely hard and was admirably unflustered throughout the rehearsals despite there being a number of setbacks with cast and illness. What her dedication produced was an exceptional and moving portrayal of the Gospel of St Mark.

To accentuate the character of the

Gospel the cast would freeze in tableaux from time to time adding emphasis and really bringing home to me the point of the miracles Jesus performed. I admit to being swept away, totally under the spell of the Gospel as the words and the purity of their meaning fed my thoughts.

Adam Hopkins played the part of Jesus and had a huge amount of dialogue to learn which he delivered with gentle sincerity.

The supporting cast moved from scene to scene without hitch and the performance flowed seamlessly. The whole production was acted with a natural dignity in a simple but powerful way.

I'm sure no one could have failed to

Grand
Cabaret Evening
Saturday 26th November
7.30pm *A Feast of Local Talent!*



SEDBERGH
PEOPLE'S
HALL
REDEVELOPMENT
PROJECT

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be moved by the crucifixion scene which quite took my breath away. The lighting was used sympathetically and to great effect in the capable hands of Andrew Allen and of course the music was intuitively provided by musician Sandy Roy.

Susan Garnett sat next to me and she too was impressed by the production and like me was fighting back tears. She thought the whole production carried sincerity and felt there wasn't a single weak link. It was both inspired and inspiring and brought to her mind the excellent Millennium Mystery play that was staged locally. Sue also thought Adam sustained a very difficult part and was particularly moved because she had friends and acquaintances among the players.

Sue is filled with admiration for the remarkable choreography and as one who has dealt with a number of

school productions, she is well aware of the difficulties of marshalling large numbers of performers in a confined space. All this praise from someone who last year witnessed the Oberammergau Passion play in Austria.

The Gospel was read from the New King James Bible by Robin Hildrew and Angela Weir herself.

Churches Together gave their support and Sedbergh and District Community Fund and Sedbergh United Charities contributed to expenses.

Proceeds from the performance will go to fund Bible translations for the people of Burkina Faso.

Sandra Gold-Wood

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negligible and if you suffer a power cut the unit contains back up batteries and will still work properly for up to eight hours. The user wears a small pendant on a lightweight cord around the neck and if there is a problem, they simply press the red button. People are usually pleasantly surprised by our discreet pendants - perhaps having imagined a great chunky buzzer. So, with just a little help from friends, family or neighbours help can be at hand at the press of a button. At least two contact telephone numbers are needed and the closer by the better. If a person falls or feels poorly the aim is to get someone with them as quickly as possible.

Next door neighbours are ideal and, in our experience, most people do not mind being asked to act as a contact and key holder. Contacts are not



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expected to lift or perform any first aid, simply to open the door, assess the situation and offer comfort until professional help arrives. Alarms are installed for many reasons and although the following is fiction, it is absolutely typical of the sort of situation we hope to prevent.

Mrs Bayliss had lived alone since the death of her husband. She desperately wanted to stay in her own home in Cumbria, near to her friends and neighbours, with her much loved garden and happy memories. Her children all lived miles away, as children do these days. They had often suggested an alarm but it seemed like an admission of defeat.

A step nearer to the old age. Her son, Paul, had bombarded her with leaflets and information until she got quite cross.

In October, during one of those golden autumn days that feel as if winter is still far away, Mrs Bayliss had spent the whole afternoon in the garden, raking leaves and tipping the last of the summer bedding plants onto the compost heap. As the sun dropped behind the distant fell, she went indoors to enjoy a cup of tea and admire her tidy garden as the light faded. A good day - one that her husband would have enjoyed too. They had been a great team. Married for the best part of 60 years.

Later that evening Jane called. She lived in London and had a busy life, with young children and a job.

Always efficient, Jane was hoping to visit with the grandchildren during the October half term. Something to look forward to. Mrs Bayliss loved having the children to stay. Jane promised to call again before the weekend but was hoping to arrive on the following Monday. 'Now don't you go overdoing it, Mum. We are perfectly capable of making our own beds and we'll go out for tea on Monday, so don't worry about extra shopping until I get there.' Mrs Bayliss tutted. Of course she'd make the beds. She'd do a bit of baking too. In fact, she'd go and make the twin beds up now - anyone would think she was past it! The following morning Mrs Bayliss woke early. It was still dark. She

turned over to see the clock. It was only six o'clock but she'd get up and make a cuppa anyway. She rolled to the edge of the bed and swung her legs onto the floor. Ooooooh. Maybe she'd done a bit much yesterday. She felt very stiff and creaky. Never mind, it was nothing a up of tea wouldn't fix. The milkman delivered very early so a fresh pint would be on the doorstep. Opening the door into the still dark, nippy autumn morning Mrs Bayliss suddenly felt a bit funny. She slipped sideways and found herself on the ground, sprawled across the doormat. Good grief. This would never do. She tried to get up but her legs didn't want to do as she

told them. Too much gardening, she thought. This was a fine pickle. She felt a bit silly and also a bit upset. What on earth would Jane say, not to mention Paul. How he'd gone on at her to have an alarm, or move to sheltered accommodation. She managed to shuffle herself into a sitting position and pull her dressing gown around herself. Now - what should she do? She didn't seem to have the strength to stand up. Maybe if she sat still for a while and then tried again. It was a bit chilly on the step but the sky was beginning to get brighter and lights were coming on in her neighbours houses. Surely someone would be about soon...

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Please note our opening hours.

We are open each day Wednesday to Sunday inclusive and on Thursday, Friday and Saturday nights.

Prior booking is essential for evening meals

Mrs Bayliss must have dozed for a little while as before she had chance to try to get up again the paper boy came around the corner. He was surprised to see a lady sitting on the doorstep but he was a sensible lad and thought he should pop next door and get Mr and Mrs Morris. Well, no harm was done and once Mrs Bayliss was safely in her chair and sure that no bones were broken Mrs Morris made a cup of tea. Thank goodness for paper boys and neighbours she thought. She begged Mrs Morris not to tell Jane and Paul what had happened as she felt so silly. However, Mrs Morris did talk to her about an alarm and offered to be a contact.

All you have to do is press the button and the control centre will call me and I can be here in a jiffy. Much quicker than waiting for the paper to be delivered!

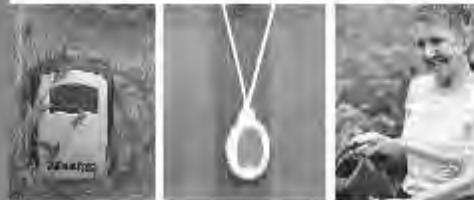
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demonstration and we can usually see people within a couple of days of an enquiry. If an alarm is urgently needed we always make it a priority and if possible visit on the day of the enquiry. We won't tie you into a long term contract and we don't charge for equipment or installation. Maintenance visits are free as are new neck cords and equipment upgrades. Special rates are available for hospice patients.

If you think we might be able to help you or a friend or family member give us a call on Kendal 01539 735805.

Don't wait for the accident to happen.

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BELLS RING AGAIN IN DENT

The School visits the Foundry.

It was clear when we planned the refurbishment of St Andrew's Dent, that amongst other things, a great deal of work would need to be done to the tower. This prompted a small group to raise the idea that the bells, which had not been rung since 1918, should be taken down along with all the rotting woodwork, refurbished, and re-hung for full change ringing again. It seemed the perfect moment to take the opportunity to do this and to fit into the timetable of all the other tower work. It was a very bold idea as the building work was already straining the church reserves, but the group were given permission to

pursue the feasibility of the plan as long as the funding was more or less, independent of the church finances.

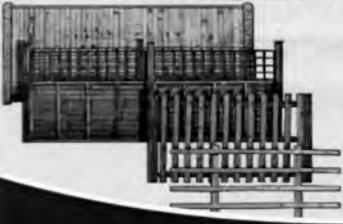
Two foundries gave quotations, but the one that fired the imagination was the idea that the bells should return to the Whitechapel Bell Foundry in London. The six bells are a complete set cast in 1787 by William Mears. The Foundry has been established since 1570 and some research, dated it even a century earlier. It has operated under the name of Whitechapel Bell Foundry since 1968. The bells would be returning home. Unfortunately, any references to the original casting have long been lost in a fire at the Foundry.

The re-furbished bells were re-hung

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This Team Leaves It Clean

in March 2011. A marvellous service to welcome back the bells was conducted by Bishop David Hope, at which the entire school, children and staff, were present along with many of the Dent villagers. It had been a requirement of the grant from The Heritage Lottery Fund, that children should be involved, and they certainly seemed to relish the historical moment for Dent, and even renamed one of the bells.

In order to involve the children further, and to bring the history of the bells alive, the suggestion was made that older children should make a visit to the Foundry. A big undertaking when we are nearly 300 miles from London. However, meticulous planning meant that along with head teacher and a member of staff, Revd. Christine Brown (the original chair of the Bells Committee) and three adult helpers, fourteen children set out from Dent school at 6.30am on a Woof's coach to catch the 7.24 train from Oxenholme to Euston Station London on Tuesday 20 September. From there we were met by a coach to take us to Whitechapel. We were welcomed by owner of the foundry Alan Hughes and his wife Catherine and shown into the small museum at the front of the building. Catherine gave a presentation and showed a video specially made for children, illustrating the process involved in making the bells in the Foundry. She made us all feel very special by telling us that Dent school were the very first children to be invited to the new lecture room. The children were told about the most famous bell to have

been cast, being Big Ben and its colossal weight of 13.5 tons and how it needed to be pulled on a cart by eight horses to the palace of Westminster. Catherine held the children's attention really well and questions and answers followed before we went out into the small yard filled with bells to have a go at ringing by means of a wooden mallet the tune of Oranges and Lemons. I did notice at this point, a group of boys looking through the foundry window. Children are not allowed in the foundry under the age of fourteen. We ate our lunch in the small lecture room and the children visited the souvenir shop with anything that had a bell association was for sale.

Solve those Christmas present problems



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Back on the coach for the short ride to the River Thames and the London Eye, our next stopping place, catching a glimpse of the iconic landmarks on our way. The Tower and Tower Bridge could be glimpsed. Back on foot again, we walked to the riverside and all looked at the London Eye. The children were mesmerised at the huge size of everything although as children do taking it in their stride. Some of course had been to London before.

