

Sedbergh & District

LOOKAROUND

November 2013

Issue 316

Donation £1

A big thank you to all the contributors to this months bumper issue. Due to minor setbacks, there was a panic in the collating of this months issue and with over 260 e-mails to deal with, things were a little fraught.

Please remember that there will be no January issue and also to submit your (valued) contributions for the full colour issue asap but the very latest, 19th November. Your assistance will be greatly appreciated.

Dennis & Jacky Whicker

Sedbergh Gala Group's
BONFIRE & FIREWORK DISPLAY
The Peoples Hall Field
2nd November
6.30 PM



Admission
Adults £3
Children -
Under 16 FREE

Pumpkin Lantern
and Guy Competition
Night Games & Tombola
Beef burgers
Thai food
Cakes and pastries
Mulled wine, tea & coffee

6.00 Gates open & bonfire lit
7.00 Judging of pumpkin
Lanterns and guys
7.30 Firework display



St Andrews Church
CHRISTMAS FAIR
SATURDAY
NOVEMBER 16TH
10.00am - 3.00pm
IN ST ANDREWS CHURCH

Coffee and Tea
Lunches Cakes Crafts
Preserves Bric a Brac
Gifts Books and more!
Father Christmas
Children's Activities



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

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

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NOVEMBER BIRTHDAYS

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

The recipients this month are:- James Abbatt who is 11 years old on 18th November and Denim Foster who is also 11 years old on 29th November.

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
1	Jackson BROWN	2
3	Kobe CRESSEY	10
6	Connor REYNOLDS	3
6	Martha KEEGAN	10
10	Eli SCARR	2
11	Logan COWIN	5
18	Lia LEWIS	7
18	Adam SEN	7
18	James ABBATT	11
22	Eloise DANDY	2
25	Jasmine PARLEY	3
28	Toby GREENSMITH	7
29	Denim FOSTER	11
Nonagenarian & Over		
21	Wyn Harper	91
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Sedbergh Life Calendar 2014

Now in stock at the
 Sedbergh Information & Community Office
 72 Main Street, Sedbergh

please do come in and have a look.
 Many photographs of local events (you may spot yourself!) with all profits going back into the Centre, priced at just £4.99 it will make a great addition to your home for next year.

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
1330	Every Monday	Knit 'N' Natter	DHC	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	
See Page 88 for contact details				

PERSONAL & SMALL ADS £1

COLTON

Denise & Peter Colton would like to thank all the relatives & friends who celebrated our **Golden Wedding Anniversary** with us on 28th & 29th September 2013, making this a very special weekend for us. Also very many thanks for the generous Donations received in memory of Elizabeth totaling £600, which we forwarded to the North West Air Ambulance.

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DANDY

Happy Birthday Eloise Dandy on 22nd November 2013. Lots of love from Mum, Dad, Gran & Grandad. XX

=====

HUNTINGTON - MOORE

Congratulations to Claire & Sam on your Engagement. Best wishes for your future together. Love Auntie Helen X

=====

MOORE

I wish to thank everyone for the lovely flowers, gifts & cards given to me during my stay in Hospital. Also for the care & kindness I have received from my family, friends & carers on coming home. All much appreciated. Margaret.

=====

TODD

Brenda would like to thank family & friends for Cards, & Presents she received for her **60th Birthday**.

THOMPSON

I would like to say a big Thank You to everyone who helped on the day of my accident and since. Our local fire crew for getting me out of the car so gently and also the ambulance crew with their wonderful morphine. To the policeman who came and Mitch and Wills from Close's Garage. A massive thank-you to Sean, the young man who stopped to help and contacted all the necessary people and gave up his time to stay with me until I was taken away. To friends, neighbours and relatives for all the good wishes, cards, goodies and flowers. You've all been wonderful. To Ward 35 and Royal Lancaster Infirmary and Preston Hospital for making my body brace and caring for me so well. Last but not least to Geoff for looking after me so well and never missing a visiting time (He's getting so good at washing and ironing I'm thinking of hiring him out!) Hoping next years Wedding Anniversary is spent somewhere better than a hospital bed but I'm just so thankful to be here. Love and thanks to you all. Carol xx

=====

FOR SALE

Dimplex Cheriton Inset Electric Fire. As new. H68.2 W63.9 D19.4 cm. £95. Argos catalogue no. 415/3300. White Telescopic Shower Rod. Extends from 110cm to 260cm. Easy to fit, no tools required. New, still in packet. Tel: 015396 25352.

PERSONAL & SMALL ADS £1

FOR SALE

Dyson Ball DC26 Vacuum cleaner. 18 months old. Seldom used. 3 years warranty remaining. Cost £370 new. Will accept £150 ono. Tel Sedbergh 20659 after 6pm.

=====

FOR SALE

Rayburn Nouvelle Range. Oil Fired, suitable for cooking, heating and hot water. Red. £600. Tel 015396-21699 or 07889-286722.

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FOR SALE

Maple effect bedroom furniture: 2x wardrobes £20 each; 2x 5-drawer chests £20 each; 2x bedside cabinets £12 each. Double Bed 5ft – divan. School trunk £25. Workmate : bench and tray £15. Kneeling stool-chair £25. 2 'carver' chairs & 2 dining chairs – cream seats £20. 2 x office visitor chairs in dusty pink tweed £8 each. TV stand, silver & glass £5. Breadmaker, Panasonic SD-253 £15. 700w Pacific Microwave £10, Camping stove 2-rings with grill £15, gas bottles. Tel: Sedbergh 20195 Evenings.

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FOR SALE

Peugeot 406 HDi Estate Blue. MOT Aug '14 - Tax March '14. Towing bracket, 3 new tyres. New section of exhaust. High mileage but excellent runner. £1150.00. Tel: 015396 21260.

FOR SALE

Mid-Sleeper Bed Cresta "Scallywag" in Honey Pine and Blue. Sleeping height - 105cm. Excellent condition; asking £120 [£345 new]. Leather 3-piece suite - £120. Tel: Sedbergh 22122.

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FOR SALE

Small wooden wardrobe painted in off-white. One door and one drawer. Fits a narrow space. H178cm, W90cm, D54cm. £85. Very well made, solid computer desk in a traditional old pine style and finish. Pull out keyboard drawer and cupboard. Completely clean and re-varnished so looks like new. D62cm, H75cm, L116cm. £75. Contemporary design, L-shaped desk in maple - effect. The two large desks are joined with a quadrant section. £75. 015396 20360.

=====

LOST

A silver bracelet with turquoise stones on Saturday 28th September (evening) in the Loftus Hill car park/ Loftus Hill area, Sedbergh. If found please Tel: 01524-782032.

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WANTED

Accommodation of a Flat or Shared Accommodation from January to June 2014 for Spanish Student on Placement (Leonardo da Vinci grant) at Sedbergh School Archive. Please contact Enrique Jiménez: kaiksatur@msn.com

PERSONAL & SMALL ADS £1

WANTED

Border Collie pup (dog) for dog trainer in Zrece, Slovenia - to be collected in Easter 2014. Preferably from local working farm. Appropriate fee paid. Please contact David Burbidge, Sedbergh 21166.

=====

WANTED

Old caravan for restoration wanted in Dent. Needs to be towable, anything considered. Call 01539 625812

=====

Don't forget your Christmas and New Year Greetings.

Sedbergh Gala Group's
Bonfire Night
PUMPKIN LANTERN
& GUY
COMPETITION
People's Hall Field
2nd November
6 PM

Dent Football Club

BONFIRE NIGHT



6.15pm

Tuesday 5th November
Outside Dent Gym
Food and Drink available

ACUPUNCTURE

BAcC Member
www.acupuncture.org.uk



Experienced practitioner

*Chinese medicine looks at
the whole picture,
from moods to foods to weather.*

June M. Parker

Dip Ac, MBAcC

49 Bainbridge Road, Sedbergh
Tel: 015396 20972

ROYAL BRITISH LEGION
Sedbergh Branch

Remembrance Service

COFFEE MORNING

Wednesday 6th November

10am



URC Rooms

Raffle ~ Cakes
Money Mountain
Donations Tel: 21808



SEPTEMBER WEATHER

A reasonably pleasant month weatherwise. It started off warm and dry with no rain and a couple of days in the first week being in the 70sF. The maximum was 74F (23.5C). During the middle of the month we had a spell with low pressure and consequently the strongest winds, a maximum gust of 21.5mph from the East, and a resulting wind chill down to 28F (-2C) with one other night also dropping to 32F (0C). It was quite a breezy month with only 5 days when the maximum gust did not reach double figures. On one of these days no wind was registered at all. The anemometer stayed at zero all day. Another first!! The minimum

FOR SALE

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

temperature of 38.1F (3.5C) was also recorded during this spell. Ultimately we finished up with 2.88 inches of rain. Enough to keep everywhere green.

The swifts had left us by the end of the first week and the swallows were congregating on the wires. Our "resident" swallows were still roosting in the kennels but the numbers became fewer until the last one left during the third week. Occasional groups of young swallows were seen



feeding around sycamore trees but not stopping. The first skeins of geese were seen and heard honking as they flew in from a North Easterly direction. The number of birds at the feeding station has dropped considerably. I had been filling the seed feeder up daily but now it is only a couple of times a week. On the warm days we still had a few butterflies around. These were chiefly peacocks with the odd red admiral. I also saw 1 painted lady and 1 comma. I haven't seen the albino sparrow as much recently. Badgers are still regular visitors spending the nights digging in the field. A few rabbits are back in the field though I haven't seen any in the garden yet.

Multiple Sclerosis



Bric-a-brac
Raffle
Refreshments

Games
Toys
Books

9:30 am

Saturday 9th November

People's Hall

Tables £8

To Book a Table or make
donations of goods

Please Tel:

Sandra on 07815 069394

COUNCILLORS CORNER

Cllr Evelyn

Building on the former Cumbria County Council depot site in Guldrey Lane is now well advanced. The £1.4 million development of new social housing for rent is due to be completed in February. Two Castles Housing Association has worked with South Lakeland District Council, the Homes and Communities Agency and other partners on the project which comprises three two-bedroom bungalows as well as five two-bedroom and two three-bedroom townhouses. The new homes will be let to people who have registered with the Cumbria Choice system. (To register visit the SLDC website at

AUDITIONS

for a production of

CALENDAR GIRLS

will be held at the
People's Hall, Sedbergh
on Sunday 10th
November at 2pm

We are looking for 9 ladies and 4 men aged from 20-70 for the production, which will take place at the end of February 2014 in both Sedbergh and Staveley

Anyone interested in working on the production team - lighting, sound, stage management, costumes, scenery etc., please come along at 1.15pm

For more details email spellbound.theatre@virgin.net or ring Heather on 015396 21279

A joint production between

Spellbound and **Staveley**
Theatre **Roundhouse**

www.southlakeland.gov.uk). Once Two Castles is ready to let the homes they will be advertised and those people registered can apply for them. As there is a local occupancy restriction initially all applicants must have a local connection to Sedbergh. If there are not enough applicants for the number of homes people with a connection to adjoining parishes (Garsdale, Dent, Middleton, Firbank, Greyrigg and Killington) will be considered.

The delivery of social housing is one of SLDC's main priorities. This development represents the first major increase in social housing in Sedbergh for many years. Two homes were provided through the conversion of the former Masonic Hall in 2008 while the most recent new-build was the five homes in Long Lane back in 2002.

Cllr Nick

The A684 Garsdale road between Sedbergh and Hawes will be completely shut to traffic for a period of several weeks, most likely in the run-up to Christmas, while Cumbria Highways rebuild the retaining wall which has collapsed (along with a section of the road) into the River Rawthey near to Dandra Garth, to the east of Garsdale Church.

This is one of those problems for which there is no easy answer - the wall and the road **must** be rebuilt before another major flood erodes still more of the bank and shuts the road anyway, but there is no quick way of carrying out the work and there is no

room to build a parallel carriageway to allow passage of vehicles as the verge on the south side of the road rises up as a rock face.

In addition there are the vagaries of the weather: the retaining wall will need to be built from the river bed upwards and the first metre of wall will be the hardest part to build. We all know how the River Rawthey can rise several feet in the space of a few hours following torrential rain. It would seem that self-sown saplings growing in the wall itself may have been one of the causes of the collapse and it is to be hoped that whilst the contractors are on site they will be able to remove any saplings which they see as a risk to the structural integrity of the rest of the retaining wall, which runs for some way in each direction from the damaged section.

Neither of the alternative options to avoid the A684 is appealing: the shorter route goes via Dentdale and Dent Station to Garsdale Station - this is a narrow, steep and exposed moorland road which is impassable in snow; the wider, lower level route is much longer and goes northeast from Sedbergh via the A683 Cautley road towards Kirkby Stephen then turns south down Mallerstang to the Moorcock Inn at Garsdale Head.

There is perhaps scope for residents in Garsdale to help each other by walking through the roadworks and getting a lift either west towards Sedbergh or east towards Hawes from someone who has a vehicle on the 'right' side of the blockage. Let us

just hope that once the contractors get started they are not delayed by prolonged bad weather and flooding.

Cllr Ian

I have just finished reading Daphne Du Maurier's "Jamaica Inn" as I want to be fully up to speed when the dramatised version is shown on TV next year following the filming of part of it in Kirkby Lonsdale over the last few days. I must say that it is a ripping yarn and well worth a read even if you do not intend to watch it on TV. As far as I know Kirkby Lonsdale does not have a coastline so I am wondering where the scenes involving the sea will be shot. In Cumbria or down in Cornwall?

The media seems to be very much



"Excellence through endeavour"

Sedbergh Town Band
presents a
Concert of
Remembrance
Monday 11th November
7.30pm
United Reformed Church
All Welcome
Tickets £5 U16 £3
Proceeds from this concert
will be shared between
The Royal British Legion and
the Sedbergh URC.
Sedbergh Town Band is a registered charity. No 1086817

in the local news at the moment. We have also just had a film made in Sedbergh which is expected to premiere at the Cannes Film Festival in due course. And on a slightly less glamorous note at the last SLDC Council meeting we considered what our future policy should be regarding the filming by members of the public of Council and Committee meetings and also the extent to which it would be permissible to use social media during the course of such a meeting. After some debate on the matter we agreed to adopt a protocol which gave permission for the filming, videoing, photographing or recording of Council meetings or other meetings which are open to the public provided that it does not disturb the conduct of the meeting and subject to the overall power of the Chairman to rescind the permission if it is disruptive or distracting to the good order and conduct of the meeting. In addition it was agreed that the use of social media in formal meetings would be acceptable by members of the public, press and councillors, again provided that that this did not disrupt or disturb the business of the meeting. My guess is that this will prove a popular change to Council policy and indeed in my capacity as Chairman of the Planning Committee I have already been notified of an intention to film at a future meeting relating to an application in Grange. My only hope is that that this will not inhibit "camera shy" councillors or overly encourage the more

flamboyant ones! It will be interesting to see how it goes.

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

Evelyn Westwood:

email evelyn@markwestwood.co.uk

Tel. 015396 20148

Ian McPherson:

email ianmcpherson24@hotmail.com

Tel. 015396 20648

Nick Cotton:

email red.pedal@virgin.net

Tel. 015242 71477



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Contact George on:
Tel: 015396 21287
Mob: 07977514229

Email: info@gjbainesandson.co.uk
Web: www.gjbainesandson.co.uk

NOVEMBER GARDENING

The window box in the south facing windowsill is still filled with colourful, but rather bedraggled Pelargoniums, but if they are to come through the winter, it is high time that I remove them and bring them indoors. I usually lift them with a good chunk of rootball, and having cut off all the stems to height of about 4ins (10cm), I pack their roots into a deep tray (or a polythene lined banana box) and bed them in with a layer of slightly damp compost. The box lives through the winter on the windowsill of the spare bedroom where it stays cool but frost free. The plants do not usually require any watering whilst they rest. Pelargoniums are particularly good in this sense as they will survive in dry conditions with very little fuss.

Over the last 10 years other frost tender subjects, including dwarf and trailing fuchsias (the only Fuchsia

Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

General Builders

Plastering ~ Roofing ~ Extensions
Fire Places Fitted

Paul Stephenson
015396 21557
07810 595543



Tom Wilson
015396 20954
07790 946578

which comes consistently through the winter out in the garden here is *F. magellanica*, the small flowered species bush which is sometimes grown as a hedge), Lemon verbena and tubers of cannas and dahlias have also come indoors but these seem to resent my style of winter treatment and require more storage space, so they have fallen by the wayside.

The old storage method for tender fuchsias was to bury the whole plants under the soil inside a cold greenhouse. The greenhouse roof keeps the plants dry, and the soil insulates them from frost. This method has been used in North America to protect other plants, most particularly climbing roses which are susceptible to the intense cold and can be killed back to the ground in a normal winter. Plants have to be artfully pruned to create a framework of stems which are tied into wires on a wall, but which can be detached in the autumn. The whole plant is buried under the soil and a protective layer of snow then covers the whole lot.

