

Sedbergh & District

LOOKAROUND

September 2013

Issue 314

Donation £1

Well, summer is now over and we now prepare for the winter months with the nights drawing in.

As usual, there are many events on this month and it will be nigh on impossible to attend every one but

your attendance would be greatly appreciated at any of them. The residents and visitors of Sedbergh really pull the stops out when it comes to supporting local groups.

Dennis & Jacky Whicker

SEDBERGH CRICKET CLUB
FUN DAY
Sunday 1st September
11am
Settlebeck Field, Long Lane
Kwik Cricket Tournament
Variety of Side Stalls
Raffle, Kids Sports
Welly Wanging etc
BBQ, Hogg Roast
Licensed Bar
FREE ENTRY



**Can you (or your pet!) Sing??
Dance?? Act?? Recite??
Entertain??**

Anything goes!!

**Auditions and Performance
On Saturday September 21st**

People's Hall

CELEBRITY PANEL!

LAVISH PRIZES!

**To enter please contact Susan G
(21138) or Sandra GW (21808)**

**Please help to fund-raise for Town
Twinning Student Exchange 2014**

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>

Table of Contents

Advertising Rates	81	Gardening	32
Bed & Breakfast	79	Happy Christmas	56
Bus Time Table	74	Howgill Harriers	61
Cartoon	78	Independent Age	57
Crossword	73	Library Offer	78
Groups	76	Library Open Day	57
Places of Interest	5	MacMillan Cancer Support	39
Religious Services	80	Medical Centre Friends of	29
Regular Meetings	5	Medical Centre News	18
Sudoku	4/78	Medical Centre Thanks	47
Age UK Southlakeland	48	Middleton Get Together	49
American Travelling Morrice	56	National Children's Orchestra	36
Audio and Large Print Lookaround	28	neighbourhoodalert Blankets	47
Bookworm	48	neighbourhoodalert Thefts	38
Bridge Club	29	North Westmorland Arts	26
Bridging the Gap	57	Opium War	27
British School Trust	28	Parish Council Sedbergh	8
Car Club	24	People's Hall	46
Car Parking Permits	56	Pulse Community Gym	64
Churches Together	40	Qigong and T'ai Chi	34
Community Fund	38	Royal Victoria Infirmary	25
Community Grants	49	Sight Advice South Lakes	33
Community Officer Report	72	Squash Club	61
Councillors Corner	14	St Johns Church Garsdale	80
Cowgill Church	80	Swimming Club	64
Craftworkshop	37	Telecom Masts	30
Cricket Club	58	Tim Farron MP	12
CWT Conservation	20	Town Band	50
Dent Gala	56	United Charities & Widows Hospital	57
Dent Indoor Bowling	63	Weather	22
Dentdale Choir	49	WI Dentdale	66
Dentdale Christian Fellowship	39	WI Howgill	67
Family Musings	11	WI Sedbergh	68
Gala Group AGM	33		

Table of Adverts

55th of Foot in China	21	Killington Marquees	37
A&LP Coffee Morning	11	Louise Hartley Pet Care	659
Able Memorials	65	MacMillan Coffee Morn DMH	27
Andrew Allan Video Transfer	37	MacMillan Coffee Morning GH	27
Austin Brown Computing	64	Malcolm Sedgwick Carpenter	50
Barbon Inn	43	MC Ceilidh	28
Brian Goad Funeral Services	40	Medical Centre	19
Capstick Insurance Agent	34	Medical Centre	52
CDC Courses	70	Middleton Head PH	62
Chris Whelan Estate Agent	51	Middleton Landscapes	33
Cobble Country Estate Agent	12	MK Conversions Builders	58
Cricket Fun Day	1	Nicky Ross Plumber	23
Cross Keys Hotel	26	Parish Clerk Vacancy	8
Cumbria Stoves	39	Parkin & Jackson - Kevin Bateman	41
Daphne Jackson Osteopath	49	Paul Hoggarth Builder	22
Dawsons Coal Yard	14	People's Hall	32
Dentdale Designs	32	Philip Horner Fencer	23
Dentdale Heritage Centre	54	Portabello Blinds	72
Docker Park Farm	45	Qigong & Tai Chi	10
Duncan Law Plumber	47	Robert Powell Web Design	20
Edwin Middleton Carpenter	56	Ryan Simpson Septic Tanks & Skips	33
Ellison Wood Supplier	25	Sam Konczynski Carpets	46
Farfield Mill	18	Saturday Markets	30
Farfield Vacancy	16	Sedbergh Office Services	44
G J Baines & Son Builders	36	Sedbergh School	35
Garry Chapman	69	Sheila Shuttleworth Dressmaker	72
Garsdale Design	61	Stefan Kliszat Decorator	42
Gary Allan Metalworker	55	Stephenson & Wilson Builders	25
Gavin Charlesworth Wood Supplier	60	Steve Chadwick	9
Graham Bradley Builder	20	Steve Hopps Handyman	46
Graham Glynn Ceramics	67	Steve Price Electrician	66
Graham Moffat Builder	33	Stobars Hall Care Home	45
H&M Craftsmen	17	Stramongate Printers	38
Hay For Sale	7	Talent Show	1
Hayton & Winkley Solicitors	53	The Chair Upholsterers	46
Holme Farm	68	Tilk Wilkinson Builder	48
Jenette Hardy Bookkeeping	13	Tooby Electricals	63
Josephine Lade Orthopaedic	25	Town Band Concert	29
June Parker Acupuncture	24	Victorian Fayre	15
Kay Whittle Chiroprapist	22	Windermere Windows	31
Keep Fit Classes	9	Yvonne Cervetti Massage	19

SEPTEMBER 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 is:-
Fraser Sproul who is 10 years old on 23rd September.

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



Day	Name	Age
9	Holly COWIN	3
10	Harry DAWSON	3
21	Isaac BREWER	9
21	Charlotte GARDNER	7
23	Fraser SPROUL	10
23	Amy HUNTER	11
25	Thomas DAWSON	4
Nonagenarian & Over		
5	Norman Gordon	90
10	Peter Dormand	91

1	3			4			
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	6						7
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	8						6
9				4	8	7	
		4	9				8

Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
1000	Every Sunday	Free Entry to Locals	FM	
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch, Busk Lane
1200	Every Monday	The Monday Club	SMCR	Cautley Spout, A683 towards Kirkby Stephen
1930	1st Monday	Dent Parish Council	DMH	Community Office, 72 Main Street
1900	3rd Monday	Chamber of Trade	Library	Cumbria Wildlife Trust, Community Office
0930	Every Tuesday term time only	Casterton Baby and toddler Group	CS	Dent Heritage Centre, Laning, Dent *
1300	Every Tuesday	Knit & Natter	FM	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1930	Every Tuesday	Bridge Club	WHC	Friends Quaker Meeting House, Brigflatts.
1930	Every Tuesday	T'ai Chi	URCR	George Fox's Quaker Pulpit, Firbank
1400	2nd Tuesday	Killington WI	PH	Golf Club, Catholes, Sedbergh *
1400	3rd Tuesday	Sight Advice Group	PH	History Society, Community Office
1930	3rd Tuesday	Ladies NFU	PH	Holme Working Farm, Middleton *
1000	Every Wednesday	Coffee Morning	URCR	Holy Trinity Church, Howgill
1315	Every Wednesday	Art Society	URCR	Jubilee Wood, Castlehaw Lane
1315	Every Wednesday	Zebra's	SMCR	Langstone Fell, A684 Garsdale Foot
1730	Every Wednesday	Sedbergh Juniors	PH	Methodist Church, New Street
1730	Every Wednesday	Brownies (term time)	SMCR	Queen's Gardens, Station Road
1930	Every Wednesday	Sedbergh Seniors	PH	St. Andrew's Church, Dent
1930	1st & 3rd Wednesday	History Society	SHS	St. Andrew's Church, Main Street, Sedbergh
1915	2nd Wednesday	Dentdale WI	DMH	St. Gregory's Church, Vale of Lune
1930	2nd Wednesday	Sedbergh WI	PH	St. John's Church, Cowgill
1400	3rd Wednesday	Age UK South Lakes	Library	St John's Church, Firbank
1400	1st & 3rd Thursday	Child Health/Baby Club	PH	St. John's Church, Garsdale
1430	1st Thursday	Toy Library	PH	St. Mark's Church, Cautley
1500	1st Thursday	Afternoon Teas	Cafe	Sedbergh Embroidery, StAS
1930	1st Thursday	Howgill WI	FCH	United Reformed Church, Main Street
1200	2nd Thursday	Lunch Club	Red	Information Centre, 72 Main Street
1915	2nd Thursday	Royal British Legion	WHC	Winder Fell, above Sedbergh
1930	2nd Thursday	Sed. Parish Council	PH	* = Entry Fee Applicable
1330	Every Friday	Dent Over 60's	DMH	
1400	1st Friday	Age UK Dentdale Club	DMH	
<i>See Page 76 for contact details</i>				

PERSONAL & SMALL ADS £1

BOLTON

Following Doreen's death, Jim would like to say thank you to the staff at the Royal Lancaster Infirmary & the members of the Dentdale First Responders for all the help given to Doreen during her short illness. Also to thank all who donated so generously to the DFR & the North West Air Ambulance which raised £1,000.

=====

CARTLEDGE

Thank you from Sadie and all of Donald's family for the support given to the late Donald Cartledge. He valued his friends in Dent and Sedbergh greatly.

=====

DENTON

Margaret & Andy would like to thank everyone for the kindness shown following Margaret's operation. The good wishes, cards, flowers offers to help, visitors & prayers are greatly appreciated.

=====

HUNTER

Kay would like to say a big thank you to everyone for the beautiful gifts, cards & flowers received on her Birthday. A big thank you to all who helped prepare the Buffet, you all did a great job. I hope you all enjoyed the party as much as I did, I have had a great time celebrating. Thanks again. Kay.

LEWIS

The family of the late Alan Lewis would like to thank everyone for their kindness to us at this sad time. We were overwhelmed by the number of cards, letters of condolences and flowers which we received. A special thank you goes to Carole Marsden for the service of committal, to Andy McMullen for leading the celebration of Alan's life on Friday 26th July and to Brian Goad for helping to ensure that the day ran smoothly. Thanks also go to the ladies of St. Andrew's who provided tea and cake, to all those who played in the band whilst people were chatting after the service in the sunshine and to all of you who joined with us to celebrate Alan's life. The donations received for the Town Band amounted to over £1,400. Alan would be proud! So thank you all once again from Sarah, Iwan and Gavin.

=====

GORDON

Wishing you a **Happy 90th Birthday** Norman on 5th September. Congratulations at becoming a Nonagenarian. Lots of Love from Eleanor and all the family. xx

=====

HAYGARTH

Doris would like to thank family & friends for the lovely cards & presents received on the occasion of her **90th Birthday**. Also John for a wonderful Day Trip.

PERSONAL & SMALL ADS £1

ROBINSON

Congratulations Mum & Dad (Austin & Palmina) on your **Golden Wedding Anniversary** on 14th September 2013. Have a wonderful time celebrating with your family and friends. All our love from Graeme, Jackie, Angie, John, Liz, Michael, Mariselle, Lewis, Abi, Rosie, Joe, Adam, Luke & Grace. XXXX



ROBINSON

Congratulations Austin & Palmina on your **Golden Wedding Anniversary**. Have a lovely day & enjoy your party on 15th September. Best wishes. George & Esther.

TODD

Happy 60th Birthday on 25th September to Brenda, a wonderful Wife, Mam & Nanna. Lots of love from Thomas, Janet & James, Linda & Wayne and Emma, Angie & Leanne. XXX

FOR SALE

IKEA Mulling 2 white clothes racks in excellent condition £8. Portable cabinet butane gas heater including regulator & hose plus 2 full 13kg butane gas cylinders £60. Tel: 20693.

FOR SALE

Record 52 Woodworking Vice (VGC) £25; Heavy Duty Mechanics Vice 5 inch jaws (Good working Condition) £20; Mechanics Vice, Record No. 3 (VGC) Around £70 new £25; Alvina Calor Gas Heater. Complete with regulator and a quite full cylinder. £12; Brooks (3 Phase) 2HP Electric Motor with adjustable slide mounts £25; 26- New Rubberised Felt Tiles (1 metre x 305 mm.) Enough for a small shed. £12; 2 x New Interior flush primed doors. (Standard 6'6" x 30") £20 for both or £15 each; Demijohns (1 Gallon) for wine making £25 the lot or £4 each. Please call 015396 25269 or 07772 109864. Prices Negotiable.

FREE

Stone suitable for a wall or rockery. Approx 1 cubic metre. Free to a good home. Buyer must collect. Contact Sedbergh 22095.

FOR SALE

Good Quality Hay & Straw (Small Bales)
Haylage (Large Bales)
Tel: 015396 20668
Mob: 07960 210336

SEDBERGH PARISH COUNCIL



This report covers the meeting on 8th August

LOCAL POLICE

PCSO Karen Dakin gave the members a summary of recent initiatives and crime trends.

PLANNING

The Planning Committee report gave unconditional support to four planning applications and expresses reservations regarding three more. The meeting also considered the application by Spar to remove the

requirement for recycling from the new store in Station Road. The Council expressed concern over the way the issue had been handled by YDNPA Planning whilst accepting that there was now little that could be done about the issue. It was noted however that Spar are still looking at a limited scheme for recycling.

Detailed comments can be seen on the Council's web site and in the office at 72 Main Street.

GRANTS

A grant of £1,500 was agreed to assist the Town Twinning Committee with the planned 2014 exchange visit to Zrece.

It was agreed that a request from CCC for £1,000 for a defibrillator to

Sedbergh Parish Council

CLERK TO SEDBERGH PARISH COUNCIL

Sedbergh Parish Council seeks a confident person with an interest in the local community for the post of Clerk to the Parish Council from October/November 2013

The Clerk is responsible for managing the Council's day to day business, providing advice, and implementing decisions.

Applicants will need to be computer literate, able to prepare council agendas and record minutes, be familiar with book keeping and financial procedures and be able to work with external organisations on behalf of the Council.

Working hours are about 15 per week and the starting salary, based on NJC scales, will be between SCP 24 and 26 (£21,067 - £22,433, pro rata), dependent upon qualifications and experience.

Support will be given to obtain the CiLCA qualification if not already held.

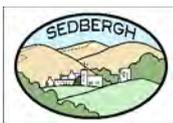
With the exception of meetings attendance, the post holder will be expected to work from the Council's office, 72 Main Street, although the nature of the post is such that some work may be undertaken from home. The post holder will be provided with a computer.

The Council meets in the evening on the second Thursday of each month, with other meetings being called as required.

For an informal discussion, and an application form and job description, please contact the Chairman, of the Council, Dr Hilary Hodge on 015396 20314 or e-mail hc.hodge@virgin.net

Applications should be sent, marked "Private and confidential" to the following address by no later than 30th September 2013:

The Chairman, Sedbergh Parish Council,
72, Main Street, Sedbergh, LA10 5AD



Combination of Bandwork, Boxercise	KEEP FIT CLASSES	Aerobic, Strength and Core Work
	7:30 to 8:30 pm	
	Tuesdays	
	<i>Commencing 10th September</i>	
	Methodist Hall, New Street for 13 sessions up to Christmas	
	£3 per session Phone Heather 21279 or just turn up. <i>bring a drink and a mat</i>	

be sited in Sedbergh be referred to local health professionals for their opinion.

AMENITIES COMMITTEE

There is a great deal of work being done including:

- a) Signs banning dogs are to be erected at the People’s Hall Field.
- b) Motion sensors are to be fitted in Joss Lane Toilets.
- c) A resident has offered to pay for a new seat near Blandes farm.
- d) A repair is being arranged to the damaged roundabout in the children’s playground.
- e) It was agreed that a more permanent repair to Joss Lane Car Park tarmac surface should be carried out at end of the holiday season. Two tenders will be obtained.

SEDBERGH TOWNSCAPE PROJECT

- a) The sign decluttering project is being chased up by Cumbria Highways
- b) Cumbria Highways are preparing a private works agreement for the Footway widening project which should be available in the next

- c) couple of weeks.
- c) Cumbria Highways have given the go ahead for the new bus stop in Station Road and a tender document will be prepared and sent out in the next two weeks.
- d) A meeting of the project group will be held in September.
- e) A useful meeting has taken place with the Tennis Club. As well as the resurfacing of the Car Park which the Council are intending to do, the club wishes to resurface the courts and renew the perimeter fencing. It is hoped that these projects may be combined with funding coming from Sport England/ SLDC new homes Bonus, the Parish Council and the

1st & 2nd Fixing	Tiling
Doors Fitted	Painting
Glazing	DIY Rescues
Kitchens	Outside Taps, etc
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Tennis Club

PARISH COUNCIL LAND BY NEW BRIDGE

It was agreed that, in addition to the 30 free trees from the Woodland Trust that are to be planted on Council land East of New Bridge, that three picnic benches would also be sited on the land adjacent to the lay-by at New Bridge but at no cost to the Council and subject to the YDNPA being approached and confirming its agreement to the project. The meeting also discussed the desirability of improving the riverside footpath..

THE NEXT MEETING will be on September 12th at 7.30pm at the People's Hall committee room. There

is always an opportunity around 8.30pm for you to participate. The agenda will be posted in the Parish notice board, at the Community Office and on the Council Website before the meeting.

All Committee minutes can be accessed on the Council website <http://www.sedberghparishcouncil.org.uk/> and minutes together with all other reports are available in paper form at the Council's office, 72 Main Street, Sedbergh.