So, over Westminster bridge on foot and a stop to look at St Stephen's tower and to catch the Big Ben ringing at two o'clock. We looked, at the Houses of Parliament and just to bring things down to our level a cat

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appeared high up at one of the open windows, fortunately, not attempting any heroic jump. We then made our way to Westminster Abbey. No chance of a quick peep inside as the queues were massive and we stopped again at the West Door to

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reflect on the fact that William and Kate had used this entrance so recently at their wedding. Our waiting coach soon whisked us off through the streets of London for a brief sight - seeing tour catching the side of Buckingham Palace, as the queen does not allow coaches up the Mall for a head on look!! Shame!

Being a southerner myself, I knew there were lots more we could have seen but you can only take in so much in a day and it was time to return to Euston for our train back to Kendal. The children had been marvellous and a pleasure to be with, more knowledgeable about bells we hope, and had a day to remember for years to come.

Pat Allen.

CLAY SHOOT

Sedbergh School would like to thank the town for its understanding concerning our recent clay shooting competition. We had written to residents who we believed would hear the noise but, regrettably, the wind on the day chose to blow in completely the wrong direction, contrary to the forecast earlier in the week – carrying the noise with it!

Shooting at the school is extremely popular. However you may rest assured that this is most definitely not a regular event. Indeed, it is our intention only to have a large event once a year - in late September/early October - and, possibly, a much smaller affair in the summer term.

<p>Starters</p> <p>Prawn Cocktail & Marie Rose Sauce £5.50 Garlic Mushrooms on Toast £4.50 Pate with Garnish, Toast & Butter £4.50 Soup of the Day £4.50 Egg Mayonnaise £4.00 Garlic Bread £3.75 Grapefruit Cocktail £3.60</p>		<p>THE HEAD</p> <p>AT</p> <p>MIDDLETON</p> <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <p>Menu</p>		<p>Rice Dishes</p> <p>Chicken Tikka Masala £9.00 Chilli £8.50 Vegetable Tikka Masala £8.50</p>	
<p>Extra Special Main Courses all £12.95</p> <p>Loin of Pork in Cider & Apple Sauce Chicken with Basil, Port & Dill Sauce Venison Casserole Supreme of Pheasant Chasseur in Garlic, Madeira & Bacon Sauce</p>				<p>Salads</p> <p>Cold Meat Salad with Roll & Butter £7.20 Prawn & Rice Salad £7.20 Ploughmans Lunch with Cheese or Pate £6.50</p>	
<p>Main Courses</p> <p>Mixed Grill £14.00 Sirloin Steak approx. 8oz uncooked £13.00 Barnsley Lamb Chops £12.00 Lamb Steak (8oz) Marinated with Wine, Rosemary & Garlic £12.00 Pork Chop in BBQ Sauce £10.00 Half Roast Chicken £9.50 Steak & Kidney Pie £8.50 Cumberland Sausage £8.50 Gammon & Pineapple £8.50 Roast Dinner of the Day £8.50 Lasagne £8.50 Chicken Kiev £8.50 Tuna Pasta Bake £8.50</p>		<p>Fish Dishes</p> <p>Salmon Steak with Parsley Sauce £11.00 Breaded Scampi £8.50 Breaded Haddock £8.50</p>		<p>Sandwiches</p> <p>Prawn with Marie Rose Sauce £5.50 Toasted Sandwiches - Ham, Cheese, etc £3.70 Ham, Beef, Tuna, Cheese & Tomato, etc £3.50</p>	
<p><i>All the above are served with either homemade chips or boiled potatoes, vegetables of the day and garnish</i></p>		<p>Vegetarian Dishes</p> <p>Stilton & Vegetable Crumble £8.50 Vegetable Lasagne £8.50 Broccoli & Cream Cheese Bake £8.50 Vegetable & Pasta Bake £8.50</p>		<p>Jacket Potatoes & Pizza</p> <p>Jacket Potato with the filling of your choice from £4.50 Freshly prepared and cooked Pizza from £4.50 Extra Toppings 50pence each Pepperoni, Onion, Ham, Tuna, Sweetcorn, Mushrooms, Mixed Peppers, Cumberland Sausage, etc.</p>	
				<p>Also</p> <p>Garlic Bread £3.75 Garlic Bread with Cheese £4.50</p>	

WI NEWS

KILLINGTON WI The Afternoon WI for the Whole District

Well, who do you think managed to mess it all up? Once in a blue moon we actually put an advert into Lookaround, one that we pay for. And then someone had to put in the wrong date! Who could that have been? (Answers on a postcard to!) Happily our very sainted editor managed to dig me out of a big hole with some cleverly inserted correction slips. When the mistake was discovered, Dennis told me that one of the first things the Police Force taught him about publicising any

event was, "**Day, Date, Time, Place**". Henceforth, I shall have this mantra in my mind forever.

Nevertheless, our Open Meeting on 11 October was a notable success. Tom Attwood of Halecat Nursery was a splendid speaker. He made his subject, "The restoration of historic gardens", really interesting. He is a true enthusiast, a very clear speaker, and an authority on his subject. All our members are now eager to visit the restored gardens at Rydal Hall and to revisit Halecat.

The tea which followed was almost as good as the speaker, who went home with a laden doggy bag for his wife! Many thanks to all who contributed to the feast. After the raffle had been drawn by Valerie

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Cann (who drew out her own number!) we proceeded to the business meeting.

There were a couple of differences from usual. Firstly, the unaccustomed occupier of the Chair was me; secondly, our minute taker, Wendy Mclean had L plates on, but made a splendid job of it (indeed had the minutes printed before 7-00pm that same evening!). We were delighted to have Shirley and Valerie amongst us again but both with "take it easy", restrictions on. Let's hope that Marjorie Bramley will soon be restored to ease and health. We miss you.

We made arrangements to attend several forthcoming WI Federation events, and decided to ignore several more. Dawn Stevens and her team of Anne Jones, Margaret Fearnhead, and Barbara Leigh were thanked most warmly for their continuing efforts in raising hundreds of pounds for Thandi. They organise superb bric-a-brac sales at all the local events.

October birthdayists were given our best wishes, and although not a notable "0" birthday, we would like to

congratulate Mary Cargill on her 95th birthday! Incidentally, Mary is going to be cast away on a Desert island at our next meeting. She must have lots and lots of records to choose from. Our next meeting, on **Tuesday 8 November, at 2-00pm at The People's Hall, (DDTP)**, will be our AGM which is always great fun. Incidentally, members, at our recent meeting, I omitted to invite you to think about selecting your committee and officers for the coming year. Please put your minds to it. Who knows what exciting things might result?

In conclusion, we all send our good wishes to you Dennis, and our thanks to you Janice for holding the fort.

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SEDBERGH WI

Members are safely home from their cycling adventures and long distance walks, despite one of us finishing on crutches!

Our October meeting saw us planning a trip to the Old Laundry at Bowness, this is the day after our AGM and the same day as our book club meeting, some wag suggested that we make a night of it and have a 'sleep over'. We are decorating a tree for the Christmas Tree Festival, the theme this year is films so we have chosen Calendar Girls – naturally: Another member suggested that we might have to decorate in the nude, we pointed out that we did not think that Sedbergh was quite ready for that yet!

We are having a Christmas Craft afternoon in November, to get us in the mood for the festive season and members will be trying a variety of crafty ideas using nuts and cones and baubles and anything else that can be glued or wired into position, no doubt gold spray and glitter will also be in evidence.

Our speaker this month was Rosemary Holmes who gave us a fascinating slide show about a trip she had made along the Silk Road to Samarkand, a speaker we can certainly recommend to other groups.

Our book group has just read 'The Map Maker's Wife' by Robert Whitaker the true story about a group of French explorers who go to South America in the early 1700s to try to record the precise size and shape of the world. The second half of the

book tells the story of one of the party's Peruvian wife, who sets off across the Andes and down the length of the Amazon in order to join her husband.

Our walking group is going to Killington this month, a walk that will end at a member's home for the obligatory home made cake and tea. So, as usual, a busy month, hopefully offering something for all our members. If you think you would like to join our group please come along and give us a try. We usually meet at the People's Hall on the second Wednesday of each month, at 7.30pm. Please see the Lookaround for any variation on our venue.

Linda Hopkins

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DENTDALE WI

It is always an anxious moment when a speaker has to cancel for whatever reason, but David Mower from RSPB Leighton Moss stepped into the breach with a marvellous presentation about life and work at Leighton Moss. His stunning photography and interesting details about the development and life at the reserve, left us all with a very clear understanding about the amazing conservation work that goes on in the countryside in order to protect and encourage wildlife for future generations. Leighton Moss is one of the finest examples of reed swamps left in Britain. This doesn't happen without constant monitoring of the state of the reeds, swamp and Meres. Leighton Moss is proud of it's rare species, the bittern, marsh harrier and bearded tit. All three are ideally suited to this habitat. David mentioned the public hides and

walks, the comfortable tea room and shop and said a visit would always turn up a surprise or two. One of the great sights this season is the enormous number of starlings circling the sky at dusk before roosting. I noticed that there was quite a bit of interest in a proposed outing to the reserve that is being planned in the near future.

Members were encouraged to support the RSPB *Marine Act*, namely areas of sea where birds are nesting should receive special protection status.

The business meeting is always quite full at this time of year, but first we heard that Margaret Fothergill is recovering well after her spell in hospital and we send her our best wishes. Final arrangements are being made for Christmas meal at Kendal College and nominations taken for next years committee. We have finally chosen our team for the pub quiz to be held on 7 November at the Bull, Sedbergh.

Disappointing news from the National Federation that our resolution did not make the final selection but it was a good try and our thanks go to Dale and Jenny for all their hard work in the preparation. At least National do know that we take the resolutions seriously way up here in Dent!

Jean Haygarth won the competition with her stunning landscape picture and Rosalie's number came out of the hat for the raffle prize.

Next month on 9 November is the AGM for Dentdale and afterwards we are treating ourselves to a Jacobs Join supper

Pat Allen

SEDBERGH GALA GROUP

The AGM was held on Monday 10 October to approve accounts, distribute charitable donations and elect officers for the current year. Amanda Bond (Chairman), Rachel Usher (Secretary) and Julie Lowther stood down after many years serving on the Committee. They were warmly thanked for all the hard work they have put in to organise a series of successful Gala events.