Elaine Home

LOFT LADDER DEAL

£499 inc VAT

Supplied - Fitted - Finished

One Free Onsite Advice



Flooring available
& lighting etc

Local to Sedbergh

M: 07730 352218

T: 015396 20857

HOUSE

TO LET OR FOR SALE

17 Back Lane
Attractive Grade II listed cottage
2 bedrooms, 2 bathrooms
Sunny, open views
Non Smoking
Tel. 01524 382144

SEDBERGH PARISH COUNCIL

*This report covers the Parish
Council meeting held on the 10th
October 2013*

PLANNING

The Planning Committee Report detailed three applications to which no objections were raised and another where concern was expressed. This related to Ingmire Caravan Park. The application involved the re-modeling of 30 pitches to form 25 lodge style caravans and touring pitches together with a replacement utility building. The parish Council has objected to the reduction in number and quality of touring pitches and the relatively congested feel that the increase in footprint of the static sites would give. The Council would support a more balanced redevelopment of the park which provides for a meaningful number of touring pitches (at least 10) in a dedicated area of the site (with proper provision for toilet and shower facilities) and a commensurate reduction in the

number of proposed 'lodges'.

SWIMMING POOL

Sedbergh School has agreed to a meeting with representatives of the Parish Council to discuss the community use of the school swimming pool and the formulation of a community use plan under the conditions of the Sport England Grant. The Members expressed a wish that the state schools would gain significantly from the facility

GRANTS

A grant of £100 was agreed to the Great North Air Ambulance.

The Council agreed in principle to the purchase and erection of a defibrillator in the town. Consideration is now being given to the siting and use of the facility.

SEDBERGH TOWNSCAPE PROJECT

As reported elsewhere in Lookaround on Page 49, the Council has agreed that proposals for the improvement of Joss Lane Car Park and the public garden in front of the Information Centre be progressed to public consultation.

Cumbria Stove Centre

Supply and installation of
wood, coal and gas stoves
Flue and chimney lining services
Inglenook specialists

Fully qualified and experienced
Hetas engineers

01539 821061 (day)

015396 25227 (evening)

SHOWROOM:

34a Main Street, Staveley, Nr Kendal

It was agreed to support a bid to the Dales Integrated Transport Alliance by the Support & Transport Co-ordinator at the Sedbergh & District Information Centre for a number of cycle stands or rails within the town.

It was reported that tenders have been accepted for the extension to the car park at the People's Hall and the new bus shelter on the south side of Station Road. Work is already well underway on the car park and work will be starting shortly on the bus shelter.

The Private Works Agreement for the footway widening scheme in Main Street has been signed formally requesting the County Council to undertake the works and agreeing to meet the costs which amount to £12,651.27.

Cumbria County Council Highways Dept. has made considerable progress in removing/replacing signs and poles in accordance with the Highway signs de-cluttering project scheme agreed with the Council.

AMENITIES COMMITTEE

It was agreed that the Council should investigate the practicalities of

employing a parish handyperson. It is felt that this could make a very positive contribution to the general look of the town.

It was reported that Electricity NW has given notice of the removal of a Parish light in Loftus Hill. It was agreed that the Parish Council would replace this with a new pole and lantern.

QUEENS GARDENS

It was reported that an application has been submitted to the Heritage Lottery Fund for 'Start-up Grant' funding to enable the preparation of a conservation and management plan for Queens Gardens.

GHYLLAS LAYBY

Cumbria Highways are producing an estimated cost for the erection of signs for the picnic site, which the Parish Council is proposing to fund.

NEXT MEETING WILL BE AT

7.30 pm on Thursday 14th November 2013 at the People's Hall Committee Room. There is always the opportunity for members of the public to raise issues at 8.30pm.

*Colin Robertshaw
Parish Clerk*



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- Eating Problems
- Weight Management/Healthy Eating

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TIM FARRON MP

Clearly central to my job is to represent the needs of the people in the Westmorland and Lonsdale constituency. There are many ways I do this, ranging from writing to council officials through meeting with Government ministers, to questioning the Prime Minister in Parliament and even taking issues to the European Parliament.

There are many organisations and routes to help me do this and one of the key ones is what is known as the All Party Group. These consist of a number of MPs who come together to discuss and promote the needs on a particular issue. I am a member of a number that involve themselves in the issues that affect people around here (Mountain Rescue, Mountaineering, West Coast Mainline and Equitable Life Policy Holders are some of them). However, there is only one that I actually commit to chairing and

that is the Hill Farming group. This is a group of MPs from across the country (as you would expect the East Coast is not particularly well represented and there is no one from London, although all the Cumbrian MPs are members) drawn from all the main political parties. We meet regularly to discuss the issues faced by hill farmers and the communities that depend upon hill farming and identify what we can help address these.

I have chaired this group for a number of years now and was particularly pleased to be re-elected by the members for a further term the other day. Being Chair not only allows me to ensure that any particular needs of Cumbrian hill farmers are considered but that when I do things like inviting a Government minister to visit our area, as I did the other day with the new Defra Minister Dan Rogerson (another member of the Hill

FOLK CAROLS IN DENT IN SEDBERGH

Saturday November 16 - 10am-5pm

West Gallery carols workshop with Paul Guppy in the People's Hall.

- 7.30pm **CONCERT with the Gladly Solemn Sound West Gallery Choir** in Howgill Church - plus the 3 man Wyresdale Greensleeves dance and readings from 19th century Howgill.
- Friday December 6 - 7.30pm Folk Carols concert in the Dent Meditation Centre with Acapella Harmony women's group Pandora's Handbag and folk harmony group Brillig.
- Saturday December 7 - 10am-4.30pm workshops learning folk carols from around the UK, DMC and 8pm **Carols Ceilidh** with visiting choirs and dances - Dent Memorial Hall.
- Sunday December 8 - Carols from Afar - from beyond the UK. DMC.

Tickets from Sedbergh TIC, Dent Stores, David Burbidge 015396 21166 or if any remaining at door. Details: www.lakelandvoice.co.uk

Farming Group), there is a pretty good chance that they will take me up on it.

On other issues, as they say, I was pleased to learn that the new administration at Cumbria County Council have formally approved the new funding proposals for schools in the County that make a proper allowance for the smaller, more remote rural positions of many of our best schools. Assuming that the Department of Education are happy with the plans, this will mean that both secondary and primary schools that face these challenges will receive an extra lump sum in funding rather than having to rely entirely on the money that follows pupil numbers.

I have also got the Prime Minister's agreement that he will look into the issue of funding for GPs surgeries in more remote rural communities. This has been another issue caused by plans to remove the support given to services for smaller communities and base funding entirely on numbers, with the consequence that these surgeries face the threat of closure.

It goes without saying that if you have any issues rural or otherwise that you would like me to help with then please do get in touch by writing to Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at tim@timfarron.co.uk.

Tim Farron MP

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Sedbergh & District
**CHAMBER
OF TRADE & BUSINESS**
NOTICE OF AGM

**People's Hall
Monday 18 November**

7.00 AGM

Member participation only
7.30

Non member and public participation
Everyone welcome

8.15

Wine and Cheese

Tickets £5

from Community Office
or e-mail

barbara@garsdaledesign.co.uk

After meeting speaker

Kevin Lancaster

*"Voices from the past,
Sedbergh in October 1733"*

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

"By the Sword Divided"

On 2nd October Sedbergh and District History Society heard Erik Matthews talk about a recent survey of Lammerside Castle undertaken by the Archaeological and Architectural Society of Durham and Northumberland, of which he is fieldwork officer. He linked the physical findings of the survey to the written records of the Warcop family, which occupied Lammerside from the early fourteenth century until the early sixteenth century.

There had been little research into Lammerside Castle, in contrast to its

better known neighbours Wharton Hall & Pendragon, each about one mile from Lammerside. It is unusual to find three such high status medieval buildings so close to one another and this was the source of friction when the landholders gravitated to different sides during the Wars of the Roses. Pendragon belonged to the powerful Clifford family. The Lammerside estate was carved out of the Pendragon estate in the early C14th. The Warcops of Lammerside were not very wealthy or powerful but were associated with the powerful Nevilles of Middleham.

There is no contemporary evidence for the reputed use of these castles in defence against the Scots. The surviving C15th tower has windows which are indefensible. The purpose of the castles was to control the hunting resources of Mallerstang and the surrounding fells..

The only surviving structure of Lammerside Castle is the tower. No excavation was allowed because Lammerside is a listed building but the survey showed earthwork remains of a substantial curtain wall surrounding a hall and a manorial farmstead with barns. South of the existing tower are the foundations of an earlier tower dating from about 1370.

The architecture of the tower shows special features - a raised central beam into which all the vaulting is tied and a method of constructing window arches - which are both rare in England but common in

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contemporary Ireland. It is the central roof beam which has allowed the tower to survive while the other buildings on the site collapsed. The tower has a double staircase, a principal chamber with cupboards and an inner chamber, with a lidded floor safe, possibly used as an office. Axe-marks around the door may date from the time the Whartons seized Lammerside.

In the C15th, Robert Warcop became part of the Neville circle, whose fortunes rose and fell with Warwick the king-maker and Richard Duke of Gloucester (Richard III). After the Battle of Bosworth, 1485, Clifford power restored and old scores were

settled.

In 1536, Sir Thomas Wharton, was charged with the task of stopping the revolt known as the Pilgrimage of Grace from spreading. He cancelled St. Nicholas Fair in Kirkby Stephen, provoking rioters to attack Wharton Hall in his absence and to lay siege to Lammerside. By the ruse of withdrawing and then returning as a relieving party, they tricked John Warcop into handing over the keys. Sir Thomas Wharton never forgave him for this. He took the matter to Star Chamber and seized Lammerside, which became part of Wharton Hall park.

Judith Robinson

SEDBERGH TOWN BAND

Memorial Concert

A concert in memory of the late Sedbergh Town Bandmaster, Alan Lewis, was held in St. Andrews Church on Saturday 28th September.

Alan was a well known and respected figure in Sedbergh - noted as the Head of Brass at Sedbergh School who put the School Band well and truly on both the national and international stages. He was held in awe as the man whose vision, enthusiasm and talent created a fine, highly respected Town Band from scratch in an incredibly short period of time. He was regularly seen leading parades and conducting at concerts.



Less well known was his creative talent - he composed many pieces, some forming an integral portion of the Band's repertoire. Many pieces were the result of local inspiration - in the concert the title 'Images of Sedbergh' speaks for itself, as does 'Akay Dawn', inspired by an early morning walk with the dog. Other original compositions had specific ends: recently he considered the Town Band to be struggling with rhythm and synchronisation and wrote the aptly entitled 'Synchronetto' as a challenge to the players. Even Alan was somewhat surprised when the Band responded successfully, evidenced by the piece's inclusion in the programme, triumphantly overcoming earlier perceived weaknesses. What Alan in his modesty failed to appreciate was that it was his inspiration that made the players fight might and main to achieve the highest standards and that he had fostered a self-belief and confidence in all who came under his baton.

His composition also reached the personal level. One of the Band's earliest pieces, which opened this concert, was 'Tarka 1,2,3.' This was dedicated to Brian Waters (nicknames Tarka in recognition of his

SEDBERGH & DISTRICT
HISTORY SOCIETY
Wednesday 6th November The Angkor Temple Complex <i>Dr Raymond Shaw</i>
Wednesday 20th November Engine Cleaner to Main Line Fireman <i>Bill Kitchen</i> @ Dent Memorial Hall
Friday 29th November 7pm Annual Dinner Farfield Mill
All meetings in Settlebeck School, start at 7:30pm unless stated.
Everyone is most welcome to attend any or all of our lectures
Chairman: Richard Cann 20771 Secretary: Mike Beecroft 21878 Treasurer: Marlene Mason 20509 Member Sec: Richard Cann 20771

swimming prowess) the Band's first chairman, and marking the birth of his third grandchild.

Receiving less attention and the respect it deserves is Alan's indefatigable activities as a prolific arranger. Pieces of music are composed with a particular singer, voice, instrument, group, orchestra, band etc., in mind. Without considerable and highly sensitive arrangement the pieces cannot be successfully transferred from one mode of performance to another. Alan's skill in this respect was represented in the concert with 'Zoot Suit Riot', 'Fanfare and Hymn Repton', 'Gabriel's Oboe' and 'Yesterday'. The famous Beatles'

number is a particularly fine example of his skill - the restrained, soulful, wistfulness and highly charged sense of regret characterising this song would seem to be inappropriate to be played by a 30+ strong band capable at full volume of lifting the roof, but thanks to Alan's awareness of the original, the nature of brass and the capabilities of his band the result is an overwhelming success, capturing exactly the mood and emotional nuances expressed by Lennon and McCartney.

The end of July saw the service of Thanksgiving in St. Andrew's when a packed church paid its final respects to Alan. This concert again saw a packed church attracted to hear the

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music of Alan Lewis and to enjoy programme selected to reflect the breadth of his achievement and the skills and accomplishments of the Town Band.

Besides the pieces already mentioned were others of a more specific nature - Carole Marsden handed over the conductor's baton to Iwan Lewis to play 'Gabriel's Oboe', sensitively backed by the Band.



Carole and Iwan shared the conducting and were instrumental in bringing out all the shades and

nuances of tone and dynamics needed to lift performance and do justice to the quality of the music. The other featured solo was 'Highland Cathedral' where Tom Skelthorne took the role of pier in place of the usual performer Tony Playfoot. Tom's performance was excellent and was a most fitting conclusion to the advertised programme.

The Band responded to the generous applause of the audience that greeted the conclusion of 'Highland Cathedral' and prior to terminating the proceedings with the National Anthem played 'Born Free' as an encore.

Of considerable note was the performance of the Youth Band. They occupied a slot just before the interval and gave a first rate rendition of Alan's specially composed 'Loftus Hill'. All credit goes to Carole and her

SEDBERGH CRICKET CLUB



**FAMILY
DOMINO
DRIVE**

7:30pm
Friday 22nd November
Sedbergh Primary School

Entry £1.00
Many Prizes ~ Raffle ~ Refreshments

helpers from the Senior Band who through the sessions held on Saturday mornings in the United Reformed Church have achieved splendid progress with the twenty two youngsters on stage who played with skill and sensitivity producing a pleasingly mellifluous, full bodied sound.

Thanks must go to Stuart Manger who compered the evening so well -



his anecdotes attached to each piece introduced were communicated with infectious wit and exuberance perfectly setting

the tone for this celebratory event. Thanks also to St. Andrew's and all who so efficiently dealt with tickets, programmes and the distribution of refreshments in the interval. **GB**

FAMILY MUSINGS

Part of the family went abroad and found a Spar shop or two quite near the hotel, the amusing part is .. one of them works for Spar and was ready for a break! Hubby and I took a break from normal routine, whatever that might be, and went up to the old County Stone on the Crag. Last time I was there was as a little girl with my Daddy, over 50 years ago, this time it was hubby to encourage and take the photo when we got there though it's no longer possible to put an arm in Lancashire & one in Westmorland while keeping a leg or two in Yorkshire! Will I get there again? Probably not, took my breathing by surprise and it took a while to sort out but I made it back to the vehicle.

Back home and a lot of time in the garden and dug up a huge heavy clump of grass which then I couldn't move. Asked hubby for help and he said it would be very important to someone, perhaps I should put it at the gate with a "Free to a good home" notice on it. I decided if I did then people would really know just how eccentric I actually am .. !

Knit and Natter continues at the Heritage Centre every Monday afternoon and before anyone gets all excited thinking I have taken up the ancient craft .. I go to natter, to talk, something I rarely have a problem with! Both types of folk are needed to help pass the time.

On my last trip east it was much warmer over there as the city got ready for the Fair, on the previous visit my two car passengers both tried giving me directions at once and the

result was an unexpected trip over the Humber Bridge, luckily they saw the funny side and coughed up the fares! After that we decided just one would tell me the way. If I get lost as I come home there's no one else to blame!

On the news they say that secret cameras could be put in Care homes/ peoples homes to "watch" whatever goes on there, as someone who has worked as a carer for around 30 years and cared for my own loved ones I have always tried my best to do my job as if someone was watching, as indeed He was! But then perhaps I am in the minority .. . enjoy what you do and do it to the best of your ability.

Sarah

The official opening of the

People's Hall

*new extension and
changing rooms
will take place on*

Saturday 23rd November

6.30pm

Refreshments will be served
until 9pm & everyone with an
interest in the PH
is invited to attend



SEDBERGH MEDICAL CENTRE

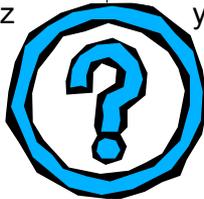
will be closed for Training Purposes
at 1pm on the following afternoons:-
Tuesday 19th November
Thursday 5th December
2014
Wednesday 15th January
Wednesday 12th February



PULSE COMMUNITY GYM

I would very much like to thank everyone, members and non gym members who came along to the Quiz on Friday October 18th. It was good to see so many friends as well as new faces at the event. Quiz master 'Woody' I'm sure you will agree performed in his usual enthusiastic way and singing broke out spontaneously from time to time not just from him but also from the quizzers. There was a great atmosphere lots of crazy prizes and a very mixed bag of questions. Look out for posters in the New Year for the next quiz. These fund raisers are all part and parcel of the grant award we are aiming for.

As many of you will know plans are in place for the gym to be built onto and as part of the Peoples Hall redevelopment programme. The PCG has approximately half the money needed however Dr Gina Barney is working very hard toward a Sport England bid on behalf of the PCG. A bid went in earlier this year and was turned down. We were told what



further was required and so set about putting this right. This is why many of you have been accosted by me asking if you have filled in your 'Questionnaire' and whether you are willing to become a friend of the Gym.

