

Sedbergh & District

LOOKAROUND

December/January 2014

Issue 317

Donation £1

The warmest of welcomes to this double issue of Lookaround. Please remember that there is no January issue and that items for February must be submitted by 15th & 19th of January, including your Valentine Messages.

May we take this opportunity to say a big thank you for all the continued support for the best Community Newsletter in the country and wish you all a Very Merry Christmas and a Happy and Healthy New Year.

Dennis & Jacky Whicker

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

Come and join in the fun at Sedbergh's very own Late Night Shopping
Buy your Christmas presents in our local shops and bring the children to see Santa in his Grotto

Lots of fun for all the family



Opening ceremony at 6.00pm with the Town Crier and the Gala Queen
and of course, Santa himself

Ringing of the Church Bells ~ Santa ~ Singing of carols ~ Town Band
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
Much more

***And the shops on Main Street will be open for all your present buying
And cafes and restaurants open too for your evening meal***

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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DECEMBER 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:- Benjamin Robinson who is 11 years old on 4th December and Taylor Scarr who is also 10 years old on 14th December.

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



Day	Name	Age
2	Rhiannon WINDER	9
2	Ryan WINDER	9
2	Elijah JAMES	10
4	Benjamin ROBINSON	11
6	Anna AINSCOUGH	8
8	Freddie FALLOWS	10
9	Jack ALDERSON	9
12	Emily CASH	4
14	Imogen GUBBINS	7
14	Taylor SCARR	10
16	Tom CAPSTICK	6
16	Ella PRATT	8
16	Sophie GAME	9
16	Brenda LUFFMAN	11
18	Edward HODGSON	1
20	Paige METCALFE	1
22	Vicky WOOF	7
25	Maddie WALSH	9
26	Lexxi COTTAM	3
27	Haydon COUSINS	6
31	Gracie ROBINSON	9
31	Ewan CANNOM	3
	Nonagenarian & Over	
23	Alf HOOPER	90



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.

JANUARY 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:-
Anika Burbidge who is 7 years old on 18th January and Stanley Allan who is also 7 years old on 30th January.

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
6	Arnold HODGSON	9
7	Emily WHITE	6
13	Elizabeth COWIN	7
15	Anika BURBIDGE	7
16	Charlie COLTON	5
25	Hannah MARSDEN	4
30	Stanley ALLAN	7
	Nonagenarian & Over	

FOLK CAROLS CONCERT

Dent Meditation Centre
7.30pm December 6th

with Pandora's Handbag, Brillig folk group and Lakeland Voices.
Plus harmony singing workshops throughout the weekend & 2014

*Wishing you all a Very Merry Christmas
and a Happy New Year!*

www.lakelandvoice.co.uk Sedbergh 21 166



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	PH	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	Howgill Toddlers	HVH	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1300	Every Tuesday	Knit & Natter	FM	Friends Quaker Meeting House, Brigflatts.
1930	Every Tuesday	Bridge Club	WHC	George Fox's Quaker Pulpit, Firbank
1930	Every Tuesday	T'ai Chi	URCR	Golf Club, Catholes, Sedbergh *
1400	2nd Tuesday	Killington WI	PH	History Society, Community Office
1400	3rd Tuesday	Sight Advice Group	PH	Holme Working Farm, Middleton *
1930	3rd Tuesday	Ladies NFU	PH	
1000	Every Wednesday	Coffee Morning	URCR	Holy Trinity Church, Howgill
1315	Every Wednesday	Art Society	URCR	Jubilee Wood, Castlehaw Lane
1315	Every Wednesday	Zebras	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
1930	1st Thursday	Howgill WI	FCH	Sedbergh Embroidery, StAS
1200	2nd Thursday	Lunch Club	Red	United Reformed Church, Main Street
1915	2nd Thursday	Royal British Legion	WHC	Information Centre, 72 Main Street
1930	2nd Thursday	Sed. Parish Council	PH	Winder Fell, above Sedbergh
1330	Every Friday	Dent Over 60's	DMH	
1400	1st Friday	Age UK Dentdale Club	DMH	
See Pages 96 & 103 for contact details & Keys				* = Entry Fee Applicable