John Davis has resigned as Treasurer and is now Chairman. Ali Bramall is Secretary and Kate Seymour takes over as Treasurer. Sandra Longlands has been re-elected as Vice-Chair.

YOUR COMMUNITY GYM

The Pulse Gym management committee would like to thank all it's members for their continued support. Naturally many of you are aware that Baliol school will be closing at the end of the year. The committee are looking into various alternative premises and would welcome any ideas from their membership and town's folk generally.

To look at possible ways in which we can move forward a meeting will be held at the Gym on Wednesday 2 November, beginning at 7 pm.

The meeting is not exclusively for Gym members. Anyone who has an interest or any ideas to put forward

John Davis will be welcome. *Sandra Gold-Wood*

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Unexpected holiday makers joined in the service in October and told us of their work in Australia. They help run a Christian radio station in a remote area of Northern Australia. They operate from a farm and can potentially reach 60% of the world's population, 3.5 billion people.

They broadcast the good news of Jesus to countries where some cannot read for themselves and others who are not legally allowed to own a Bible. It is an important work and it was good to meet them.

The theme was hope and in these times when many things seem uncertain we were reminded by Nora Alderson, in the talk for the children, not to value only material things which can disappear, but treasure the things in our lives that please God for they will last forever.

Kath shared with us a difficult time in her life when only her hope in God brought her through.

Sandy Roy concluded, reminding us

to put our hope fully in God who created all things and who was and is and is to come!

The next time will be the Shoe Box Sunday - don't forget your box- on 6 November. Following that, because of the great Christmas Tree Festival at New Street the first week-end in December worship@peopleshall will be on 11 December!

Do come along.

Rachel Pedley

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GOLF IN SEDBERGH

We, that is, the Sedbergh Golf Club, may be older than we think.

Sedbergh Golf Club celebrated its Centenary back in 1996, having been founded, we believed, in 1896, by Masters of the Hostel at Sedbergh School.

BUT it has come to light that 'Sedbergh Grammar School Golf Club' began in 1877, thanks to one, Alexander Hamilton Doleman (1836-1914) an Assistant Master at Sedbergh School from 1876-1879, who, having laid out a 9-hole course on the Riggs, organised the first competition for prizes on Wednesday April 4th 1877. Ten players teed off

and Thompson won with 60 strokes, followed by Toppin 64, Hinde 66 and Prescott 68.

Sedbergh School therefore probably became the first in England to introduce golf as one of the school games and the Masters, led by Doleman, effectively formed Sedbergh Golf Club.

Doleman himself was no mean golfer, having previously won a Medal at Cambridge University Golf Club, later becoming a member of both the Royal Liverpool and Royal Musselburgh, having finished a wonderful 9th in the Open Championship in 1870 at Prestwick! He was involved in 1886 in the



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founding of the Lytham & St Anne's Golf Club, now also given royal status.

Golf developed and was well taught at Sedbergh School for, in 1896, a former pupil by the name of Whigham (Sedgwick House) won no less a tournament than the American Amateur Championship and in that same year, another Old Sedberghian, one Freddie Tait (Evans House) won the much coveted English Amateur Championship. Both had, of course, played schoolboy golf on the Riggs. The evidence of a golf club in Sedbergh in 1877 would make Sedbergh Golf Club the oldest or first golf club in Yorkshire. Investigation is on-going.

I am obliged for the information from Dr Donald Cameron of Cambridge University and the late KC Bishop, Esq, formerly of Sedbergh School

David Lord

SEDBERGH SQUASH CLUB

Much has been achieved this past year by Sedbergh Squash Club. In addition to the usual internal leagues, competitions, club night, junior coaching and social events a grant from Cumbria Community Foundation allowed us to make much needed improvements to the fittings in the courts. Another grant from Sport England funded the purchase of equipment and for a club coach to give children in local schools experience of the game.

In the coming year we are working with Sedbergh School on plans to make further improvements to the courts. We will again be working with Settlebeck School to give their children experience of the game. Our usual range of activities will be run again and by next March we will have four qualified squash coaches in the club.

New members are always welcome. We cater for all standards of ability. If you fancy starting, or restarting, playing squash do come to our club night that runs from 7.30pm on Thursdays. Just ring the bell and introduce yourself.

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CHRISTMAS TREE FESTIVAL

Plans are well underway for the Christmas Tree Festival which will take place the first weekend in December. The theme for the displays this year is 'FILMS' and amongst those already suggested by enthusiastic volunteers are The Nativity, The Wizard of Oz, Breakfast at Tiffany's and The Sound of Music. It promises to be another wonderful array of decorated trees. We invite individuals, families, groups, organisations and businesses to contribute in some way to the festival. Proceeds from the festival will be donated to North West Air Ambulance Charity.

There are a number of ways you can help:-

SPONSOR A TREE – A £15 donation will give your business a mention on the Festival Programme. Sponsor forms are available by emailing nora@highgreenfarm.com or from Sedbergh Office Services.

DECORATE A TREE - All the trees will be provided but you are asked to supply the decorations and lights. A qualified electrician will be on hand to connect lighting to mains supply. For more details phone Nora on 015242 76256.

VISIT THE FESTIVAL – and tell your friends about it.

FESTIVAL OPENING TIMES

Friday 2 Dec 10am - 5.30pm

Saturday 3 Dec 10am – 5.30pm

Sunday 4 Dec 2pm – 5pm

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SEPTEMBER WEATHER

Yet another wet month adding a further 8½ inches to our already waterlogged ground. Even the few dry days at the end of the month barely dried the surface. The warm days were very welcome, giving us a maximum of 75F. Most of the minima were in the upper 40sF and 50sF but we had one night when it dropped to 37.6F. We had gales before the equinox this year on the 12/13th and again on 20th. On only two days did the maximum gust not come from the North West quarter with a high of 27.5mph. On the 16th we had a thunder storm.

The swallows returned to the kennels for a few nights and then

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were seen on the wing in the area, but had left by the equinox. By the end of the month there were only a few stragglers passing through. The martins and swifts were long gone. The few warm days at the end of the month had everything in disarray. Plants flowered again such as the medlar which had both fruits and flowers. The winter jasmine put out a few flowers. Fruit trees were devastated by the strong winds bringing down lots of fruit which was barely ripe. There are lots of sloes again this year as there are haws. It used to be said when these crops were heavy it was a sign of a hard winter to come but I suspect it equally

reflects a good spring when the insects were about to pollinate the flowers!

When picking damsons our retriever lives up to her name by sitting below the steps and any fruit that drops she catches before it touches the ground. The evidence of the number she ate is in her droppings, which are black in colour, and full of stones!

The decent end to the month saw lots of activity in the fields as folk tried to grab a last cut of silage. Even I cut the grass in the garden, though it took two days to cut and collect, as it was too wet first time round. As things are that could be the last cut of the year.

Brian Wright

BOOKWORM

What I have been reading this month :

Eleven by Mark Watson (fiction)

Lively, contemporary, enjoyable; funny and sad in parts. Xavier Ireland is both a radio presenter on the nightshift and a tournament standard Scrabble player. He hails from Australia and changed his name on arrival in the UK. Why? He hires a cleaner called Pippa and there are all manner of connections, consequences and coincidences with the characters in the book.

Good holiday/weekend read.

The Whisperer by Donato Carrisi (thriller)

This is a high calibre page turner. A team of special agent police are given

the case of six missing young girls to solve. Another officer is drafted into the team and is either liked or resented - why? The plot is extraordinary, intelligent and scary. Criminologists believe that 'whisperers' belong to a type of serial killer subliminally controlling other people.

The Kashmir Shawl by Rosie Thomas (fiction)

Delightful. Vivid descriptions of Kashmir and Ladakh daily life for locals and Europeans in two historical periods. There are two narratives that come inevitably together at the end of the book - one concerns the daughter who finds an exquisite shawl in her father's house and wants to find out its origin and the second a Welsh

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Christmas @ weavers café all Dec

starters

homemade soup of the day (v,gf)
weavers pâté with melba toast & spicy chutney
mushrooms in creamy Stilton sauce (v,gf)
Hot citrus & ginger prawns (gf)

main course

home roast turkey with traditional trimmings
lamb henry
salmon steak with creamy lemon & dill sauce (gf)
roast butternut squash, pine nut & courgette bake (v)

dessert

Christmas pudding with brandy sauce
pear & ginger crumble (v,gf)
chocolate & baileys mousse (v)
raspberry cheesecake (v)

coffee & mini mince pies



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missionary's wife who goes to India on a first posting with her new husband.

Beautifully written prose and dialogue across the generations with adventures in between.

RM Bookworm

SEDBERGH YFC

Mayhem in the Meadow.....

Sedbergh Young Farmers Club recently held the annual "Mayhem in the Meadow" disco, by kind permission of Mr & Mrs R Harper of Hebblethwaite Farm, in a large marquee in the field next to Ingmire Lodge.

Some 350 young people attended, enjoying a great night, resulting in a good profit for the Club, who will, in turn, make a donation of £1100. 00 to the North West Air Ambulance, nearly doubling last years significant effort.

Sedbergh YFC would like to thank all the local businesses and individuals, who gave their time and/or services to benefit this event.

Special thanks must go to Killington Marquees, S M Finishers and The Westmorland Agricultural Society, your help is much appreciated.

Without the help of so many supporters of the club, it would be impossible to stage an event on this scale.

Thank you everybody, and here's to Mayhem 2012.



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Training Purposes on
Thursday 18th
November
(No Session in December)



COUNTRY HARVEST

TINSELTIME preparations are well under way at Country Harvest, Ingleton, which has organised two special events to get everyone in festive mood.

The shop and deli-cafe's popular Cooks' Club holds its 'Christmas is

Coming' demonstration with Yelly de Jong of the Cook in Cumbria cookery school on Friday 18 November (6.30pm for 7pm). The event costs £7 for members and £10 for non-members.

And then on Wednesday, 30 November, starting at 6pm, Country Harvest will host its third annual Christmas Extravaganza, a free event which all are welcome to attend. As well as mince pies and mulled wine, lots of local food suppliers will be on hand with free tastings of their seasonal delights.