I have to report the responses has been absolutely marvellous and overwhelmingly in support of the idea of the gym at the People's Hall. On top of this support many more of you have become friends of the Gym. All this is so important and I can't thank you enough. If there should be anyone out there in Sedbergh and District who haven't as yet filled in a questionnaire then please give me a call (21808) and I'll pop one round to you post haste. It's all hands to the pump if we are to give our gym a permanent home.

That just leaves me with some thank yous to express; Thanks go to Gordon for sound equipment, Brenda for music quiz, Dotty who is always on hand to help out and Richard for stepping in to do the bar we are very grateful to him and hope he will be there next time. *Sandra Gold-Wood*

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BOXES OF HOPE CUMBRIA

“Boxes of Hope Cumbria” is the name of the new LOCAL shoe-box charity, set up by the same people who have been organising the Christmas shoe-box campaign in South Cumbria for several years. Initially we worked with “Samaritan’s Purse”, then last year we switched to Teams4U and through them we were put in contact with Nicu Gal, who runs the charity “People to People” in north-west Romania.

“People to People” works with local churches in the area to reach out to severely disadvantaged children and their families, not only at Christmas but throughout the year through



various educational and social projects.

This year’s dead-line for completing boxes is **Monday 11th November**. They can be handed in at Sedbergh Post Office, the URC or Methodist Church. This should give us time to check and pack the boxes before the big send-off on 20th November. Eight of us will follow on a week later to help distribute the boxes to some of the remoter villages and communities in Romania.

If you have any comments or queries about “Boxes of Hope”, please feel free to contact me on Sedbergh 20042. Thank you in anticipation!

Pam Dent



This year the Scouts’ Christmas Post will begin collections on the 25th November with the final collection on the 20th December

25p per card



Post Box Locations

Medical Centre
Morphets Garage
Steadman’s Butchers
The Green Door
Sedbergh Office Services
Powells Fruiterers
Premier Store

BROADBAND

Fibre GarDen blooms in the Digital Darkness

Residents of Garsdale and Dentdale are gearing up for the launch of their own fibre-optic broadband network through the work of their community co-operative *Fibre GarDen*.

The voluntary community group is making waves across the country having secured world-wide connectivity through Network Rail's fibre optic network, funding through DEFRA, a Capital Fund and Yorkshire Dales National Park through the Millennium Trust. Now it is local residents who are showing their support for the scheme. Fibre GarDen Co-operative has launched its share offer to members of the community and the wider public.

And in just one month, the community group has raised a further £100,000. Tony Roberts, Finance Director, said "*We have had a great*

start to the share issue with half the remaining investment we need received in the first month. The offering has proved attractive to local people with a strong community spirit who want to secure their broadband for the future as well as for the investment opportunity this represents with Applications from £500 to £20,000."



The ambitious project has secured Enterprise Investment Scheme status from HMRC, meaning that most UK tax-payers investing over £500 will qualify for tax-relief of 30% of their investment. Shares must be kept for three years. Shareholders have equal voting rights no matter what the value of their investment. The share offer closes on 21 December, anyone wishing to invest in the communities can apply through the website www.digitaldales.com

Fibre GarDen will build a state-of-the-art fibre-optic network that will be community owned, and professionally maintained and operated. The network involves the construction of over 60 km of fibre optic cabling to provide over 530 properties with a superfast service in an area previously suffering digital poverty.

Individuals or companies who are interested in becoming part of this project are invited to contact Tony Roberts info@digitaldales.com

Philip Horner

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Mob: 07855 349157

e-mail: prhorner@hotmail.com



HAFFNER ORCHESTRA



Justin Doyle, an Old Boy of Sedbergh School, again takes up the baton to conduct Lancaster's acclaimed Haffner Orchestra on November 16th at the Great Hall, Lancaster University. The orchestra, which has a very high reputation locally, is led by Sedbergh's own Julian Cann. The two are good friends, and musically they keep the Haffner on its toes. It needs to be on

its toes for Stravinsky's Firebird and Dvořák's New World Symphony. The Haffner concerts are great for young people as they are free for 18's and under.

Justin will give a pre-concert talk which is free of charge

INDOOR BOWLING

This continues on some Wednesday evenings in the Memorial Hall, Dent, from 7.30pm-9.30pm approx. There have been monthly Saturday morning sessions along with Coffee Mornings during September & October but the next is not until February. Beginners are welcome. Do join in! Ring first if coming especially. December 18th will be our Christmas event. (25212)

Country Harvest

Christmas extravaganza

Wednesday,
November 27
6pm – 9pm

food tastings, gift ideas galore,
mulled wine, mince pies

For details visit
www.country-harvest.co.uk

For the sparkle in 'your' Christmas

YORKSHIRE DALES NATIONAL PARK

*Cash still available for projects in
National Park*

Community groups and businesses in the Yorkshire Dales National Park are being urged to bid for funding to help them start local projects.

The Yorkshire Dales National Park Authority's Sustainable Development Fund (SDF) still has more than £50,000 to give to support schemes that promote a more sustainable way of visiting, living in and working in the National Park, while conserving and enhancing our local culture, wildlife, landscape, land use and communities

There are two funding rounds still available this financial year. The closing dates for applications will be November 28 this year and January 30 next year, with decisions being made on January 23 and March 20.

Peter Stockton, the National Park Authority's Head of Sustainable Development, said: "The SDF aims to achieve a more sustainable way of living and working in the National Park, at the same time enhancing and conserving our local culture,

SEDBERGH ORCHESTRA

CONCERT

8.00pm

Thursday November 28th
St Andrew's Church, Sedbergh.

Tickets £6.00

*from members of the orchestra,
yantethera@gmail.com,
015396 21196 or at the door*

18 & under free

wildlife, landscape, land use and communities.

"It supports new business ideas, community schemes and environment projects and, so far this year, it has given approximately £100,000 to 13 projects, which is a fantastic achievement.

"There is still money left for new projects that will benefit people in the National Park and we hope to see more applications being submitted in the next few weeks."

A recent grant has helped Gunnerside-based freelance marketer Hannah Wallington to set up a Dales Hub website that will be a marketing and booking platform for

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activity providers within the National Park. It aims to showcase activities in one central point and have a booking system for those events, enabling visitors to bundle together activities from different providers so simplifying the search for things to do and encouraging them to do more, stay longer and increase spend.

The SDF was also able to support a money-saving project at the Wensleydale Creamery in Hawes. The grant will be used to install a heat recovery system that will recycle waste heat from the air conditioning refrigeration plant in the Visitors Centre. This will provide 190 litres of hot water for use in hand wash facilities and in food preparation

areas and should, in turn, reduce energy consumption by 60,225 KW/hr, CO2 emissions by 15650kg and save the business £3,504 per year.

The SDF was launched in July 2002 and is funded by the Department for the Environment, Food and Rural Affairs (DEFRA).

In 2012/13 the SDF was able to support 21 projects including:

- the restoration of grassland in two nature reserves
- improved recreational facilities for the community in Sedbergh
- a community broadband scheme for Dent and Garsdale

Anyone wanting more information about the SDF can visit the YDNPA's website at www.yorkshiredales.org.uk or contact the SDF Officer at gillian.muir@ydmf.org, or telephone 015242 51002 to discuss project ideas.

Nick Oldham

Settlebeck School
Christmas Fair

FRIDAY 29TH NOVEMBER
5PM - 7PM

**** Christmas Craft Workshops to
design and make your own
Christmas gifts ****

**** Homemade Produce ****

**** Homemade Crafts ****

**** Christmas Items ****

**** Tombola ****

**** Raffle ****

If you would like to book a stall please
contact the school, the cost is £5

Admission - Adults: 50p
Children and Senior Citizens: FREE
Long Lane, Sedbergh, LA10 5AL
Tel: 015396 20383

MacMILLAN COFFEE MORNING

Cross Keys. Cautley

Like many others on the 27th September we joined the Great MacMillan Coffee Morning.

We would like to thank the volunteers who baked cakes, served tea and coffee, sold raffle tickets or donated items for sale or to raffle or who generally talked people in to parting with their money.

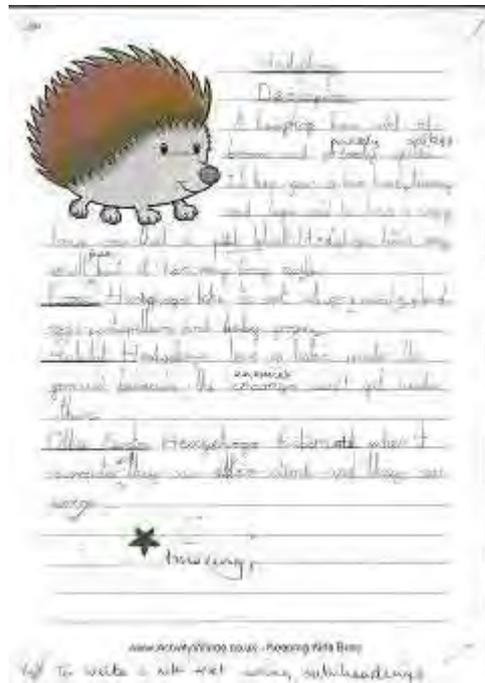
In the 2 1/2 hours between 10.00 and 12.30 we succeeded in raising £536.00 which we think was a great achievement by all who participated in this very worthwhile cause.

Once again thanks to all on behalf of MacMillan. *Chris & Alan Clowse*

DENT PRIMARY SCHOOL



Hedgehogs by Edward Deighton, Aged 6, Year 2



Hedgehogs by Lia Lewis, Aged 6, Year 2

Paul Hoggarth



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Small Plant Hire

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A Hedgehog by Rosie Hodgson, Aged 6, Year 2

Harvest Festival Celebrations

This year, as every year at Dent School, the children decorated and filled Harvest Boxes. All contributions of produce were donated by the parents of the children. On Monday

30th September all residents of Dentdale who are over eighty were invited to school to join the children in harvest celebrations. The children entertained the visitors by performing poetry and then presented each individual with a harvest box. This is a tradition that has been maintained by the school for many years and we hope that the recipients enjoyed their box of food.

Wednesday 2nd October 2013

The excited children of Dent School were ready to go on a mountain adventure. The children barged their way through the crowd onto the minibuses, merrily singing. They thought it would be a day to remember but not for all the right reasons. "We're here! exclaimed the bus driver. "Yay!!" screamed the children excitedly, not knowing what was coming their way.

The children were trekking up the rough, jagged terrain. The weather was getting worse and worse, the mist was rolling rapidly but the children decided to just ignore that fact and keep going. Finally, their tummies started to rumble and make strange noises. The children started to moan "I'm hungry, can we eat yet?" So they decided to put up the Kisu and have their mouth watering lunch. There was crinkling crisps flying everywhere until they noticed a terrifying fact, that...Mrs Middleton was gone!

"Nigel?" whispered one of the children nervously. "Yes" replied Nigel, with a mouth full of delicious sandwich. "Where's Mrs Middleton?"

asked one of the scared, shivering little children. "Erm...I don't know" he whispered with a quiver to his voice. "Well, what shall we do?" asked Ben nervously. "Right, children listen because this is extremely important. We are all going to stay together and put these bibs on" he said strongly handing out luminous bibs. "Ok everyone, we are going out to look for Mrs Middleton. Lets go!!". Everyone rolled out of the tent and set off on the petrifying journey to Mrs Middleton. The mist rolled in hard and rapidly from out of nowhere.

"Aaaahhh!" They heard a much louder, closer scream from the voice of a distressed Mrs Middleton. They all ran towards where the dreadful

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scream died away. They found Mrs Middleton down a colossal sink hole. 999 were the numbers dialed on Nigels phone. "Mountain rescue!" screamed Nigel. "They're here!" shouted Beatrice.

The helicopter whizzed off into the thick wind, away from the hills of Ingleborough. The children took their steps extremely carefully back to the safe minibus.

SEDBERGH SCHOOL RUGBY

Every month, there are many Rugby Games being played by Sedbergh School on Busk Lane against many notable opponents.

The dates for these will appear in the Diary of Lookaround every month

but as there are sometimes many different schools playing at the same time, these details will not be listed. Further information can be obtained by visiting the School Web Site on www.sedberghschool.org

SEDBERGH PRIMARY PTFA AGM

The AGM was held on Wednesday 25th September and marked our first anniversary. There were changes to some of the posts including Linda Greensmith taking on the role of secretary and Joyce Scarr happy to take the role of treasurer. I (Linda Allan) will continue as Chair and Julie Sen was happy to continue as Vice Chair. Many thanks to Lindsay



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Traditional Christmas pudding & brandy sauce

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OPEN 10am – 4.30pm FRIDAY TO TUESDAY

Telephone 015396 25329, email meadowsidedent@gmail.com or call in to book!

Moorhouse and Jacky Baines for all the work that they have done in helping on the committee

SCHOOL DISCOS

Following the success of both discos last year it was unanimously decided to continue with these events and the Autumn disco will be held on the first Friday back after half term.

CHRISTMAS CONCERT VIDEOS

We are planning to go ahead with the recording of the Christmas concerts once again. A special thank you to Paul Hoggarth Builders and Garsdale Design for the kind sponsorship of the DVD cover. We have started to look for two more sponsors for this years production... if anyone would like to find out more please get in touch or drop me an email. theallanhome@btinternet.com (The sponsorship would be £50 for an advert on one side of the DVD cover)

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online please think of us and sign up to easyfundraising.co.uk which gives a small percentage of what you buy back to the PTFA. It doesn't seem that much at the time but pennies make pounds and if the whole school could get family and friends involved we could raise alot of money with little effort.

SCHOOL BENCHES

Many of you may of seen the new school benches around the playground. The PTFA is very proud of the first item that we have bought to give back to the school.

PTFA CHRISTMAS NIGHT OUT

Get your babysitter booked and your blow the dust off your party clothes!

This inaugural occasion is taking place on Friday 6th December in Kirkby Lonsdale. We are hoping that parents and friends from the primary school will congregate together on that night. The choice is yours ..if you wish to eat then there is a multitude



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of eating houses that we recommend you book in advance and also there is enough pubs to do quite an amazing pub crawl if you want to miss out the food altogether. We are organizing a bus from Sedbergh to Kirkby Lonsdale and if you would like a seat we would ask that this is paid for in advance to avoid the nightmare bus organization scenario. Further details and times will be advised at the next PTFA meeting. Everyone welcome

BALLOON RACE

In looking through the 30+ balloon tickets that were returned we can track our balloons as they travelled over Skipton and past Mirfield and Liversedge in West Yorkshire. Some

balloons stopped in South Yorkshire near Sheffield and others continued across into Derbyshire. A couple of balloons found their resting place in Derbyshire while others made it as far as Nuneaton. The winning balloon that travelled the farthest was found in Warlingham, Surrey. Kath Millburn had bought this balloon and received £100. Many thanks to all who took part in this event.

NEXT MEETING

The next PTFA meeting will be held on Wednesday November 6th in the Nursery at Primary School. Everybody is welcome and the meeting will start at 7.30pm.

Linda Allan (chair)

CARRY ON CAROLLING

Glad Tidings of Great Joy

As the hot summer turns into autumn and the leaves start to fall, the thought of festive winter cheer comes to mind - and along with it, a host of carols.

WEST GALLERY CAROLS

In the middle of November Paul Guppy makes a welcome return to Sedbergh to teach west gallery carols for singers and instrumentalists, and in the evening will lead The Gladly Solemn West Gallery choir at a concert in Howgill.

These carols, which were sung in country churches between 1700 and 1850 as immortalised by Thomas Hardy, are very lively and a great deal of fun to sing. As well as singers, instrumentalists are invited to play the four part harmony sung by the singers as well as short symphonies in between verses.

DENT FOLK CAROLS WEEKEND

Then over the first weekend of December we have a return of the Dent Folk Carols weekend, with many singers who have been here before coming to sing the old Folk Carols. This year at the Friday evening concert in Dent we have a wonderful folk group Brillig who we met at the Ingleton folk festival who sing folk carols accompanied by a variety of instruments, as well as the women's acapella harmony group Pandora's Handbag.

I'll be leading harmony singing workshops in the Dent Meditation Centre on Saturday and Sunday with a number of old carols from the UK

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and abroad for you to join with - this year a couple of the community choirs which I lead are joining us and will be singing alongside you making it easier for you to pick up the music.

And in the evening we have a return of our annual Carols Ceilidh with singing for everyone to join in, a few visiting choirs and singers, dancers and other musicians, including Carolyn Francis and the Sedbergh Common Ground Ceilidh group who will play some of their tunes and lead a few dances.

FREE CHILDREN'S SINGING SESSION

On Saturday morning Mel Rowe, who leads the small children's singing group Piccolo Amabile in Kendal, is coming with the children in her group to Dent and she will be teaching a number of songs to local children - one of which they will be able to sing with the adults at lunchtime. Her session is open for all primary school aged children years 1-5.