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



qi gong + t'ai chi in and around Sedbergh

**Ian
McPherson**

qigong + t'ai chi (Sedbergh Tue eve, Hawes Wed a'noon, Kirkby Stephen Sat a'noon)
015396 20648 . ianmcperson24@hotmail.com

**June
Parker**

Wild Goose qigong (Sedbergh Mon morn, Barbon all day Sunday 29 Sep + 10 Nov)
015396 20972 . juneparker1001@gmail.com

**Sun style
t'ai chi**

with Hazel Hunt (Sedbergh Sat a'noon
5 Oct, 2 Nov + 7 Dec) . contact Andi

**Andi
Chapple**

qigong + t'ai chi (Kendal Wed eve, K'by Lonsdale Sat morn)
015396 22045 . andi@music.freakout.biz
Sat morn contact Sedbergh CDC 015396 21031

**Effortless
Power**

with Kevin McGee (Barbon all weekend 26 + 27 Oct)
contact June

FAMILY MUSINGS

We enjoyed our camping on Stafford Showground with the teenagers from church and their friends, Soul Survivor is geared mainly for them, a spin of from the family Christian holiday New Wine it is led by a team headed by a very colourful character called Mike P who felt the young people were getting a bit of a raw deal in "church" and needed some encouragement. Its origins are in the Anglican church, there is worship, teaching, seminars, sports, food and fun and over 4,000 people were there, the only problem for oldies like us is the seating is on the floor! We coped, you can have a chair at the very back but we like to worship with our group so had to learn to sit on the floor, ok-ish with a backrest.

Then we spent a few days in Hull with meals and rides out. Under M's clear direction we, between us, have explored huge areas of N Lincolnshire and East Yorkshire, having been born over there and lived her life there (all 95 years of it) she knows it well, we are finding lovely tea rooms & ice cream parlours & pubs for meals. Most of all we are enjoying each others company and keeping the family bond alive, M's father was brought up in our village, his mother was born here and was a Haygarth which my mum was before she got married. Of course she just changed her name on marriage, as do we all, not the family she belonged to, it is good to have this link, today I will meet my cousins grand daughter for the first time from the other side of

the family, all relative & worth musing about.

Going into your own garden and picking fruit & veg, going inside and eating it .. is there really anything better? When my parents lived where we live Dad had a very neat veg garden, rows of lettuces, potatoes, peas, all neat & tidy, we seem to have a hotch-potch of a veg plot with everything battling spuds which somehow escaped being dug up, but it works! One thing keeps some bug or other of something else, Marigolds help as do slug pellets, all netted away from cats, the greenhouse is bursting at the seams but it is ok, more than ok, very exciting and rewarding.

Sadly the old cat up at the farm who was born many years ago, heading for 20 we think, who was just able to still wander around and mow for food, dear old Woo, died last week and has been buried. When she and her sibling were born it was under our bed and they sounded like an owl, hence her name. even I would not call a cat (or anything else..) twit! All makes our darling cat that bit more precious. Enjoy your pets. Sarah

AUDIO & LARGE PRINT LOOKAROUND

COFFEE MORNING

Wednesday 11th September

10am



URC Rooms
Raffle ~ Cakes

Large Print and Audio versions of
Lookaround will be available to order

TIM FARRON MP

Thanks to everyone who braved the weather to come out and meet me on my summer tour last month. As I have said these tours are very important to me doing my job well but also one of the most enjoyable times of my year. The tour allow me to meet with a very broad range of people and hear about the issues concerning them that they may not feel worthwhile to bring along to one of my surgeries.

I picked up quite a few concerns during our stops in Sedbergh and Dent. Clearly the number of grit bins up around Garsdale is not adequate to cope with the kind of weather we have had in recent winters and I will

speak to Nick Cotton to see what we can do about it.

One matter that came up repeatedly was concern for our environment, both in terms of recycling and alternative sources of energy. Several people mentioned that plastic recycling has not yet reached Sedbergh. Of course you can recycle plastic in the containers in the Car Park but in some parts of Cumbria plastic can be put into your recycling boxes to be picked up with the Monday collection. This facility has not come to Sedbergh yet but again I will be working with my colleagues on both the District and County Councils to see what can be done to make it

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happen soon.

On the issue of renewable energy several people mentioned how difficult it is to set up small scale community hydro-electric schemes. Clearly in an area such as ours, where there is no shortage of water falling down mountains, hydro could be a very useful source of energy and one I am keen for us to use as much as is possible. I will get in touch with my colleague Ed Davey who is Secretary of State for Energy and Climate Change to let him know how challenging people are finding setting up these schemes and asking him to see what can be done to help.

Finally, (although this was not the last issue raised, just the last I have space to report on here), I hope many of you know that if you are under the age of 18 you are eligible to join the A2B scheme that allows you to

purchase bus tickets for any “off-peak” journey which starts within South Lakeland for only £1. This is a wonderful scheme introduced by our local County Councillors that brings a lot of independence to young people in this area, particularly during holiday times. Anyway I was asked if this could be extended to people under the age of 21 who are just starting work and so are on low incomes and find that a large part of their wages go on getting to and from work. Again I will look into this and see what can be done.

If you could not get along on the 5th, don't worry you can still get in touch with me by writing to, Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at tim@timfarron.co.uk
Thanks for your support

Tim Farron MP

Jenette Hardy
BA (Hons) AICB CB.Cert

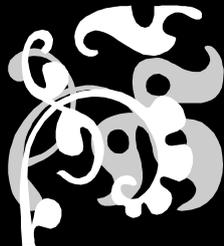
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Cumbria LA10 5TB

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COUNCILLORS CORNER

Cllr Evelyn

In August I had a great day out at the Civic Day for the Leeds Children's Charity at the Holiday Centre it runs at Silverdale just inside the county border. Set on the cliff with sweeping views over Morecambe Bay you could not wish for a more beautiful spot. Some 500 children a year from disadvantaged families in Leeds visit the centre for a five day break, which for many of them is not just a holiday but a life changing experience. I was most impressed by the strong local support for the centre with volunteers both fund raising and helping out with the children. The week I visited the children, who are aged from seven to

eleven, were all young carers although most of them looked barely old enough to tie their own shoe laces let alone take on the responsibility for a parent or sibling.

But despite their problems they were completely irrepressible –racing round on pedal go-karts, shrieking with excitement on the playground equipment and screaming with delight in the swimming pool. We finished the day with a short concert of songs by the children, sung with such exuberance that the whole audience joined in the final one. When I asked the seven year-old girl next to me in the photograph session what was the best bit of the week she replied "Watching the rescue of a 14 year old

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25kg of Pre-pack Housecoal	£7.00
25kg of Pre-pack Stove Fuel	£9.00
Kindling Sticks	£5.00
Nets of Kiln Dried Logs	£4.00
Multi-Purpose Compost	3 for £11.00

Station Yard, Sedbergh LA10 5HP

Tel: 015396 20210

e-mail: office@dawsonsofsedbergh.co.uk

www.dawsonsofsedbergh.co.uk

girl stuck in the sands”.

Cllr Nick

I am in the middle of an experiment in Kirkby Lonsdale which, if it works, it would be good to roll out in Sedbergh as well. It involves drains, torrential rain, a camera and lots of waterproof gear. There was a spell of very heavy and prolonged rain in early August when the heavens opened and the River Lune rose 10 feet in as many hours. Having covered myself head to foot in waterproofs I went out with the aim of tracking down every drain in Kirkby Lonsdale which was not working, where the surface water ran over the top of the metal slats instead of draining down off the road and away.

The majority of the drains were working well but I discovered 31 which were not. I took two photos of each blocked drain, a close up and a shot to give it a location, transferred these onto a CD and sent this together with a list of locations and some large scale street mapping marked up with the trouble spots to Cumbria Highways. That is where we are at the moment. If it turns out that Highways are happy to have information presented to them in this way, it is clear to see how Parish and County could work effectively together - it is at Parish level where you will find real knowledge of local drainage problems and how these are affected by different conditions,



VICTORIAN FAYRE

ALL THE FUN OF THE FAYRE AT
FARFIELD MILL
Heritage Open Day
SUNDAY 15th SEPTEMBER
10.30 - 5.00pm
FREE ADMISSION

To be opened by Sedbergh Town Crier at 11.00am

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whether it is surface water, blocked drains and flooding after heavy rain or areas of ice during a cold spell in winter.

Real knowledge of drainage problems can also mean finding out the back story of broken or blocked culverts, drainage ditches which have not been maintained, issues with adjacent landowners and so on. But if the team which finally appears from Cumbria Highways is aware of all the background and has in front of them a clear and easy-to-use map and a series of photos and locations then one can only hope that their time will be used more efficiently and cost-effectively. I will keep you updated about progress on this issue and if it

works in Kirby Lonsdale there is no reason why it cannot also work in Sedbergh and elsewhere.

Cllr Ian

We are all very lucky. In general terms lucky to be alive but specifically very lucky to live in such a beautiful part of the country. What gave rise to this reflection was recently having to cancel a holiday abroad and instead opt for a staycation here in Sedbergh and the surrounding area. Staycation is really just a clever way of saying "there is no place like home". So why is this place so special? Whilst not everyone agrees, we have the good fortune to live in the Yorkshire Dales National Park and just a few miles the other side of the motorway we also have the Lake District National Park.

To the South lies the Forest of Bowland Area of Outstanding Natural Beauty (AONB), to the south west the Arncliffe and Silverdale AONB, to the east the Nidderdale AONB and to the north east the North Pennines AONB. Not to mention just a little further afield the Northumbrian and North York Moors National Parks and over the Border the lovely countryside and coast of Dumfries and Galloway. The whole of the Lune Valley is gorgeous too and the fascinating upland world of Hutton Roof Crags and Farleton Fell well worth exploring. Mixed in with these are nature reserves, sites of special scientific interest and specially designated conservation areas. For anyone with a love of the great outdoors and the vast amount of wildlife which it contains the whole area is truly a paradise. Given also

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the wonderful weather we have had over the past few weeks why go through all the hassle of travel and airports when we have such a holiday destination literally on our doorsteps?

Apart from the fact that I believe this to be true and had a wonderful holiday without even leaving the north of England I also have a vested interest in promoting holidays at home in that one of my duties as a member of the YDNPA is to hold the position of Member Champion for Promoting Understanding of the National Park. This includes tourism and the provision of visitor information resources and supporting the work of the Dales Countryside Museum in Hawes. As well as having

a user friendly website (www.yorkshiredales.org.uk) the Park has recently launched two new sites: one about nature in the Dales (www.natureinthedales.org.uk) and the other about cycling in the Dales (www.cyclethedales.org.uk) particularly in the light of the fact that next year Yorkshire will be hosting the first stages of the Tour de France, part of which will be passing through Hawes, Wensleydale and Swaledale.

Although there is no substitute for getting out into the countryside and exploring this marvellous countryside for ourselves whether by train, car, cycle or on foot there are a plethora of websites available to help us make informed decisions about where we would most like to visit. I find the following particularly useful and helpful.

www.nationalparksengland.org.uk

www.nidderdaleaonb.org.uk

www.northpenninesaonb.org.uk

www.arnsideandsilverdaleaonb.org.uk

www.forestofbowland.com

www.northyorkmoors.org.uk

www.northumberlandnationalpark.org.uk

So enjoy your holiday whether here or abroad and if you do decide to go away you will enjoy it here all the more when you get home!

As ever, please feel free to contact Evelyn, Nick or myself as follows:

Evelyn Westwood: Tel. 015396 20148

evelyn@markwestwood.co.uk

Ian McPherson: Tel. 015396 20648

ianmcpherson24@hotmail.com

Nick Cotton: Tel. 015242 71477

red.pedal@virgin.net



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MEDICAL CENTRE

News from the Practice

Good news. In addition to the annual festival of flu injections looming in the early autumn we also welcome this year new vaccines for shingles and an oral flu vaccine for children. We may be able to fit these in with the existing Flu vaccination clinics-which will take place on Saturday 21st September and Saturday 12th October between 9am - 11am as walk in clinics *. The down side is that to qualify for the shingles vaccine a patient has to be either 70 or 79 on the 1st September 2013. There is no give in the criteria-being a day older/younger or if your partner/

spouse is in receipt of the vaccine will not affect your eligibility. We don't make the rules-we just have to apply them-so please watch this space. Similarly with oral flu vaccines for the under 5's-you have to be aged 2 or 3 on the 1st September 2013.

Sedbergh Medical Practice endorses the current vaccination programme. Prevention is better than cure in the world of infectious disease (often viral so unable to be treated) and vaccinations are a major reason why the general health of the population has improved. Sure all interventions will have an element of risk or adverse effect-but the overall benefit outweighs any problems

farfieldmill

Exhibitions in September



flax 'Diversity' - the group's aim is to create and present contemporary, innovative artwork which illustrates the world around us past and present, and also reflects nature's creation and man's upon it. **Jamie Barnes 'Summit Structures'** - Jamie's exhibition, featuring drypoint engravings and monoprints, takes its inspiration from buildings of Cumbria. **'Print!'** - an exciting exhibition bringing the work of 8 print makers together. Techniques will include screen-printing, lino cuts and etching.

Workshops - for more info see website

Weds 25 Sept £40 'Weaving - Playing with Texture' with Weaving Friends of Farfield Mill

Sat 12 Oct £40 'Learn to Crochet' with Stella Adams-Schofield

Sun 13 Oct £40 'Weaving - Playing with Colour' with Weaving Friends of Farfield Mill



Weavers Café open daily 10-5, for homemade soups, specials, bakes, lovely teas and coffees. Weavers fabulous 'All Day Breakfast' & Sunday Lunches (book ahead 01539621159). Don't forget to bring your own alcohol. No corkage. Free admission to café only.

Farfield Mill is open daily 10 - 5, £3.50/£3, under 16's free. Weavers Café 10 - 5(No entry charge)
Garsdale Rd, Sedbergh, LA10 5LW. www.farfieldmill.org 015396 21958 reg. charity (no.1026293)

FREE ENTRY for LA10 residents on Sundays

caused. Please feel free to check your concerns with vaccinations via our practice website at www.sedberghmp.nhs.uk, along with checking out the latest news and our Facebook page.

With the availability of medical records on line including messaging and ordering prescriptions we have changed the prescription request link on the website to take you straight through to EMIS Access. We accept that it can be a little fiddly to set up (but getting better) but once sorted any individual can request medication directly from our records, see results and the wider record we hold including documents along with being able to electronically message clinicians directly. This is an excellent way of enabling patients be more involved in their own health care and helps us look after patients better.

Finally, and following the same

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SEDBERGH
MEDICAL CENTRE

will be closed for Training Purposes
at 1pm on the following afternoons:-
Thursday 19th September
Wednesday 16th October
Tuesday 19th November
Thursday 5th December



principle of caring for patients we would like to point out that there is no public right of way down the slope behind the new Health Centre to the SPAR supermarket. There have been several near misses with children running or biking through the parking area during the working day. Despite the erection of barriers and clear signage we also see adults walking through on a daily basis. Obviously a nice smooth tarmac slope with kerbs is attractive as a skateboard park, but there is no separation between cars and pedestrians and non authorised use of the space is dangerous. We ask that the public follow the right of way around the front of the building. Please remember that the outside of the building including the car parks has full CCTV coverage 24/7-so we know who you are! We want to be good neighbours-but to get it right there has to be give and take on both sides.

Dr William Lumb

* Flu clinics may be subject to change if delivery of vaccines is delayed.

CUMBRIA WILDLIFE TRUST

When does habitat destruction become conservation?

It often seems counter-intuitive that conservation of wildlife habitats requires the destruction of habitat! Conservation is often taken to mean preservation of an existing state of being such as artwork or a house. However when one considers the conservation of a habitat and its entire wildlife, then one has to carefully manage the habitat to avoid succession occurring and actually destroying the very habitat that one is trying to maintain. Succession is the predictable and natural series of events that changes a current habitat into a new one. One textbook example is to consider bare rock revealed by a glacier retreating slowly but surely being colonised by lichens, followed by small non vascular plants and then via a series of herbs, via bushes to woodland. In Cumbria the likely "climax vegetation" is deciduous woodland so that if we left Sedbergh to its own devices (and removed all humans and their activities) it would turn into native woodland over the



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next few thousand years. In this area, deforestation and consequent agriculture from Neolithic times has kept the fells looking like they do now for thousands of years; so what is natural habitat in Sedbergh?

Cumbria Wildlife Trust has a responsibility to conserve valuable areas of habitat, to manage them and where possible to provide "corridors" to link existing habitats so that they become part of a coherent larger ecosystem that preserves (and often restores) biodiversity. Consequently hedgerows and rivers provide natural routes by which some species can move from one habitat to another. Their work comprises advice to land owners and other land managers, management (and acquisition) of reserves and of course the ever present fund-raising (and accompanying public education) to allow the former processes to continue. Farmers are invaluable agents of this habitat and government funds of various types help to make it financially viable to manage portions of land in an ecologically valuable fashion.

Robert Powell

Website Designer

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In Sedbergh there are several areas of active conservation, whether it be removal of non-native invading species such as the removal of Himalayan Balsam from river banks, or the creation and management of Jubilee Wood. Sedbergh and Settlebeck School are both actively involved in conservation with Settlebeck having recently been involved in the clearance of Himalayan Balsam. Students from Settlebeck regularly work with Yorkshire Dales National Park rangers, and awards won have funded creation of a wildlife garden. Sedbergh School has created conservation areas; Bruce Loch and Old Peculiar Pool (part-funded by

Theakstons!).

Bruce Loch is an interesting example where a former small dammed area (for ice skating) was extensively dug out in the mid Eighties to create a permanent pond along with tree planting to shield the area from disturbance by passing dogwalkers. The pond area would, by now, be filled in with reeds and other fringing vegetation and have developed into marshland which, in turn, would develop into heath and woodland eventually. Teams of "enthusiastic" volunteers from the school enter the pond in the autumn and clear out a proportion of the new growth each year to preserve the open water. Slightly upstream of this area is Old Peculiar Pool which was created some 15 years later and includes an artificial otter holt and there is beginning to be evidence of otter activity near the pool, even if not any resident breeding yet. There is an ever present conflict between public access and wildlife disturbance in any conservation area, and these small areas do not have the facility of creating walkways and hides unlike larger areas such as Burns Beck Moss up near Killington.

Should you wish to become involved in active conservation the Cumbria Wildlife Trust's website publishes a calendar of events such as at Orton Moss where there are regular work parties on the first Tuesday of each month. Alternatively come and learn about their work at one of their local events.