For further details about either of these events, call 015242-42223, email: info@country-harvest.co.uk or visit the website at www.country-harvest.co.uk

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LAND OF SUNSHINE

Italy really was a land of sunshine this summer. A farmer told me they had had fifty days without rain. We stood in a large vineyard looking at the bunches of Sangiovese grapes which festooned the vines. He picked one and squeezed it. Though small, it was filled with juice and sweetness. It would, he told me, make good wine. We had a wonderful supper in what had formerly been the stalla (the cowshed – before he had diversified). We enjoyed local music and dancing accompanied by the new wine.

This is a land of history, a land of great Roman roads like the Via Emilia which gives our region its name. We looked in awe at a tall Roman milestone, now a pillar in the ancient church of John the Baptist, and we saw amazing frescoes painted on the walls by human hands two thousand years ago.

We admired the huge mosaics in Ravenna, pictures made of tiny pieces of coloured stone, images which have been there for over fifteen hundreds years and still retain their brightness and clarity. People come from all over the world to see them.

We sat in the wooden seats of the anatomy lecture theatre of Europe's oldest University, Bologna, imagining ourselves attentive students as the body on the operating table was dissected before our eyes. No-one volunteered to be the corpse!

We dined in a huge Dominican monastery with the Mother Superior coming to welcome us and tell us a bit about the place.

These were all memorable experiences brought back with us – along with one week's glorious sunshine - which someone in our group of 28 managed to sneak into a pocket! We hope to return to the same excellent hotel at the end of April (29th) next year for a week. Our trip will include a visit to the marvellous historic city of Ferrara and a look at the delta of Italy's mighty River Po where a large lake provides a sanctuary for birds and an enormous harvest of eels. A herb garden, a huge limestone cave, a museum of ceramics, open air markets and a day on the farm will form other parts of our very Italian experience. We hope to have James again as our visiting lecturer to set the scene. You don't have to speak Italian - though you will be encouraged to try!

If you are interested, please contact me before Christmas. *G D Handley*

NEWS FROM THE PEWS



To update you following last month's report on work in the tower: Tom and Peter removed three of the bell clappers, taking them away to the depths of west Cumbria where they were rebushed and painted a dark red. Before we knew it they were back in time for us to celebrate Harvest Festival ringing with all eight bells.

Work will be continuing to make improvements on the route some of the ropes make through the pulleys and down to the ringing chamber and various other bits and pieces that will be discussed as work progresses.

We have been mightily relieved and extremely grateful for a handsome grant awarded towards payment of forthcoming bills for this work from Sedbergh United Charities. Over many years ringers have donated

fees paid for weddings into a Tower Fund but this alone falls far short of the total bill, but like they used to say of British Rail, "we're getting there".

How beautiful the church looked for Harvest. Every surface and prominent position was decorated with glorious flowers of autumn hues and the best specimens of vegetables to be found anywhere. Harvest hymns must be amongst most people's favourites. Choral Evensong was well attended and the choir in great voice giving choir mistress Mary Hamilton's own compositions of the Magnificat and Nunc Dimittis extra special meaning to the congregation. To end a wonderfully uplifting service guest organist Deryck Cox kept everyone in their seats as they listened to him play Josef Rheinberger's Fugue from his Pastoral Sonata.

Remembrance Sunday falls on 13 November this year. We look forward to a full church at 10.30am with many representatives of the British Legion and local associations and organizations attending. It is always a very moving service and a time of

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quiet reflection for all.

Two weeks later, on Sunday 27 November, we welcome the start of the Christmas season with the Advent Carol service at 6.30pm. It would be lovely to have lots of people attend, do come and join us.

Plans for this year's Christmas Fair are going ahead. For the very first time we are going to use the inside of the church and plan to fill all the available space with stalls and activities. St Andrew's catering team will be in action and on duty from 10.30 for morning coffee/tea before serving lunches in their inimitable style. Stallholders too will be in position ready to serve you and fill your shopping bags with goodies from the ever-popular homemade preserves to a bargain in the bric-a-brac department.

We look forward to welcoming old and new customers to the Fair on Saturday 19 November.

Christmas shopping starts here!

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

TOWN BAND REMEMBRANCE CONCERT

The Sedbergh Branch of The Royal British Legion is proud and very fortunate to have the support of the Town Band, who will perform their annual Remembrance Concert, jointly in aid of the Sedbergh Branch funds and the URC.

Rehearsals have been underway to make this year's concert a spectacular success, including old favourites such as The Dambusters, 633 Squadron and The Great Escape as well as some exciting new pieces.

We are grateful to The Town Band for this enjoyable and moving commemoration and we hope that as many as possible will come along to share this event.

Thank you for your support.

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SEDBERGH ANGLERS 2011 SEASON

The 2011 season for trout and sea trout closed on 30 September and that for salmon on 31 October. It is fair to say that the fishing this year has been very mixed with periods of high fast flowing water followed by near drought. It seems that water levels in the rivers rise and fall much faster than they used to and inevitably this has a significant impact on the fishing.

We will not know the numbers of fish caught until returns are in and members and ticket holders are reminded to submit returns by mid November. It has to be said that return rates in recent years have

been poor with only about 50% forthcoming. This does have an impact on the ability to manage the fishing effectively and without full figures assumptions have to be made when it comes to restocking.

Over recent years the number of stock fish introduced each year has fallen, largely on account of cost. In addition all introduced fish are sterile and thus cannot interbreed with wild fish. All stock fish are marked on the underside. Stock fish have not been introduced into the Dee. Nevertheless the number of trout reported on those returns that have been submitted remains more or less constant with about half the trout caught being wild fish. This year there have been



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anecdotal reports of an increasing number of large wild trout of over 2 lbs. The number of fish from the Dee also remains constant with again a number of larger fish. This would indicate that the policy of introducing a reducing number of sterile stock fish is beginning to pay dividends in respect of wild fish.

During the season there have been reports of significant numbers of sea trout moving up the rivers following heavy rain although how many have actually been taken is another matter. The returns are awaited. There have also been reports of salmon and some sizeable fish have been taken on the Lune.

There have been some reports of

poaching and fixed lines have be found in the Birks area. Members need to be vigilant and be prepared to challenge those they do not recognize. Poachers usually run off, albeit uttering a few well-chosen expletives.

Sedbergh Anglers owns, leases or rents considerable stretches of the Dee, Clough Rawthey and Lune. As part of our agreements access to the river is a necessary element and if there are any difficulties these should be reported to the committee. In most parts of the system there are clear access points and the committee seeks to improve these where necessary. At the same time members and ticket holders should



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respect the land, fences, walls and gates of the riparian owners. There have been instances this year where arguments have ensued. This does not help our relationships with farmers and could prejudice future agreements. In addition a number of breaks in fences have been noticed, often perversely next to gates.

The September Lookaround contained a report about a proposal for an Archimedes Screw at the Broadrairie Weir. It was stated that as only a small amount of water (c 10%) will go through the turbine there will be no harm to fish or effects on angling. This is a somewhat simplistic view. It may be that it is in that 10% that migratory fish move. Migratory fish move through the fast flowing water and do not use the totality of the river. A further threat to fish movement is the number of schemes being considered for the Lune system each of which could cause an impediment to fish migration in either direction. The cumulative effect could have a significant impact on fish. The committee and the Lune and Wyre Association will be keeping an eye on the situation and liaising with the Environment Agency.

The next season starts on 15 March 2012 and the Annual General Meeting will be in February. Meanwhile please send in the returns and remember that salmon and sea trout returns also need to be sent to the Environment Agency.

David Wright
Honorary Secretary
www.sedberghanglers.org.uk

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SEDBERGH PLAYGROUP

Is a registered charity organisation which relies on volunteers to run efficiently and offer the young children of Sedbergh and surrounding areas an educational start to their life. We are currently looking for a chairperson to help ensure the continuation of playgroup. The role involves holding 3 or 4 meetings a year, helping with fundraising and working with Ofsted to ensure child safety. If you feel you have a few hours to spare and would like to be involved in the heart of the community then please contact Joanne Kitchen on 015396 20826 or simply just call in to playgroup in the Spooner Room at Settlebeck High School.

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HELP KILL THE INVADER

Can you help us clear an obnoxious invader from our river banks?

Japanese Knotweed has established itself on the banks of many of our rivers. It is not an easy weed to kill but it can be done. The Lune Rivers Trust will kill the weed for us. However before they start work on a section of the bank they need to know of any infestations upstream. This is because seeds can float down the river to re-infect cleared areas.

The plan is to survey the Rawthey and Clough upstream from the weir opposite Settlebeck School. The tributaries will have to be surveyed as well as the main rivers. Once we know where all the infestations are we can start work to eliminate the

weed.

Help is needed to survey the area. Can you help? Botanical knowledge is not required. We can easily show you what it looks like. It's easy to spot as it grows to 10 or more feet! Much of the surveying can be done from a footpath. What better way for keeping the kids interested on a walk than knotweed spotting!

We have started a map for people to colour in an area that they will survey. The survey work would be done in the summer of 2012. If you can offer to survey an area please contact one of us.

Susan Garnet - 21138
Sedbergh Wildlife Trust
Douglas Thomson - 21747
Parish Council



THE MERIDIANS

Chinese medicine theory is based, in part, on the idea of the acupuncture channels, or meridians as they are often called, as lines of communication within the body.

The "Do the meridians really exist?" question is easily answered. The meridians exist in the same way as the route of a walk through a landscape exists. Such a walk might pass through a variety of terrains: along the road, across a bridge, along the river bank, cross the road, through a field, into a wood and so on. Similarly, a meridian is a pathway through the body, which passes through a variety of different tissues. The sections of the meridians used in

acupuncture treatment lie close to the surface, just below the skin. These sections may pass through muscle, nerve and connective tissue. The deeper sections of the meridians penetrate the organs, and the associated organs give their names to the meridians (lung, liver and so forth). This means that internal diseases may be treated by stimulating points on the exterior of the body, which is one of the basic principles of acupuncture.

Another way of answering the existence question is to say that meridians exist in the same way that hormones exist. Neither of them can be seen in the body, but the effects of their influence may be felt. This



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comes to our notice particularly if things are not working well. For example, pre-menstrual tension is thought to be due to imbalance of hormones in the body. Similarly if a joint is injured, the meridians which pass through that area are disrupted and the effect may be seen in the form of swelling due to fluid accumulation. Normally the healthy meridians maintain a flow through the limbs so that fluid does not accumulate.