Tickets are available at the Sedbergh TIC, Dent Stores or from me David Burbidge, 015396. 21166. There are details on my [website](http://www.lakelandvoice.co.uk) www.lakelandvoice.co.uk

ROYAL BRITISH LEGION

Women's Section

(Recently, the Women's Section Embroidery was returned to the Sedbergh Branch after Mrs Evelyn Stoker sadly passed away. The following was written by Evelyn at the time of the closure of the Section. It is hoped to put the Embroidery on display in due time, the location of which you will be informed.)

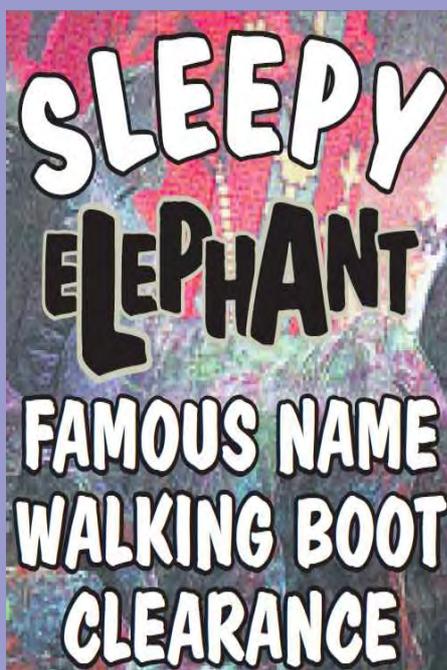
On Sunday 9th May, almost exactly 54 years to the day after of the foundation of the Woman's Section of the Sedbergh Branch of the Royal British Legion, its Standard was laid up in St. Andrew's Church at a special ceremony before the morning service. The section was formally registered

on 26th April 1950, and closed in September 2002.

It was both a proud and a sad occasion to see the Standard carried for the last time and it lay on the altar throughout the service.

Several former members of the Women's Section were present and the Men's Section sent a large supporting contingent. Two representatives of the County Branch of the Women's Section of the Royal British Legion were present Mrs. M. Knipe, the President and Mrs. D. Maguire, the Chairman.

The Standard was carried up the aisle by Mrs. Elspeth Griffiths, escorted by Mrs. Dorothy Cook and Mrs. Dorothy Kirby. It was handed to



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the Vicar with the following words: "I commit this sacred Standard of the Women's Section of the Sedbergh Branch of the Royal British Legion to you as Vicar of the Parish of Sedbergh for safe-keeping in this holy church for evermore". The Vicar, Canon Alan Fell, accepted it and the *Last Post* was played excellently by Fraser Precious of Sedbergh School CCF Band. The famous words of Lawrence Binyon were then spoken by Canon Fell to which the congregation responded "We will remember them". This was followed by one minute's silence, after which Fraser played *Reveille* most movingly and the Standard was laid upon the altar.



After the service it was taken to its final resting place, high on the west wall where it hangs proudly and catches the eye of all who enter the church.

The records of the section were handed over to Mrs. Dorothy Maguire, Chairman of the Westmorland County Branch, for safe-keeping and will eventually be deposited in the archives at the Cumbria Record Office.

Mrs. Evelyn Stoker

EDITORS NOTES

Over the last many months, I have established that lots of my e-mails and attachments have not been

delivered to various people, which includes advertisers and their adverts. The issue is now resolved but I have a lot of catching up to do so please bear with me.

Please remember that the December issue will be in full colour and a Double Issue, no January one. Please let me have your contributions as soon as possible which will be greatly appreciated. *D J Whicker*

ZRECE

Work wanted in Sedbergh by young man from Zrece

Dejan Smogavec's father Alojz has been to Sedbergh on 3 separate occasions - once with a small singing group who joined our carols festival 8 years ago and then a couple of times with the Zrece choir, including last summer. So impressed was he by our lives here that his son Dejan is now inspired to come and live and work here. He is an electrician and also has experience as a cook and a waiter, but says he is happy to do any work in order to fulfill his dream of living and working in his twin town. If you can help, please ring 21166.

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PEOPLE'S HALL NEWS

Redevelopment News

When you read this the new toilets and lobbies should be in use. The Football Club first used the Hall's changing rooms for a home match on 5 October 2013 with the paint still drying.

This has been a seven month long project starting on Lady Day and finishing seven months later. I think I made close to 400 visits to site during this period with Steve Longlands close behind. It was a good thing Cumbria County Council made the road up as we started the works.

During the works Steve pointed out lots of small (and some big) things requiring attention and MK

Conversions put up with my endless "supervision". Thanks MK.

The task of "dressing" the new areas with shelving, mirrors, locks, toilet roll dispensers, blinds, curtains, etc. is in progress.

We hope all of you will come to the official opening on 23 November (see advert elsewhere), have a look round and enjoy a glass of something to thank you all for your support.

Some statistics.

This project cost close to £190,000 when all the building costs, VAT, bat and asbestos surveys, piling, drawing fees, QS fees, planning fees, etc. are added together. Not to mention the value of the voluntary work.

Where did the money come from?



Sedbergh Community Development Centre

Courses in and around Sedbergh

Subject	Tutor	Wks	Day	Start	Times	Town
Inside Out: Still lifes and views thru a window	Frances Winder	1	Sat	30 Nov	Day	Sedbergh
Snowscapes in Acrylics	Thuline de Cock	1	Sat	7 Dec	Day	Sedbergh
Mind Your Tone	Frances Winder	1	Sat	22 Feb	Day	Sedbergh
Water Based Landscapes	Frances Winder	1	Sat	1 Mar	Day	Sedbergh
Painting in Oils	Bob Henfrey	ongoing	Mon		AM	Barbon
Handcraft a Wooden Archery Bow	Mark Bamford	10	Wed	22 Jan	Eve	Sedbergh
How to Buy and Sell on eBay	Chris Wood	1	Sat	9 Nov	Day	Sedbergh
Using Your Android Tablet	Chris Wood	1	Sat	23 Nov	AM	K'Lonsdale
Better Breadmaking	Nela Geuer	1	Sat	8 Feb	Day	Sedbergh
Pilates (4:30 and 5:45 sessions)	Teresa Hill	ongoing	Mon		Eve	Sedbergh
Yoga	Fran Fryer	ongoing	Thu		Eve	Sedbergh
Italian Improvers	Cath Bond	ongoing	Thu		AM	Sedbergh
Italian Continuing (1)	George Handley	ongoing	Tue		AM	Sedbergh
Italian Continuing (2)	George Handley	ongoing	Wed		AM	Sedbergh

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In round figures:

Football Stadia Improvement Fund	
	£50,000
People's Hall Reserves	£40,000
Sedbergh Parish Council	£25,000
Other Funding Bodies	£20,000

The support from the residents has been extremely generous raising over £25,000, some of which allowed us to claim Gift Aid of over £6,000. There have also been many other contributions and many fund raising activities from bricks, books, coffee mornings, auctions, literary festival, etc. Many suppliers in the town have also given discounts or not charged for their labour. Thank you.

However, we are still short of about £5,000. So when you come to the official opening, to view the results of our labours, bring your cheque books and cash.

But the work goes on. We have just issued an Invitation to Tender to revamp the front of the building. Obviously the old toilets will be decommissioned from use. This gives us an opportunity to improve the front of the building from its rather sad and dated condition. The entrance area will still be available.

6 IMPOSSIBLE THINGS

As part of the People's Hall non-profit making events there will be "6 Impossible things" occurring in the People's Hall on Friday 15 November 2013, commencing 7.30pm for 8pm. This is a Rural Highlights event by the Avanti & Artizan group with Humor – Britische und Bizarr". Go to avantidisplay.co.uk for details

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SEDBERGH AND DISTRICT ART SOCIETY

Our first Friday meeting of the autumn was held on the 11th Oct in the U.R.C. rooms when Thuline de Lock gave a demonstration on 'Animals in mixed media'. Working from a projected image and photographs of a cow she explained her various techniques for achieving a good drawing. She then used acrylics to lay in the basic washes and after developing the textures and form with more layers of colours, completed the painting with black pastels to enhance the line and tones.

Thuline finished the evening by showing us projected photographs of some of the commissions she had done of various animals in oils.

Thuline's work can be seen at her studio gallery 139 Highgate, Kendal, which is opposite the entrance to the Brewery Centre.

Our next meeting is the 8th November when Christine Rooney will take the subject 'Be bold with colour'.

Margaret Copestake

CHURCHES TOGETHER

News from St Andrew's Dent and St John's Cowgill

Bumper Harvest

The Autumn got off to a good start for the two churches with very well supported Harvest Thanksgiving Services. It was very uplifting to see the beautifully decorated churches and the children and their parents coming to church to offer their thanksgivings for all God's good gifts. The Parish Harvest Supper continues to be a very popular annual event in the dale, bringing people together in such a happy atmosphere. Our thanks to Phyllis Woof and the hard working team of volunteers who organise it. We would also draw

peoples attention to the very enjoyable Harvest Sale's of produce. Brian Goad is brilliant in making these events such fun for children and adults alike. If you haven't been to one before, why not join in next year?

November is a time to remember

St Andrew's Dent will be offering all those who have lost a loved one an opportunity to remember them by name and by lighting a candle for them at our service on November 3rd at 10.30am.

The War Memorials at both Cowgill and Dent have been restored and renovated in time for the 100th anniversary of the outbreak of the Great War in 1914. We will be holding

SEDBERGH LATE NIGHT SHOPPING

Wednesday 4th December 2013



Beginning at 6pm with the ringing of the Church bells and Santa parading down Main Street in his Sleigh to his Grotto in the Community Centre

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Hog Roast ~ Mulled wine ~ Street Entertainment ~ Face Painting
Mini Market in URC ~ Flower Festival in St Andrew's ~ Church Organ Recital
Raffle ~ Town twinning event ~ Official Opening of Sedbergh's new Dental Practice
AND
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our usual acts of remembrance at Dent on November 10th at 11am at the war memorial (as part of our Sunday morning Remembrance Service – the service in church begins at 10.30am) and at Cowgill, when the service begins at 2.30pm. The Memorials will be re-dedicated at these services. *Rev. Peter Boyles*
St Andrew's Sedbergh - News from the Pews



Last month we wrote about our Harvest Festival which was held on

Sunday 13 October. As ever our "flower Ladies" excelled and the church was beautifully decorated with a host of lovely flower arrangements. But there was more this year and by the end of the morning service the altar and the surrounding floor was covered with gifts of food which had been presented by young and old during the service. Each week we collect food for the "Kings's Food Bank" and we normally drop off one or two bags; after the Harvest Festival we had sixteen bags which were most appreciated. Our thanks to everybody who contributed and enabled us to make such a generous contribution to those in need. The Harvest celebrations concluded with

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Winter season open Wednesday to Sunday 10.00 – 4.00

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

Choral Evensong when both choir and congregation sang lustily and worked up an appetite for the Harvest Supper.

The most significant event during the month has been the felling of one of the yew trees in the churchyard to the South of the church. For some time we had been planning to reduce a holly tree and a yew tree to the North of the church and Sedbergh School had very kindly offered to carry out this relatively small job. Two weeks before they were due to do this work one of the three limbs of the yew tree fell down after a night of heavy rain. The Yorkshire Dales National Parks Authority tree specialist, Niki Child, visited the next

week and did a complete survey of all the trees in the churchyard. She advised that we should take down the yew completely and also a Lawson's Cypress on Finkle Street. The School very kindly took on the felling of the yew for which we are most grateful.

The next major event in the church will be the Remembrance Service on Sunday 10 November when there will be the usual ecumenical gathering followed by wreath laying at the War Memorial and a march past by the combined Town and School Bands.

At the time of writing the sun is shining and the temperature is in the high teens. But winter is on its way and we are now looking towards the beginning of a new Christian Year



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and Christmas. We are busy preparing for our Christmas Fair which is being held on Saturday 16 November when there will be the usual selection of stalls and activities in the church with refreshments available throughout. We look forward to seeing you for this early taste of what is to come and you may also like to join us for the Advent Carol Service at 6.30 pm on Sunday 1 December to celebrate the beginning of the Church's New Year.

*Susan Sharrocks
Tony Reed Screen*

Thought for the Month

The Apostle Paul uses an interesting phrase in his 2nd letter to the church at Corinth, when he says, "Not that we lord it over your faith, but we work with you for your joy." I understand the part about not lording it over the church there, but this idea of working with them for their joy seems almost contrary to what you'd expect to be taught at church. Surely Paul's aim should be to get the church to serve God, worship God, give faithfully to the church & the poor, help at Sunday school, sing in the choir, read their bibles, pray regularly, etc. I mean, isn't that what you're supposed to do if you're a Christian? So what's he getting at with this aim of helping them with their joy?

Everyone needs joy & searches for it. We look for it in all kinds of places. Some people find joy in being happy, but I've found that happiness is dependent of things that happen & is often short lived - at the end of a great concert or social gathering, you

are still left with the same problems & circumstances you had before the evening started. In fact King David, when singing to the Lord, put it this way, "You have put more joy in my heart than they have when their grain and wine abound." Food is good & wine is good, but when there is an abundance of both does that produce a sense of substantial joy? David's comparison of what it means to know God & what it means to have an abundance of food & wine is really the issue of what Paul is aiming at with the church.

We find the greatest satisfaction & contentment in what we prize the most, in what we enjoy. David & Paul found that their greatest prize was their relationship with God. Their joy was dependent on who they knew. David again put it in one of his songs when he wrote, "You make known to me the path of life; in your presence there is fullness of joy; at your right

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hand are pleasures forevermore.”

The problem that the church faces is the competition for the top slot in what a Christian prizes. James, Jesus' half brother, in his letter to the church tells them off for having the wrong attitude to life, wanting money & prestige, gold & the latest fashion, looking down their noses at people not so well off as they were. One of the biblical writers says, “let us also lay aside every weight, and sin which clings so closely,” encouraging the church to not only focus on the wrong things we all do (sin), but on the additional cares & responsibilities we heap upon ourselves as we buy more & more “stuff” which needs updating, virus protection, servicing once a year

or every 10,000 miles, which needs mowing or a gardener, which needs painting or an interior decorator... Stuff is not bad. It's OK to have stuff, but does it really give us joy or lasting happiness?

The bible also talks about Jesus, “who for the joy that was set before him endured the cross.” The joy that Jesus would be with God the Father again soon. The joy that His Church would soon be free from facing the wrath of God & would spend eternity with Himself, caught up in the love that is in God. That's the same joy that Jesus prayed about, just prior to the cross, when He said to His Father, “But now I am coming to you, and these things I speak in the world,

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that they may have my joy fulfilled in themselves.”

But you may be tempted to say, “Well David, that’s alright for you. Interesting theology, but it’s of no use to me!” Well I hear that. I understand that way of thinking. But let me tell you how the joy of knowing God in Jesus Christ impacts my life. After the birth of our first daughter, Johanna, Claire became pregnant again but lost the baby within the first 3 months. I cried & grieved for that tiny person we’d just lost. Questions arose like, “Why would God allow the baby to be conceived, only to take it away from us before it was born? We were encouraged by verses from the bible:

“The righteous man perishes, and no one lays it to heart; devout men are taken away, while no one understands. For the righteous man is taken away from calamity; he enters into peace.” & when David & Bathsheba lost their first son, David said, “But now he is dead. Why should I fast? Can I bring him back again? I shall go to him, but he will not return to me.”

So I was greatly comforted & although I felt such a weight of grief that it felt like my heart had been ripped apart, yet I also felt a huge sense of joy because I knew God to be a merciful God who’d taken that child to Heaven - he could not come to me, but one day I would go to him!

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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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So now when I face temptations, disappointments, discouragement or disaster, I spend time with God. I don't always find the answers I'm looking for, but I do find that in His presence there is fullness of joy as I prayerfully bring to Him all my anxieties & cares, which I leave with Him because He cares & loves me.

"Well, good for you David, but it's not real. I mean, come on?" All I can encourage you to do, to find out if what I say is real, is pray a simple prayer. Just say, "God if you are real, be real to me!"

David Hendrickse
St Mark's Church, Cautley

On Sunday November 24th we shall be holding a Taizé-style service at

2.30 pm. This will provide an opportunity for prayer, silence and meditative chants - an oasis of calm in a busy world. Come and join us!

Judith Bush & Linda Hopkins
worship@peopleshall

Our café style service met a week later in October as the Harvest Service at New Street was on the first Sunday. We always welcome anyone from the other Churches in Sedbergh or district. We even have people coming from as far as Levens to join us, so it was good this month that we had David Hendrickse from the Sedbergh Christian Centre to speak. He had willing volunteers to help who may think twice next time!! No it was all good and it is great for our

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churches to work together. Unfortunately our drummer was called away to a fire so as we didn't have a spare in the house we had to continue without! You never know what's going to happen! Our next service will be on 3rd November and 8th December. Why not make a note and come and join us? All ages welcome.

Sedbergh Methodist Church

**DENTDALE
CHRISTIAN FELLOWSHIP**

As we meet on a Sunday evening once a month we share together and listen to someone telling us how God has/is blessing them/helping them/leading them. Then we chat over

supper. Once a month we also get-together over a late lunch and have a catch-up, we are always happy to see new faces (and familiar ones). At the moment we are not sure what we will be doing or when during December so if you are thinking of joining us then do ring first. in January we will be back to 4th Sunday evening.