Dr Myles Ripley

THE FRIENDS OF
CUMBRIA'S MILITARY MUSEUM, CARLISLE
presents
THE OPIUM WAR
55th (Westmorland) Regiment of Foot
in China 1841-42
by Stuart Eastwood





6pm

Saturday 21st September
Kirkby Lonsdale Institute

Doors open 6.00pm for 6.30 start. Tickets
£12 each

Includes Chinese Theme Buffet & Bar
to be booked in advance from
P. M. Yorke 015242 76420
The Museum 01228 532774
or from
Love the Lune shop, Kirkby Lonsdale.

JUNE WEATHER

When did we have a spell of weather like this month? There have been various comparisons but for me the most memorable has to be 1976. In fact we have a dry/hot spell every few years. Recent ones have been 2003 and 2006. These were not as long as 1976 but came after fairly dry winters. This year we had 19 dry days but with the water table fairly high there weren't even any hosepipe bans. The 1976 drought lasted 45 days!!! We even had a Minister for Drought in 1976 and rivers as well as reservoirs ran dry that year. That was the year when stand pipes were in use in many parts of the country! The middle three weeks of this month had most days touching 80F with a maximum of 86F(30C) on the 18th. Minimum temperatures were, as to be expected, also fairly high but we did have one cool night on the 27th when temperatures dropped to 38.1F(3.5C)

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and 37F with the windchill. In spite of the high pressure it was a fairly breezy month with a maximum of 17.2mph and only 5 days when these gusts did not come from the North west quarter. We had had only 0.3 inches of rain until the 22nd of the month but we finished with a total of 6.02 inches! We had 2.8 inches of rain falling in the 24 hours on the 28th of the month. In fact 1 inch fell in 20 minutes around 8.30am! I know as I was doing my feeding rounds!!

Most farmers literally made hay whilst the sun shone. I got my first hay for 4 years!! I carted 140+ bales in one afternoon in a sun temperature of 105F(71C). I literally lost 4lbs in sweat!! Anyway the shippon is full so the sheep can feed again this winter without too much expensive proven! The rain quickly greened up the fields. Hedgerows have put on a real spurt of growth. We shall have to get

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busy after the 13th of next month cutting the growth back. A moratorium on cutting was agreed to allow nesting birds time to get their clutches away. The birds seem to have had a good year especially the house sparrows, jackdaws and crows. Butterflies seem still to be struggling with only cabbage whites about regularly. These have found my few Romanescue plants on which to lay their eggs! I physically wipe the eggs off each day. Imagine trying to do this on a field scale and yet there are some folk who don't want crops sprayed! I wonder what price they would pay for cabbages, cauliflowers etc full of holes? Rabbits haven't made a re-appearance yet but up Mallerstang both rabbits and hares are apparently plentiful. A few small rodents have been seen about which is surprising with weasels living in the paddock wall. The odd bat is out

hunting at dusk. A fox is visiting regularly and had dug up a dead chicken that must have been good and smelly. I haven't seen signs of the badgers recently. We've got woodpeckers back at the feeding station but recently it has been a female. The swallow brood kept returning to roost until the parents laid again. These hatched on the 18th. The wrens also had a second brood. Sadly this brood was lost when on a windy night on the 26th/27th when the nest fell into a tray of water chilling the brood in spite of replacing the nest in a suspended plant pot. A nuthatch has returned to the nut feeder. They are instantly recognized as they are invariably upside down when feeding. I am a beekeeper again. I went back over to the East coast to bring several colonies back. Prior to going I got some hives ready to put the nuclei in and low and behold I gained a swarm as well! They seem to have settled in.

Philip Horner

Fencing Contractor

Walling
Man & Tractor
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e-mail: prhorner@hotmail.com



SEDBERGH CAR CLUB

A Car Club for Sedbergh & District?

It's part of the Information Centre's mission as a transport hub to look for ways to help people travel around the area (and beyond) while keeping carbon emissions down and building communities.

One thing I've long wanted to see if we could get started here is a car club. It's easily described: it's a kind of membership car hire scheme. You pay quite a bit less than the cost of car insurance to join, then when you use one of the club's cars you pay a fee for the time you have the car and the distance you drive. Hire costs would be competitive with car hire firms, with the benefits that you can hire the car just for an hour or two if you want and that the insurance excess is low ... not to mention that the car's here rather than Kendal or elsewhere. Organising the hire involves a simple online form or a phone call.

This kind of scheme would help people who need a car now and again but don't want, or can't afford, to own one; changing to a car club from owning a car is also a good way of saving money, partly from the simple economics of it (no need to find money to buy one; no servicing and MOT fees) and partly because the amount people drive drops by quite a bit when they change from their own to a shared car. That last bit is how a car club helps our carbon footprint.

I don't think Sedbergh is too small

for such a thing; smaller places like Staveley, Mallaig (western Scotland) and South Brent (Devon) have one and seem to be doing pretty well.

For now, I would like people who think they would be interested in such a scheme to let me know; this will help me look for funding to buy a car or cars - I am fairly sure there are a couple of good possibilities. In a couple of months, I will invite people who've expressed interest to get together to think about how a car club might operate here and hear from people who've been involved in schemes in other places. There would be no obligation to join if we did get something going.

Do think about getting in touch at office@sedbergh.org.uk, on 015396 20504 or by dropping in to 72 Main Street. If you want more information I would be delighted to chat.

Best wishes, Andi Chapple

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ROYAL VICTORIA INFIRMARY

An Eden schoolgirl and her family and friends have raised nearly £2,000 for a children's cancer ward.

Eight-year-old Jessica Simpson was diagnosed with a brain tumour in January, 2011, after which she underwent 18 months of gruelling chemotherapy.

It is now nearly one year since her treatment finished, but Jessica still travels to Newcastle's Royal Victoria Infirmary for regular scans and check-ups.



Jessica lives at Crosby Ravensworth with her mother, Nicola, and younger brother, Ben, and is a pupil at Crosby Ravensworth Primary School.

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Along with her family, she organised a number of fund-raising events in aid of the children's cancer ward at the RVI and recently handed over a cheque for £1,874.

A total of £1,512 was raised and a further £362 in sponsorship money from Sedbergh friends Malcolm Sayner, who completed the Edinburgh half-marathon in May, and Ian Cousins, who swam one mile in Windermere

"We would like to say a big thank you to all of the local businesses that very generously donated raffle prizes, and to family, friends and everybody who helped and supported our fund-raising," said Nicola.

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Our two guest rooms are both en-suite
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Please note our opening hours.

Closed Mondays unless a Bank holiday.

Summer season open - Tuesday to Sunday – 8.30-4.30

Winter season open Wednesday to Sunday 10.00 – 4.00

Thursday, Friday & Saturday nights open to non residents from 7.pm – *booking essential*

NORTH WESTMORLAND ARTS

NWA has been running its concert series in the Appleby district since 1969 in various venues including, for many years, the town's castle. It has been able to attract musicians from all over the UK and beyond, many of whom are equally at home in the Bridgwater, Carnegie or Wigmore Halls as they are in Appleby's more modest Market Hall.

There is a small committee of dedicated, voluntary members who work behind the scenes to bring a winter season programme of music to suit all tastes, all linked by the wish to bring musicians of the highest calibre

to the county. A loyal following of subscribing concert-goers helps underpin the ongoing success of the NWA series and it is further boosted by local arts funding bodies.

The concerts represent exceptional value for money, particularly when a season ticket is bought for the whole series.

The next series will commence on Sunday 20th October followed by 17th November, 26th January, 16th February and concluding on 16th March, all starting at 7.30pm. Full details will appear in next months *Lookaround* but details are in the Diary.
Clare Morton

Macmillan Cancer Support
**World's Biggest
 Coffee Morning**



**Dent Memorial Hall
 Friday 27th September**

8.30 – 11.30am

Coffee & Cakes
 Raffle & Cards/wrap

Donations of cake & raffle prizes
 most welcome!

If you can offer any help for the event,
 please contact

Dorothy Vernon on 015396 25449

OPIUM WAR

The Friends of Cumbria's Military Museum, Carlisle will be presenting an illustrated talk on Saturday, 21st September by the Curator of the museum, Stuart Eastwood in the Kirkby Lonsdale Institute.

It will focus on the links that the 55th (Westmorland) Regiment of Foot and its successors the Border Regiment and King's Own Royal Border Regiment had with Westmorland.

The main historical focus will be the service of the 55th of Foot in China 1841-42 (The First China or Opium War) when the Regiment captured an Imperial Chinese Dragon Standard which is in the Regimental Chapel in

Kendal Parish Church, and also the service of the Regiment in China 1927-29 to protect international settlements and legations during the early stages of the Chinese Civil War.



There will be a buffet prepared by John Crouch on a Chinese theme. There will also be a bar.

Doors will open at 6.00pm for 6.30 start. Tickets £12 each to be booked in advance from P. M. Yorke 015242 76420 or the museum 01228 532774 or from the Love the Lune shop in Kirkby Lonsdale.

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10am to 12 noon
 Friday 27th September

Gladstone House, Fell Close



Raffle
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More information from
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**SEDBERGH
BRITISH SCHOOL TRUST**

The Trustees will meet on Wednesday 18th September 2013 to consider GRANT APPLICATIONS from suitably qualified persons who have attended local authority schools in SEDBERGH and DENT, and who seek FINANCIAL ASSISTANCE to further their education or for vocational training.

APPLICATIONS should be in writing and addressed to:

The Honorary Secretary of the Trust
6, GULDREY FOLD SEDBERGH
CUMBRIA LA10 5DY

and should be made without delay.

Mrs Jean Cope Hon. Secretary

**AUDIO & LARGE PRINT
LOOKAROUND**

After every issue of Lookaround goes to the printers for printing, there is still work going on behind the scenes. A Large Print version is produced which is double the size of the A5 which you are reading now. This goes to the VIP's (Visually Impaired People) in our Community and is free to recipients. About the same time, a free Audio Version is also created for the Blind members of the Community. This comes on a Computer Memory Stick and is inserted into a Special Speaker with minimal controls which is supplied. Instructions are also given. Both the Large Print and Audio versions are delivered to home addresses.

To create the Audio version, once a month, a Group of volunteers meet at the CDC and under the direction of either Trish Weatherall or Richard Thomas, the recording gets under way, with lots of fun and jollity, tea and biscuits. There are many female readers but there is a need for some male readers so if you could spare about 2-3 hours once every two or three months, you can read and have a sense of humour, please contact the Lookaround Office with your details.

The next and only Fund-Raising event will be the Coffee Morning in the URC Rooms at 10am on Wednesday 11th September when everyone is invited to attend. Any Cakes, Biscuits or Raffle Prizes would be greatly appreciated.

Dennis J Whicker

FRIENDS OF SEDBERGH MEDICAL PRACTICE
Invite you to a

CEILIDH

Featuring the Sedbergh Ceilidh Band
COMMON GROUND
*Led by Caroline Frances &
Caller David Petrie*

 7:30pm 

Friday 27th September
People's Hall

Admission - adult £8 ~ U13 £4
Free Pie & Pea Supper
Vegetarian alternative
with tickets bought in advance from
Sedbergh Medical Practice
Sedbergh Office Services

**FRIENDS OF
SEDBERGH MEDICAL CENTRE**

Following the success of last year's fund raising event for the Friends of Sedbergh Medical Centre we are holding another Ceilidh at the people's Hall on Friday 27 September.

'Common Ground' will once again be providing the music and there will be a pie and peas supper in the interval (with a vegetarian alternative)

Everyone who came along last year had a great time, so make sure you buy your tickets in good time. £8 for adults, £4 for children (over 13); available from Sedbergh Office Services or the Health Centre. We look forward to seeing you there for a

great night out. *Janice Rusling*

SEDBERGH BRIDGE CLUB

The Club meets every Tuesday at 7.30pm at the White Hart Club. Rubber Bridge is played in a friendly and relaxed atmosphere.

New members are most welcome and expert tuition is available for those who have not previously played the game and for those who wish to improve their standard.

If you fancy Bridge then do not be daunted. Can you play Whist? Then you can play. If you can count you can play. Anyone wishing to join or have a try can come along on Tuesday evenings or contact John Estensen on 21060.



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A CONCERT IN MEMORY OF

ALAN LEWIS

7.30 pm on Saturday 28th September

St Andrew's Church, Sedbergh.

Admission: £5.00 Under 16: £3.00



Sedbergh Town Band is a registered charity. Number 1086817

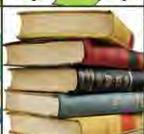
TELECOM MASTS

Last summer a large number of Sedbergh residents signed a petition protesting against the proposed erection of a 65.5 foot high mast behind the Electricity Substation off Busk Lane, and when the issue came up before the Yorkshire Dales Planning Authority, in May and July last year, it was turned down : cheers all round were to be heard. But lately the news has not been so good. Undeterred, Electricity North West has already erected the 6'6" high plinth for a 42.5 foot mast, which they hope to complete before the end of August. The plinth is set on ground which sits higher than Queen's Drive, so the mast would be both higher -

almost 52.5 feet above the level of our houses - and extremely near to some of the houses in Queen's Drive : horror, horror !

Local residents were NOT informed in advance. If it was discussed by the Parish Council, no one told us, maybe because they thought it was a fait accompli. The Planning Officer of the YDNPA had assured Electricity North West that it was a 'permitted development' as being under 49 feet high, but we believe he acted illegally by not submitting the proposal to scrutiny by the full Planning Committee; the Law requires that it has full planning permission in a National Park. We have had assurances from a

Sedbergh Saturday Markets



2013

29th June *mainly Art*

27th July *mainly Crafts*

31st August *mainly Books*

28th September *mainly Produce*

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telecommunications consultant that the Substation could have the necessary time-critical remote control that is needed, by more discreet means. National Parks surely exist to protect us from the intrusion of unnecessary masts, and there are laws to deter their construction. Both the residents and the landscape need protection . . . and vigilance on everyone's part!

It was as a result of the detective work by a neighbour that the plinth was discovered - only on August 9th. Since then, preliminary approaches have been made to the YDNPA, ENW and Tim Farron, MP for the area who, although he was on holiday,

immediately wrote to the Chief Executive of the YDNPA on our behalf. No response is so far forthcoming, but apologies for not giving residents of Queen's Drive advance warning of the construction have now been received from ENW. There has been no comment so far on a request for evidence of full planning permission for the work.

For the sake of everyone - local residents, townspeople and the many visitors who come to Sedbergh to enjoy the beauty of the landscape, we intend to take the matter further.

Anyone interested in helping us fight our cause can let us know of their support. *Donald and Shirley Smith*

SEPTEMBER GARDENING

My most successful fruit crops in the garden this year have been the greenhouse strawberries, and the gooseberries, both of which provided a steady supply of berries.

Each year I aim to replace some of my older strawberry plants, either with runners from my own stock, or from plantlets, from friends, or newly purchased from a nursery. This month is the ideal time as it gives the plants a chance to settle in well before the winter. I use large black buckets, with holes drilled through the base for drainage, and I plant my strawberry plants into John Innes no.2 compost, 3 plants per bucket. The filled buckets live out of doors through the winter, and are moved into my cold and airy (it has one or two panes missing at ground level) greenhouse in spring when the plants show signs of good growth. The greenhouse plants fruit at least a month ahead of their garden relatives, and, as I keep the buckets up on the greenhouse bench, they are easy to pick, and avoid the dangers of the slugs, snails, black beetles, woodlice, centipedes, voles

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and woodmice and the blackbirds which have, over the years, eaten their way into my outdoor strawberry fruit. So far the only pest problem on my indoor plants has been vine weevils, whose small, creamy white grubs have occasionally got in amongst the roots and had a good old chomp. Plants with this pest can soon be identified as they grow more slowly than their neighbours. The best solution is to turn out the bucket full and have a scrabble around amongst the roots. Pick out, and squash the grubs – or put them in a bowl on your bird table, (they are a great favourite with robins) and if the plants still have some healthy strong roots left, replant in clean compost. Greenhouse plants do, of course need regular watering and appreciate an occasional feed with a high potash fertiliser, but the extra time spent is always well rewarded by a good supply of clean, dry, mould free fruits in early summer. The buckets are moved out of doors again as soon as fruiting has finished to make way for the tomatoes, courgettes and runner beans which follow on. *Elaine Home*

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SEDBERGH GALA GROUP

The Gala Group will be holding their AGM on Monday 14th October at 7.30pm in the Peoples Hall committee room. Members of the public are welcome to attend.

The Gala Group exists to organise events for the community. The annual Gala which takes place in May, the Bonfire and Fireworks display which this year will be on Saturday 2nd. November and the childrens party which is in January.

If you would be interested in helping the Gala Group in any way, either by joining the committee or helping at the events please come along to the meeting.

All individuals and groups within the Sedbergh community may apply for a grant by letter to the Secretary, c/o Tardis Cottage, Howgill Lane, Sedbergh, by 11th October.

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SIGHT ADVICE SOUTH LAKES

SASL caters for the VIP's (Visually Impaired People) in our area and every month, they send out a Newsletter called 'Insight' giving details of assistance and much more to members of the community.

On Thursday 26th September, SASL are holding an Open Day which they call a Focus Day from 10am to 2pm in Stricklandgate House, 92 Stricklandgate Kendal. There will be lots of gadgets available to try out to improve visibility.

If you would like to attend or any other information, contact SASL on 01539 742633 or www.sightadvice.org.uk

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QIGONG & T'AI CHI

Balance, strength & presence this autumn

The Sedbergh area is an increasingly good one for people interested in Chinese ideas about movement, relaxation, concentration and health that are expressed in qigong and taiji (also spelt 'chi kung' and 't'ai chi'). This autumn, three local and two guest teachers will give people a chance to learn and practice a wide range of approaches whether they are an experienced practitioner or new to it all.

Ian McPherson has studied energy arts, meditation and martial arts for many years. He has long-running

weekly classes on Tuesday evenings in Sedbergh and Wednesday afternoons near Hawes, and his Saturday afternoon class in Kirkby Stephen meets approximately once a month. Although the classes cover sets of qigong exercises which gently bring strength and flexibility, Ian's main aim is to teach presence: in this moment and in one's life as it really is.