PERSONAL & SMALL ADS £1

BENTHAM & BURTON

Don & Julie and Jim & Joanne would like to thank all their family and friends for joining us in celebrating our **25th Wedding Anniversaries**. We had a brilliant night and thanks to everyone's generosity, over £1000 was raised for North West Air Ambulance and Dentdale First Responders. Big thanks to Dent Football Club for running the bar so smoothly and they have raised £1100 for their club. Thanks to you all once again for all the cards we have received and for making it such a special night

=====

DEVINE

I would like to say how good the Wednesday afternoon Computer drop-in at Sedbergh CDC. You can do your own work and get 1-1 support when you need it. It is very relaxing and there is no pressure. Georgina.

=====

JOHNSON

Christie, Chris and family would like to thank all of our customers and friends for their support over the last 13½ years. A big thank you must go to our staff who have helped us over the years. We wish all the best to Peter, Gaynor and their family for the future. Merry Christmas.



PARKER

Joel and Kathryn would like to thank everyone for their cards, presents and best wishes following the birth of their daughter Jessica Alice on October 30th weighing 4lb 14oz.



=====

TAYLOR

Robert and Judith would like to thank their family and friends for the cards, flowers and good wishes they received on the occasion of their **Diamond Wedding Anniversary** on October 1st. They would also like to say a big Thank you to Alan and Chris at the Cross Keys for their hospitality and lovely meal on this special occasion.

Christmas Greetings

AIREY

John would like to wish all family & friends a very Happy Christmas and a Healthy & Prosperous New Year.

=====

ALLAN

Ann, Bill, Andrew and Mark would like to wish all family, friends and neighbours 'Merry Christmas and Happy, Healthy 2014.

=====

BURBIDGE

David, Lucia and Anika Burbidge would like to wish all their friend and neighbours a very merry Christmas and a happy New Year.

PERSONAL & SMALL ADS £1

CAMPBELL

Maurice and Raymond would like to wish all friends and relations a Merry Christmas and a Happy New Year.

=====

CAPSTICK

Nora, formerly of 8 Fell Close and now resident at Brant Howe, Kirkby Lonsdale, wishes all her family, friends and neighbours a Joyous Christmas and a Happy New Year.

=====

CAPSTICK

Sheila & John Capstick would like to wish all their family & friends a Very Merry Christmas and a Healthy New Year.

=====

CHAMLEY

Through this *Lookaround* we send 'Seasonal Greetings' for Christmas and the New Year to all our neighbours and our many good friends in the Sedbergh area. May Good Health and Good Fortune be with you. Joan and Norris.

=====

CHRISTMAS GREETINGS

Ann would like to wish John Metcalfe and the motley lot a Merry Christmas and Best Wishes for 2014.

=====

COWIN

Frankie and Diane would like to wish all their friends a Merry Christmas and a Happy New Year.



COWPERTHWAIT

I would like to wish all my relatives, friends and neighbours a very Happy Christmas and good health in the New Year. Best wishes for Mary.

=====

DAWSON

Jenny sends Christmas Greetings to all her family and friends. May Love, Joy and Peace be yours in the coming year. Thanks to you all for love and care during the past year.

=====

DEVINE

Happy Christmas to all my family and friends in Sedbergh. Georgina.

=====

DOUGLAS

Gladys would like to wish all her friends and neighbours a Happy Christmas and Best Wishes for a very Happy and Healthy New Year.

=====

FELL

Jean and Brian wish everyone a very Merry Christmas and a Happy New Year.

=====

GIBSON

Doreen and Terry would like to wish all family and friends at Sedbergh Merry Christmas and Happy New Year.

=====

HARRISON

Jenette Harrison would like to wish all her relatives and friends a Merry Christmas and a Healthy & Peaceful New Year.

PERSONAL & SMALL ADS £1

HAYGARTH

Brian and Christine would like to wish all family and friends a Happy and Merry Christmas, Good Health and prosperity for the New Year. Love to all. Cheers.

=====

HAYGARTH

Doris would like to wish all family and friends a very Happy Christmas and a healthy and prosperous 2014. Love to you all. Cheers.