One thing we are doing is supporting "Christians against poverty" which seeks to help people get out of debt and poverty. We don't ever take a collection, money is found when money is needed and meantime we pray for CAP's work and witness.

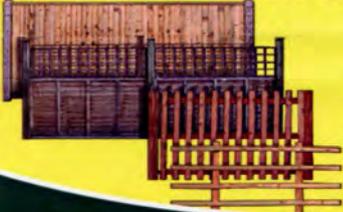
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MACMILLAN CANCER SUPPORT

Diane would like to thank everyone who helped to support the Curry Night and the Coffee Morning in aid of MacMillan Cancer Support.

With the help of local businesses donating prizes and all who attended. Both the Curry Night and the Coffee Morning turned out to be a huge success. How Many Sweets in a Jar was won by Mandy. The Weight of the Cow was won by Anne McCandlish. The Weight of the Cake was won by Janet Harrison. The Royal Baby Face to Adult was won by Sharon Hall. Raffle prizes were won by Emma Teal, Linda Gardner, Mrs Mudd, Mrs Harkness, Beverley

Gaunt, Sharon Hall and Helen Moore.

The generosity of everyone involved couldn't be more appreciated, helping to raise an amazing £1157. Your support means that MacMillan nurses can be there to make sure people don't have to face Cancer alone, so thank you very much.

HARVEST SUPPER IN GARSDALE

On Friday 11th October a Harvest Supper was held in Garsdale Village Hall as part of 'Going for Growth' in Garsdale, when homemade pie and peas and various desserts were served to over 70 people by a wonderful team of helpers.

This was followed by an interesting and entertaining after dinner speech by Donal Marston of Easgill Head Farm near Kirkby Stephen on his experiences in the filming of 'Lambing Live' on his farm in 2011.

The evening also raised £400 for The Great North Air Ambulance. Grateful thanks to all who worked so hard in organising the event, and to all who supported the evening and gave so generously.

Mary Airey



Malcolm Sedgwick



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TOWNSCAPE PROJECT

A new public space for Sedbergh?

Readers may be aware of the Parish Council's Townscape Project which, as one of its aims, seeks to support the commercial viability of the town by improvements to streets and public areas. The new street nameplates and the Main Street entry sign are part of the Project. Work is to commence soon on a replacement bus shelter opposite Morphet's Garage and it is hoped that the widening of the pavement by No. 10 Main Street will be undertaken by the Highway Authority in the near future. There are also plans to restore the Jubilee Fountain.

As part of the Townscape Project, the Parish Council is seeking **your** views on ideas for creating a new public space in the town together with improvements to the appearance of Joss Lane car park.

Illustrative drawings have been prepared to show different ways in which the garden area adjacent to the Information Centre could be re-created at street level to provide an attractive, traffic-free space for people to gather, for events and for market stalls, to provide better links to Joss Lane car park and to improve the setting of the information centre. Related proposals include suggestions for using part of the toilet building as a retail/display area, perhaps for locally made goods. Unlike the existing, somewhat



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Josephine Lade LCSP (Phys)

under-used, garden area, such a space would be accessible to all, including disabled persons and those with limited mobility. Better paving, landscaping, seating, information boards and lighting would form part of any re-development.

The drawings will be on display at the Sedbergh Information Centre, during usual opening hours, from 11th to 30th November – please come along and have a look and let us have your comments.

These ideas are at an early stage and will only be progressed in more detail if there is support by residents, traders and all those interested in the future of the town. If the initiative is taken forward, consultations will take place with the planning and highway authorities and funding sought from the Heritage Lottery Fund.

Jim Atkins
(on behalf of Sedbergh Parish Council and the Sedbergh Townscape Project)

KILLINGTON W I

THE AFTERNOON W I FOR THE ENTIRE DISTRICT

“Do as I say, not as I do”

This must be the motto for all cliff-hangers, such as I. Luckily I married another cliff-hanger and between us we produced the worst cliff-hanger of all – our lovely son. He married a girl who likes everything to be done well before necessary and I think her life must be absolute hell! Their eldest son takes after Mum, the middle one - always the last push up (as my mother used to say), and the youngest, likewise. When I was teaching no-one could give me an excuse for late homework that I hadn't used myself. It was quite an

advantage!

Well, all this preamble is merely to say that I am starting this at 9-30pm on the 19th of the month so have 2½ hours to finish it. Husband is in bed, horse is fed and I have done my slug and snail killing patrol around the garden. I can find no reason to prevaricate further.

Today I have been to a WI meeting – no, not our own lovely Killington meeting but “The Annual Council Meeting of the Cumbria-Westmorland Federation of Women’s Institutes”, held at the Castle Green Hotel in Kendal. My only previous visit to this venue had been recently to a “Speed Awareness Course”, having been snapped speeding at 43

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mph past the cameras on the A65 in Kirkby Lonsdale! Today's meeting had the advantage of good company, the disadvantage of too much uninteresting business, and a further advantage of some excellent guest performers and speakers. Before lunch, while our digestive juices were bubbling, we were treated to some jolly dance tunes from the Lakeland Fiddlers, led by Carolyn Francis. This was good toe-tapping stuff and most enjoyable. I remember that some years ago, Carolyn, who I think lived in Dentdale, entertained us at a Spring Show playing both fiddle and bagpipes (but not at the same time!). After lunch, and "presentation of awards", it was time for the main guest speaker. **Colin Anderson – former Head Pastry Chef to the Royal Household.** Colin is a farmer's son from Arkengarthdale and by his own diligence and enterprise, and very little formal training, had obtained a place in the royal kitchens and worked his way up. He has worked in all the royal palaces and castles and travelled the world with the Royal Family. He declared Balmoral to be his favourite and that of royalty also. We were amazed by the exact detail of the preparation of dishes to be served to the Queen. I have to say that the reaction of quite a few of us was, "Get Real!" He was an excellent, amusing and most pleasing speaker.

Our own October meeting also provide us with a peep into another world which few have experienced. Tony Hannam told us of his travels

and showed us slides of his trips to India. Unlike most visitors to India, Tony and Kath were invited into the home of personal Indian friends. This meant that in addition to the wonderful sights and attractions of this fascinating land they, and we, were given a real insight into the genuine way of life of a real family, including a 90+ year old matriarch. Thank you, Tony. We love having local speakers, especially with interesting tales and wonderful slides.

We whizzed through the rest of our meeting, making arrangements for several outings and events. We have to keep busy! Our "O" competition was won by Edith Gerrard. It was a good day for Owls to fly, or "WOL", as Winnie-the-Poo would spell it. The raffle prize of three lovely glazed flower pots was won by Pamela Fenton. Next month's competition is anything beginning with "N".

The next meeting is our AGM when

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reports will be presented, accounts examined, committees elected, and who knows what else. To keep a check on things BE THERE, on Tuesday 12th November at 2-00pm in the committee room of the **newly extended** People's Hall.

Well, here we are! Finished with an hour to spare, but please allow me a final word. Thank you, Isabel!

Wendy Fraser-Urquhart

DENTDALE WI

There was definitely a cool autumnal feel to the weather as we met in October. The temperature had taken a tumble more or less overnight! The hall was set for us to gather and watch Rita Corpe demonstrate A "no

hassle" 3 course meal. Before that however, during the business meeting, we heard that several members will be attending the Annual Council meeting to be held on Saturday 19th October at Castle Green Hotel and we will be entering a team for the Federation Pub Quiz at The Bull Sedbergh

With the portable stove alight and a couple of fellow members ready to assist, Rita began her demonstration. First up was a salmon pate suitable to serve on Melba toast. While this was setting, we were all able to taste the delicious results with the Blue Peter technique - "One I made earlier". The main course was an easy scone base Pizza with a variety of fillings,

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The closing date for applications is 30th November 2013

cooked there and then and divided for us to taste too. To top things off, and very easy on the eye, was a delicious fresh red berry cheesecake. There were useful tips and information for all as Rita went through the procedures. It was a very relaxing and entertaining evening. The pate and red berry cheesecakes were auctioned off and there was no shortage of bidders!

The very next day, the dining club enjoyed their lunch at The Hill Inn Chapel-le-dale and this was followed by a demonstration of Sugar Craft modelling. Some of us were not quite sure what to expect, but soon realised we were watching a very experienced craftsman as the piece

took shape before our eyes! In this case, two white doves perched on a dead tree trunk. The sort of thing you might see under a glass dome in the window of high class Patisseries!

Next month is our own AGM followed by member's memories of their trips to Denman College.

By popular demand the Christmas lunch will be held in the Old Dairy Widdale.

We are back in the hall again January 11th for the start of a new programme. New members and visitors always welcome. *Pat Allen*

HOWGILL W.I.

October 3rd was the Annual General Meeting held at Howgill Village Hall.



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Time for a look back over 2013. W. I. Advisor Margaret Hodgins was given a warm welcome having come along to guide us through the vote for President. Members news - Barbara, we think of you each time we meet and hope you are able to join us again soon. Sarah Scarr was congratulated on her recent engagement. Joan Luffman was presented with a certificate commemorating 40 years membership with W.I.

Following the vote for President Bridget Postlethwaite was re-elected. She is happy to take on the role for the coming year. The secretary reported an active year attending many events and enjoying interesting

speakers and topics. The Appleby Cup for most competition points was presented to Sarah Scarr.

Following the business part of the meeting it was time to relax as Margaret continued with a selection of humourous poetry which we all enjoyed. She was thanked by Jacky Hooley on behalf of us all.

We now look forward to our Domino Drive on November 1st. The Pub Quiz at the Bull Hotel. The Christmas Party and the Carol Service.

We meet again on November 7th. The speaker will be David Mower from Leighton Moss Nature Reserve to be held at Howgill Village Hall at 7.30pm. Visitors and new members are always welcome. *A. Hoggarth*

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**YORKSHIRE DALES
NATIONAL PARK**

Promote your event for free

Organisers of events in and around the Yorkshire Dales National Park next year are being reminded to register them online.

The Yorkshire Dales National Park Authority's free 'what's on' calendar enables local organisations, clubs and individuals to advertise happenings and activities to a wider audience through its website.

And, if details are submitted before November 11, they will be considered for inclusion in The Visitor 2014 newspaper's events guide, which is compiled by the Authority from the online database and distributed nationally.

Sarah Nicholson, the YDNPA's Communications Officer and editor said: "The newspaper is picked up by people both before they arrive in order to plan their trip and once they are on holiday in the area looking for great things to do.

"With the Tour de France Grand Depart running through the National Park next year, The Visitor 2014 will be a truly bumper edition with a fantastic, eight-page cycling supplement, a 12-page events diary and an increased print run of 250,000.

"We are also offering people the chance to take a paid-for ad in the newspaper to promote their event or business."

The online calendar allows organisers to publicise their event to

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more people than ever through the YDNPA website's quarter of a million visitors and through its links to key partner sites, such as the UK National Parks portal www.nationalparks.gov.uk and VisitEngland.

Details on how to complete the online form, including criteria for displaying an event on the YDNPA website and in The Visitor, can be found at www.yorkshiredales.org.uk/add-an-event. Anyone who would like to take out a paid-for advertisement in The Visitor 2014 should contact Sheila Ward at Bow House on 01347 825732 for rates and further information.

Nick Oldham

72 MAIN STREET

A common enthusiasm to enhance our community

We are hosting a meeting at the People's Hall on Tuesday 12 November at 7.30pm (in the committee room) and we would like to invite you to it. We would like to gather as many groups, organisations, charities and individuals together as we can that share an enthusiasm to enhance our community. We would like to find out if we could all pool resources, ideas and skills and whether that would need a collective Forum/Steering Group for the area. We would also like to find out from you if there are any services missing in the area that

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you think the Community Office could provide or facilitate.

Our idea is that the meeting would involve introducing ourselves and our projects to one another, reminding everyone what the Community Office does, asking what we could do for the area and getting a sketch idea of local organisations' resources and needs.



We would welcome the opportunity to meet you on the night and receive your feedback on this. If you can't attend the meeting itself, perhaps you could email us or call in with your thoughts and suggestions. If you are able to come along, please do let us know so that we can establish an estimate of numbers for refreshments and seating. Our email is office@sedbergh.org.uk, our phone number is 015396 20125 and we're at 72 Main Street.

Best wishes,

*Janey, Mary and Andi
S&D Information Centre*

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FLICKS IN THE FELLS AGM

Chairmans Annual report

Our 2012/2013 season has been another successful year with a diverse selection of films being shown to suit all tastes. Thanks must go to Andrew and the Selection Committee for creating an interesting program.

We Again worked with the Royal British Legion in November 2012 and expect to continue with this collaboration if requested. This is one of the ways in which 'Flicks in the Fells' works with other local community organizations. We have again showed films in our neighboring catchment area during the year and will continue to provide this important part of our work.

We have had ongoing equipment failures and without the ability to borrow equipment we would have faced insurmountable problems. Thanks again to Andrew for letting us use his personal equipment. We have therefore started to seek grant funding to replace equipment that has been in use for a number of years, and to improve the experience for our audience. We have already obtained a generous grant from the Sedbergh and District Community Fund which is a great start to our campaign, and a vote of confidence from the community we serve.

We are a small organization and are looking for volunteers to join our team to help with our performances. The process is not too arduous and we all enjoy getting together to prepare The Peoples Hall - our team best describe it as fun. Or perhaps you would like

to become a member of 'Flicks in the Fells' which does not carry any responsibilities but simply means you can receive mailings of our performances, and shows us the level of support for this worthwhile venture.

Thank you to all of the 'Flicks in the Fells' team for the hard work and hours of time that they have given freely, which makes our Community Cinema so successful and enjoyable, and thank you to all of our audience for supporting our community group.

Ray Faragher

NEIGHBOURHOODALERT

Applications are open again for the Cardiac Smart Awards and Life Saving awards available to any community / neighbourhood group, school, organisation or business. These awards are part of the Chain of Survival partnership awards :

The 3 Levels of Award are:

- Bronze - You have trained people in CPR
- Silver - Above plus provided a defibrillator and trained people to use it
- Gold - Above plus you can demonstrate sustainability and a commitment to supporting community resuscitation support.

The awards are part of the Chain of Survival partnership and applications are open again now for the next regional ceremony. Winners receive a plaque to display and logos for their branding.

There is also a new category for individual life saver awards.

To apply for a Cardiac Smart Award visit: www.cardiacsmart.nwas.nhs.uk

SASL

SEDBERGH SUPPORT GROUP

After welcoming a larger gathering than usual to our October Meeting, Betty H. then led us through a 'menu selection process' for our meal at the Fat Lamb in November. I am assuming that Susan was most carefully recording 'the votes cast' as it were, but just in case you missed my frantic arm waving Susan, I opted for Roast Lamb followed by Fruit Crumble - it is far too soon for me to be thinking about Turkey and anyway I don't want our Linda ratapeltting me for not supporting 'local sheep farmers!' However, I digress.

After most adroitly dispensing with 'the business', Betty then introduced

our speaker for the afternoon - Kevin Lancaster who was most definitely wearing his 'history hat' as well as celebrating his ??th. birthday! I Can do no more than re-iterate the sincere thanks and appreciation expressed by The Group to Kevin at the conclusion of his talk. If you have never heard Kevin give one of his 'historical presentations' before, I would heartily recommend you take the earliest opportunity to do so, as I think you will find that not only does Kevin refute Henry Ford's statement that 'history is bunk', he also shows 'history' to be very much 'alive' in the present-we are surrounded by it, we 'live' in it and indeed, for better or worse, we make it. Thank you Kevin

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for coming along and making it a most enjoyable afternoon for all present.

I would also like to say a very special thank-you to all who organise and help at The Group Meetings. Without your awareness and understanding of the many needs associated with sight loss and impairment, the Sedbergh group would not be able to support vip's so considerately and effectively and make the monthly meetings so very special for us - bless you all, you're wonderful and very, very much appreciated. And now I must find my large print copy of Lookaround and check on the bus times to and from The Fat Lamb in readiness for the

'November Bash!'.

For information about ALL the services SASL provides, please ring 01539 - 742633. For information about the Sedbergh Support Group, please ring Jennifer on 015396 25162. To obtain a Large Print Copy of Lookaround and/or a 'Talking' Lookaround please contact Dennis at the Lookaround Office - hope 'the back's' soon better Dennis and we will see you at The Fat Lamb on the 19th. of November.

P.S. I have asked 'Head Office' to change the start-time of our Meetings to 2.00pm in future editions of the INSIGHT magazine.

George Watson



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KALUM HEYWOOD-BYATT

Kalum has been kick boxing, studying Lau Gar Kick boxing for approx. 6 years.

Lau Gar was first established in the UK well over 35 years ago and has become one of the most well-known and successful martial styles in the UK.

Even though Lau Gar has become famous for it's tournament fighters, many people do not realise it's foundations and strengths are traditional in every way, from empty hand forms, traditional weapons, two person drills, hand and body conditioning. There is also Chi Kung/ Qi Gong and meditation to strengthen the body from the inside.

Lau Gar is a traditional sophisticated and fascinating martial art that you can continue to learn for a lifetime.

The term 'kung fu' (or 'gung fu') literally means 'achievement through great effort' but is also taken to be the name of a group of Chinese martial arts which typically feature sharp blows and kicks. The term 'kung' means something like achievement or merit, and 'fu' can be translated into man.