June Parker's knowledge of Chinese medicine is based in her study of acupuncture and her work as an acupuncturist. She has studied qigong and Chinese martial art within the UK Taiji Qigong Foundation for well over a decade. She specialises

in teaching the flowing but powerful movements of Wild Goose Qigong; she has a weekly class in Sedbergh on Monday mornings and a monthly day-long class in Barbon. She has also organised a visit in October from Kevin McGee, a senior teacher of Peter Ralston's 'Effortless Power' approach to movement and 'Zen Body-Being' approach to self-awareness.

Hazel Hunt is a trained nurse as well as an experienced taiji teacher and is interested in what taiji and qigong can do for those with health or mobility problems. She will be teaching Sun style taiji in Sedbergh over three Saturday afternoons this autumn - Sun style is a sprightly, easy-to-

understand system of movement, which Hazel learnt from Faye Yip, a student of Sun Jianyun, the daughter of Sun Lutang, the style's inventor.

Andi Chapple is a student of Ian and June's. He is interested in applying the principles of bodily alignment and safe, efficient movement to everyday life and explores this in a Wednesday evening session of qigong and taiji in Kendal. He is starting a Saturday morning session in Kirkby Lonsdale this autumn which is designed as a practical introduction to qigong.

Please contact Ian, June or Andi to find out more. For contact details, dates and so on, please see the advert on Page 10.

Andi Chapple



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NATIONAL CHILDREN'S ORCHESTRA

Over 100 highly gifted and musically assured 11-13 yr olds ended their week's residence in Sedbergh School with an open rehearsal in Powell Hall.

Under Roger Clarkson's direction, the core of the 'concert' was Rimsky-Korsakov's narrative tone poem 'Scheherazade', a hugely demanding piece involving scarily exposed and dizzying linking violin solos voicing the lady's seductive story-telling to weighty orchestral textures depicting the high seas, wild love and magic. So much depends on the role of the lower strings and bottom brass to create the urgency of the sea and adventures on it, while the woodwind and top strings have the role of sketching out romantic adventures in love and magic. For many, of course, the thread is the tale of Sinbad, despite the composer's later attempts to suggest the piece was not tied to any particular narrative from The Arabian Nights.

The sheer expressive power and energy of this orchestra was astonishing. But from the start, top billing must go to the astonishing joint leaders of the orchestra, particularly the boy, who carried the weight of the narrative in challenging violin solos played with captivating assurance. Elsewhere, there was fine cello playing, expressive clarinet and bassoon work, alert percussion, and show-stopping brass, particularly from trombone and trumpet sections. As if to underline their virtuosity, the orchestra played their by now familiar



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encore piece of South American dazzle, and here the percussion team was for me the star of the show with some fiendish cross rhythms carried off with cool aplomb.

If you ever want to hear electrifying playing, and experience music-making excitement of a rare order, then this NCO ensemble is worth catching. Let's hope they return next year to illuminate our Sedbergh summer.

Stuart Manger

CRAFTWORKSHOP

meet, make & share!!!

We have been shortlisted for the Westmorland Gazette Business and Tourism Award in the Social and Community development category! We will know on 27th September how we have done, but we are pleased to have our achievements recognised. Remember – this all started with an article in the Lookaround!

We now have fifteen members of the co-operative who make crafts and spend time in the shop regularly as well as between twenty and thirty suppliers. We have now established a fifteen mile radius for crafters, to ensure that all that we sell is truly local.

We have also started to experiment with the layout of the shop, grouping similar items together and we have moved the seating. Our priority is to have a pleasant place to meet and do crafts, but we also need to keep our customers happy. Getting the balance right is difficult.

We have a planned programme of craft demonstrations. If you haven't called in on a Wednesday, why not

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see what is going on from 11.00 am – 1.00 pm. We have done crochet, knitting, beads, rag rugs, chairs, batik, card-making and more. Some of these offer the opportunity to have a go, although most are demonstrations, where the crafter will be happy to talk about what they are doing. For details of what is on each week have a look in the back of the Lookaround.

Many people will know that Keith and I have bought the building and moved in. This secures the craftworkshop at 61 Main Street for the foreseeable future. The rumours that it is 'our' shop, however, are entirely untrue! We are enjoying having the co-operative use our space for free, but it is not a business -it is 'not for profit' and it is not 'ours' – the space is the co-operative's. All those who 'work' in the shop do so for their own pleasure and enjoyment. Currently I am Chair of the co-operative, but that role will be passed on to another member of the co-op in January.

Helen Wilberforce

NEIGHBOURHOODALERT

Cumbria Constabulary wishes to remind the rural and farming communities of the developing national (and local) trend relating to thefts of Land Rover Defender, 8 having been stolen in Cumbria this year.

A shed was broken into at Cowgill between 0900 & 1800 on 1st August.

You are asked to be on high alert remembering always to remove the ignition keys and lock the vehicle when it is not in use – even for short periods. Furthermore, report ANY suspicious activity via 101, or if a crime is in progress, dial 999

SEDBERGH & DISTRICT COMMUNITY FUND

Grant Applications

Since Clutterbooks the Community Charity Shop opened its doors four and a half years ago, it has enabled the grants committee to award grants totalling £64,072 to local community groups and projects.

The next meeting of the grants committee is scheduled for 23rd October and the deadline for receipt of applications is Friday 11th October. The Fund welcomes applications from any properly constituted local organisation whose activities benefit the community. Application forms and guidelines are available from the Community Office at 72 Main Street, office@sedbergh.org.uk.

As Secretary to the grant committee I am happy to offer advice on the submission of applications.

David Ramsbottom 21013



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**DENTDALE
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In July we changed the week due to holidays and did something different. Due to the lovely weather we met outside where we sang Gods praises, then there was an open garden time when everyone was invited to explore the garden as it is when open as part of the Quiet Garden Trust, with the passages of scripture and other words to read dotted about. Also, we were all invited to seek Gods way for opening the garden for prayer under a different arrangement. People wandered around or went into the house to chat and then we all shared supper inside. Following this prayer time and waiting on God the new venture has a name, all will be revealed soon.

DDCF is not a denomination. In fact most of the folks who come along to the fellowship belong/attend a denomination somewhere in the area and beyond, they sense they need something more and are blessed to be part of the fellowship and a tremendous blessing to us. And, after all, there is always something more to

receive from God and to learn from God, none of us will be fully "there" until eternity when we see Jesus face to face.

So we carry on, usually the 4th Sunday monthly, where we always pray for needs known to us, so do let us know if you would appreciate prayer for yourself or someone else. We are not 'religious', for us, following Jesus is about 'relationship' not religion, we are possibly seen as 'hard sell God' by some, to others something of an oddity, to others we have something precious they want to share. And we want to share Jesus with u! We make mistakes, don't always respond as we should, but know personally the One who forgives us, sorts us out and sets us of again and we, DDCF, pray that you will come to know Jesus personally.

John & Sarah Woof. (25212)

MacMILLAN CANCER SUPPORT

Every year, the MacMillan Cancer Support organises the World's Largest Coffee Morning where people and groups stage a Coffee Morning to raise money for this very worthwhile charity.

This year, there are three being organised in our area on Friday 27th September and your support of any or all of them would be appreciated by the organisers and the charity.

You can give your support at Gladstone House, The Cross Keys Hotel and Dent Memorial Hall. Further details appear in their individual Adverts on Pages 26 and 27.

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CHURCHES TOGETHER

Another Fantastic Open Garden Weekend in the Dale

Many people enjoyed the hospitality of Janet Skublics and her wonderful team of helpers at Broadfield House, Cowgill for our second open garden weekend. The weather was kind, and enabled the many visitors to marvel at what Janet could achieve in the sometimes hostile climate up at Cowgill. How lavender and figs can flourish up there amazes me! An astonishing £513 was raised to complete fund raising for the heating fund for St Andrew's Church, Dent, and we now look forward to the underpew electric being installed as soon as the contractor can come. We are indebted to Janet and her team for all the hard work and great pleasure she gave to so many people by sharing her beautiful garden with us.

Cowgill Church News - Art and Crafts Festival

To celebrate the 175th Anniversary of the consecration and opening of St John's Cowgill, an Arts and Crafts Festival was organised in August. Full report next month. The festival coincides with a considerable programme of renovation to the church as part of the work for this special year. Why not come down and have a look at all that's going on at one of our services? You will be most welcome. We are so grateful to all who give so much of their time to volunteer and help the church. We are especially grateful to Ken Smith who used to mow the churchyard. He and Dale have now moved to be

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nearer family and we thank him for all his hard work in the churchyard – it is quite a job! We wish him and Dale every blessing for the future.

Bible Hour – a new and informal way to explore the Bible

Following on from the success on our Confirmation Group which met in the Reading Room Library earlier in the year, we are now offering a weekly opportunity to explore the Bible informally in the bright and comfortable setting of the Reading Room Library every Saturday between 6pm and 7pm. Just bring yourselves, we will provide everything.

Services at Dent and Cowgill

St Andrew's Dent welcomes you to its weekly Sunday celebration of Holy Communion at 10.30am. On Sept 29th, we welcome the children and everyone to our Harvest Thanksgiving Family Communion at 10.30am

St John's Cowgill welcomes you to its service of Holy Communion at 9am on Sept. 1st and Evening Prayer on Sept 15th at 2.30pm. On Sept 22nd we baptise and welcome Cowgill's

newest resident, Tate Gornall at 2.30pm.

On Saturday 7th September - Furness Churches United Choir are going to enjoy their Away Day in Sedbergh. They would like to invite any interested singers to join them at 3pm for an open rehearsal at the URC, Main St followed by a performance at 5pm. Music/CD is available before from Carole Marsden or just turn up. Everyone welcome. Christian Aid in Sedbergh and District

Recently our local committee had its annual reports and we'd like to thank everyone in the area who helped us have an extremely successful fundraising year. We were able to send the following to the Christian Aid Headquarters:

October 2012 October Coffee morning	£293.06
March 2013 Coffee morning	£254.07
Donation from Tea & Co	£72.10
May 2013 Christian Aid Week	£4510.68
TOTAL	£5129.91

An excellent effort from our caring community. Further down you'll see how the communities we were focussing on this year are getting on but first I'd like to raise some help we'd like on the committee.

The committee is a great little working group comprising of people representing most branches of our local churches who all contribute in one way or another to the operation and running of the various events. We only meet about 3 times a year with maybe a couple of sub groups if something needs doing out of the

ordinary. Mrs Christine Wood has been our able Chairperson for the last few years but has now stood down and we would like to draw in to our group someone prepared to take on this role. It isn't an onerous task as the rest of the committee get on with the practical jobs so it's really a case of leading the meeting through its agenda in a timely manner so we can then relax over a cup of coffee and biscuits. We could also do with a new member who'd be prepared to jot down the minutes - at present we're rotating the task but it would be good if someone would come and take the little task on and circulate them by email. They are not scary jobs, nor do they demand a lot of time but we just need some extra folk to have a go so things keep running smoothly. If you'd like to know a bit more just have a chat with Christine Wood (tel. 015396 21750) or Kath Hannam (tel. 015396 20897) or other committee

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members. Our next event is the Coffee Morning on the 9th October which would be a good opportunity to find out more.

Since May there has been further news about the project work of Christian Aid's partners in Zimbabwe and Bolivia.

In Zimbabwe, when the Dabane Trust's Thelma Ntini visited Dambashoko in June, she found the 10 cooperative gardens doing well despite the difficult weather, thanks to a new surface water dam.

Thelma also visited Jonah Tshuma and his wife Jessy, whose story was featured as part of this year's Christian Aid Week materials. Jonah had just harvested sugar beans and garden peas, and had a beautiful crop of tomatoes ripening in his beds. Jonah and Jessy now sell their surplus crop to the Matshetshe Processing Centre, which Dabane

helped the community to set up. The centre is at the heart of Christian Aid's ambition to build a more sophisticated conservation-based agricultural model.

Communities now process, preserve and package their produce, adding value to the crop and allowing them to access more lucrative markets.

Jonah and Jessy have a message for Christian Aid supporters: 'We're so thankful. Where you have sacrificed to give to us, may the Lord replenish you tenfold so you are able to give to other communities as well. Blessed is the hand that giveth as that which receiveth'.

In Bolivia, thanks to Christian Aid's partner CIPCA, the cocoa-producing community has now opened its own chocolate factory, funded by Christian Aid. This creates a world of new opportunities for indigenous cocoa producers, who until recently were

excluded from much of mainstream Bolivian society. As well as enabling them to earn an income from their own land, which means they won't have to migrate to cattle ranches or sugar cane plantations for work, the chocolate factory also gives them the opportunity to be active citizens, contributing to the country's development. The machinery is operated by young people from the forest communities, who also receive training in how to run a successful business.

Christian Aid Bolivia country manager Emma Donlan recalls: 'I remember indigenous people saying that they dreamt of being able to process their own chocolate. They

said: "If Switzerland can have the best chocolate in the world and it doesn't even have one cocoa plant, why can't we produce good chocolate?" And now a dream has become reality and there's just such hope here.'

I'm not sure when we'll get to taste the chocolate here in Sedbergh but I'm sure we will.

*Rev Anne Pitt on behalf of the
Christian Aid committee
News from the Pews*



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welcome two more babies into our church family, a little girl whose family chose a private Baptism Service and a little boy who was baptized during a Sunday morning service. Both babies were intrigued by all that was going on around them and took their part in the service with great charm. Sometimes parents choose to have private baptisms whilst others prefer to bring the baby along to our morning service and share the occasion with other parishioners. Our Vicar, Rev Andy McMullon and Curate Rev Vic Hopkins are keen to help those families who wish to bring their babies or children for baptism.

From near and far family, friends, fellow musicians and colleagues

came together to join in the Thanksgiving Service for the life of Alan Lewis on a very warm Friday afternoon in late July. With all the church doors wide open the wonderful music played by the Town Band echoed around the town. Alan had composed one of the pieces "Gabriel's Oboe"; the solo part played by Rev Carol Marsden. The band continued to play in the churchyard after the service whilst cups of tea and cake were served and memories exchanged.

A set of house keys was found after the service. Please contact me on 015396 20754 if they could be yours.

St Andrew's has a Missionary Committee that helps to support

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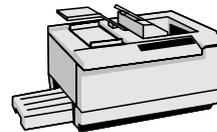
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seven different Missionary Groups and Christian workers both here in South Lakeland and throughout the world. Personal giving plus Coffee Mornings and other fundraising events help to raise the necessary monies that are sent annually. At the end of each year the amount raised is totalled and divided. A recent coffee morning raised £214, a useful amount to add to our total.

Comments are sometime made that it would be easier for a number of people to give a donation and collect the money that way without all the work and hassle that holding a fundraising event brings. Wouldn't we all miss out if that happened too often...all the chitchat over coffee and biscuits...and believe me the noise in the upper room of the URC can be quite deafening at times! We would miss out on the homemade chutneys, jams, marmalades, cakes and buying someone's cast off treasures not to mention a surplus of fruit or veg from the garden. The venue is the perfect location and of course the revenue from letting the room is invaluable to the United Reformed Church towards the upkeep of the property.

The newly married Mr and Mrs Kliszat ... Stefan and Jaime, were greeted with pouring rain as they left the church as man and wife, which was disappointing for them and their guests hoping to take photographs outside.

Let us hope for a sunny day on Wednesday 4th September, our annual Thanksgiving Day when the Vicar and Churchwardens take a

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large cauldron to the lychgate ready to receive any monetary gifts freely given towards the upkeep and maintenance of our beautiful parish church.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

Harvest Festival

St Mark's Harvest Festival service will be on Sunday 22nd September at 2.30 pm. This will be a 'folk-style' celebration with the harvest hymns accompanied by accordion, fiddle and ukulele (other instrumentalists welcome). The service will be followed by refreshments. Everybody welcome!

PEOPLE'S HALL NEWS

Early this year the People's Hall made a joint application to fund a home for the Pulse Community Gym at the back of the Hall. Unfortunately our bid was unsuccessful. However we have been encouraged to try again (see article from Sandra Gold-Wood on page 64).

The Frieda Scott Trust has awarded us a grant of £2,500. We were also very fortunate to receive a Gift Aid donation of £10,000 from an anonymous donor in the last month, for which grateful thanks. The Coffee Morning brought in £404 including some sales of bricks and donations. But we still have a deficit of about £10,000. This is covered by loan pledges and so is manageable.

The redevelopment is slightly behind schedule, but we hope to have the changing facilities available for the start of the football fixtures. Local companies have been generous in supporting various aspects by supplying materials at cost and/or not charging for labour. For photographic progress please visit:

sedberghpeopleshall.blogspot.com

The Committee has agreed to

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extend the Committee Room to meet user requests and improve the facilities. The work can commence in September when the new secure store is available. The cost will be charged to the General Funds as it is part of normal improvement of the Hall and not redevelopment.

We have not raised our hire charges since May 2011 and now must do so to meet our increased outgoings. From October 2013 the Main Hall hire rates will go up from £14 single session to £15 and the hire of the Committee Room from £10 to £12 per session. Full price available from Sedbergh Office Services.

Dr Gina Barney

Hon Secretary/ 20790

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MEDICAL CENTRE

When guests who do not have satnavs come to see us, our travel directions usually involve mentioning some noteworthy landmarks along the route. 'When you come into Sedbergh, you'll pass the supermarket and new Medical Centre on the left' - that sort of thing. In fact, it's often the Medical Centre that gives cause for comment once the guests arrive. They are impressed: 'It looks so attractive'. It's very big, isn't it? 'How come a small place like Sedbergh has such an impressive Medical Centre. What's the population again?'. There is often a hint of envy. Our guests may come from some highly desirable spot further south. The population is larger, the affluence considerably greater perhaps. But their highly desirable spot's Medical Centre may be half the size of ours – and ramshackle, pokey, perhaps. Hence the envy; and this is based just on the outside. Our guests would be greener still if they had been inside, and thought not just about looks but about amenities too.