A few weeks ago I attended the British Acupuncture Council's annual conference. One of the presentations, which particularly interested me, was about using the meridians as a means of diagnosis. During the session we concentrated on the part of the lung meridian between the wrist and the elbow. By stroking along this line, it was possible to feel unevenness in the connective tissue beneath the skin.

The lecturer suggested that change in the tissue, which is the same on both arms, is probably indicative of some condition in the lungs, whereas unevenness on one side only is more

likely to be due to a problem of the muscles or joints.

I like to use the stomach meridian in a similar way. This channel is very often uneven in the section just to the outside of the shin bone. This can be indicative of problems with the digestion or the fluid metabolism. The uneven points can also be used for treatment, either with massage or acupuncture.

Using the meridians in this way can be a useful adjunct to the usual diagnostic methods of observing, listening to the patient, taking the pulse and looking at the tongue.

I shall be introducing some of the meridians in my course at the CDC, "The Chinese way to winter health", which starts on Wednesday 2 November. For details, see page 42 of the October Lookaround or contact me directly (015396 20972). If you are at all interested in the art of health cultivation, this course may provide a new perspective. Everyone is welcome, no previous knowledge is necessary, the course will relate to your own experience.

June Parker

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DENT PARISH COUNCIL

Two visitors came to speak at the October meeting: Anne Fleck updated the parish council about Cumbria's superfast broadband plans and the technical pilot projects associated with them, and PCSO Karen Dakin spoke about police matters. As usual the minutes of the meeting are published on www.dentdale.com (follow the parish council link) and are also obtainable as a hard copy on request from the parish clerk.

Saturday Bus

As reported last month, the Saturday bus between Dent Station, Sedbergh and Kendal will continue through the winter. It will not make the last

journey that the summer service has done, but – as in previous years – will finish at 16:15 in Sedbergh. The service is guaranteed until next Spring, and an application will shortly be made to the Dales Integrated Transport Alliance (DITA) to run an improved service until 2015. From the end of March 2012, it is hoped to increase the number of journeys and integrate them more closely with the trains at Dent Station, as well as add a Sunday service through the summer.

In making this bid to DITA, we are very fortunate to have Philip Ayers as a long-standing part-time member of the Dent community. His experience

in running and funding community transport in Sussex has been invaluable and he has done a lot of work in putting the application together.

Superfast Broadband

Anne Fleck, Dentdale Broadband Champion, updated the parish council on the project to bring next generation access (NGA) broadband to Dentdale and Garsdale. With the support of Dent and Garsdale parish councils, a company called **fi**bre **GarDen** was formed earlier this year to build a fibre optic broadband network in the two dales, with the aim of providing a wide range of broadband and other services at a competitive cost.

The government has now chosen **fi**bre **GarDen**'s proposed network as one of the five rural broadband pilot projects it is supporting in Cumbria, and invited it to apply for up to £150,000 of government funding. The whole project will cost over three times this amount, so the company is currently putting together a business plan and seeking other funding sources to make up the shortfall.

At the same time, the company is being converted into a Community Interest Company, which will ensure that all its assets and any money it makes will be retained by the two communities and not by private individuals.

The company is chaired by Andrew Fleck, and its company secretary is Tony Roberts, Chair of Garsdale Parish Council. The other directors

are:

Jock Cairns, Chair, Dent Parish Council

John Colton, Garsdale resident and fibre optic technology specialist
Anne Fleck, Dent Parish Council representative and technology entrepreneur

Stefan Kosciuszko, Garsdale resident and chairman of a digital media company,

David Pilgrim, Dentdale resident and technology company director.

In addition, Dr William Lumb is advising the company on potential links with NHS services and Melvyn Dickinson, from Stone Close, is contributing his marketing expertise.

When the company has finalised its plans for building and funding the network, it will hold public meetings to explain them in detail to residents.

River Dee at Church Bridge

Following the removal of stone from the river at Church Bridge, concerns were expressed by members of the public about whether the change to the river bank had produced a dangerous environment for the children who are used to playing

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there. After discussing a number of options, the council agreed that Cumbria Highways and/or the Environment Agency should be asked to assess the risk and suggest any appropriate action.

Parish Council Grants

Applications are currently being invited from local organisations for parish council grants. For an application form and further details, contact the Parish Clerk, Andy Stephenson, on 21487 or at dentparishclerk@live.com. The closing date for receipt of applications is 14 November.

Grit Bins

Those with long memories may recall that after the bad winter of 2009-10, when a number of roads in the dale remained treacherous for some time, the parish council was asked by Cumbria County Council for its suggestions about how the winter

gritting service could be improved. With help from a number of members of the community, we put together a number of suggestions, including the supply of a number of grit bins. In spite of these being promised almost a year ago, they have not yet appeared, so after further recent correspondence by the parish clerk a new promise has been made by Cumbria Highways to supply them before the end of this year. At the same time, replacements have been requested for the damaged bins around the dale.

Parking Restrictions in Dent

In September's Lookaround we reported that Cumbria Highways would be producing a consultation document about parking restrictions on the cobbles in Dent, which would be delivered to every household in September. Unfortunately, the proposal for a no parking zone required large unsightly signs to be placed at all entrances, and the parish council considered them to be detrimental to the village. Other options are now being discussed with Cumbria Highways.

When the parish council carried out a parking survey in Dent some time ago, half of those who replied said they thought there should be no parking on the cobbles, so until a permanent solution is found it would be very helpful if everyone could avoid parking in this part of the village.

Police Drop-in Session

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raise with the police, PCSO Karen Dakin and her colleague PCSO Rachel Thomas run a drop in session on the first Tuesday of each month at Dent Stores from noon until 1pm. Alternatively, they can be contacted by phone on 0845 33 00 247.

Next Meeting

The next parish council meeting will be at 7.30pm on 7 November in the Sedgwick Room. It will be open to members of the public and there will be an opportunity at about 8pm for anyone to raise matters of concern.

Jock Cairns, Chair

Tel: 25655

Email: dentparishcouncil@btinternet.com

HOW WOULD YOU LIKE TO PLANT FREE TREES?

The Woodland Trust is offering free trees for planting this winter as part of the Jubilee year. There are opportunities for farmers, schools and individuals with a small area of land.

The Parish Council and some residents in Sedbergh would like to take up this offer but finding suitable plots of land is difficult.

Could anyone who thinks they have a plot of suitable land contact one of us. Further information can be found at www.jubileewoods.org.uk.

Shirley Lawrie - 21816

Douglas Thomson - 21747

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**DECK THE HALLS – DENT FOLK
CAROLS FESTIVAL**

Many of the folk carols we sing in Dent on the first weekend of every December are so lively that this year Morris Men will be dancing to them. According to the Oxford Book of Carols, this is not so unusual as the word carol comes from a similar word for the circle dances which accompanied Greek drama. Furness Morris are a lively bunch who I first met dancing outside the Britannia Inn in Elterwater, and when I invited them to join us in Dent they said they were already used to dancing to carols. Sweet Chiming Christmas Bells will never be the same once you're heard the bells of the Morris Men as they dance. As this is our 10th anniversary, we're making the weekend special and have some wonderful musicians coming to our Friday concert in the Dent Memorial Hall.

Quartz are well known at many folk festivals and clubs in the North West for their acapella folk harmonies having sung together for almost 20 years. As well as their festive folk songs they also sing songs which are less well known but have a very local origin.

The Crafty Beggars we meet every year over the border at Wiston Lodge near Biggar, where along with 50 other singers, dancers, and players of assorted folk instruments they play their hurdy gurdy, bagpipes and fiddle. They specialise in mediaeval folk music and most of what they play has an earthy and passionate quality – as you can see if Google them for videos of their playing on Youtube.

The Gladly Solemn Sound west gallery choir are well known to many people in Dent and Sedbergh for their spirited performances which have included most of the country churches in our neighbourhood as well as their annual visit to the Memorial Hall. Their songs are drawn from the energetic era of church music when the choirs were accompanied by folk musicians who had played for the village dances the night before.

And to top it all... we have our traditional mulled wine and mince pies to fortify you for this feast of festive frivolity and melodious merriment.

Our ceilidh on Saturday night includes another of Lucia's mouth watering meals which have inspired previous visitors to say they would come again just for the food!

Furness Morris will be teaching dances for you to join in with, as well as dancing on their own – accompanied by their musicians, and the singing of some of some of the carols.

Fresh from wowing the audience at the Cautley Flower Festival, the Cautley Carollers make a welcome return with their carols from all ages and several corners of the planet. This year the fab five are also presenting a short play from Thomas Hardy's evocative description of a West Gallery choir in Under the Greenwood Tree.

And from the other end of Sedbergh, the harmony group Kinderley will be joining us at the ceilidh with the sylvan voices of George Handley, Emma Watton, David Ramsbottom, Jan Harrison and their comrades making the cobwebs in the rafters shiver like ghosts.

The Keighley Road Jolly Wassailers, who originate from villages near Sheffield where the singing of pub carols has become a legend, are known locally for leading the annual pub carols at the Masons Arms near the southern end of Lake Windermere. Even without Morris Men, you'd be up on your feet doing a jig when their melodeon, English concertina and fiddle strike up to accompany their carols.

We've also invited shoals of singers from some of the best local folk choirs including Janet Russell's Settle Voices, Lakeland Voices and the Bury Acapeelers. And we're keeping our fingers crossed that the Dent Choir

can also join us – we've asked Linda their leader, but she needed a few weeks to encourage the choir to join us on the night. As well as hearing the haunting sounds of their ambitious choral music, we are hoping they might lead us in the singing of the idiosyncratic Dent welcome sung at carol singing in the valley – as David and Anthea Bolton have done on many occasions in the past.

If you want to join in at the ceilidh with more than the dancing, there'll be plenty of songs you may already know the harmonies to like Old Foster, Pentonville and the Boar's Head, as well as carols which you've sung since you were a child. And if you'd like to learn the harmonies for some other easy-to-learn folk carols, there are workshops in the Dent Meditation Centre during the day – with recordings available in advance if you're keen. All the details are on the www.lakelandvoice.co.uk website. Tickets are available from the Dent Stores, Sedbergh TIC or Smithy Cottage at Farfield (Sedbergh 211566.)