Kalum started do Lau Gar Kung Fu but as a 9 year old he wasn't keen and found the more physical side of Kickboxing more to his liking.

He qualified last year as Black Belt by taking his grading in front of a team of 3 of the most Senior Grades

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in the area and had to complete it by 5 rounds of sparring which were with Adults and then by punch breaking wood.

There are two types of competition:

- Semi-contact (Points which is like first to score with gloves and feet)
- Light Contact (Continuous like boxing but with kicks)

As a 12 year old he had a very inauspicious start to his tournament career when he entered the North Wales Open in an age bracket of 12 to 17, with the divisions being either small boys or tall boys, and had to face a rather large 17 year old who was anything but kind and gave him a very hard lesson in the Points category. He then (luck of the draw) got the same boy in the Continuous where the hitting and contact allowed is much harder. Half way through the fight he seemed to decide he would compete and though he lost that fight he trained hard and went back the following year and won both competitions.

In December 2012 he entered the World Karate Association English Open in Birmingham and became



English Champion at the Continuous and also achieved a silver at the Points. He followed that up in May this year with the WKA British Title at Points and got a silver at Continuous, qualifying to fight in the WKA World Championships in Italy in November this year. The following week we tied a step up and entered the North Wales Open where he retained his under 17 title and got a respectable silver in the men's Points and a very good Third in the Men's Continuous despite fighting the last round with a broken arm.

As a warm up for the world championships, this Sunday (22/09/13) he entered the FreesStyle Karate (FSK) British Open in Manchester and became FSK British Champion at both Points and Continuous.

He training very very hard and with the support and training of his club Kendal Lau Gar Kung Fu and Kick Boxing hopes to be even better by the time he reaches Italy and fights for his first World Championship Titles.

Stuart Byatt

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Dear Editor,

Whilst idly Googling family names recently (as one does!), I was fascinated to find that a search on the name of my late father, Mr Vivian Shaw, brought back a result from a past edition of "Lookaround". My father was the last Headmaster of the British School (Sedbergh County Primary) on Joss Lane, from 1956 until its closure in 1963, and the "hit" was an article from 2007 written by Mr Brian Hutchings, in which he describes a school drama production from 1957.

As Mr Hutchings recalled, the play was about St Augustine and the bringing of Christianity to Britain. It was written by my father and was called "The Apostle of Canterbury". I thought that your readers, especially Mr Hutchings and maybe others from that Class of '57, might be interested to see the attached photograph which my sister, Elizabeth, custodian of the family documents and enthusiastic cast member in many of my father's plays, has found in her archives. It appears to have been taken in the playground of the British School, and shows "Pope Gregory" surrounded by several monks and a figure in a tunic.



I assume that the young Mr Hutchings is the Pope, and my sister, whose era 1957 was more than mine, suggests that the figure in the tunic might be Michael Dawson, and that "monks" may include Jennifer Harper and Anne Rycroft. Perhaps your readers can confirm or correct this and maybe put additional names to faces?

My father and our family left Sedbergh when the British School closed in 1963. He took up the Headship of Great Gransden Church of England School in Huntingdonshire, where he remained as Head until his retirement in 1982. During that time, he continued to write and produce children's drama at the school, including researching and dramatizing the history of the village and its colourful characters in a series of productions for the annual Founder's Day celebrations, one of his many innovations. He died in the year 2000.

My sister and I would be most interested to know if any "Lookaround" readers have recollections of our father's time in Sedbergh as Headmaster, and if the young actors in the photograph can be identified.

Best regards,

Christopher D. B. Shaw

Some names have already been put to the 'performers' but any further information would be most welcome.

Please pass details to me by any medium and I will forward details to Christopher.

Dennis J Whicker

YORKSHIRE DALES NATIONAL PARK

Access Forum needs new members

A group that helps improve public access and recreation in the Yorkshire Dales National Park is on the lookout for new members.

There are currently four vacancies on the independent Yorkshire Dales Access Forum, which provides guidance and advice on ways to improve and manage public access and opportunities for open-air recreation in the 680 square miles of beautiful landscape.

Rachel Briggs, the Yorkshire Dales National Park Authority's Access Development Officer, said: "The Forum's job is to work with individuals and organisations that use the National Park for leisure and enjoyment, and advise on ways to improve their visits to this special place.

"This can be anything from looking

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at mobility issues to suggesting the upgrade of a specific footpath. The members also take part in consultation on a range of documents and strategies issued at local and national level."

Current members represent interests ranging from land management and agriculture to local business and outdoor recreation.

The Forum meets three times a year, although members also sit on a variety of advisory groups that meet more frequently.

Chairman Phil Woodyer said: "Access Forums were set up to improve access in the countryside and to help avoid conflict between those who own and work the land and those who use it for recreation – so it is important that the members have a range of interests."

The deadline for applications is November 18 and anyone who would like to join can obtain more information by contacting Mohammed Dhalech (correct) on 01969 652363 or email him at mohammed.dhalech@yorkshiredales.org.uk.

Nick Oldham

SEDBERGH SPRING SHOW

Saturday 29th March 2014

If you are looking for something to do this winter, then just look at the schedule for next year's Spring Show to give you inspiration. Because the show had to be cancelled this year we have decided to use the same schedule again, so some of you may have pieces of craft already put away for such an event.

SECTION 1 HANDICRAFTS

1. A patchwork or quilted item. 2. A scale model, own design or kit. 3. A new item from something old (any material). 4. A wooden item. 5. A bag of any medium (not from a kit). 6. A cross stitch article (indicate if own design). 7. An item made from hand made felt. 8. Canvas work. 9. Any article costing not more than £3 (Cost of items to be listed). 10. A pincushion. 11. Beadwork. 12. A piece of handmade jewellery. 13. A metal item. 14. A hand made rug. 15. A hand

made card. 16. A decorated Easter bonnet (any style or material). 17. Any craft item not included above.

SECTION 2 HAND MADE TOYS

18 A soft toy, knitted, sewn, or crocheted. 19. A glove puppet. 20. A toy made from scrap material. 21. A dressed doll. 22. Any handmade toy not included above

SECTION 3 FLOWERS AND PLANTS

23. A house plant. 24. 'Fascinating Foliage', an exhibit featuring foliage. 25. "Treasure Chest" a petite exhibit. 26. 'In the Garden' an exhibit using garden material. 27. 'Once upon a Time' an exhibit depicting a nursery rhyme or fairy tale. 28 'A Button Hole' for a lady or gentleman. 29. 'An Easter Basket of flowers' this is a novice class.

Classes for children, up to 14 years.

30a 'A foliage design'. 30b

'Arrangement in a Cup and Saucer.'

SECTION 4 GARMENTS

31. A hand knitted garment in double knitting or thicker yarn. 32. A hand knitted garment in 4 ply or finer yarn. 33. A hand knitted scarf. 34. A crocheted article or garment. 35. A sewn garment. 36. A knitted baby garment.

SECTION 5 HOME PRODUCE

37. Sugar craft. 38. Fruit pie. 39. Savoury flan. 40. Six biscuits of any variety. 41. Six butterfly buns. 42. A novelty cake (judged for decoration only). 43. Fruit cake. 44. Four fruit scones. 45. Gingerbread –not larger than 10" square. 46. Round shortbread. 47. Six flapjack pieces. 48. Unfilled and fatless sponge cake. 49. Victoria sandwich (filled with

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raspberry jam). 50. Swiss roll. 51. Pot of jam. 52. Pot of marmalade. 53. Pot of fruit jelly. 54. Pot of lemon curd. 55. Pot of chutney. 56. Bottle of wine, cordial or other drink. 57. A white loaf – hand made. 58. A brown or wholemeal loaf – hand made. 59. A white loaf – machine made. 60. A brown or wholemeal loaf – machine made. 61. Speciality bread – sweet or savoury.

SECTION 6 ART

62. Artwork: still life (any medium, any form). 63. Artwork: portrait (including animals). 64. Artwork: landscape. 65. Mixed Media. 66. Any piece of artwork by a secondary school pupil.

SECTION 7 PHOTOGRAPHY

Maximum size, including mount, for all classes, 10" by 12". (255mm by 305mm)

All classes can be in colour or black and white.

67. Wildlife. 68. Pets. 69. Landscape or Local View. 70. People and portraiture. 71. Sport. 72. Artistic. 73. One of the above subjects for children under 14 years.

SECTION 8 CHILDREN'S SECTION

Pre-school. 76. A drawing of a farm

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animal. 77. A collage in 3 colours. (up to A4) 78. A drawing of a person. 79. A musical instrument made from junk. *Reception Year.* 80. A drawing/ painting of a wild animal. 81. A decorated boiled egg. 82. An animal made from any food material. 83. A small vehicle made from junk. *Years 1 & 2.* 84. Illustrated capital letter max size A5. 85. 4 Decorated digestive biscuits. 86. An insect made from plasticine or playdough. 87. A drawing depicting a spring day. *Years 3 & 4.* 88. A favourite poem. 89. A mosaic animal. 90. A multi-cultural item. 91. An animal made from vegetables, fruit or foliage. *Years 5 & 6.* 92. A collage of a bird using sequins and/or buttons. 93. A drawing of a vehicle. 94. A sculpture using natural materials. 95 An abstract art picture using different shapes. (Hand drawn or computer). *Year 7 and above.* 96. A hand crafted article – any material, including wood or metal. 97. A computer generated poster to promote visitors to Sedbergh. 98. A design for a sports kit. (any sport). 99. A 'new baby' card.

Linda Hopkins

GOOD CHEMISTRY

reasons why a massage might make you feel better.

During recent work updating and developing an introductory course on Oncology Massage for Advanced Massage students, which we had previously workshopped nearly two years ago, we looked again at a substantial number of studies which have been done evaluating the benefits of massage for people who have been diagnosed with cancer. They are mostly small trials, many taking place within Health Science departments of universities or specialist cancer treatment centres as well as at the Touch Research Institute in the University of Miami School of Medicine, Florida.

Some of the studies have been attempts to gather the evidence so far in order to review what the data can tell us when looked at collectively.

Overall the findings are consistently positive and it seemed to us that they were almost certainly applicable to people with *any* chronic condition which involves long term medical management, with its associated stresses and anxieties, subject to the approval of the medical specialists involved in their care.

We must emphasise that there is no suggestion, either by us or in any of these studies, that massage therapy in itself can be used to treat cancer. The benefits have been tested mainly in relation to the various side effects of treatments and their aftermath. One of the larger studies took place at the Memorial Sloane Kettering cancer centre in New York in 2004. It involved 1,290 cancer patients and showed that symptom scores – which included stress/anxiety, nausea, insomnia, pain, fatigue and depression – were reduced by 50% with the use of massage.

In 2005 the Touch Research Institute reviewed the positive effects of massage therapy on the body's biochemistry, in particular on decreased levels of cortisol and increased levels of serotonin and dopamine. The research reviewed included studies on depression, pain syndromes, auto-immune conditions (including asthma and chronic fatigue) and studies on the reduction of stress at work, the stress of aging, and pregnancy stress, as well as immune studies involving people with HIV and breast cancer.

Cortisol is the hormone the body



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releases in response to stress. Its primary function is to increase the level of blood sugar. Serotonin is a neurotransmitter found mainly in the gut, where it regulates intestinal movements. It also regulates mood, appetite and sleep and is popularly thought to be a contributor to feelings of wellbeing. Dopamine is also a neurotransmitter having many functions as well as enabling the healthy functioning of the nervous system. These include acting as a vasodilator (widening the blood vessels), moderating insulin production and contributing to the kidneys' maintenance of the sodium/potassium balance.

These studies combined suggest the stress-alleviating effects (of decreased cortisol by an average of 31%) and the activating effects (increased serotonin and dopamine averaging 28% and 31% respectively) of massage therapy can be achieved for those coping with a variety of medical conditions and stressful experiences including cancer.

Some of the other individual studies at the Touch Research Institute showed that breast cancer patients had improved immune function, with increased white blood cell and natural killer cell numbers, after a course of massage; that postoperative arm massage for women who had lymph nodes removed during breast surgery significantly reduced symptoms such as pain and restricted shoulder mobility; and that even just a short



foot massage for people who had been hospitalised due to cancer reduced their perceptions of pain and nausea and increased their state of relaxation.

Harvard Medical School published a study in January 2013 piloting a randomised controlled trial which showed that massage significantly increased the quality of life for people with advanced metastatic cancer, reducing pain and anxiety and improving alertness and sleep quality. Another study in the Department of Psychosomatics and Psychotherapy at a university in Berlin, published in 2011, showed massage therapy as an "efficient treatment for reducing depression in breast cancer patients".

The most notable aspect of the results of these and many other studies is the suggestion that massage as a therapeutic intervention can be helpful not only for musculoskeletal and soft tissue pain and restriction, but can also make a significant difference to the way we feel and our quality of life.

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Sally Jeffery and Yvonne Cervetti

YOGA

When I was about twelve years old, my mum took me to her yoga class and since that time I have been studying and teaching yoga locally, nationally and, occasionally, by invitation, overseas.

My interest and respect for this ancient science has never diminished and my studies have led me into some fascinating and challenging areas. For three years I trained with the Yoga Biomedical Trust in London examining the role that therapeutic yoga can have in a modern health care system. On the basis of this training I speak annually at a Complimentary Health Symposium at Liverpool University. Initially, being a non-scientist in a scientific arena, this assignment felt a little like retracing the footsteps of Daniel into the Lions Den. However, over the years, hostile suspicion and boredom has turned towards healthy scepticism and curiosity. The evidence base of mind body medicine is steadily growing and

Western Medicine is now more willing to accept that many modern health problems are rooted in the mind/ body matrix – sleep disturbance, anxiety disorders, depression, chronic fatigue, auto immune problems.the list is a long one.

The World Health Organisation confirms that in the Twenty First Century, psychological disease represent the greatest challenge for Primary Health in the Western World; we have an 'epidemic' of anxiety



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related disorders which clog up our health care system and leave thousands of people 'stuck' - existing in a half life of long term anti-depressant medication or else self medicating and 'numbing out' through alcohol, drugs, computer games, over-working, over-exercising, over reliance on well being workshops. Asleep, or quietly desperate, in our own lives.

Yogis and spiritual teachers have been exploring the meaning and value of human existence for thousands of years and offer many valuable skills to address our manifest "dis-ease".

Amongst the range of skills that I have explored and practiced first hand, the most simple, potent and universal is Meditation. It is also probably the most commonly misunderstood.

There is ample evidence from research studies both in the U.K. and overseas that meditation has considerable positive impact on health and well-being (Research is easily accessible via the internet).

The technique that I teach is not

affiliated to any religious doctrine or psychological school or method. It requires no change of lifestyle (although your life WILL change, spontaneously and for the better). It imposes no belief system whatsoever but rather allows you to access and nourish your unique spiritual self. It does not conflict with any faith or existing spiritual path (many Buddhists and Christians who learn this practice find that it enriches their faith).

It is an effortless, simple technique suitable for ANYONE of any age to learn. When practiced regularly for fifteen or twenty minutes a day, it delivers noticeable and quantifiable benefits on every level. And no, you do not have to sit on the floor with your legs crossed – most people meditate in a chair, or even lying down on a bed. I always welcome questions and endeavour to respond to enquiry from my own experience rather than from theory. As we gain an understanding of how the process works, we are better equipped to sustain our practice.

Meditation encourages us to WAKE

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UP and to make conscious empowered choices that enhance our lives and the lives of those around us. These may be choices related to diet, relationships, work, leisure or faith, but in all cases they bring about a positive shift in our experience of the world and in our health. These choices may, at the same time, challenge those around unwilling or afraid to make choices! Ultimately every choice that we ever make in our life comes either from a place of Love or a place of Fear. (*) Think about that for a moment if you will. Meditation gives us regular access to a source of infinite love, clarity and security by connecting to the **heart** felt wisdom WITHIN OURSELVES. Where there is greater Love there is less fear.

Meditation is a powerful and simple technique which allows the body and mind to achieve a deep state of rest; to resolve psychological and emotional conflict without the need for analysis and to access innate, deep reserves of energy, inner security confidence and feelings of passion and joy.

I will be hosting a **free** introductory talk at Sedbergh Library at 7pm on Wednesday 6th November giving you an opportunity to ask ANY questions and to find out a little more. I look forward to meeting you.

Laura-Jane Clare

(*)This is a line from the book 'The Road less Travelled' by M Scot Peck which I first read over thirty years ago .. it stuck with me because it is True.

CUMBRIA WILDLIFE TRUST

What's Happening to Cumbrian Butterflies?

As a schoolboy, like other schoolboys, my interests came in phases; one year marbles, another year yo-yos. In my teens I became very interested in bird watching, then in collecting butterflies (which was not frowned upon in those days). As an adult I kept an interest in all forms of wildlife in an aimless sort of way, until in about 1993 when I saw a distribution map of all butterfly species recorded in Cumbria showing that there were apparently no butterflies of any species in the Sedbergh district. This was obviously rubbish, so since then I have been fairly assiduously keeping butterfly and moth records and sending them annually to Tullie House Museum in Carlisle where the information is collated.