=====

MARTIN

Margaret would like to thank all her friends for their visits and kindness shown throughout the year and wish them all a very Happy Christmas and a healthy New Year.

=====

MASON

Norman wishes friends and neighbours 'All the Best for the Festive Season!

=====

MACDONALD

Margaret and Eric wish all friends and neighbours a Merry Christmas and Happy New Year.

=====

SCOBIE

Jim and Joyce Scobie would like to thank all their friends, carers and acquaintances for their help and support throughout 2013 which has been much appreciated. They wish everyone a Merry Christmas and a Happy, Healthy New Year

SKILL

Elizabeth and Zander wish all friends and neighbours a very Happy Christmas and New Year.

=====

TODD

Maggie Todd would like to wish all her family, friends a very Happy Christmas and a Prosperous New Year.

=====

TOMLINSON

George wishes all his friends a Happy and Peaceful Christmas and every blessing in the New Year and thanks them for their kindness during the past year.

=====

FOR SALE

Peugeot Speedlift 2 50cc Scooter. Sporty model, low milieage, excellent condition. £600. Tel: 0784-0019176.

=====

FOR SALE

Adjustable bath stool, unused. £20. Tel: 015396-20182 (after 6pm please).

=====

FOR SALE

Kenwood Micro Hifi component system. Radio, CD and Tape player, two speakers and remote control. Little used. £40. Phone 2015396-20693.

=====

FOR SALE

A Davina exercise bike. Excellent condition. Has helped lose 5½ stone so has a few miles on the clock. To look at and try tel: 0781-5069394.

PERSONAL & SMALL ADS £1

FOR SALE

Sterling Mobility scooter. Very good condition. Serviced annually. Recent new battery. £400 ono. Ring Sedbergh 20494.

=====

FOR SALE

Living Room Display Cabinet & Cupboard 56" x 27" x 12" in solid Rose Wood. vgc £40. Tel: 20980.

=====

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

Solve those Christmas present problems

**DENT
CHRISTMAS
MARKET**

Saturday 7th December

10.30 - 3pm

St Andrew's Church, Dent

Specialist Craft, Cake & Deli Stalls

Carols & Music

Mulled wine and mince pies



**Live nativity
through the
cobble streets**

Enjoy the atmosphere

SEDBERGH TOWN BAND

**CHRISTMAS
CONCERT**

St Andrew's Church

with

Father Christmas

Mulled Wine & Mince Pies

7.30 pm

Tuesday 3rd December

Admission £6.00 (Children £3.00)

Tickets from:

Green Door, Premier, TIC and band members.

Sedbergh Town Band is a registered charity. No 1086817



*seasons
greetings*



M. S. RESEARCH

Saturday 9th November was the MS Table Top Sale at the People's Hall, Sedbergh.

It was an amazing morning with people selling their own stuff and then there were tables with stuff donated for selling on the M.S. tables. There was a super large raffle and lots of homemade cakes and scones to have with a brew, and there were so many cakes.

The Youth Town Band played and they played Christmas Carols and they played really good. Most of the helpers wore the lovely bright orange t-shirts and sorry there were not more for all to wear.

I would like to thank you all who supported this yearly event and the

money raised came to £400 and the total is still growing and with Gift Aid also. I think to be able to raise that amount of money for M.S. Research from Sedbergh and area is just really amazing.



I have had M.S. for nearly 11 years and it took nearly 2 years to be diagnosed. So with your very kind donations it can help greatly the progress with research development. A very big thank you to everyone and all the very best for Christmas and a Healthy and Happy 2014.

Thanks. *Sandra Longlands*

Decorative border of small green Christmas trees.

An illustration of two golden bells hanging from a sprig of holly with red berries.

The Scouts logo, featuring a fleur-de-lis above the word "scouts" in a bold, lowercase font, with the tagline "be prepared . . ." below it.

An illustration of a blue envelope with a white card inside, representing a Christmas card.

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

25p per card

An illustration of a classic red British pillar post box.

Post Box Locations

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

Decorative border of small green Christmas trees.

NEIGHBOURHOOD FORUM

A summary of the meeting held at Sedbergh Medical Centre on Tuesday 22nd October 2013

County Cllr Nick Cotton introduced his colleague County Cllr Roger Bingham and welcomed everyone to the meeting.