How come Sedbergh, they wonder. And so should we. Do we, the locals folks, know how lucky we are to have our spanking new Medical Centre? Have we really counted the medical blessings, and shown appropriate gratitude? Or have we taken these new facilities for granted? After all, everywhere has doctors, nurses, Medical Centres. So what's to make a fuss about? Well, what we have really is fuss-worthy. A trip to the doctor's in

almost any other corner of the UK, including London (perhaps particularly London) will confirm just how lucky we are.

It's not really luck, of course. It was the result of planned action, and we really do need to thank those responsible – Dr Lumb and the others – for what they have done for our community. Perhaps we need to find some proper way of saying thank you. I don't know what this might be, but whatever it is, it does need to be public. Gratitude mumbled from person to person isn't really enough. The Thank You should be **LOUD**.

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NEIGHBOURHOODALERT

Electric Blanket Testing Sessions

Cumbria County Council's Trading Standards and Cumbria Fire and Rescue Service are offering free electric blanket testing sessions across the County. One event will be held in our area and residents can bring their blanket to be tested by appointment only, between 9.00 am and 5.00 pm on Monday 30 September at County Offices, Stricklandgate, Kendal.

BOOKWORM

What I have been reading this month:

1. 'Miracles of Life' by J G Ballard (autobiography)

This book charts Ballard's life from Shanghai to Shepperton and covers an extraordinary range of experiences, dispassionately told, which influenced his writing career. The early chapters on China in 1930s from a school boy perspective are very illuminating.

2. 'The Chemistry of Tears ' by Peter Carey (fiction)

Astute, original, detailed description of the process of grief told through the eyes of Catherine a London museum conservator (2010) and the pen of 19th century Henry whilst he is in Germany.

The two are linked via the complex construction of a silver swan automaton - a project aimed at distracting both from grief - in Catherine's case the death of her married lover and in Henry's his dying son.

Those who have enjoyed the Bowes Museum silver swan automaton may have a special interest in this book !

3. ' A Delicate Truth' by John le Carre (fiction)

Operation Wildlife : counter terrorism, the Foreign Office, a new minister, Gibraltar, American mercenaries and the secret collateral damage of 2 deaths. Why is the situation so toxic 3 years after the failed plot and why are certain people

being killed to prevent 'the truth' emerging ?

John le Carre weaves all this into a realistic yet thrilling and compulsive read. *RM Bookworm*

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AGE UK SOUTH LAKELAND

I am going to start a drop in service at Sedbergh Library on the 3rd Wednesday of the month from 2-3pm, starting on the 18th September.

I will be available to offer advice and information about the services and products that Age UK provide, as well as offering information on local groups and activities. Come along if you need any help filling in a form, applying for Attendance Allowance or a Blue Badge, you may want to take one of our leaflet that range from falls prevention to advice about staying warm in winter. You may just want to have a chat about caring for an elderly relative or maybe you're interested in becoming a volunteer for Age UK – whatever the reason I will try my best to help. I hope to see you there.

Linda Greensmith, 01539 728180

THE DENTDALE CHOIR

The Dentdale Choir resumes its new term on September 10th with the first rehearsal in the Memorial Hall at 7:30 pm for the Advent & Christmas carol concerts.

The Christmas carol concerts are by the kind permission of the Vicar, the Rev Peter Boyles, being 19th December at Cowgill Church and 22nd December in Dent Church.

Anastasia Micklethwaite continues as our conductor and the new Chairman is Iwan Lewis, whilst the new secretary is Mike Steele
M: 07813-806209,
H: 015396-25054,
e-mail: phoenixes@btinternet.com

All past members are cordially invited and we extend a warm welcome to any new members – if you want to sing come and join us!

Mike Steele

MIDDLETON GET-TOGETHER

At 6pm precisely on Saturday 27th July, the thunder rolled down the Lune Valley to announce the start of Middleton's annual Get Together in suitable style. Over 70 residents and children enjoyed a very successful gathering at Millbeck Farm, courtesy of Heather, Stephen and John. Many thanks to them for organising such a pleasurable event. The storm held off long enough for the children to enter the various running events with great enthusiasm, and for 500 ducks to be set off down the beck in the sponsored race. Nearly £600 was raised towards the community project by this and the raffle. Thanks are also

due to everybody who supplied raffle tickets and bought duck race tickets.

As we sat down to the Jacobs Join supper, it was a good opportunity for some of those recently arrived in Middleton to be introduced to us all. The storm raged around us in dramatic style, but it had no effect on a thoroughly enjoyable evening. “

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COMMUNITY GRANTS

Are you a local community group looking to raise funds for a community project or initiative? Does your project meet local priorities and benefit the wider community? If so, you may be eligible to apply for a Community Grant from Cumbria County Council.

Grants are available for voluntary, non-profit making community groups and organisations who can demonstrate that their project will benefit the local area. For more information and to find out if you are eligible to apply for a grant, please contact Sarah Williams, Area Engagement Officer, on 01539 713405 or e-mail sarah.williams@cumbria.gov.uk

SEDBERGH TOWN BAND

Alan Russell Lewis

Following a private family cremation at Morecambe a Commemoration Service for the life of Alan Lewis was held in St. Andrew's Parish Church. The church was filled to capacity with family, friends lovers of brass music, players from the world of brass and former pupils. The sheer numbers of those attending, many of whom had travelled considerable distances, reflected the high esteem in which Alan was held by so many diverse people.

The potentiality for sadness was quickly dispelled as the life, achievements and huge personality of Alan were revealed by addresses from the Vicar, Rev. McMullon,, a lifetime vicar friend of Alan's from Wales (David Jones) Chris Sweeting (Sedbergh School's Chaplain) delivering in his absence Nick Brown's tribute and the combined reminiscences of his sons Iwan and Gavin.

The record of his life and musical achievements as given in the service sheet admirably gives a

comprehensive appreciation of his remarkable talents and accomplishments in the world of Brass Band music. It is not unreasonable to quote it at length to ensure and appropriately detailed record of this larger than life personality.

Born 27th January 1948 in Neath, Wales, he grew up in Seven Sisters with his brother Brian and mother Glenys, his father having passed away in 1954. Aged 15 he started working in the local mine as an electrician, and at 18 years old he joined the army. During his army service he was Principal Cornet of the regimental band of the Royal Welsh Fusiliers, and at the Royal Military School of Music at Kneller Hall. After serving as the Trumplet/Cornet instructor at the Welsh Brigade School of Music he left the army to enter the teaching profession. He taught in Worth School in Kent, Christ College Brecon in Powys, and finally in Sedbergh School where he was the Head of Brass, Bandmaster and founder of the internationally renowned CCF Band.



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Alan's teaching at Sedbergh School led to many pupils achieving grade 8, and eight pupils achieving ATCL and LTCL diplomas, reaching degree level playing and achieving degrees before they even left school. However, his ability to inspire touched many more; just ask any of the hundreds of his former pupils what he meant to them.

Alan held a Licentiate of Trinity College London performers diploma and a Bachelor of Philosophy degree from Lancaster University, for which he wrote a thesis on the technicalities of conducting, later becoming his book 'The Brass Bandmaster'. The topic was so unusual that when the university started searching for someone to mark it, Trinity College

London recommended that they ask a certain Alan Lewis in Sedbergh!

He founded and directed the International Brass Band Summer School in 1989, was a member of the National Association of Brass Band Conductors and in 1995 was elected President of the Cumbria Brass Band Association. He was awarded four medals for his services as Music Adviser to the Band of the Royal Swedish Dragoon Regiment and received the Lord-Lieutenant's certificate for his work with brass bands. Alan Lewis was the Music adviser to the Army Cadet Force and Combined Cadet Force for the north of England and Northern Ireland.

Alan loved composing music and

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published a large number of solo and ensemble works, his own website (arlmusic.com) showcasing many of these. He played for many orchestras, big bands and brass bands in his life but enjoyed the challenge of conducting most of all. He was particularly proud of taking Ammandford and then Flookburgh from the unregistered up to the championship section.

In March 1998 Alan, on a voluntary basis, started a brass evening class for people in Sedbergh. This proved to be so popular that he agreed to form the Sedbergh Town Band, which now has 35 players in the senior band and 25 in the youth band.

A larger than life character, driven, inspirational, stubborn, honest, caring, he will be missed.

Space precluded the inclusion of much detail - for instance, although reference is made to his composing it is less well known the full extent of his original works, a number of which feature in the Town Band's concerts are famous pieces skillfully arranged specifically for the Band where his awareness of the strengths and



weaknesses of the Band are magnificently catered for.

He has been a colossal figure as far as the Town Band is concerned. When he gave a relaxed lesson in brass playing at the request of a few regular customers in the Bull Hotel he probably did not realise that his personality, skill, enthusiasm and

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ability to inspire would lead to the formation, growth and development of the more than competent Band that appears so frequently at local events and gives regular major concerts which musically make ever increasing demands upon the ability of the players. That the Band can rise to the challenge is thanks to Alan - his ambition, even from the earliest beginnings was always that the Band should achieve high standards, and the players always responded to his good natured and humorous chivvy and lack of satisfaction with anything but the best.

Members of the Town Band were clearly able to see at first hand the imaginative energy he brought to all

he undertook. His contributions were endless: besides founding and developing the Band he instigated and dealt with a great range of facets essential for the success of such an organisation. He thought up, directed and organised the accumulation of excellent quality instruments for all, uniforms, music stands, badges, banners, a dedicated trailer, a marquee etc., ensuring a band as well equipped as any. He was able to tap into the expertise, assistance and generosity of many organisations thanks to the regard in which he was so widely held. He was instrumental in producing the C.D., and being the inspiration behind trips that took the Band to Slovenia, Italy, Belgium and

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Kate Seymour is still our Sedbergh representative - please do not hesitate to contact her in the first instance on any legal matter.

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Scotland besides successful participation in a few contests. He was always conscious that there was a local role the Band could play and he organised well received presentations of the Band to a number of nearby villages.

The domestic Alan was graphically conveyed by his sons Iwan and Gavin who gave an affectionate account of a dedicated and caring family man. A visual record and portrait was provided at the end of the service when a range of photographs from the Lewis family albums were screened at the West end of the church as the congregation departed.

The service was undoubtedly one of which Alan would have fully approved. A strong Welsh influence was apparent. After the singing of 'Guide me, O thou great Redeemer' (almost in itself a Welsh anthem) the choir gave an excellent rendition of the anthem 'Cantate Domino'. Carole Marsden performed 'Gabriel's Oboe' most movingly, whilst the Band led some fantastic congregational with hymns to the tunes Abewrystwyth and Blaenwern. The congregation exited to the Band's playing of the stirring march 'Men of Harlech'.

Refreshments were provided in the church and grounds and much praise and thanks go to the ladies who so tirelessly and efficiently undertook the daunting task of providing refreshments for upwards of 400 people.

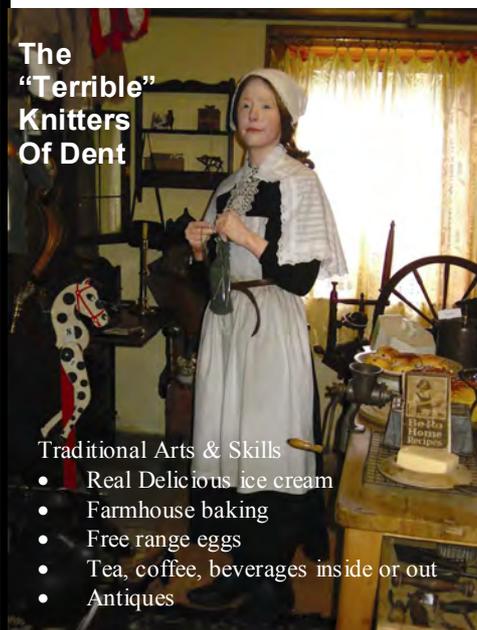
On completion of the service the Band retired to the marquee

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previously erected outside and proceeded to give a concert to the many attendees who went into the grounds and enjoyed the delightful late July sunshine. A number of Alan's former pupils took up instruments and joined the Town Players, four friends and colleagues undertaking the conducting.

Radio Cumbria

The passing of Sedbergh Town Band's Director of Music, Alan Lewis, was tastefully acknowledged at 7.50am on Friday 26th July by Radio Cumbria. The item opened and closed with an extract from the Town's prize winning performance at last year's Hardraw contest. The interviewee, a distinguished figure in the world of banding, (Mr. Swanson, President of the N.A.B.B.C.) paid tribute with glowing reference to various stages of Alan's career. He recalled the astonishing achievement of raising a modest Flookburgh band up to Championship level. Particular emphasis was placed on Alan's career at Sedbergh School where in the role of Bandmaster and principal brass teacher he achieved a national

reputation for an incredibly accomplished school band. He led the band on numerous tours, many to exotic locations, and derived immense satisfaction from the degree level of attainment of some of his pupils. It was universally recognised that Alan demanded and achieved the highest standards.

Admiration was also expressed for the manner in which he formed from scratch the Town Band which initially comprised members who previously could not read a note of music nor had ever lifted a musical instrument.

Coffee Morning

The first of three coffee mornings to be held in the United Reformed Church between now and Christmas took place on Wednesday 17th July. The raffle, boasting many attractive prizes, was well patronised whilst a good range of books, toys, bric-a-brac and cakes were eagerly seized upon.

Numbers attending were undoubtedly boosted by Iwan Lewis's playing of the tuba just outside the entrance to the hall.

Gerry Blackwell

AMERICAN TRAVELLING MORRICE

Saturday 3rd August saw a spectacle on Joss Lane Car Park when the touring dancers concluded their tour of Cumbria and Yorkshire by appearing in Sedbergh.

There was a colourful array of 35 dancers who were met and greeted by many residents of the town who were treated to an hour of very energetic dancing by the members of the team, which was greatly appreciated as it was their 6th performance of the day after having been to Penrith and Carlisle.

The Team was ably led by Cecil Laughlin who had taken them during the week to places from Ambleside to Wray, Cartmel to Richmond and everywhere in between. Cecil was very appreciative of the welcome that they had received in Sedbergh and commented that we were the only place of all the 39 locations to have been met and welcomed by a Town Cryer who led the crowd at the end to give them all a rip-roaring Three Cheers.

Dennis J Whicker

DENT GALA

As I write this, this day is in the future, many thanks to ALL HELPERS. More details next month but whatever the weather we would have a good day! *Sarah Woof*

HAPPY CHRISTMAS EVERYBODY!

The summer holidays are not quite over and already some people are thinking about Christmas - or more specifically Christmas dinner.

It has been suggested that if there is enough interest the Methodist Church will host a Christmas dinner at the chapel on Christmas Day for anyone who would otherwise be alone. – or anyone else who would like to join the party. We cannot be sure of the costs at present, but would like to know if there is sufficient interest to make it viable.

If you think you might be interested in coming along – without making a firm commitment at this point – please leave your name and contact details at Sedbergh Office Services (20778). *Janice Rusling*

CAR PARK PERMITS 2013-14

Permits to allow cheap car parking on Joss Lane and Loftus Hill car parks until 31 August 2014 are now ready. You can get them at the Information Centre, 72 Main Street; we are open 10 am till 4 pm Monday to Saturday and 12 noon till 4 pm on Sundays. The price has increased a little bit – permits are now £38 for the ordinary ones and £57 for '24 hour' ones.

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INDEPENDENT AGE

I am looking for volunteers for Independent Age. Are you interested?

Independent Age is a long-established charity and is now looking for volunteers in this area. We aim to bring friendship, conversation, and sometimes practical help, to older people. Our volunteers are visitors, perhaps dropping by for a coffee and chat, checking someone is alright, or arranging a trip to the local shops.

As a volunteer visitor, you would be matched with an older person living in the area, and could fit your visits around your other commitments and responsibilities.

Please get in touch with me for a chat to find out more. Tel: 015242 76371 Email: Moira.

Roberts@independentage.org.uk

Moira Roberts

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The above charity provides grants to post secondary school students attending further education or doing an apprenticeship. The purpose of the grants is to provide money to buy books or tools to help further their careers. The grants are available to anyone under 25 years old who lives in the civil parish of Sedbergh.

Anyone wishing to receive a grant should apply, by Monday 14th October, in writing to:-
Mr R.W. Cann, Clerk to SUC&WH, 31 Loftus Hill, Sedbergh, LA10 5RX.

Please state your name, Sedbergh address, date of birth and the nature of the course or apprenticeship that you are undertaking.

SEDBERGH LIBRARY OPEN DAY

On Saturday 28th September between 10am-12.30pm, Sedbergh Library will have an Open Day and invite to you to meet Alma Wilson your new Assistant-in-Charge.

Celebrate and support your community library and enjoy refreshments and chat.

Find out what library services can offer you today or ask about your new 'Friends of the Library' group.

Hannah Nicholson

SEDBERGH CRICKET CLUB

The Club and Members are very grateful for all the help, support and sponsorship that they have received which does help to boost their performances in matches.

Graham Keighley, Greendoor Shop, White Hart Club, Andrew Mattinson, builder and Martin Powell Fruiterer are the latest Match Ball Sponsors.

Saturday 20th July – Away To Holme

On yet another glorious day, we travelled to Holme. After winning the toss and electing bat, Julian Cann and Paul Metcalfe opened the innings and got us off to a good start. After losing Paul Metcalfe, Julian Cann made himself at home, scoring 78 runs with a fantastic batting display.

The only other two batsmen getting into double figures were a plumpy John Thornton and our Elvis Presley look alike, Mark Dodd with 10 and 13 not out, setting a total of 160 runs which we thought wasn't enough against the bottom of the league side on a good batting track. We started our bowling innings to defend our total with our new overseas player, Justin Kirk, all the way from Steadman's Butchers, to take 7 for 33 off 11 overs and Fergus Connelly, 2 for 19. Between them they dismantled the Holme team for 90 runs. Another massive 15 points for Sedbergh.