Butterflies can be roughly divided into "habitat specialists" and "wider countryside" species. The former tend to require isolated habitats such as woodland clearings and may only use one or two species of caterpillar food plant. They tend not to fly far, maybe only a few yards from their place of birth, so it is not surprising that many of these species have disappeared with modern treatment of woodlands, hedgerows and farmland. A good example is the Pearl-bordered Fritillary, which requires, for the caterpillars, violets which are in warm sheltered places, typically in coppiced woodland with bracken. The dead collapsed

bracken in early spring warms up in the sunshine and the caterpillars need this to mature. In the second half of the 20th century coppicing in south Cumbria had all but ceased and the Pearl-bordered Fritillaries nearly disappeared. By contrast the wider countryside species tend to fly considerable distances and have widely available caterpillar food plants such as grasses or nettles, and on the whole they are as widely distributed as ever, good examples being the Meadow Brown and the Peacock. Climate change may also be having an effect; Commas, Speckled Woods and Small Skippers have moved into Cumbria from the South, the latter two in big numbers.

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The Marsh Fritillary deserves special mention. It requires Devil's-bit Scabious in grassland roughly grazed by cattle, and the few colonies in North Cumbria were reduced to one about ten years ago. The decision was taken to remove the very last batch of caterpillars and breed them up in captivity, supplemented by some from Scotland. Over several years many thousands of caterpillars were reared in captivity while suitable habitats were identified and improved, and then finally re-introduced with what seems at the moment to be great success.

In this and other recovery enterprises full co-operation and enthusiastic support from farmers with Higher Level Stewardship grants has been a key factor. Grants and a great deal of volunteer labour have also started to bring back coppicing in the Morecambe Bay area, and also some bracken control. It seems as though the tide of losses may have been stemmed, if not reversed, but it is also worth remembering that although butterflies may still be widely distributed, their numbers are often much reduced.

Finally, Cumbria is the only place in England where two butterfly species are to be found so we have a special responsibility for looking after them. The Mountain Ringlet lives on a number of Lake District mountains, usually at between 1500 and 2500 feet. It is small and inconspicuous, so rarely noticed, but seems to be

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surviving well. The Scotch Argus is abundant, but at only two locations; around Smardale Gill and Arnside Knott, where the caterpillars feed on Blue Moor Grass, a limestone species.

Why do the numbers and distribution of butterflies matter? Yes, we all enjoy their beauty, but more than that; they are easily seen and identified indicators of the health of ecosystems. If we lose the High-brown Fritillary butterfly, for example, it means that a whole range of other, less conspicuous species will have disappeared too, affecting birds and mammals, including us.

John Mounsey

Jenette Hardy
BA (Hons) AICB CB.Cert

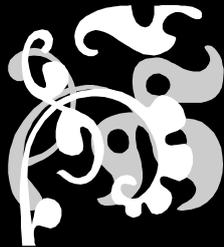
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Perhaps your friends and family around want to help you, but don't know how to.

Are you struggling to come to terms with your situation? Are your children angry, hurt and confused? We know it seems such a long hard road to recovery!

We are a divorce care support group

here to help you and your whole family. We understand what you are going through. . All courses are free on a donation basis only.

You are invited to a taster evening, "Healing for the whole family", on Monday 2nd December and a session on "surviving the Holidays" 9th December, where you can meet and chat with the team and participants from past courses and find out more in an informal setting. We will be showing helpful dvds including one specialising in surviving the holidays, a selection of the library books, hearing from those who have been on previous courses and socialising over a light supper. Your children and Teens are invited to the Divorce Care for kids and teens (DC4k /T) .All welcome. Come and taste and see!

We are running the adult courses, primary children (DC4k) and the

Teens course alongside each other at the same venue and time, being the Salvation Army premises at Carnforth. 7pm to 9pm.

This year we will also be offering a new course called "Breaking the chains" which is specifically for adults who are still feeling the impact and effects of their parents' divorce. The course has been developed to help identify how we might be chained to the past divorce by feelings of hurt, betrayal and anger in addition to any unhelpful patterns of relating that we may be locked into. Once identified the links of the chain can be broken and new ones forged in the present and for future generations.

There is detailed information on all

our groups on both of the divorce care websites www.divorcecare.org and www.dc4k.org under find a group postcode LA5 and the website of our sponsoring church CFM is www.cfmc.org.uk. On that website is a link to a fantastic You tube film that a past participant has made for us with local families real experience of the DC courses we run at Carnforth. It will give you a great flavour of what we are about and hopefully encourage you to come and get some more support for you and/or your family, should you feel you need it.

Or for more details or to book a place Phone Sue Ellershaw 01524 730642

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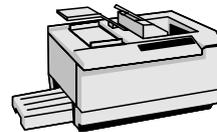
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PEOPLE'S HALL

Official Opening

No, we haven't as yet completely renewed the People's Hall but the grand opening of the new side development will take place on Saturday 23 November. You are all invited to come along and view these improvements.

Down at the field level there are new changing rooms for Sedbergh Wanders FC and revamped referees room, plus an away changing room and second officials room. These are fully plumbed and have excellent showers. While upstairs on the hall level you will find smart new ladies and gents toilet facilities plus a new side lobby area where supporters bricks will be displayed. There is still time to purchase a brick and have your name or company's name put on the wall for posterity.

The money for all this redevelopment work has been raised by a variety of means. All the members of the People's Hall committee have worked together over the last few years and have been instrumental in bringing to fruition

phase one of this part of the refurbishment project. Many people locally have given generous donations toward the redevelopment of the PH and this is once again indicative of the community spirit in the town and district that so much has been given. The redevelopment is ongoing with plans for improving the front of the hall, where the bar will be extended and an enclosed sound and lighting booth fitted out. This will benefit those working the lighting and sound for all the many and various events that take place at the well loved and well used People's Hall.

At 7.00 pm Robert W Taylor will give a speech to mark the official opening. As many of you will know Robert has had a long association with PH having been part of the committee for many years before becoming chairman in 1980 serving in that capacity through to 1993. Please do come along between 6.30 and 9 pm to view the refurbishments and enjoy the refreshments provided.

There is no charge for this event.

Sandra Gold-Wood

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SEDBERGH DENTAL PRACTICE

Sedbergh Dental Practice would like to thank everyone for the cards, gifts and kind comments we have received following our opening in new premises at the end of September. The reaction from patients and passers by has been a great encouragement, and we are very proud of our new facilities.

We are planning to have an official opening and open evening on the 4th December to coincide with Sedbergh Late Night Opening. If anyone is unfamiliar with the practice or would like to find out more it would be a great opportunity to speak to us, discover what services we can offer, and enjoy a cup of mulled wine.

November is National Mouth Cancer Action Month. We are planning a free lunch time drop in clinic for anyone who would like to have an oral cancer screen. This is something we do routinely on all of our patients at every examination. The clinic will be held between 1 and 2 pm on Wednesday 13th November. Please call in for more information.

DENT BONFIRE NIGHT

This year the event will be held on Tuesday 5th November 2013, outside Dent Gym. The Bonfire will be lit at 6:15pm and the fireworks from 6:30pm. Food and Drink will be available.

Although the bonfire night is run by Dent Football Club, it is a non-profit making event, run on behalf of the community.

The football club do not charge an admission fee and all expenditure is covered by food and drink sales, alongside generous donations from various local committees and individuals.

The expenditure is quite high, with the fireworks costing £500.00 and the insurance for the evening costing a further £110.00, so please give generously. Your donations will ensure this much loved community event continues for years to come.

Ian Mitchell

Daphne Jackson

MSc (Ost) DO

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LOOKAROUND

Don't forget to submit your (colour) contributions before 19th of November and that there is no January issue. *Dennis J Whicker*

THE SEDBERGH STORY

celebration event

In autumn 2012 a Heritage Lottery Grant was awarded to fund a project of information gathering about the history of Sedbergh. In the last year volunteers from Sedbergh and District History Society, Age UK and Sedbergh School have worked to gather information about the history of Sedbergh by conducting interviews and inviting people to lend their photographs of Sedbergh in the past to be scanned.

I'm immensely grateful to everyone who has taken part in the project, allowing us to interview them, helping with conducting and transcribing interviews, lending their family photos



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and sharing their personal history with us. A community project of this sort is built entirely on the generosity of those willing to give their time and memories and the success of this project is a testament to the work undertaken by so many members of the Sedbergh community.

The Sedbergh URC Church has kindly allowed us to hold our celebration event in their Hall on Saturday 23rd November from 2.15 – 3.45pm. All those who have helped with the project are warmly invited to join us however this free event is open to anyone who would like to come and look at our findings about Sedbergh's history. Free refreshments will be available and all are welcome.

If you have any information about the history of Sedbergh that you would like to share there is still time to be involved with the project! We will be collecting new information until Friday 15th November and anything shared before that date will be added to the display if possible.

A display about the history of Sedbergh has been created which

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will be in the URC hall during the celebration event but this will be available for any Sedbergh group to borrow in the future should they wish.

Another resource created as part of the project is a 'loan box' which contains everything needed to hold a Victorian Day or several Victorian sessions. This loan box is available for schools and community groups for children to borrow for free.

For further information about using the material gathered during the project or about the celebration event please contact Katy Iliffe on 015396 22275.

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I'm afraid I don't do PC/Windows related work
The best advice I can offer in such cases is 'Get a Mac!'

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

SEDBERGH SPRING SHOW

The Spring Show will soon be upon us again and we look forward to receiving and viewing all the magnificent exhibits which maintain the high standards of Craftsmanship in the area.

Due to some of the Show Committee Members moving away, we are urgently in need of a Recorder and Secretary to keep the Show going. If anyone is interested in joining the Committee, please contact Margaret Milburn on 015396 20610.

ZRECE

Border Collie pup wanted in twin town

Ana Bruncic is my neighbour on the Brinjeva Gora, the small wooded hill alongside our twin town Zrece, where she lives with her parents and sister - you may well have met her as she sings with the Zrece church choir with her family.

As well as working in her father's architects' office, Ana is a dog trainer and is particularly keen to have a Border Collie to train - ideally one from a farm in the Sedbergh area.

Although Border collies are available on the continent she is especially keen to have one which comes from this area. She says: "Please, not a continental one - Europeans have done a great deal of damage to the breed. Ideally I'm looking for a pup from good working dogs on farms (reliable, calm, lively, workable), not winners in beauty competitions."

Ana will be travelling to Sedbergh next Easter and would like to return to Slovenia then with an English pup, 9 weeks or older. If you can help, please contact me David Burbidge, Sedbergh 21166.

Robert Powell

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DENTDALE FLICKS IN THE FELLS

These Saturday evenings continue to provide a night out with a picture on the big screen without going 16 miles or more to the cinema, they are organised by a small group of Memorial Hall Trustees and if there is any profit it goes into DMH funds ie towards the next film. On Sept 21st we showed Les Miserable and in Oct, Lad, in Nov we are showing Bridesmaids and then that brings the session to an end unless we put on an afternoon family showing during the school holidays.

What we need is .. more supporters, more suggestions for films and more helpers, what about you? The more people involved the less everyone needs to do! I am happy to continue doing what I do and would love these evenings to carry on but am aware that in May I never got home at all for the film and others had to step in and help in my place .. would you be prepared to do that?

For the moment we have given up having a Bar as we have to buy a licence and obviously the alcohol but if we continue and have new help it could perhaps be reinstated. Usually our expenses are in the region of £190, we have a raffle and sell refreshments to add to the ticket income, and because DMH Trustees run it and any profit goes to the funds there is no Hall hire to pay. Please do think about this and get in touch with ideas etc.

*Sarah E Woof,
Chair of DMH Trustees.
"Rhumes" Laning Dent. 25212.*



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1st SEDBERGH CUBS

Well where has the summer gone? It barely feels like a week since I wrote that I would be starting Sedbergh's Cub Pack, in September. As well as learning about the Cub Scout Law and Promise, we have been finding out about the history of Cubs and trying to decide who was 'most' important, Bear Grylls or Baden Powell? Thankfully I managed to persuade them that although some of them saw Bear last year (when they were Beavers) at the Cumbaree, without Baden Powell the whole Scout movement would not exist. We have been following and laying trails, using semaphore to pass messages and discovering a whole host of new games to play! We have even started to make some exciting plans for future games, activities, excursions and camps (which might have to wait until it gets a little warmer).

The Cub Pack has carried out its first investiture ceremony as we welcomed 8 cubs into the scouting community. As a pack we now have a Sixer and a Seconder, who have taken on the responsibility of helping to run their cubs 'den'.

Cubs is open to boys and girls aged 8 – 10 ½, and runs every Tuesday evening in term time, from 6.30 – 7.30. For more information about any of the Scouting sections or to register your interest to join, please get in touch with Bill Mawdsley (Group Scout Leader) Tel 015396 20723 or Toby Hubbard (Cub Leader/ Akela) Tel 015396 20028.

BOOKWORM

What I have been reading this month :

1. 'Secret Places , Hidden Sanctuaries' by S. Klimczuk and G Warner (non fiction)

Uncovering mysterious sites, symbols and societies, this book is a guide to a variety of islands, temples, citadels, shrines, military installations and private clubs across the world including some in the UK. Unusual and fascinating reference book.

2. 'The Moon - a biography' by D. Whiteside (non fiction)

Written by a former BBC science correspondent this book covers a lot of ground and is quite technical in parts. There are sections on the

origins of the 4 billion year old moon, myths and legends about the moon, early drawings of it and the space race between USA and USSR to put a man on the moon so there is a mix of art, geology, astrophysics and politics. Very stimulating and makes the reader look at the moon, which we often take for granted, in a new light!

3. 'Major Pettigrew's last stand' by Helen Simonson (fiction)

Retired Major Pettigrew and Mrs Ali the village shop owner are both widowed and begin a pleasant and unexpected friendship with mutual interests and uncertainties and both with disapproving relatives. This is a bold theme as the absorbing narrative addresses middle class village life, golf club etiquette, family expectations in beautifully written sentences and through some amusing scenarios. A lovely read.

RM Bookworm

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A LOVELY SUMMERS EVENING

Sedbergh Parish Church was well-filled for a delightful evening of music on Saturday, 24 August. This concert marked a return visit from local soprano, Jessica Hurst, formerly a pupil at Sedbergh School, now a student at the Scottish Royal Conservatoire in Glasgow. She was joined for the concert by fellow-Cumbrian, Patrick Relph, with whom she has sung for a number of years. There was a well-considered programme with something for everyone - traditional folk songs, songs from shows like West Side

Story and Porgy and Bess, operatic arias and lieder.
 The artistes had two guests with them - local farmer Geoff Sedgwick, Jessica's grandfather, and Nathan Jenkins, a young tenor from Scarborough, who, like Patrick, is a student at the Royal Northern College of Music. Their moving contributions led to the high quality of the evening, and there were some beautiful concerted items.
 The accompanist for the evening was well-known local pianist, Alexa Wightman, whose superb keyboard and interpretive skills added greatly to the singers' performances.
 It was an evening to remember. We are grateful to Jessica and friends for

wanting to return to perform in the little town where her ancestors have lived and worked for generations. It was a joy for all of us who attended and we extend to her and Patrick our very best wishes in their future musical careers.

George D Handley

M.S. RESEARCH

Hi. It is coming round to the M.S. Table Top Sale soon. From 2007 the first M.S. Table Top Sale at the Peoples Hall you have helped raise £4798.01 for M.S. Research which is really fantastic.

Every year goes by and there is one or more people I know that have M.S. So it is with your help and donations every year is another year forward for M.S. Research.

This year the Table Top Sale is on 9th November and the Peoples Hall from 9.30am till 1pm. There are tables for hire and also the M.S. tables with home made cakes, bric-a-brac, and a super raffle

So please try and come along, wither rent a table and make a few bob, or have a brew and home made cake, they are great. The atmosphere is really buzzing and it is so lovely to see everyone.

If you want to rent a table or have anything you want to donate for us to sell on the M.S. Table that's great (but sorry, no husbands or pets!) or if you would like to help that morning please call Sandra Longlands on 07815 069394. So thank you for taking the time to read this xx.

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SEDBERGH ORCHESTRA

Sedbergh Orchestra will be presenting another programme of attractive music at 8.00pm on Thursday November 28th at St Andrew's Church, Sedbergh. Tickets (from members of the orchestra, yantethera@gmail.com, 015396 21196 or at the door) cost £6.00 but those aged 18 or under come free.

All the featured composers overcame great misfortunes in their lives, but there is no evidence of this in the pieces to be heard. The concert begins with Weber's overture to his last opera 'Oberon'. The character in the title has nothing at all to do with Shakespeare. Instead the story

involves a shipwrecked heroine and Mediterranean pirates, which are portrayed in the music. Although the opera, considered to be Weber's best, has sadly all but disappeared from the repertoire, the overture appears frequently on concert programmes.

'Matinées Musicales' is a collection of songs and other pieces by Rossini, written during his retirement 'for the amusement of his guests'. Some of these were used by Respighi when providing music for Diaghilev's ballet 'La Boutique Fantasque'. But it was Benjamin Britten's orchestration of five of the pieces that makes this a popular concert choice. It was originally used by the GPO Film Unit not long before the second world war and it was performed at a Promenade Concert in London's Queen's Hall a year later.