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SEDBERGH AND DISTRICT ART SOCIETY

There was a good turn-out at the first demonstration of the season to watch Kate Bentley creating "Fabulous, Flamboyant Flowers" .

Those of us who have struggled with painstakingly building up water colour paintings layer by layer, trying to retain the translucency often considered essential when using water colour, were intrigued by a completely different approach.

Having started out with a degree in sculpture, Kate then did a post-graduate course in theatre design. After working as a hotel-receptionist, she taught herself to paint, hence her very personal style.

DENT PRE-SCHOOL JUMBLE SALE

Dent Pre-School held a jumble sale at Dent Memorial Hall on 15 October.

There was a great turnout and many fantastic donations had been made, with delicious bacon sandwiches on offer too. In total £685.61 was raised for the Pre-School, so a big thank you everyone who came and supported the event and all involved in making it happen.



Sedbergh Community Development Centre

Keep Fit & Healthy this Winter!

Join one of these courses to keep away the winter blues

Pilates with Teresa Hill

1 hr sessions every Monday at 4:30 and 5:45

Chinese Way to Winter Health with June Parker

A 6 week evening course starting on 2nd November exploring the principles of traditional Chinese medicine as they apply to our health in the winter.

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This involves the removal of non-staining transparent paint, and so a knowledge is needed of the characteristics of different paints, and charts to help with this are available from art shops.

The lifting out of paint is usually done when it is dry, so paper of a quality which will respond to this is important - such as Bockingford 250, not hot pressed, and simply taped down to the work surface.

Recommended brushes are acrylic round 12, mopheads, and small flat nylon for friction which have a chisel edge when wet.

Kate showed how it is possible to re-wet a surface without moving paint by using a very flat brush, and also if necessary, how the whole thing can be removed in order to make a fresh start - very comforting!

Watching Kate paint was like watching something being moulded, and the result iris was vibrant.

Our next meeting will be on 11 November at 1.30pm (note the different time) in the URC room when Christine Gerrard's subject will be the canal at Mytholmroyd.

Meanwhile, the Wednesday afternoon informal painting group continues to meet in the URC upstairs room at 1.15pm. All welcome.

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SEDBRGH BOWLING CLUB

On 7 October we held our annual supper and we combined this with a farewell party for Pam Wilson. We presented her with a book of photographs of Sedbergh signed by our members. She is going to live in Canada and takes with her our good wishes. During her time with us she was a keen bowler and fund raiser for the Club and we shall miss her. She is hoping to visit us on holiday in the future.

We enjoyed a lovely supper, played dominoes and held a raffle. Many thanks to the White Hart Sports and Social Club for the use of the room and to the committee ladies for the

delicious refreshments.

Our centenary season has now finished. The prize winners were as follows:

Townson Trophy: Arthur Bramham and Paul Airey
Centenary Singles: Gilbert Bainbridge
Spring Round Robin: Donald Westgate
Ned Winn Pairs: Neil Haworth and Carole Townson
Norman Hoggarth Memorial Trophy: Bob Brown
Iveson Doubles: John Oughton and Neil Haworth
Conchie Memorial Shield: Bob Brown
Fun Day: John Oughton
Poyntz Wright Cup: John Oughton

and Geoff Thomson
 President's Prize: Tom Wilson
 Leighton Rose Bowl: June Westgate
 Men's Sheppey Bowl: Gilbert
 Bainbridge
 Centenary Round Robin: Carole
 Townson
 Sedbergh Pairs: John Oughton and
 Tom Wilson
 Teal Trebles: Bob Brown, John
 Oughton and Tom Wilson
 Autumn Round Robin: Geoff
 Thompson

The AGM will be advertised in *the Lookaround* in February.

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 LOOKAROUND COFFEE MORNING**

Thanks to everybody who helped to make Wednesday's coffee morning so successful. We made £181 which was great! Special thanks to Janet Dodds who did all the treasury jobs in Dennis' absence. He was very pleased to hear how well we had done and is doing very well himself at this stage of his treatment which is good to hear.

Next time we all meet will be for the Party in a month's time. *Rosemary*

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**SIGHT ADVICE SOUTH LAKES,
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For people with sight problems

The meeting started with a minute's silence to remember the deaths of two of our members, Doris Foster and Anne Winn. They were both delightful women, interesting and straightforward and a great asset to the group. They will be sadly missed. Sue and Betty Harper had created a quiz which was a great success. It was based on similes such as cold as Ice, as quiet as a church mouse. The team that won was successful largely because it had Jennie Dawson and Doris Haygarth on side who were each as sharp as a knife!

All new members are welcome and transport may be available. Contact 01539742633 if interested. *JL.*

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SEDBERGH MONKEY HOUSE

The Monkey House Youth Drop-in meets 7.30-10pm on Friday nights during term time from September to June at Sedbergh Library. This group has been running for over three years now and is funded and run by four regular volunteers from the local churches. The group was set up in order to provide a safe, warm place for young people aged 11-18 years old to come as an alternative to hanging around on the street.

The group is a drop-in, which means that the young people can come and go between the above times. We operate a signing in and out system so that we always know who is in the building. However, we are not

responsible for the young people once they leave and we ask parents to remember this. On their first visit to the group, all young people complete a personal details form in case of emergencies. This form also sets out what we will do to ensure that the young people enjoy a welcoming and safe atmosphere and requests four things of the young people.

These are that they will:

- 1) respect the facilities of the library;
- 2) respect the volunteers;
- 3) respect one another in language and behaviour and
- 4) respect the library's neighbours as they enter and leave the premises.

We want the group to continue to

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run in the positive way it has done so far but we can only operate with the co-operation of all involved.

With the start of the new school year and children returning or coming for the first time, we ask that parents will help us to reinforce these expectations. In particular, if you know your child is intending to come to the drop-in, please make sure that they do not make their way to the library building before 7.30pm.

Thank you for your co-operation.

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FLICKS IN THE FELLS

In kind collaboration with Flicks in the Fells, the Sedbergh Branch of The Royal British Legion is hosting a war-time film show.

“Regeneration” will be shown on Saturday 12 November at the People’s Hall, with proceeds from refreshments going towards branch funds.

Doors open at 7pm for the film show at 7.30.

Entry £5.00.

Please come and support the RBL whilst enjoying an entertaining film.

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EMILY’S THANK YOU FUND

On behalf of Emily’s Thank You Fund, we would just like to thank everyone who supported us with our Grand Prize Draw and Cream Tea Afternoon, whether this was by selling tickets, buying tickets, providing prizes, baking or by attending. Special thanks must go to Sandra Longlands for selling many tickets for us on Sedbergh Main Street on several days.

The Cream Tea Afternoon was a great success raising £900 and the Grand Prize Draw has boosted Emily’s Thank You Fund by approximately £5500 to date.

Our Irish Music Night with Curtis Magee on 1 September was sold out.

Our final event for the year is ‘bag packing’ at Asda, Kendal on 4 December, volunteers would be most welcome!! – if you feel you could help us out then please contact Helen Smith (015396 24235) or Rachel Winn (015396 21699).

Once again many thanks.

Rachel Winn.

SEDBERGH TOWN BAND

Garsdale Visit

On Wednesday 21st September instead of the weekly rehearsal in Sedbergh the Band travelled five miles down the road to give a short concert in Garsdale Church.

Braving the threat of a repeat of the torrential rain experienced in the afternoon a very decent sized audience arrived to hear an eclectic programme. In between each item, director of music Alan Lewis exhibited and demonstrated each of the instruments of the band. He also extended an invitation to the audience to have a blow and pleasing results were obtained with some five notes enhanced by the excellent acoustics of the Garsdale Church.

Alan also gave a brief history of the Band since its creation some twelve years earlier. He stressed the considerable expense involved in equipping the Band and expressed the justified pride of all involved in the progress made in both equipment and musical achievement. He paid tribute to the efforts of all involved and thanked the organisations who

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had provided such invaluable financial support. He explained that one reason for the Band's presence in Garsdale was owing to the wish to bring the existence and activities of the Band to a wide local consciousness.

Anyone interested in taking up an instrument was encouraged to get in touch and join the current membership. Opportunities are especially open to youngsters by joining the twenty six regular members of the Junior Band who meet every Saturday at the URC In Sedbergh.

NABBC at Sedbergh

On Sunday 2 October the Band had the honour of being conducted by some of the most important and distinguished figures in the world of brass bands. A meeting of the NABBC(National Association of Brass Band Conductors) convened in Sedbergh to discuss matters relevant to them. After lunch a number took it in turns to conduct and instruct the Town Band through various pieces, a number of which were totally fresh to Band members. Useful advice,

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criticism and not a little appreciated praise were received, not least from a former Black Dyke Mills Band, consistently one of the country's leading bands for many years. Those not conducting played along with the various sections of the Band.

The Band at Keswick

As part of a busy Autumn programme the Band travelled to Keswick on Sunday 18 September at the invitation of the Cumbria Community Foundation. By contributing to their annual festivities the Band was able to make a small gesture of thanks for their remarkably generous contribution of £6,000 towards helping to provide instruments for the Junior Band.

DENT MEMORIAL HALL

The re-furbished kitchen for use by hirers of Sedgewick and Haygarth rooms along with the main hall out of school time is almost done. and a very splendid kitchen it is. We want it to be used! There are much better facilities than there were. When we have money we will install a commercial dishwasher - watch this space, and the one near the sink!

We hope to have another Flicks in the Fells and a folk evening over the next few months.

Do get in touch with ideas etc

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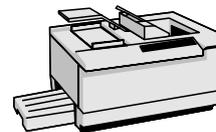
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NOVEMBER GARDENING

Although Spring is my favourite season, I always look forward to, and enjoy the glowing colours of Autumn. This year our *Cercidiphyllum* (Katsura Tree) coloured up beautifully and I had high hopes that the strawberry jam fragrance from the falling leaves might fill the garden with a welcome sweet perfume. It was not to be. The gales of early October blew all the leaves off, along with those of the sycamores, birches, hazels and rowans in other bits of the garden. The only deciduous tree currently holding on to its foliage as I write is the ash tree in the hedgerow and that came into leaf so extraordinarily late this year that I feel it must keep them a little longer to justify producing them at all.