Saturday 27th July – Away To Top Of The League Heysham

John Brown won the toss and



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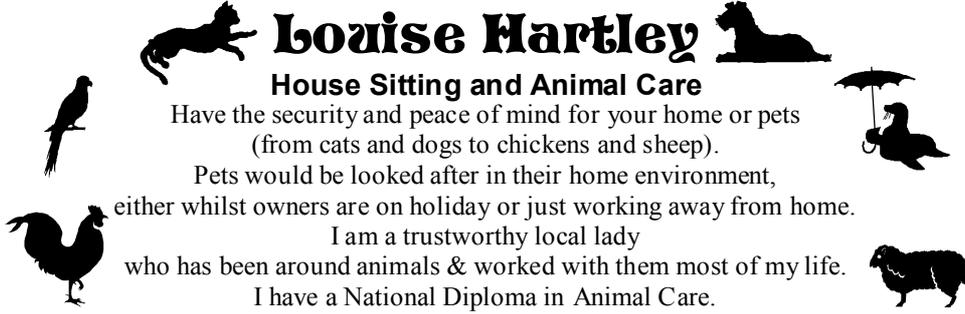


elected to bat first with Julian Cann and Archie Connelly opening the batting. Julian Cann scored his fourth consecutive half century and Archie Connelly with 13, got us off to a great start, then we lost 3 quick wickets. John Brown went in next to steady things up a bit, followed by Tom Robinson, who was out for 10, and then Stephen Troughton who went in and started spraying the ball about, with the total rapidly moving up and then, the Heysham umpire decided to give Stephen Troughton out, LBW, halfway down the track, this decision, along with most of his others on the day, coincided with Sedbergh scoring an under par total of 143, which was never going to be enough. We started our bowling innings with Fergus Connelly taking 2 for 20 and Justin Kirk, who got no wickets but bowled very well and should have had 3 to 4 wickets had we had our own umpire (if anyone wants the job next season, see Steve Cayley/Steve Troughton/ Paul Metcalfe). Other wicket takers on the day were Paul "Benny" Metcalfe, with 1 for 34, our captain John Brown, 1 for 27 and our man in

form, Julian Cann with 1 for 31. Heysham went on to knock the runs off with six overs remaining, which on another sunny day was a disappointing result, our first loss in July.

Saturday 3rd August – Burneside v Sedbergh

After last week's result against top placed Heysham, we had another difficult game away to second placed Burneside. Sedbergh lost the toss and Burneside elected to bat first and they certainly looked like a top team when they got going, amassing 211 runs, all out. There was some good bowling by Sedbergh bowlers, Justin Kirk taking 2 for 43 off 9 and John Brown 6 for 30 off 10. As Sedbergh started to bat, we got off to a fabulous start with the ever confident Julian Cann scoring 46 and Archie Connelly 25. Tom Robinson then came in to bat after losing Archie, he scored 24 runs and as Sedbergh were 101 for 1 we then lost Tom with 102 runs on the board. The rest of the Sedbergh side could only conjure up 39 runs and managed to all be out for a disappointing 143 runs, and with a



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batting display like that it shows we need to practice more. Thanks to Kirsten Wilson for scoring yet again for Sedbergh.

Saturday 10th August – Sedbergh v Barrow

After a damp start to the day, third bottom Barrow landed down to Settlebeck field to play a depleted Sedbergh side due to holiday commitments. Julian Cann took the captaincy this week and won the toss and put Barrow in to bat first, on a damp track. Barrow got off to a poor start, losing some early wickets. Julian Cann then brought Stephen Troughton on to bowl, who bowled his first over very disappointingly, going for 17, to give Barrow hope. Paul

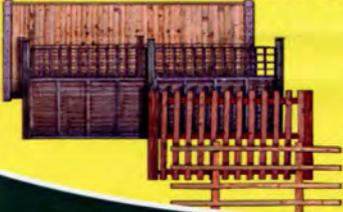
Metcalf finished his bowling stint with 5 for 16, Ben Ferguson 2 for 24 and Sedbergh's very own Elvis, Mark Dodd finishing with 1 for 12, all contributing to bowling Barrow out for 99 runs, with Stephen Troughton finishing his bowling stint with 1 for 32, helping Barrow immensely! Sedbergh started their batting innings with never ageing Dick Gorst returning to the side to open the batting with Tom Moore. Between them they got Sedbergh off to a steady start. After losing Tom Moore for 7, the reliable Julian Cann then came in to bat, not on form he was out for a duck! Steady away Luke Cragg was next up to bat and scored 7. After losing Luke the impressive

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This Team Leaves It Clean

Tom Robinson was next to bat, scoring a quick 38 to put the game out of Barrow's reach. Robinson went for 38 and Stephen Troughton was next up, with only 10 runs needed to win the game. Troughton managed to score 6 of the 10 required before being given out LBW. Dick Gorst then got a couple of runs, leaving Sam Moore to take the honours by scoring the winning run. Thanks to Jan Oughton for providing the teas this week. The raffle made £25 this week and was won by Jan Oughton and the Barrow umpire.

Stephen Troughton

SEDBERGH SQUASH CLUB

Junior coaching will start again in mid September. Those interested in having fun beating the daylight out of a little black ball (or an orange or blue one come to think of it) should contact me at douglas@ddathomson.co.uk or Tel: 21747.

Douglas Thomson

HARRIER NEWS

This writer has learned many things about running over the last few years. Most recently though, he has learned that his car relocks itself after a set period. This is not advisable if you have just completed a tough ten mile route and have also locked your phone, water and warm clothes inside, and the person you have been running with may not see the funny side right away...

Heidi, Rachael, and Jane took part in a race with a difference this year:

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starting in one country and finishing in another! The Cross Border 10K event takes in both England and Scotland, and earned Heidi first place in challenging conditions. As Rachael put it: "*temperatures were in the mid to high 20s, with no shade. It was quite gruelling!!*" Still, she managed to post a time of 53:58 with Jane not far behind with 1:01.07, or 45th and 94th out of 216 female runners. Thanks also to Rachael for pointing out Northern Running Guide's write-up of this event online, including a headline pic of our first lady!

Since the last report there have been three more club championship

races. Compared to earlier races in the series, Askham and Beetham Sports attracted a smaller (but select) Howgill contingency. Nine travelled to Beetham, where Sam, Steve M and Phil C took the first three Harriers places and 6th, 11th and 16th overall. Jenna and Angela were 6th and 12th ladies. Pat was 15th in the 'short but steep' Steele Fell race, which also saw three Harriers finish within 40 seconds of each other: Steve M, Sean and Al took 24th, 25th and 27th positions in the process. Heidi was again on great form and finished as second lady overall. As last year, our final race will be Arnside Knott in November, with still plenty to play for in both the junior and senior

categories.

The last month has seen a number of the ever popular 10k races. Seven Harriers ran at Endmoor (Sam, Ollie, Sean, Heidi, Jim, Terry and Zoe) with Sam and Heidi taking second male and female spots. Ollie, Jim and Jenna also joined 150 others at the Lancaster 10K, finishing as 12th, 63rd (12th V50) and 77th (9th lady) on a flat course recommended for those for looking that elusive PB next year! At the Bentham Beagles Bash 10k, Jon and Emma finished as 8th man and 4th lady in a field of 86. Angela was our only representative at the Holme Howler, a 10k with a difference... '2 wooden walls, 2 lots of steps of pallets, 2 nets

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to crawl under, under & over hurdles, 3 log jumps, (all these done twice on out & back), then carry a log up & down a hill, a water slide (fab), monkey bars (not too good at those!), and a muddy watersplash'. So, odds on favourite for new club champs race next year.

Back off-road, where Sean and Rob crowned another month of fell racing with the Blisco Dash - a national championship counter this year and therefore packed with the best fell runners in the country. Despite an intimidating field of 207 men, they finished 106th and 136th respectively, an even better result after (ahem) some navigational hiccups saw many extending the route by a considerable

distance...

Paul B was our only representative at the Rydal Round fell race, finishing sub-two hours in 1:59.21. Indeed, members have competed at a number of Lakeland races this summer, but some results are still to be confirmed. Many organizers have the results published online within minutes these days, while others prefer the 'sticky labels on a gurt big bit o' wood' method.

Happy running

John Hosker

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go, just come along and join in. Two Wed evenings a month, maybe three, start at half seven after Corrie! £2 a session inc refreshments. Some Sat mornings as well. We do not take it very seriously and play for fun, contact 25212/25269 for details from Sarah or Jean.

SEDBERGH SWIMMING CLUB

Important news

The refurbishment of the changing facilities at Sedbergh School pool are underway. Unfortunately the pool will not be available to the Club until the 28th October. This does mean a considerable delay in a return to lessons and adult swimming, but we are sure it will be worth it. We very much look forward to seeing our current pupils returning to the Club at that time and we will welcome new pupils, all enquiries to Kate Thexton please as membership secretary 07752 748929.

Adults, we are hoping to extend the session time on a Tuesday to an hour to compliment the Thursday session. More news to follow in the next edition of the *Lookaround*.

Lynn May, Secretary

PULSE COMMUNITY GYM

For a number of years the Pulse Community Gym ran successfully at a local school (Baliol), which has now closed. The Gym was a well used asset and the need for a complete all round health and fitness facility to serve the local community still remains. This need is backed by the

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Health Centre, the Parish Council, Swimming Club, the long established Football Club and a variety of other clubs and associations in the town and district.

The PCG has agreed to work with the People's Hall and apply for grant aid to build a permanent gym facility for community use. A joint application was submitted to Round 4 of Sport England's Inspired Facilities Fund early this year. Unfortunately the bid was not successful, but we have been encouraged to apply to Round 5 at the end of the year. Sport England has given us positive encouragement and invite us to submit a fuller application to include factors such as:

need, impact, community involvement and sustainability.

We believe we meet all these criteria – BUT we have to prove it!

The majority of the Gym's accumulated funds will be utilised towards the cost of the new gym building (to be attached at the back of the People's Hall) and towards the cost of an agreed period of rental payment. Ongoing bills, such as electricity and maintenance of equipment, etc., would be paid by the People's Gym management committee from membership subscriptions.

On the success of our new bid being achieved the PCG will be renamed as the People's Gym and be

administered by a Gym management subcommittee. The Gym will provide a steady income for the People's Hall, which would help to insure its continued ability to maintain the Hall as a functional community asset.

To prove the four criteria mentioned above we have created a short questionnaire. Please help us by filling it in and returning it by 30 September 2013 to: Sedbergh Office Services, the Sleepy Elephant, the Community Information Centre or by post to 10 Main Street, Sedbergh, LA10 5BN.

*Sandra Gold-Wood
Chair, Pulse Community Gym
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DENTDALE WI

The Summer Outing

We set off early by coach from Dent car park and were pulling up at Harlow Carr RHS gardens around eleven o'clock. What better way to start the day than with a cup of coffee in the elegant surroundings of Betty's tea rooms.

The promised sunshine was now overhead, and with the aid of our maps of the site, we set off in groups to look around the 68 acres.

The planting in the main borders is beautiful and very easy on the eye and at this time of the year the swathes of ornamental grasses bend gently in the breeze being the perfect foil for the glorious colours of the high

summer herbaceous planting.

Plenty to catch our interest looking at the Gardens Through Time, the Kitchen Gardens, the Alpine house with over 2000 plants in the collection, and strolling over the lawns between the main borders. It was all very relaxing. We didn't get anywhere near the wooded areas so there is still plenty to see for another visit.

Some time though for a potter around the gift shop and plant store before leaving for Millstones, a restaurant near Harrogate where we were booked for supper. During the meal, Catherine gave our thanks and a small token of our appreciation to Dale Smith who had been our



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secretary until her move to live near York. Dale had joined us for the outing. Eventually back in Dent, we all agreed it had been a great day out!

At the time of writing, we will meet again to serve teas at the Dent Gala on Bank Holiday Monday. The next meeting in Dent Memorial Hall is on Wednesday 11th September.

Visitors and new members always welcome to join us. *Pat Allen.*

HOWGILL WI

Our summer outing was held on June 27th. We made our way to Castle Cottage Far Sawrey where our tour guide Mandy Marshall gave us a tour of the outbuildings, gardens and cottage once owned by Beatrix Potter now owned by the National Trust.

We admired to the countryside and landscape which inspired Beatrix making her the legendary popular children's author, artist, farmer and conservationist she is remembered for today. A browse in the gift shop rounded off our visit. We travelled on to Underbarrow Village Hall where we were welcomed by the WI Ladies who had a lovely high tea ready for us served up in true WI style. Despite the rain we enjoyed the day. Thanks to Anita Carey for the efficient organizing.

Due to building work being carried out in Firbank Church Hall, we met in Howgill for the August meeting. President Bridget Postlethwaite welcomed the 15 members and three visitors. Members were reminded of forthcoming events in the Federation

Calendar. The County Show in September and the Candlelit Evening at Barbon, the Council Meeting will be held at the Castle Green Hotel on October 19th.

Bridget introduced our speaker Marion Smith of Garsdale, a member of the Creative Writers Group who linked up with Helen Price to give us stories from miles apart combined with a blend of music. Marion focused on humorous tales from the countryside featuring her sheep, birds and bees. Helen gave us an update from her visit in March on the 2 girls in the children's home in Kenya, how they have progressed with their music skills now learning different music tones on bigger and better recorders.

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Anita Carey thanked the two talented ladies on a variety show we all enjoyed.

The Competition to complete the Limerick "There once was a walker in Grisedale" was won by Audrey Hoggarth with Sheelagh Denniss second. Vera Hodgson went home with the Raffle Prize.

We meet again on September 5th at Howgill Village Hall when Pat Ascroft will be Speaker on 'The Great Wall of China'. Visitors will be most welcome.

Audrey Hoggarth

SEDBERGH WI

At this month's meeting the speaker was Stuart Graves of Lakeland Bay Therapy, a retired teacher who is now

a Hypnotherapist. Stuart studied with the OU gaining a degree in psychology before going into hypnotherapy. He explained how hypnotherapy and NLP (a more clinical type of hypnosis which can combine to work with more deep seated problems.) works with a person's unconscious mind to help them to overcome many types of stress, and anxiety within daily life. Some people want to give up smoking, nail biting or eating chocolate, (giving up chocolate, mm that's going a bit too far if you ask me) or perhaps to help in controlling a phobia such as fear of flying. Stuart works by gently inducing a trance like state putting his patient into a state of

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complete relaxation. Amazingly Stuart then demonstrated his skill by putting us in to a 'Group Trance'. In a matter of moments snores reverberated around the committee room as Stuart encouraged us to concentrate on happy memories and re live them. Personally I found it very relaxing and beneficial. Moria Folks gave the vote of thanks and then we all had tea and marvelous cakes provided by Rosemary Blanchfield and Christine Sheppey. Just perfect after a little nap.

The Book Club have been reading Beauty by Raphael Selbourne, his first novel, which won the 2009 Costa First Novel Award. The story follows a Bangladeshi girl, Beauty, who was

sent to Bangladesh for an arranged marriage to a mullah more than twice her age. Somehow she persuaded her husband's family that she was insane and they sent her back. Her family feeling shamed by her act of rebellion treated her worse than a slave. Beauty then takes work in an old people's home where she finds work. The book explores the difficulties encountered by Beauty as she struggles to choose between her family duty and her own freedom. One or two of the group were unhappy about the content or the language, while the majority enjoyed the read. It was not a comfortable read as it touched on issues in society which most of us are protected from in our way of life. It was impossible to give it a readability mark as opinions varied so much. Would we recommend it? Yes, but with a warning to keep reading beyond the first couple of chapters.

The walking group had to cut the planned walk last month from 8 miles to 4, due to the weather being surprisingly hot and sunny. (makes a change from being rained off!). The group enjoyed a gentle ramble from Barbon, including sometime sat by the beck, ending quite naturally at the Barbon Inn for lunch.

Next month (Wednesday September 11th) we look forward to being entertained by local resident, retired Sedbergh school teacher and town band Master of Ceremonies Stuart Manger, who will be sharing with us his love of poetry. 7.30 pm People's Hall committee room.