Local Policing Update

Sgt John Stephens updated the Forum on the crime statistics from the past 3 months (July, August and September) for the Sedbergh area.

Sedbergh had 12 ASB and 17 crimes which is an increase of 12 and has included burglaries of sheds, farms etc.

More resources have been focused in the area and targeted vehicles

have been stopped. This has resulted in only 1 burglary in September. The suspects are from the North East and Yorkshire. The mobile police station has been around the area. The Spar car park in Sedbergh was one of the locations and it was generally well received.

Community Speed Watch

Michael Roberts spoke to the Forum about Community Speed Watch – the top 3 concerns for Parish Councils are litter, dog fouling and speeding. Cumbria Constabulary is now setting up 'Community Speedwatch' schemes to address speeding. A community will purchase its own speed gun and volunteers will be trained accordingly and go out with

The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes
offer you a warm welcome



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

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

Please note our opening hours.

Closed Mondays unless a Bank holiday.

Summer season open - Tuesday to Sunday – 8.30-4.30

Winter season open Wednesday to Sunday 10.00 – 4.00

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

the speed gun to monitor traffic speeds. The speed gun will record the speed of the vehicle and the volunteer would record the car registration to pass on to an administrator who will record the information and write a letter to the offender indicating that they have been identified as speeding. A database will be built up and repeat offenders will be recorded and the information will be taken back to the CSO for further action. It then may be necessary for a Speed Indication Device to be put in place. The more intelligent SID's can now record the vehicle type, time, date and speed.

Trading Standards

Alison Nutall, Principal Trading Standards Officer told the Forum how Trading Standards provide help and assistance to residents, businesses and visitors/tourists in Cumbria. Nearly half of the UK adult population has been targeted by a scam, with 1

in 15 people falling victim. Doorstep crime can involve rouge traders offering home improvements work or high pressure doorstep sellers. Bogus officials can include charity collectors or utility companies and favourite tactics include unmarked vehicles or hire vehicles, visiting an area for a short time period, targeting elderly & vulnerable people, fictitious trading names and mobile or 0800 numbers.

Anyone who wants to report a suspicious trader to Trading Standards can contact them on 08454 04 05 06.

There are 35 no cold calling zones throughout the county which have been set up to deter cold callers and to raise local awareness, they also provide confidence and re assurance to residents within the zone.

Some scams to be aware of include websites offering passport checking or charging for the European Health Card, Charity Collection, Bogus loans

Jenette Hardy
BA (Hons) AICB CB.Cert

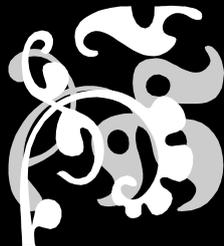
Bookkeeping & Business Services

Millbeck East
Dent, Sedbergh
Cumbria LA10 5TB

Jenettehardy@yahoo.co.uk
015396 25829 / 077258 34699



- Bookkeeping to Trial Balance
- VAT Returns
- Payroll
- Credit Control
- Computerised Accountancy Systems
- BCMS Movements & Registrations
- Farm Record Keeping
- Social Media Marketing
- Secretarial & PA Service



COMPETITIVE RATES

Please contact us for a no obligation quote

which ask for an upfront payment and telephone calls purporting to be from HMRC. To avoid such scams it is advised to register with the mailing prevention service and telephone preference service. Buy with confidence is an on-going scheme set up by Cumbria Trading Standards. Businesses carrying this logo:



have been vetted by Trading Standards and agreed to abide by certain conditions.

The consumer helpline is 08454 04

05 06 and useful websites: www.cumbria.gov.uk and www.citizensadvice.org.uk.

Invasive Species

The River Lune has two main invasive plant species taking over the river and this is the first year of a 10 year project to bring it under control. Close to 100 people have volunteered to help uproot and clear away Himalayan Balsam to stop it spreading further. £2000 was allocated from Cllr Nick Cottons Local Members Scheme for a chemical treatment to eradicate Japanese Knotweed spraying.