Once the leaves have fallen the beautiful shapes of the trees are revealed. Birches, with their delicate tracery of twigs are at the top of my list, with our native silver birch in its pendulous form being the best. Two named forms; *Betula pendula* 'Laciniata' (Formerly known as 'Dalecarlica') and *B. pendula* 'Tristis' are good weeping trees. For a small garden *B. pendula* 'Youngii' can be useful as it grows into a low mound. Some training is needed in the early years of this tree so that it grows up sufficiently before beginning to trail. Otherwise it may appear that the plant sustained a nasty biff on the

head in its youth, from which it never recovered and its pendulous twigs spend so much time crawling around on the ground that it is more of a nuisance than an asset.

Similar in size and habit to *B. 'Youngii'* is the Weeping Silver leaved Pear – *Pyrus salicifolia* 'Pendula'. This one is very well behaved, growing slowly upwards but producing arching and pendulous branches which make an attractively shaped neat tree. Mine hides the fuel tank in the corner of the garden, and although the bare winter twigs do not completely block the view, they are sufficiently interwoven to break up the outline.

Elaine Horne

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SEDBERGH SCHOOL LOCAL BOYS' FUND

A meeting of the Sedbergh School Local Boys' Fund will be held to consider applications for grants on 8 November, 2011.

1 The primary purpose of the Sedbergh School Local Boys' Fund is to

encourage and assist local boys living in the parishes of Sedbergh, Garsdale and Dent to attend Sedbergh School either as day boys or boarders.

2 If there is a surplus of income from the fund after any applications for boys to attend Sedbergh School have been considered, the managers of the scheme may consider applications from any local boy who is at school or in further education for financial assistance towards the cost of:

- travelling abroad in pursuit of education.
- the provision of facilities, equipment or coaching not normally provided by the local education authority for sports, recreation or games.
- studying music or other arts.
- books, equipment, tools or clothes required for a university or training course for a recognised profession or trade.
- any other assistance needed for furthering education.

Anyone wishing to apply for assistance should contact either:

The Bursar, Peter Marshall,
Sedbergh School Bursary,
Malim Lodge, Sedbergh,
Cumbria LA10 5RY
(015396 20303),
(bursar@sedberghschool.org)

or

The Fund Secretary,
Joyce Priestley,
Havera Bank East, Howgill Lane,
Sedbergh, LA10 5 HB
(015396 20104)
(jmp@sedberghschool.org)languages

SEDBERGH LADIES NFU

The AGM was held on Tuesday 20 September with a good attendance..

The speaker for the evening was Lucy Sandys-Clarke who told us about her life as a blacksmith. She brought along some beautiful samples of her work made from wrought iron, including a large dog grate, ceiling light fittings, candle holders down to door hinges and knockers, all made in her workshop in Dent.

The new vice president was elected after which we all enjoyed a delicious Jacobs Join supper.

The October meeting was held on Tuesday 18 October with 14 members present. Tess Pike a self-employed Blue Badge Tourist Guide. was our speaker.

Tess told how she came to live in our area 18 years ago and got a job in Sedbergh with Mrs Christine Wood in King's Court as a translator. She later decided to train as a tourist guide and, after qualifying, worked in the Lake District and other parts of Cumbria.

As she is able to speak several languages she often gets called on to meet the cruise liners in Liverpool and Newcastle and takes the foreign visitors around the county. The next meeting is on 15 November when Mrs Dorthe Pratt of the Sedbergh Soap Company will be our speaker. New members are always welcome.

DENT FOOT HARVEST

Fifty people, including several children, and a large amount of produce filled the little chapel at Dent Foot for their Harvest Thanksgiving services on the afternoon of Sunday, 9 October.

Everyone enjoyed the rousing singing of many of the traditional harvest hymns in a service conducted by Mr Edmund Park of Farleton near Lancaster. Mr Park said that he looked on being at Dent Foot as "coming home", having been brought to the little chapel as a child nearly seventy years ago.

The visiting organist was Mrs Mary Airey, who together with Mr Chris James sang two duets. It was pleasing to be supported by people from the locality and also from further afield.

Monday night's short service was taken by Mr Stephen Lawson, helped by his wife Lyn. Mrs Elsie Ward was the organist, accompanying more great singing. Mr Kevin Kendal kindly gave his services in the auctioning of the produce, the proceeds of which were for the chapel funds.

Many thanks go to all who assisted in any way to the success of these events.

MOOD INDIGO FOR PRE CHRISTMAS BLUES

Put the shopping lists down and the countdown to Christmas on hold and just relax.

Sunday evening the 20 November is set as the first of what hopefully will become a regular on the calendar of all Blues and Jazz devotees, and anyone who just wants to chill before the week ahead.

The evenings will be cabaret style with the emphasis on relaxing and extending the weekend. A bar and light refreshments will be provided.

A house band will be setting the tone, but if you're an aspiring musician or singer...and you just didn't make the X Factor final twelve...well there's always next year, but you could also get some practice and showcase your talent (or not!) before a local audience, with the backing of the band.

So if you want to stay local and relax in an informal get together, then kick off your shoes...turn up in your slippers if you want! and join us between 7.30pm and 11.00pm on Sunday 20 November in the Kirkby Lonsdale Institute.

Tickets will be available from the Art Store and other local outlets at £5.50 each. Watch for posters locally. Better still tune into Rossi plays the Blues and Cutch with Mood INDIGO on Thursday nights between 8pm and 10pm, available on 106.6 at fm and now online <http://www.radioplayer.co.uk/browse> and they will give you more information when confirmed.

In the meantime if you want to suggest a Blues or Jazz band or even offer your own talent, then get in touch...contact

E:ideas@indigofm.co.uk

uk<indigo1066@gmail.com>: or

M: [0751 9019570](tel:07519019570)

As these will be fundraising nights for INDIGO 106.6fm sponsorship and advertising is welcome

COBWEB ORCHESTRA WINS GRAMMY AWARD

The Cobweb Orchestra is delighted to have been awarded the Gramophone Magazine's *Music in the Community Award*. This unique orchestra, which has over a thousand amateur musicians from across the north of England, was among five finalists for the award which recognises an inspirational work in the voluntary music sector.

It might seem an odd name for an orchestra, but this group, based in the north of England, and which stretches to ensembles in eight towns, was created with the idea of getting people to 'dust the cobwebs' off their instruments and come back to music making.

It covers everything from baroque to new music and includes compositions of its own members. It has performed in Germany, Bavaria, Hungary and Italy, giving concerts in all these countries.

Rehearsals are held in Tebay Methodist Church on every Tuesday evening in school term time. If anyone is interested in the Cobweb Orchestra the website is: www.cobweborchestra.org.uk *S Blackwell*



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DENTDALE FELLOWSHIP

There seems to be some hostility between denominations and this is so so sad. After all, God is God, there is only one. At DDCF we don't bother about denominations or 'religion'; what we are about is relationship, especially the important one between each individual and God. God sent Jesus so every could know Him in a real and personal way. We all need help to do this, all need support in our lives and these are available at DDCF in a very informal way. Over next few months we are to do other things as well as meet one Sun evening a month at 'Rhumes'.

Because we are into helping folk experience Jesus 'personally' we will be personally inviting people to these events. If you are interested in being involved please contact us. Equally, if you are concerned about what we are doing do get in touch. We have nothing to hide. We love Jesus and in Him is our strength and we want to help others come to trust Him. After all, the Bible says 'come to me' the me is God!

John and Sarah. (25212)



Do you know, by any chance, if there might be
A tea room, or, possibly even a small cafe, somewhere
in Sedbergh?

PLACES OF INTEREST TO VISIT WHILE IN THE AREA

- Bruce Loch, Busk Lane
 - Cautley Spout, A683 towards Kirkby Stephen
 - Community Office, Main Street
 - Cumbria Wildlife Trust, Community Office
 - Dent Craft Centre
 - Dent Heritage Centre *
 - Farfield Mill, A684 Garsdale Road *
 - Fox's Pulpit, Firbank
 - Friends Quaker Meeting House, Brigflatts.
 - History Society, Community Office
 - Holme Farm *
 - Jubilee Wood, Castlehaw Lane
 - Langstone Fell, A684 Garsdale Foot
 - Methodist Church, New Street
 - Queen's Gardens, Station Road
 - St. Andrew's Church, Dent
 - St. Andrew's Church, Main Street
 - St. Gregory's Church, Vale of Lune
 - St. John's Church, Cowgill
 - St. John's Church, Garsdale
 - St. Mark's Church, Cautley
 - Sedbergh Embroidery, Library
 - United Reformed Church, Main Street
 - Tourist Information Centre, Main Street
 - Winder Fell, above Sedbergh
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07810 595543



Tom Wilson
015396 20954
07790 946578

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)	CANCELLED				1625 (C)	1658	M - S	564	KLC
1827 (C)	1904	M - S	564	KLC	1745 (C, H)	CANCELLED			
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
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				
1300	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: May 2011									