Sandra Gold-Wood

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Business, Computing & Photography										
3110SED	Using IT for Your Small Business	Adrian Luckham	8	Mon	07/10/2013	19:00-21:00	£25	£25	£20	Sedbergh
3108SED	A Guide to Working for Yourself	Jerry Bennett	10	Wed	09/10/2013	19:00-21:00	£25	£25	£20	Sedbergh
3111SED	Using IT & Internet to Market Your Business	Adrian Luckham	8	Mon	20/01/2014	19:00-21:00	£25	£25	£20	Sedbergh
3074KBL	Beginners Computing	Adrian Luckham	10	Mon	30/09/2013	10:00-12:30	£83	£66	£42	K'Lonsdale
3075KBL	Developing Your Computer Skills	Adrian Luckham	10	Mon	30/09/2013	13:00-15:30	£83	£66	£42	K'Lonsdale
3076SED	How to Buy & Sell on eBay	Chris Wood	1	Sat	09/11/2013	10:00-15:00	£28	£22	£14	Sedbergh
3077KBL	How to Buy & Sell on eBay	Chris Wood	2	Tue	11/03/2014	18:45-21:15	£28	£22	£14	K'Lonsdale
3097KBL	Organise Your PC	Adrian Luckham	1	Sat	16/11/2013	10:00-12:30	£11	£9	£6	K'Lonsdale
3096KBL	Using your Android Tablet	Chris Wood	1	Sat	23/11/2013	10:00-12:00	£10	£8	£5	K'Lonsdale
3060KBL	Intro to Digital Photography	Chris Wood	8	Tue	01/10/2013	19:00-21:00	£53	£43	£27	K'Lonsdale
Writing & History										
3022SED	Creative Writing	Janni Howker	12	Fri	20/09/2013	13:30-15:30	£80	£64	£40	Sedbergh
3055SED	Revolutions: Why some succeed & others fail	Frank Jones	8	Tue	01/10/2013	19:00-21:00	£53	£43	£27	Sedbergh
3105SED	History of Italian Art	Kay Askew	11	Mon	04/11/2013	18:00-20:00	£73	£59	£37	Sedbergh
Art, Craft & Textile Workshops & Courses										
3099SED	Woodlands, Glades & Pathways	Frances Winder	1	Sat	28/09/2013	10:00-16:00	£30	£24	£15	Sedbergh
3078SED	Inside Out: Still lifes & views thru a window	Frances Winder	1	Sat	30/11/2013	10:00-16:00	£30	£24	£15	Sedbergh
3079SED	Mind Your Tone! Painting light & dark images	Frances Winder	1	Sat	22/02/2014	10:00-16:00	£30	£24	£15	Sedbergh
3100SED	Water Based Landscapes	Frances Winder	1	Sat	01/03/2014	10:00-16:00	£30	£24	£15	Sedbergh
3080SED	Dynamics of Colour	Frances Winder	1	Sat	05/04/2014	10:00-16:00	£30	£24	£15	Sedbergh
3090SED	Snowscapes in Acrylic	Thuline de Cock	1	Sat	07/12/2013	10:00-16:00	£30	£24	£15	Sedbergh
3101KBL	Practical Sketching with Watercolour	Bob Henfrey	1	Sat	26/04/2014	10:00-16:00	£30	£24	£15	K'Lonsdale
3053SED	Fused Glass	Marilyn Hale	1	Sat	28/09/2013	10:00-16:00	£30	£24	£15	Sedbergh
3084SED	Hooky Rugs and Wall Hangings	Pamela Bolton	1	Sat	05/10/2013	10:00-16:00	£30	£24	£15	Sedbergh
3066KBL	Silver Clay Jewellery	Jo Dix	1	Sat	12/10/2013	10:00-16:00	£30	£24	£15	K'Lonsdale
3068SED	Copper Flowers	Jo Dix	1	Sat	09/11/2013	10:00-16:00	£30	£24	£15	Sedbergh
3067KBL	Silver Clay Rings	Jo Dix	1	Sat	01/03/2014	10:00-16:00	£30	£24	£15	K'Lonsdale
3106KBL	Felt Slippers for Christmas	Debra Esterhuizen	1	Sat	07/12/2013	10:00-16:00	£30	£24	£15	Endmoor

3107KBL	Felted Pictures and Wall Hangings	Debra Esterhuizen	1	Sat	01/02/2014	10:00-16:00	£30	£24	£15	Endmoor
3002KBL	Life Drawing	Samuel Dalby	12	Tue	17/09/2013	19:00-21:00	£116	£100	£76	K'Lonsdale
3085SED	Painting in Oils	Bob Henfrey	10	Mon	30/09/2013	10:00-12:30	£83	£66	£42	Barbon
3001SED	Greenwood Stick Chairs	Mark Bamford	10	Wed	02/10/2013	19:00-21:00	£66	£53	£33	Sedbergh
3081SED	Handcraft a Wooden Archery Bow	Mark Bamford	10	Wed	22/01/2014	19:00-21:00	£66	£53	£33	Sedbergh
Cookery, Dance, Health & Exercise										
3082SED	Cookery for Easy Entertaining	Nela Geuer	1	Sat	09/11/2013	10:00-16:00	£30	£24	£15	Sedbergh
3083SED	Better Breadmaking	Nela Geuer	1	Sat	08/02/2014	10:00-16:00	£30	£24	£15	Sedbergh
3056KBL	Qi Gong Taster	Andi Chapple	1	Sat	05/10/2013	09:30-11:00	£8	£8	£8	K'Lonsdale
3057KBL	Qi Gong	Andi Chapple	8	Sat	26/10/2013	09:30-11:00	£60	£60	£60	K'Lonsdale
3052KBL	Carry on Moving! Gentle Exercise FREE taster	Melanie Brierley	1	Wed	18/09/2013	13:30-14:45	Free	Free	Free	K'Lonsdale
3048KBL	Carry on Moving! Gentle Exercise	Melanie Brierley	11	Wed	25/09/2013	13:30-14:45	£46	£36	£23	K'Lonsdale
3046SED	Strictly Ballroom & Latin! Taster	J & B Douglass	1	Mon	30/09/2013	19:00-21:00	£5	£5	£3	Sedbergh
3030SED	Strictly Ballroom & Latin!	J & B Douglass	10	Mon	07/10/2013	19:00-21:00	£66	£53	£33	Sedbergh
3031SED	Pilates & Stability Ball 16:30 or 17:45	Teresa Hill	6	Mon	16/09/2013	1 hour class	£38	£38	£38	Sedbergh
3026SED	Yoga - Evening Yoga in Sedbergh	Fran Fryer	11	Thu	26/09/2013	18:00-19:30	£55	£44	£28	Sedbergh
Learn a Language										
3042SED	German Beginners, Sedbergh	Nela Geuer	10	Mon	30/09/2013	19:00-20:30	£50	£40	£25	Sedbergh
3043SED	Holiday French, Sedbergh	Helene Shovlar	10	Tue	01/10/2013	14:00-16:00	£66	£53	£33	Sedbergh
3011KBL	French Conversation, Kirkby Lonsdale	Lucie Morin	12	Tue	17/09/2013	18:30-20:00	£60	£48	£30	K'Lonsdale
3045KBL	Beginners Spanish for Holidays	Louise Muir	12	Tue	24/09/2013	19:00-20:30	£60	£48	£30	K'Lonsdale
3027KBL	Italian Beginner, Kirkby Lonsdale	Ian Platt	12	Tue	24/09/2013	19:00-20:30	£60	£48	£30	K'Lonsdale
3013SED	Italian Improvers, Sedbergh	Catherine Bond	12	Thu	19/09/2013	10:15-12:15	£80	£64	£40	Sedbergh
3015SED	Italian Continuing, Tues or Wed	George Handley	10	Tu/W	17/09/2013	10:15-12:15	£66	£53	£33	Sedbergh

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COMMUNITY OFFICER REPORT

In the Sedbergh area over the past month there has been a burglary from a dwelling and a burglary from an out building, please ensure that your property is secure and valuables are not left on display.

Concerns regarding cold callers have been raised, no cold caller stickers to display by your door can be obtained.

On Friday 19th July a summer end of term BBQ was held at the cricket Pavilion on the Settlebeck playing fields. This was organized by myself and the Monkey House Café youth club as a diversionary activity on the last day of the school term. The BBQ was again supported greatly by local business' who supplied all the food so many thanks to Steadmans Butchers, Powells, JMP foods and Sedbergh Spar this was greatly appreciated and I would like to pass on my thanks to them. We would like to thank Colin and Kirsten Wilson for supplying the BBQ and doing all the cooking and Emma, Matthew, Ben, David and Lynn who supported the event and helped on the night. The Fire Service

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supported the event giving the children the opportunity to have a go with the fire hoses. Also thank you to Sedbergh young farmers for the tug of war display and letting the children have a go, and also for helping to make up a rounders team!

Over 100 local youths and parents attended making the afternoon a great success and hopefully enjoyed by all.

Anybody interested in joining Farm Watch/neighbourhood watch is asked to contact Cumbria Police on 101 and ask for Kendal Police or visit www.cumbriacommunitymessaging.co.uk.

To suggest future community priorities please feel free to attend contact us on 101 or email us on karen.dakin@cumbria.police.uk Or Amanda.coleman@cumbria.police.uk or alternatively you can speak to us during our regular drop in surgery at The Spar, on the 3rd Saturday of each month between 12:00 and 13:00. We would be pleased to meet you all to discuss any issues or simply for a chat.

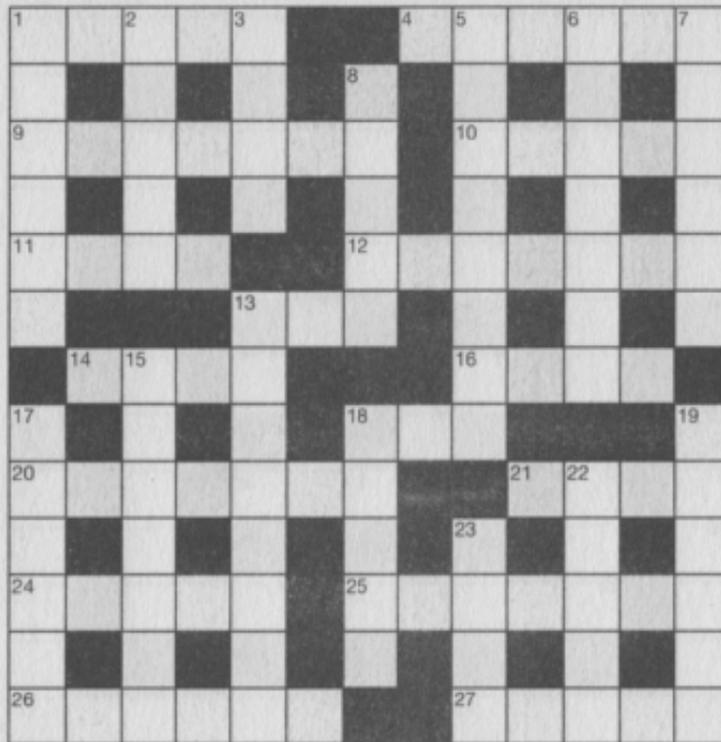
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 - ◆ Extensive, beautiful range of made to measure curtains
 - ◆ Conservatory blind specialists
 - ◆ Approved Velux® blind dealers
- Call Darren or Jo on
Silverdale (01524) 702111
www.portabello.net

Where quality and courtesy come as standard



ACROSS

- 1 Split (5)
- 4 Scrounger (6)
- 9 Pessimistic (7)
- 10 Tile jointing cement (5)
- 11 Follow orders (4)
- 12 Conspire together (7)
- 13 Pen fluid (3)
- 14 Top up (4)
- 16 Fencing sword (4)
- 18 Not good (3)
- 20 Bill (7)
- 21 Deride (4)
- 24 Small drum (5)
- 25 Virtuous knight (7)
- 26 Repel (6)
- 27 Before all others (5)

DOWN

- 1 Calculate (6)
- 2 Gathering location (5)
- 3 Agreeable (4)
- 5 Swallowed up (8)
- 6 Drop (7)
- 7 Sooner (6)
- 8 Remove feathers (5)
- 13 21st American state (8)
- 15 Creates (7)
- 17 Aviation pioneer, - - - Wright (6)
- 18 Light brown (5)
- 19 Hire purchase deal (6)
- 22 Type of anaesthetic (5)
- 23 King of Norway (4)

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	GPS	0825	0858	M - F	564	GPS
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1002 (C, H)	1044	M - S	564	GPS	1055 (C)	1128	M - S	564	GPS
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	WDB	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	GPS
1310 (C)	1347	M - S	564	GPS	1425 (H)	1500 (L)	Sat	564A	WDB
1545	1620	M - S	564	GPS	1625 (C)	1658	M - S	564	GPS
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0855 (L)	0932	M - F	564	GPS	0705	0740	M - F	564	GPS
1125 (L)	1202	M - S	564	GPS	0935	1002	M - S	564	GPS
1440 (L)	1505	M - S	564	GPS	1235	1310	M - S	564	GPS
1655 (L)	1732	M - S	564	GPS	1510	1545	M - S	564	GPS
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0825	0840	Sat	564A	WDB	0950 (CG)	1000	Wed	548B	W
1330	1345	Wed	564B	W	0910	0925	Sat	564A	WDB
1500	1515	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1650	1705	Sat	564A	WDB	1615	1630	Sat	564A	WDB
1840 #	1855	Sat	564A	WDB	1740	1755	Sat	564A	WDB
					1930 #	1945	Sat	564A	WDB
Dent to Dent Station					Dent to Sedbergh				
0840	0855	Sat	564A	WDB	1000	1015	Wed	548B	W
0950	1005	Sat	564A	WDB	1035	1050 (L)	Sat	564A	WDB
1345	1355 CG	Wed	564B	W	1630	1645	Sat	564A	WDB
1515	1530	Sat	564A	WDB	1755	1810	Sat		WDB
1705	1720	Sat	564A	WDB	1945 #	2000	Sat		WDB
1855 #	1910	Sat	564A	WDB	Last Update: June 2013				
L = Sedbergh Library					H = Via Westmorland General Hospital (Request Only)				
C = Via Kendal College					CG = Cowgill				
W = Woof's of Sedbergh					WDB = Western Dales Bus				
GPS = Grand Prix					# = British Summer Time Only				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
All times from Sedbergh are from and to Thorns Bank unless stated (L)					For Comprehensive up-to-date information ring :- Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)				

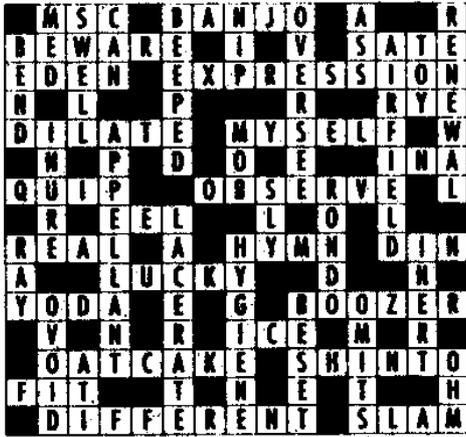
Dent Station Western Dales Bus Saturday Service 564A					
Train connection From Leeds		1016	1611		1923
Train connection From Carlisle	0905			1732	1920
Buses leaving Dent Station	0910	1020	1615	1740	1930
Buses Arriving Dent Station	0855	1005	1530	1720	1910
Train connection To Carlisle		1016	1611		1923
Train connection To Leeds	0905	1040	1540	1732	1920
Dent Station Western Dales Bus Sunday Service 564A between 19th May and 8th September 2013					
Sedbergh, Dalesman	1000		1430	1735	
Dent Village	1015	1100	1445	1750	1835
Dent Station	1030	1115	1500	1805	1850
Train connection to Carlisle	1037	1102	1523		1903
Train connection to Leeds	1040			1816	
Train connection to Blackpool					1857
Train connection from Leeds	1037		1523		1903
Train connection from Carlisle	1040			1816	1857
Train connection from Blackpool		1102			
Dent Station	1045	1120	1530	1820	1910
Dent Village	1100	1135	1545	1835	1925
Sedbergh, Dalesman arr.		1150	1600		1940
Sedbergh, Dalesman dep.		1200	1600		
Farfield Mill entrance		1204	1604		
Garsdale Station		1220	1620		
Hawes, National Park Centre		1240	1640		
Snaizeholme Lane End		1248	1648		
Newby Head		1252	1652		
Cowgill		1304	1704		
Dent Village		1317	1717		
Sedbergh, Dalesman		1332	1732		

Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Allotments Association - Dent	08/09	Mr Smith	Dent:	25688
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/08	Mrs Leigh	Sed:	20794
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association	01/09	Mrs Whitton	015242	72004
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Queen's Gardens	01/09	Mr Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Dent	01/09	Mr Hyde	Dent:	25503
Cricket Club - Sedbergh	01/09	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	09/10	Mrs Sugden	Dent:	25303
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club - Sedbergh	06/09	Mr Kirby	Sed:	21214
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665

Kent Lune Trefoil Guild	01/09	Mrs Mitchell	Sed:	21144
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Methodist Church Hall	01/09	Mrs Jackson	Sed:	20530
Over 60's - Dent	02/09	Mrs Burrow	Dent:	25203
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	01/09	Mrs Donaldson	07967	972160
Parish Council - Sedbergh	10/08	Mr Robertshaw	01539	730597
People's Hall	01/09	SOS	Sed:	20788
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	10/09	Mrs Rice	Sed:	22100
Playgroup - Sedbergh	01/09	Mrs Gunning	Sed:	20226
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	02/09	Mrs Foott	Dent:	25453
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	01/09	Mrs Storey	Sed:	21593
Sight Advice South Lakeland	12/10	Mrs Levitt	Dent:	25162
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	09/10	Mr Thomson	Sed:	21747
Slimming Club	01/09	Mrs Uttley	01539	722568
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Toy Library	11/09	Mrs Osborne	015242	61029
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	02/11	Mrs Smith	Dent:	25688
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/10	Mrs Ramsden	Sed:	20828
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	12/09	Mrs Wilson	Sed:	20238
Young Kidz	01/09	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	08/12	Ms Gardner	Sed:	20570

* = Latest Amendments

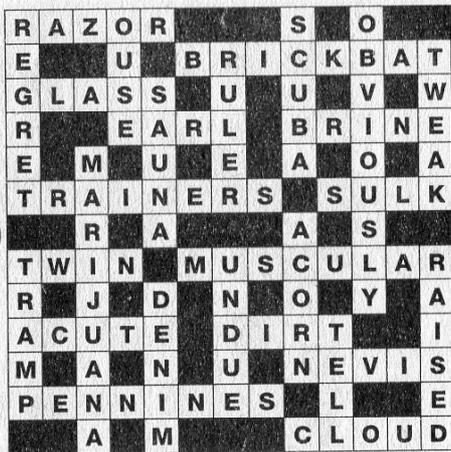
If there are any Groups missing and/or contact details are incorrect,
please supply details to the Lookaround Office



SEDBERGH LIBRARY

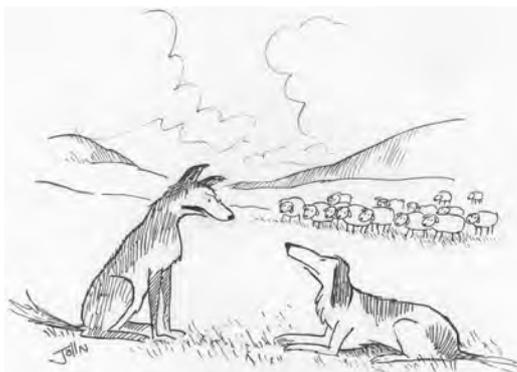
The Library is offering free one-to-one computer training sessions for beginners.

Learn how to use a keyboard and a mouse, search the Internet, send e-mails with attachments, search and apply for jobs on-line, shop on-line, stay safe on-line. All training sessions should be booked in advance at the Library (See back page for contact details)



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



It's one bleating thing after another!