Saint-Saens is most famous for his 'Carnival of the Animals', but he wrote a lot of other delightful music besides - you may remember Daniel Crompton's splendid performance of his first cello concerto with the orchestra a while ago. His second symphony is innovative and full of variety and is 'good listening'.

Normally a symphony would round off a concert programme, but this time there is to be an included encore, Waltz no. 2 from Shostakovich's second Jazz Suite. It was used in the film 'The Gadfly', so you may well recognise it.

Our conductor on this occasion will

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be Tom Newall. He has rehearsed us in the past when Peter Crompton has been away assessing music students in foreign parts. Peter will not be back from the Far East in time for the concert and so we are very happy that Tom is able to step into his shoes.

Please come and enjoy the music with us!
Shirley Smith

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

The society ran a Day Course on Saturday 5th October attended by thirty four members. It attracted both local and more distant members including one of our French members. The course was on "Cumbria in the Dark Ages" and the talks were given by Sheena Gemmell. Her talks covered the period from the departure of the Romans to the effect of the Normans on the area covered by present day Cumbria. That period is known as the Dark Ages because not a great deal of written evidence exists from that time but she gave her audience an insight into the events

that occurred using both the surviving historical documents and also archaeological evidence. The audience left having acquired a much deeper knowledge of the period that forged the English nation.

During the lunch break the members contributed to the local economy by visiting various eating establishments. The society was most grateful to the Sedbergh URC for allowing it to use their rooms at short notice when the numbers wanting to attend became too many for the Peoples Hall committee room.

Richard Cann

KNIT 'N' NATTER

This Dent group meets each Monday 1.30. - 3pm at the Heritage Centre. There is no admission charge and refreshments are available to purchase.

Whether you knit or do any other craft and would like to meet with others you will be very welcome. Also those who like to natter but do no craft you are welcome too!

Sue Holroyd

GALA GROUP AGM

For some years the Gala Group has awarded bursaries to individuals and groups in Sedbergh, paid out of surplus funds made on events through the year. In the year 2012/13 no surplus has been produced; in fact the result for the year is a loss, due to bad weather on Gala Day and no increase in admission charges for the last 3 years. The Gala Constitution states that bursaries may only be awarded from surplus funds. Consequently the Gala Group is unable to distribute any funds this year, but the Committee is working towards a more successful 2014 – the 50th anniversary of Gala Day.

John Davis, Chairman

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If you can offer a few hours during poppy time from 28th October to 19th November to man, (or women), a

small 'Shop/Stall' of Poppy related goods within Killington Services: Please contact me on 21808.

This location is our best connection with the rest of humanity and is a much valued source for the annual Sedbergh collection. We would very much appreciate your help. *K Wood*

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BRIDGING THE GAP

Volunteers Wanted

The Bridging the Gap project promotes the social wellbeing of older people who have some loss of hearing.

We are looking for people who have patience and empathy for older people to help those affected by hearing loss;

The opportunities are to assist people at our drop-ins, or at the HEAR centre, be a befriender, or carry out home visits.

Full training given. For more information or informal discussion please contact:

Hugh Stirling - Team Leader
Tel: 01228 562691 or Mob:
07710984483

hughstirling@caritascare.org.uk
www.caritascare.org.uk

COMMUNITY OFFICER REPORT

Over the past month in Sedbergh there has been 1 report of criminal damage and a number of reports of suspicious incidents. Please continue to report any suspicious vehicles or persons via 101.

We are coming to the time of year again where we will be putting on our heating. Due to the recent increase in the cost of fuel, Cumbria Police are warning local businesses and local residents who may possess heating oil or diesel tanks, that they ensure they are properly secured with locks.

Cumbria Constabulary has established the Community Speedwatch programme. Its aim is to share the responsibility for addressing speed related offending between the community, the Police and other agencies. "Many parish councils have been concerned about the problem of real, or perceived, speeding vehicles through their neighbourhoods.

It is hoped that councils will acquire speed guns, either for themselves or in conjunction with other members of the LAPs or Neighbourhood Forums, which will be used by members of the local community to monitor speed at the appropriate locations. These volunteers will receive training in the use of this speed monitoring equipment.

The Constabulary have already appointed 5 Police Support Volunteers throughout Cumbria. They will be the Police link to Community Speed Watch volunteers and will provide all the administration support

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necessary to enable the schemes to succeed. This will include receiving all the details of offending vehicles, completing PNC checks and sending the warning letters to the registered keepers. They will also establish a database to consolidate the individual offences so that persistent offenders and 'hotspot' locations can be identified for further action to be taken by the Police.

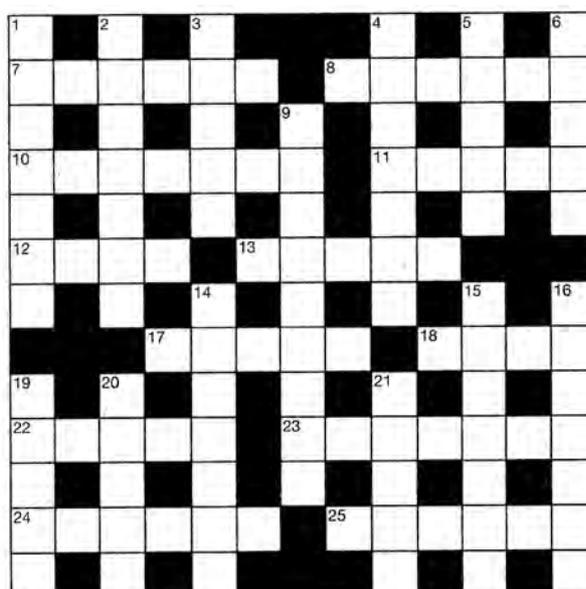
Sergeant Paul Mellard is the officer at Kendal Police Station who is in overall charge of the scheme for south Lakeland, and may be contacted on 101.

*CSO 5206 Karen Dakin
CSO 5244 Mandy Coleman.*

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



ACROSS

- 7 Fate, destiny (6)
- 8 Harm (6)
- 10 British colony (7)
- 11 Snooker table fabric (5)
- 12 Head support (4)
- 13 Cooked in fat (5)
- 17 Fasten with glue (5)
- 18 Adam and Eve's son (4)
- 22 Large elephant? (5)
- 23 Stay silent (4, 3)
- 24 Wheeled (6)
- 25 Convivial (6)

DOWN

- 1 Japanese art of flower arranging (7)
- 2 Flightless bird (7)
- 3 Bored (3, 2)
- 4 Walker (7)
- 5 Fundamental (5)
- 6 Horizontal (5)
- 9 Birthday party food (5, 4)
- 14 Rubbed gently (7)
- 15 Supporter's letters (3, 4)
- 16 Oddity (7)
- 19 Narrow inlet of the sea (5)
- 20 Happy look (5)
- 21 Italian city (5)

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 *	11/13	Mr Steele	Dent:	25054
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

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

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

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STOBARS HALL
Care Home



The aim of Stobars Hall is to offer our guests maximum independence in order that they can lead full and varied lives, cared for by trained staff who provide physical, emotional and social support every hour of the day.

STOBARS HALL RESIDENTIAL HOME
If you would like further details, or simply a chat about life at Stobars Hall, please telephone Euan or Beryl on

017683 71291

Stobars Hall, Kirkby Stephen, Cumbria, CA17 4HD
www.thefranklyngroup.com



Do you think that they might be about to start work at Udales?



BED & BREAKFAST

Proprietor	Address	Phone (015396)
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
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 Free Wi-Fi available	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

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
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

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	3rd November	10th November	17th November	24th November	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC BCP	Sunday School	HC CW	Family Service	
6.30 pm	EP	Sung Evensong	EP	EP	
Wednesdays 11.15	6th November HC	13th November HC	20th November HC	27th November HC	
St. Mark's	3rd November	10th November	17th November	24th November	
9.30 am	HC	MP			
2.30 pm			HC	M&P	
St. John's	3rd November	10th November	17th November	24th November	
10.00 am	MP	No Service	MP	Harvest Thanksgiving	
LUNE PARISH SERVICES					
	3rd November	10th November	17th November	24th November	
St John's Firbank	10.30 am MP @ Killington	Joint Remembrance Day Service @ St Andrew's Sedbergh	2.00 pm HC @ Howgill	2.00 pm HC @ Firbank	
Holy Trinity Howgill					
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	3rd November	10th November	17th November	24th November	
St. Andrew's	10.30 am HC	10.30 am HC *	10.30 am HC	10.30 am HC	
St. John's	9.00 am HC	2.30pm EP *	2.30pm EP		* with Act of Remembrance
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		

SWIMMING CLUB

We understand from Sedbergh School that the swimming pool will re-open later in November. We would therefore like to invite you all to recreational swimming, 6.30- 7.30 (children) and 7.30 – 8.30 (adults) Tuesdays and Thursdays. Saturday will be mixed as usual (time to be confirmed). These sessions will be offered **free of charge** and hopefully we should get two or three weeks in before the end of term. As soon as we have a definite date for re-opening we will keep you informed.

We are really looking forward seeing the changes the school have made, with the help of Grants from The Yorkshire Dales National Park & Sport England and hope you will all come along to these sessions and experience the new facilities for yourselves. Any new children and adults will be very welcome too.

The Swimming Club will start back with children's lessons and adult swimming in the New Year and there will be more details to follow in the December issue.

*Lynn May,
Secretary.*

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 Thornely 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 & Frostrow

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

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
 Sunday 11.00

Wednesday 19.30

Rev. G. Jones Tel: 01539 722079

Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£2.00
Postal Overseas	=	£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 10th September 2014

NOVEMBER		
1	1000	Tales from the Dales Exhibition till 01/14 FM
1	1000	Out of the Kiln Exhibition till 05/14 FM
1	1400	Age UK - PCSO & Fire Service DMH
1	1800	Cricket Club Presentation Eve Dalesman
1	1915	Garsdale Bonfire & Fireworks GVH
1	1930	Murder Mystery Weekend TH
1	1930	WIH Domino Drive HVH
2	1800	Sedbergh Bonfire Night (1 & 8) PH
2	1930	Murder Mystery Weekend TH
3	1900	Café Church Cancelled
3	1930	Murder Mystery Weekend TH
5	1815	Dent Bonfire Night (8) Dent
5	1830	FC Bonfire & Skittles FCH
6	1000	Coffee Morning - RBL (8) URCCR
6	1300	Demonstration - Pencil Sketch CWS
6	1430	SS Rugby SS
6	1900	Health & Well-Being L
6	1930	HS The Angkor Temple Complex (20) SSAT
7	1930	WIH - Leighton Moss Birds HVH
9	0930	Giant MS Table Top Sale (9) PH
9	1415	SS Rugby SS
9	1930	Flicks in the Fells PH
10		Remembrance Sunday
10	1400	Calendar Girls Auditions (10) PH
11	1930	Town Band Remembrance Concert (11) URCC
12	1400	WIK - AGM + DID PH
12	1930	FC Domino Drive FCH
12	1930	72 Main Street Meeting PH
13	1000	Coffee Morning - Bowling Club URCCR
13	1300	Demonstration - Crochet CWS
13	1430	SS Rugby SS
13	1915	WID - AGM & Denman DMH
13	1930	WIS - AGM & Jacob's Join PH
13	1930	CWT Following Darwin's Footsteps SSAT
14	1200	Lunch Club Red Lion
14	1900	RBL Branch Meeting WHC
15	1900	Domino Drive KVH
16	1000	Christmas Fair (16) StAS
16	1000	Folk Carols Workshop (16) PH
16	1000	Christmas Coffee Morning StJCC
16	1430	SS Rugby SS
16	1900	Flicks in the Dentdale Fells (*) DMH
16	1930	Folk Carols Concert (16) Howgill Church
17	1930	NWA Concerts (*) APH
18	1900	CoT&B AGM (18) PH
18	1930	Domino Drive GVH
19	1300	Medical Centre Closed for Training (24) MC
19	1400	SASL Christmas Lunch Fat Lamb
20	1000	Coffee Morning - Killington Church URCCR
20	1300	Demonstration - Rag Rugs CWS
20	1430	SS Rugby SS
20	1930	HS Engine Cleaner to Fireman (20) SSAT
22	1930	Cricket Club Domino Drive (22) SPS
23	1100	SS Rugby SS
23	1400	SSAT PTFA Jumble Sale PH
23	1415	The Sedbergh Story URCCR
23	1600	PH Official Opening (23) PH
24	1900	Dentdale Christian Fellowship (27) RD
25		Scouts Christmas Post Begins (25) Sedbergh
27	1000	Coffee Morning - Ladies NFU URCCR
27	1300	Demonstration - Polymer Clay CWS
27	1800	Christmas Extravaganza (27) C Harvest
28	2000	Sedbergh Orchestra Concert (28) StAS
29	1700	SSAT Christmas Fair (29) SSAT
29	1900	HS Annual Dinner (20) FM
30		St Andrew's Day
30	1000	DMC Coffee Morning DMC
30	1415	SS Rugby SS
DECEMBER		
1		Scouts Christmas Post (25) Sedbergh
1	1000	Tales from the Dales Exhibition till 01/14 FM
1	1000	Out of the Kiln Exhibition till 05/14 FM
1	1900	Café Church Cancelled
3	1930	Town Band Christmas Concert StAS
4	1000	Coffee Morning - StAS Bells URCCR
4	1800	Late Night Opening (40 & 71) Sedbergh
5	1300	Medical Centre Closed for Training (24) MC
5	1930	WIH - Christmas Party TBA
6	1400	Age UK - Xmas Games & Quiz DMH
6	1930	Folk Carols Concert (16) DMC
6	1930	SYFC Festive Domino Drive PH
7	1000	Scouts Coffee Morning (48) URCCR
7	1430	SS Rugby SS
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

*The S & D Lookaround is edited, published & distributed monthly by
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Whilst every effort is made to ensure that information is correct, the Editors cannot
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Copies are available from Sedbergh Office Services, Green Door,
Premier, Howgills Bakery, Post Office, Dent Stores & Barbon Inn.*

COVER PICTURE
Footpath to Castlehaw

By Stuart Manger

12	WIS - Christmas Dinner	TBA
14 1930	Christmas Domino Drive	KVH
17 1400	SASL Meeting	PH
20	Scouts Christmas Post Ends (25)	Sedbergh
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

1 1000	Tales from the Dales Exhibition till 01/14	FM
1 1000	Out of the Kiln Exhibition till 05/14	FM
5 1000	Out of the Kiln Exhibition ends	FM
14 1000	Tales from the Dales Exhibition ends	FM
14 1930	FCH Domino Drive	FCH
15 1300	Medical Centre Closed for Training (24)	MC
15 1930	HS Wordsworth in Cumbria	SSAT
19 1000	Dutch Exhibition till 21/04	FM
22 1930	CWT Saving the Hen Harrier	SSAT
24 1930	SYFC Pie 'n' Pea Supper & Quiz	PH
25	Burn's Night	
26 1930	NWA Concerts (*)	APH

FEBRUARY

1 1000	Dutch Exhibition till 21/04	FM
5 1930	HS Lakeland Architecture	SSAT
7 1930	Killington Sports Domino Drive	KVH
11 1930	FCH Domino Drive	FCH
12 1300	Medical Centre Closed for Training (24)	MC
14	St Valentine's Day	
19 1930	HS Treasure Trove of Memories	SSAT
21 1930	Domino Drive	KVH
26 1930	CWT Wild Shetland	SSAT
26 1930	NWA Concerts (*)	APH
24 1930	FCH AGM	FCH

MARCH

1	St David's Day	
1 1000	Dutch Exhibition till 21/04	FM
4	Shrove Tuesday - Pancake Day	
5 1930	HS Transport over Shap Fell	SSAT
11 1930	FCH Domino Drive	FCH
16 1930	NWA Concerts (*)	APH
17	St Patrick's Day	
19 1930	HS High Bank House, Barbon	SSAT
20 1300	Medical Centre Closed for Training (24)	MC
20 1900	Turnabout Abbey	PH
21 1900	Turnabout Abbey	PH
22 1430	Turnabout Abbey	PH

DIARY KEY

APH	= Appleby Public Hall
BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
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
DMC	= Dent Meditation Centre
DMH	= Dent Memorial Hall
DMS	= Dent Methodist Schoolroom
FCH	= Firbank Church Hall
FM	= Farfield Mill
GVH	= Garsdale Village Hall
MC	= Medical Centre
HCJ	= 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
StJCC	= St John's Church, Cowgill
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

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

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all kinds of functions...

❖ Parties ❖ Meetings ❖ Concerts ❖
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❖ Theatre ❖ Discos ❖ Lectures ❖

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

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 – 10.00am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Surgery by appointment only –

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

Dent Surgery by appointment only - Monday

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday

afternoons **(By appointment only)**

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

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

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

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

Collinge Optometrist

Friday only

0900 to 1300 by appointment only.

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Wendy Thompson,
Dawn Douglas & Sarah Boum (Hygenist)

Monday to Friday 0900 - 1700

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

COMMUNITY OFFICE 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

e-mail: office@sedbergh.org.uk

www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

There are no local facilities

www.cabsouthlakeland.org.uk/

PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600

01539 795000 or 0845 6060265

Age UK SL @ Community Office

1st Wednesday every month

10 am to 12 noon

01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

www.sedberghcdc.org.uk

POLICE

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