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

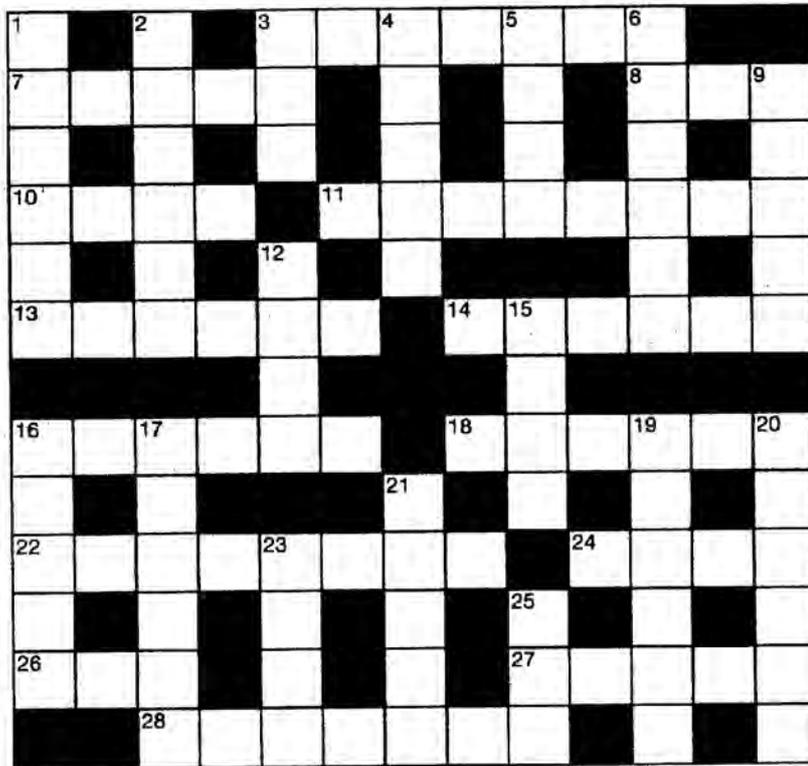
Regular Events/Meetings			
1000	Every Monday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	URCR
1200	Every Monday	The Monday Club	SMCR
1315	Every Monday	Howgill Toddlers	HVH
1930	1st Monday	Dent Parish Council	DMH
1900	3rd Monday	Chamber of Trade	Library
0930	Every Tuesday term time only	Casterton Baby and toddler Group	CS
1300	Every Tuesday	Knit & Natter	FM
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
1400	1st Tuesday	SL Carers Association	CO
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Group	PH
1930	3rd Tuesday	Ladies NFU	PH
1000	Every Wednesday	Coffee Morning	URCR
1300	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebras	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 & 3rd Wednesday	History Society	SHS
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh (Frostrow) WI	PH
1930	1st Thursday	Howgill WI	FCH
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	1st & 3rd Thursday	Toy Library	PH
1200	2nd Thursday	Lunch Club	Red
1915	2nd Thursday	Royal British Legion	WHC
1930	Last Thursday	Sed. Parish Council	PH
1330	Every Friday	Dent Over 60's	DMH
1930	Every Friday	Monkey House Café	Library

		8	3	9			7	
5			1					
		1			4	6		3
		7					9	5
6								8
9	1					3		
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S	U	N	N	L	L	I	F	Y
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C	L	R	D			A	R	
H	I	D	D	E	N	D	A	I
				E		X		
M	O	D	U	L	E	B	E	F
A	I			R	I	D	C	S
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				R	E	P	L	I

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

PUZZLE SOLUTIONS
 Apologies to readers that the wrong solutions to the September puzzles were published in last month's *Lookaround*. They are not available for publication at present but we will endeavour to get them for next month.





BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby	15 Back Lane, Sedbergh (2011/12) <i>1D; 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 (2012/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite ...	Bramaskew Farm, Howgill, Sedbergh (2011/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2011/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh (2011/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2011/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360

CAMPING, CARAVANNING & SELF-CATERING

Mrs R J Garner.....	2 Millthrop, Sedbergh (2012/06)..... <i>Sleeps 4; 1D; 1D (Soda Bed); CH; L; NS; DW; CW</i>	01942 216058 07792 445257
Sycamore Cottage, Lunds, Sedbergh (2011/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
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 (2011/11) <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; DA = Disabled Access
 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

Tess & Philip 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

worship@peopleshall

10:30 am Sunday 6 November

10:30 am Sunday 11 December

Beth & Sandy Roy Tel: 20785

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

Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£2.00
Postal Overseas	=	£3.00

All enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ
 Adverts by 15th of every month.

*Can all adverts please be
 accompanied with the correct money
 at the time of submission.*

Articles etc. by 19th of every month
Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 3rd June 2012

Entries marked (*) see Advert in previous Lookaround.			2 -	Christmas Tree Festival	SMC
NOVEMBER			3	1000 Christmas Tree Festival	SMC
1	SS Half Term Ends		3	1030 Dent Christmas Market	StAD
2	1000 Coffee Morning Town Band	URCR	3	1900 Flicks in the Fells (*)	PH
2	1930 HS Cemeteries of the Western Front	SHS	3	1930 Musical Evening	SMC
3	1930 WIH Fragrances	HVH	4	1030 Tree Service for all the Family	SMC
4	1830 Bonfire Night & Skittles Party	FCH	6	1930 Town Band Christmas Concert	PH
5	1830 Sedbergh Bonfire & Fireworks	PH	7	1000 Coffee Morning Ladies NFU	URCR
6	1030 Worship @ People's Hall	PH	7	1800 Late Night Shopping & Santa	Sedbergh
8	1400 WIK AGM & Desert Island Discs	PH	7	1930 Garsdale Fellowship	GSC
8	1930 Domino Drive	FCH	8	1200 Lunch Club	Red Lion
9	1000 Coffee Morning Sed Bowling Club	URCR	9	1930 Holly and the Ivy	PH
9	1930 Garsdale Fellowship	GSC	10	2000 Old Tyme Dance	PH
9	1930 CWT	SHS	11	1030 Worship @ People's Hall	PH
9	1915 WID AGM & Members Evening	DMH	12	tba WIS Christmas Dinner	tba
9	1930 WIS AGM & Jacobs Join	PH	13	1200 WIK 70th Birthday Party	tba
10	1200 Lunch Club	Red Lion	13	1930 Domino Drive & Mince Pies	FCH
11	1930 Killington Domino Drive	KVH	14	1915 WID Christmas Party	DMH
11	1930 Town Band Remembrance Concert	URCR	14	1930 Domino Drive for SYC	PH
12	1900 Flicks in the Fells (*)	PH	14	SS Term Ends	
15	1200 SASL Lunch	Barbon Inn	21	1000 Coffee Morning Town Band	URCR
16	1000 Coffee Morning Sedbergh Playgroup	URCR	21	1930 HVH Domino Drive	HVH
16	1930 HS Cumbrians on the move	SHS	23	0950 Dent Library Van	Dent
17	1230 Health Centre Closed for afternoon		25	Christmas Day	
17	1400 Casterton Prep School Afternoon	CS	26	Boxing Day	
18	1930 WIH Domino Drive	HVH	27	Public Holiday	
19	1000 Free Entry to Farfield Mill	FM	31	1100 Dentdale Monthly Walk	DMH
19	1000 Scouts Christmas Coffee Morning	SHQ	JANUARY		
19	1000 St Andrew's Church Fair	StAS	2	Public Holiday	
19	1000 Middleton Church Jumble Sale	KLI	10	1930 Domino Drive	FCH
19	2000 Howgill Church Dance	PH	11	1930 Garsdale Fellowship	LSC
20	1000 Free Entry to Farfield Mill	FM	18	1930 Stone Circles & Burial Mounds	SHS
21	1900 Chamber of Trade	L	25	1930 Garsdale Fellowship	GSC
23	1000 Coffee Morning StAS Bells	URCR	FEBRUARY		
23	1930 Garsdale Fellowship	LSC	1	1930 HS Railway Navvies of Mallerstang	SHS
25	0950 Dent Library Van	Dent	8	1930 Garsdale Fellowship	LSC
25	1930 HS Annual Dinner	Bull Hotel	14	St Valentine's Day	
26	1100 Dentdale Monthly Walk	DMH	14	1930 Domino Drive	
26	2000 Cabaret Evening	PH	22	1930 HS Packhorse Days, Packhorse Ways	DMH
30	St Andrew's Day		27	1930 FCH AGM	FCH
30	1000 Coffee Morning Killington Church	URCR	MARCH		
30	1930 HS Lowther Castle & Gardens	SHS	1	St David's Day	
DECEMBER			7	1930 HS Curiosities of Cumbrian Churches	SHS
1	1900 WIH Christmas Party	tba	13	1930 Domino Drive	FCH

*The S & D Lookaround is edited, published & distributed monthly by
Dennis & Jacky Whicker and is printed by Stramongate Press.
The content of The Lookaround does not reflect the views of the Editors.
Whilst every effort is made to ensure that information is correct, the Editors cannot
accept any responsibility for any inconvenience caused through errors or omissions.
Copies are available from Sedbergh Office Services, Sedbergh Tourist Office,
Green Door, Premier, Howgills Bakery, Post Office and Dent Stores.*

COVER PICTURE

Railton Yard

By Dennis J Whicker

17	St Patrick's Day	
18	Mother's Day	
21 1930	HS Ancient Kingdom of Northumbria	SHS
24 1900	HS AGM & Jacobs Join	SHS
25	Clocks March Forward	

APRIL

6	Good Friday	
9	Easter Monday	
23	St George's Day	

MAY

7	May Bank Holiday	
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JUNE

2 1930	Queen's Diamond Jubilee Ceilidh	KVH
3 1300	Queen's Diamond Jubilee Village Lunch	KVH
4	Spring Bank Holiday	
5	Queen's Diamond Jubilee	
17	Father's Day	

JULY**AUGUST**

27	Summer Bank Holiday	
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SEPTEMBER**OCTOBER**

28	Clocks Fall Back	
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NOVEMBER

30	St Andrew's Day	
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DECEMBER

25	Christmas Day	
26	Boxing Day	

JANUARY**FEBRUARY****MARCH****APRIL****MAY****JUNE**

Many people are complaining to us that area events do not appear in the Lookaround but they do appear on Notice Boards around the town. We earnestly request that all events details be given to us so that we can put them in the Diary. We do not necessarily want an advert but it does inform the readership of what the event entails. Prices for adverts have not changed since August 1999 and we feel that they do offer good value. Please help us to help you to help the readership.

DIARY KEY

BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC/S	= Dent Methodist Chapel/Schoolroom
FCH	= Firbank Church Hall
FM	= Farfield Mill
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KVH	= Killington Village Hall
L	= Library, Main Street
LSC	= Low Smithy Chapel
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
STO	= Sedbergh Tourist Office, Main Street
URC(R)	= United Reformed Church (Rooms)
WHC	= White Hart Club
WIB	= Women's Institute, Barbon
WID	= Women's Institute, Dentedale
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

015396 20218

015396 20239 24hr Prescription line

Surgery and Dispensary Opening Hours

Monday – Friday 8am – 6.30pm
(Doors open at 8.15am)

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.30am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Dent surgery by appointment only - Monday

Evening surgery by appointment only –
Monday/Tuesday & Thursday evening

Updated June 2011

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday
afternoons (By appointment only)

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

Please telephone the surgery to make
appointments for all the above clinics.

See our website www.sedberghmp.nhs.uk
for further details

When we are closed please contact CHOC
03000 247 247 or 999 if appropriate.

Collinge Optometrist

Friday only

0900 to 1300 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 - 1400

Saturday *

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

Age UK SL @ 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