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- wheelwright.cottage@homecall.co.uk	20251
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) <i>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW</i>	21789
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) <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 LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <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 A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i>	20360
Mrs Tallentire	Ingmire Hall, Sedbergh (2013/02) <i>D & PB Flat; £395 pcm; References & Deposit required</i>	07944 859456
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356

KEY

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

CHURCH SERVICES					
St. Andrew's	1st Sept	8th Sept	15th Sept	22nd Sept	29th Sept
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
10.30 am	HC BCP	HC NSV	HC CW	Family Service	Mattins
6.30 pm	EP	EP	EP	EP	Sung
Wednesdays 11.15	4th Sept HC	11th Sept HC	18th Sept HC	25th Sept HC	2nd October HC
St. Mark's	1st Sept	8th Sept	15th Sept	22nd Sept	29th Sept
9.30 am	HC	No Service	HC		MP
2.30 pm				Harvest Thanksgiving	
St. John's	1st Sept	8th Sept	15th Sept	22nd Sept	29th Sept
10.00 am	MP	No Service	MP	Harvest Thanksgiving	L Smithy 2pm Ecum.
LUNE PARISH SERVICES					
	1st Sept	8th Sept	15th Sept	22nd Sept	29th Sept
St John's Firbank	10.30 am HC	10.30 am MP @ Killington	10.30 am Harvest Thanksgiving	10.30 am MP @ Firbank	
Holy Trinity Howgill	10.30 am HC		10.30 am MP @ Howgill		2.00 pm Harvest Thanksgiving
All Saints Killington	9.00 am HC			2.00 pm Harvest Thanksgiving	
DENT & COWGILL PARISH SERVICES					
	1st Sept	8th Sept	15th Sept	22nd Sept	29th Sept
St. Andrew's	10.30 am HC	10.30 am HC	10.30 am HC	10.30 am HC	10.30 am HC Harvest Festival
St. John's	9.00 am HC		2.30 pm EP	2.30 pm Baptism	
HC = Holy Communion				SS = Sunday School	
BCP = Book of Common Prayer				MP = Morning Prayer	
CW = Common Worship				EP = Evening Prayer	

COWGILL CHURCH

A BIG thank-you to everyone who joined us to help make the Arts, Crafts and Flower Festival at Cowgill Church on 17th & 18th August such an enormous success.

To quote Peter Boyles: *"What a fabulous celebration of life and community in Cowgill down the years."*
Heather Fraser

St JOHN'S CHURCH, GARSDALE

A big thank you to everyone who supported the Garden Party at Ingmire Hall on Saturday 27th July.

Everyone enjoyed relaxing in the sunshine, taking in the peace and quiet and catching up with friends - on top of that, we raised over £460!

Rosemary Lord

Religious Services in Sedbergh

CHURCH OF ENGLAND
 St. Andrew's Parish Church
 Sunday 08.00, 10.30 & 18.30
 Wednesday 11.15
Rev. A. McMullon Tel: 20018
Church Wardens:
 Tony Reed Screen 21081
 & Susan Sharrocks 20754
www.sedbergh.org.uk/churches/anglican

~~~~~  
**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
Rev. H. Stuteley 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

~~~~~  
**DENTDALE  
 CHRISTIAN FELLOWSHIP**  
 Rhumes, Dent LA10 5QJ  
 Every 4th Sunday 1900  
**Sarah Woof Tel: 25212**

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

~~~~~  
CHURCH OF ENGLAND
 Cautley & Garsdale
Rev. A. McMullon Tel: 20018
Church Wardens:

Cautley: Judith Bush 20058 & Linda Hopkins 21455
 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723
 Firbank: Colin Wilson 20952 & Jean Dixon 20435
 Howgill: Mary Stainton 20426 & Dorothy Parker 20493
 Killington: Jennifer Thornley 20444
 & John Mather 015242 76333

Dent & Cowgill
Rev. P. Boyles Tel: 25226

~~~~~  
**METHODIST CHURCH**  
 Dent; Dent Foot;  
 Cautley; Fell End;  
 Garsdale Street; Garsdale Low Smithy;  
 Hawes Junction & Frostraw  
**Rev. H. Stuteley 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

**Beth & Sandy Roy Tel: 20785**

~~~~~  
CAFÉ CHURCH
 7:00pm every first Sunday
 United Reformed Church, Sedbergh
Andy & Tina Woof 01524 730259

~~~~~  
**UNITARIAN & FREE CHRISTIAN CHAPEL**  
 Market Place, Kendal  
 Sunday 11.00  
 Wednesday 19.30  
**Rev. G. Jones Tel: 01539 722079**

## Lookaround Advertising Rates

|                      |   |        |
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| Single Column x 4"   | = | £15.00 |
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| 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      | = | £4.00  |

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 15th June 2014*

| SEPTEMBER |                                              |                |
|-----------|----------------------------------------------|----------------|
| 1 - 29    | Flax Diversity Exhibition (18)               | FM             |
| 1 - 29    | Summit Structures Exhibition (18)            | FM             |
| 1 - 30    | Print Exhibition (18)                        | FM             |
| 1         | 1100 Cricket Club Fun Day (1)                | SSAT           |
| 1         | 1300 History of Knitting in Yorkshire        | DCMH           |
| 1         | 1900 Café Church                             | URC            |
| 3         | 1900 Aglow International                     | KLI            |
| 4         | 1000 Coffee Morning - Garsdale Church        | URCR           |
| 4         | 1300 Cross Stitch Card Demonstration         | CWS            |
| 5         | 1930 WIH - Great Wall of China               | HVH            |
| 6         | 1400 Age UK - Birding                        | DMH            |
| 7         | 1000 Journeys with a Needle Exh till 9th Oct | DCMH           |
| 7         | 1700 Furness Churches United Choir           | URC            |
| 7         | 1930 Flicks in the Fells                     | PH             |
| 7         | 1930 Harvest Supper + Sale                   | HJC            |
| 10        | 1400 WIK - The Brontes                       | PH             |
| 10        | 1400 Red Squirrels in the National Park      | DCMH           |
| 10        | 1930 FCH Domino Drive                        | FCH            |
| 11        | 1000 Coffee Morning - A&LP (11)              | URCR           |
| 11        | 1300 Spinning Demonstration                  | CWS            |
| 11        | 1915 WID - The Female Brain                  | DMH            |
| 11        | 1930 WIS - The Seasons                       | PH             |
| 12        | 0800 Westmorland County Show                 | Crooklands     |
| 12        | 1200 Lunch Club                              | Red Lion       |
| 12        | 1900 RBL Branch Meeting                      | WHC            |
| 14        | 1000 Heritage Open Day                       | DCMH           |
| 14        | 1030 Making Local Sausages                   | DCMH           |
| 14        | 1300 Gt Westmorland Trail Race (*)           | Crosby Garrett |
| 14        | 1400 Harvest Festival                        | GSC            |
| 14        | 1800 Harvest Festival                        | GSC            |
| 15        | 1000 Heritage Open Day (15)                  | FM             |
| 15        | 1000 Heritage Open Day                       | DCMH           |
| 16        | 1930 FC Harvest Sale                         | FCH            |
| 17        | 1400 SASL Meeting                            | PH             |
| 18        | 1000 Coffee Morning - Beavers                | URCR           |
| 18        | 1300 Polymer Clay Demonstration              | CWS            |
| 19        | 1300 Medical Centre Closed for Training (19) |                |
| 20        | 1930 Stainmoor Railway                       | DCMH           |
| 21        | 0900 Flu Vaccinations                        | MC             |
| 21        | 1000 Sedbergh's Got Talent (1)               | PH             |
| 21        | 1100 Beginners Family History Day            | DCMH           |
| 21        | 1800 55th Regiment of Foot (21)              | KLI            |
| 21        | 1900 Flicks in the Dentdale Fells (*)        | DMH            |
| 22        | 1000 Architecture & Landscape Embroidery     | DCMH           |
| 22        | 1900 Dentdale Christian Fellowship (*)       | RD             |
| 22        | McMillan Sunday Ramble                       | TBA            |
| 25        | 1000 Coffee Morning - Rose Theatre           | URCR           |
| 25        | 1030 Weaving - Playing with Texture (18)     | FM             |
| 25        | 1300 Macramé Demonstration                   | CWS            |
| 25        | 1930 CWT AGM                                 | SSAT           |
| 26        | 1000 SASL Focus Day                          | Kendal         |
| 27        | 0830 McMillan Coffee Morning (27)            | DMH            |
| 27        | 1000 McMillan Coffee Morning (27)            | GH             |
| 27        | 1000 McMillan Coffee Morning (26)            | Cross Keys     |
| 27        | 1930 Medical Centre Ceilidh (28)             | PH             |
| 28        | 1000 Saturday Markets (30)                   | Sedbergh       |
| 28        | 1000 Sedbergh Library Open Day (57)          | L              |
| 28        | 1930 Alan Lewis Memorial Concert (29)        | StAS           |
| 28        | CWT Pennine Journey in a Day                 | tba            |
| 29        | 1000 Advanced Pathfinders                    | DCMH           |
| OCTOBER   |                                              |                |
| 1 - 6     | Print Exhibition (18)                        | FM             |
| 1         | 1000 Journeys with a Needle Exh till 9th Oct | DCMH           |
| 1         | 1900 Aglow International                     | KLI            |
| 2         | 1000 Coffee Morning - Firbank Church         | URCR           |
| 3         | 1930 WIH - AGM & WI Advisor                  | FCH            |
| 4         | 1400 Age UK - Life with Dogs                 | DMH            |
| 5         | 1930 Flicks in the Fells                     | PH             |
| 6         | 1900 Café Church                             | URC            |
| 8         | 1400 WIK - Travels in India                  | PH             |
| 8         | 1930 FCH Bingo & Tattie Pie Supper           | FCH            |
| 9         | 1000 Coffee Morning - Christian Aid          | URCR           |
| 9         | 1915 WID - Cookery Demo                      | DMH            |
| 9         | 1930 WIS - Fire, Water & Ice                 | PH             |
| 10        | 1200 Lunch Club                              | Red Lion       |
| 10        | 1900 RBL Branch Meeting                      | WHC            |
| 12        | 0900 Flu Vaccinations                        | MC             |
| 12        | 1000 Learn to Crochet (18)                   | FM             |
| 12        | 1900 Flicks in the Dentdale Fells (*)        | DMH            |
| 12        | 2000 Dancing to Roe Valley                   | PH             |
| 13        | 1000 Weaving - Playing with Colour (18)      | FM             |
| 14        | 1930 Sedbergh Gala AGM                       | PH             |
| 15        | 1400 SASL Meeting                            | PH             |
| 16        | 1000 Coffee Morning - URC Church             | URCR           |
| 16        | 1300 Medical Centre Closed for Training      |                |
| 19        | Wine & Savouries                             | PH             |
| 20        | 1930 NWA Concerts (26)                       | APH            |
| 21        | 1930 Beetle Drive                            | GVH            |
| 23        | 1000 Coffee Morning - Town Band              | URCR           |

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**COVER PICTURE**  
Somewhere over the Rainbow  
*By Carole Marsden*

|    |      |                                   |      |
|----|------|-----------------------------------|------|
| 26 | 1930 | Autumn Dominoes                   | HVH  |
| 27 |      | Clocks Fall Back                  |      |
| 27 | 1900 | Dentdale Christian Fellowship (*) | RD   |
| 30 | 1000 | Coffee Morning - Garsdale Church  | URCR |
| 31 |      | Halloween                         |      |

**NOVEMBER**

|    |      |                                    |          |
|----|------|------------------------------------|----------|
| 1  | 1400 | Age UK - PCSO & Fire Service       | DMH      |
| 1  | 1915 | Garsdale Bonfire & Fireworks       | GVH      |
| 1  | 1930 | Murder Mystery Weekend             | TH       |
| 1  | 1930 | WIH Domino Drive                   | HVH      |
| 2  | 1800 | Sedbergh Bonfire Night             | PH       |
| 2  | 1930 | Murder Mystery Weekend             | TH       |
| 3  | 1900 | Café Church                        | URC      |
| 3  | 1930 | Murder Mystery Weekend             | TH       |
| 5  | 1830 | FC Bonfire & Skittles              | FCH      |
| 6  | 1000 | Coffee Morning - TBA               | URCR     |
| 7  | 1930 | WIH - Leighton Moss Birds          | HVH      |
| 9  | 0930 | Giant MS Table Top Sale            | PH       |
| 9  | 1930 | Flicks in the Fells                | PH       |
| 10 |      | Remembrance Sunday                 |          |
| 12 | 1400 | WIK - AGM + DID                    | PH       |
| 12 | 1930 | FC Domino Drive                    | FCH      |
| 13 | 1000 | Coffee Morning - Bowling Club      | URCR     |
| 13 | 1915 | WID - AGM & Denman                 | DMH      |
| 13 | 1930 | WIS - AGM & Jacob's Join           | PH       |
| 14 | 1200 | Lunch Club                         | Red Lion |
| 14 | 1900 | RBL Branch Meeting                 | WHC      |
| 16 | 1900 | Flicks in the Dentdale Fells (*)   | DMH      |
| 17 | 1930 | NWA Concerts (26)                  | APH      |
| 18 | 1930 | Domino Drive                       | GVH      |
| 19 | 1300 | Medical Centre Closed for Training |          |
| 19 | 1400 | SASL Meeting                       | PH       |
| 20 | 1000 | Coffee Morning - TBA               | URCR     |
| 22 | 1930 | Cricket Club Domino Drive          | SPS      |
| 23 | 1400 | SSAT PTFA Jumble Sale              | PH       |
| 24 | 1900 | Dentdale Christian Fellowship (*)  | RD       |
| 27 | 1000 | Coffee Morning - Ladies NFU        | URCR     |
| 30 |      | St Andrew's Day                    |          |
| 30 | 1000 | DMC Coffee Morning                 | DMC      |

**DECEMBER**

|    |      |                                    |          |
|----|------|------------------------------------|----------|
| 1  | 1900 | Café Church                        | URC      |
| 5  | 1300 | Medical Centre Closed for Training |          |
| 5  | 1930 | WIH - Christmas Party              | TBA      |
| 6  | 1400 | Age UK - Xmas Games & Quiz         | DMH      |
| 7  | 1930 | Flicks in the Fells                | PH       |
| 7  | 1930 | Carols with 'Young Voices'         | HJC      |
| 10 | 1930 | FCH Domino Drive & Mince Pies      | FCH      |
| 11 | 1915 | WID - Christmas Lunch              | TBA      |
| 12 | 1200 | Lunch Club Christmas Meal          | Red Lion |
| 12 | 1900 | RBL Branch Meeting                 | WHC      |
| 12 |      | WIS - Christmas Dinner             | TBA      |

|    |      |                                    |     |
|----|------|------------------------------------|-----|
| 17 | 1400 | SASL Meeting                       | PH  |
| 20 |      | WIK - Christmas Dinner             | TBA |
| 20 | 1930 | Christmas Dominoes                 | HVH |
| 22 | 1900 | Dentdale Christian Fellowship (25) | RD  |
| 25 |      | Christmas Day                      |     |
| 26 |      | Boxing Day                         |     |

**2014**

**JANUARY**

|    |      |                                    |     |
|----|------|------------------------------------|-----|
| 14 | 1930 | FCH Domino Drive                   | FCH |
| 15 | 1300 | Medical Centre Closed for Training |     |
| 25 |      | Burn's Night                       |     |
| 26 | 1930 | NWA Concerts (26)                  | APH |

**DIARY KEY**

|        |                                        |
|--------|----------------------------------------|
| APH    | = Appleby Public Hall                  |
| BF     | = Brigflatts                           |
| BVH    | = Barbon Village Hall                  |
| CDC    | = Community Development Centre         |
| CMM    | = Carlisle Military Museum             |
| CO     | = Community Office, Main Street        |
| CTIS   | = Churches Together in Sedbergh        |
| CWS    | = Craftworkshop 61 Main Street         |
| CWT    | = Cumbria Wildlife Trust               |
| DCMH   | = Dales Countryside Museum, Hawes      |
| DCP    | = Dent Car Park                        |
| DMH    | = Dent Memorial Hall                   |
| DMC/S  | = Dent Methodist Chapel/Schoolroom     |
| FCH    | = Firbank Church Hall                  |
| FM     | = Farfield Mill                        |
| GH     | = Gladstone House                      |
| GSC    | = Garsdale Street Chapel               |
| GVH    | = Garsdale Village Hall                |
| MC     | = Medical Centre                       |
| HCH    | = Hawes Junction Chapel                |
| HS     | = History Society                      |
| HVH    | = Howgill Village Hall                 |
| IRC    | = Information Resource Centre          |
| JLCP   | = Joss Lane Car Park                   |
| KLI    | = Kirkby Lonsdale Institute            |
| KVH    | = Killington Village Hall              |
| L      | = Library, Main Street                 |
| LHCP   | = Loftus Hill Car Park                 |
| PH     | = People's Hall                        |
| RD     | = Rhumes, Dent                         |
| SASL   | = Sight Advice South Lakeland          |
| SMC(R) | = Sed. Methodist Church (Room)         |
| SPS    | = Sedbergh Primary School              |
| StAS/D | = St Andrew's Church, Sedbergh/Dent    |
| SSAT   | = Settlebeck School Academy Trust      |
| SSTH   | = Sedbergh School Thornely Hall        |
| STO    | = Sedbergh Tourist Office, Main Street |
| TH     | = Thorns Hall                          |
| URC(R) | = United Reformed Church (Rooms)       |
| WID    | = Women's Institute, Dentdale          |
| WIH    | = Women's Institute, Howgill           |
| WIK    | = Women's Institute, Killington        |
| WIS    | = Women's Institute, Sedbergh          |

# PUBLIC INFORMATION

## Sedbergh Medical Practice

01539 718191

01539 718191 (Option 1) 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

### 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](http://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 & Mr B Houghton

Monday to Thursday 0900 - 1700

Friday 0830 - 1400

Saturday \*

## **SEDBERGH LIBRARY** Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

## **DENT LIBRARY** Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

## **SEDBERGH TOURIST OFFICE**

Main Street 20125

Open every day 1000 - 1700

[www.sedbergh.org.uk/booktown/dlbc.html](http://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](mailto:office@sedbergh.org.uk)

[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

## **RURAL CITIZENS ADVICE BUREAU**

Kendal Office

01539 738772

[www.cabsouthlakeland.org.uk/kendal.html](http://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](http://www.sedberghcdc.org.uk)

## **POLICE**

101 or 999

## **PUBLIC TOILETS**

Main Street, 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