Farfield Mill Wool Gathering Project

This is a multi-generational arts and heritage project which celebrates the



Sedbergh Community Development Centre

Courses from January

Subject	Tutor	Wks	Start	Times	Town
Handcraft a Wooden Archery Bow	Mark Bamford	10	22 Jan	Eve	Sedbergh
Felted Pictures and Wall Hangings	Debra Esterhuizen	1	1 Feb	Day	Endmoor
Life Drawing	Samuel Dalby	12	7 Jan	Eve	Kirkby Lonsdale
Painting in Oils	Bob Henfrey	10	20 Jan	AM	Barbon
Practical Sketching with Watercolour	Bob Henfrey	1	26 Apr	Day	Kirkby Lonsdale
Mind Your Tone! Painting light & dark images	Frances Winder	1	22 Feb	Day	Sedbergh
Water Based Landscapes	Frances Winder	1	1 Mar	Day	Sedbergh
Dynamics of Colour	Frances Winder	1	26 Apr	Day	Sedbergh
How to Buy & Sell on eBay	Chris Wood	2	11 Mar	Eve	Kirkby Lonsdale
Italian Improvers, Sedbergh	Catherine Bond	12	9 Jan	AM	Sedbergh
Italian Continuing, Wednesday Morning	George Handley	10	8 Jan	AM	Sedbergh
Creative Writing	Janni Howker	11	17 Jan	PM	Sedbergh
Yoga - Evening Yoga in Sedbergh	Fran Fryer	12	9 Jan	Eve	Sedbergh
Better Breadmaking	Nela Geuer	1	8 Feb	Day	Sedbergh

English as a Second Language
A new morning class in Sedbergh for people who need to learn English, possibly leading to a qualification. Expert tuition. Please enquire.
Computer drop-in session, Wednesday afternoons, 1 - 4pm
1-1 help, Beginner to Advanced, Only £2 per session

See www.sedberghcdc.org.uk for more information

email: admin@sedberghcdc.org.uk

Tel: 015396 21031

textile heritage of the Western Dales with Farfield Mill and Sedbergh at its heart.

Funding has come from a variety of sources including CCC Local Members Scheme, SLDC, the Yorkshire Dales Sustainability Fund, and Frieda Scott Trust which will deliver a programme of weekly textile workshops leading to schools and community projects, culminating in a festival which will take place throughout Sedbergh. If successful the event will become an annual event which will attract more tourists and two specific elements of the project will be designed to address the social isolation within elderly people and the boredom and disengagement of some of the young people.

For further details please contact Anne Pierson on 01539 62048 or at anne.pierson@btinternet.com

Zoe Sutton

FAMILY FRIENDLY HOTSPOTS

Sedbergh has been listed in the Top 20 Family Friendly Hotspots 2013 at www.familyinvestments.co.uk/hotspots/top20 which is a big feather in our great community cap. The following details are Listed on the Web Site.



The small historic town of Sedbergh is about ten miles from Kendal in Cumbria. The charming town is within the scenic surroundings of the Yorkshire Dales National Park and is a short distance to the Lake District. The narrow main street is lined with shops that frame the parish church which dates back to the 12th century, and the remains of a Saxon castle. Schools are celebrated in the area, with examination results scoring above national averages. Since 2003, Sedbergh has come to be known as England's book-town due to its thriving count of independent bookshops and dealers. (Lookaround has been here since 1986 but is never mentioned in any reviews of Sedbergh! Ed.)

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

AGE UK SOUTH LAKELAND

Sedbergh Cream Tea Group

Why not come along and join us on Thursday 5th December at 2.30pm for our Xmas cream tea in Sedbergh Café. We will be enjoying mulled wine and mince pies as well as the usual sandwiches, cakes and scones. At only £5.00 per person this is excellent value for money and many of the group have a late breakfast so they can enjoy the cream tea as a late lunch. I am always available to offer

information about Age UK, I bring a stack of magazines and we enjoy a friendly bit of banter over our delicious cakes, scones and sandwiches freshly prepared that day. All welcome - please contact Linda Grensmith on 07919152526 or Ann Hoggarth on 07773 503336 if you would like to join us.

Sedbergh Auld Fellers,

My Auld Fellers Group has taken on a slightly different focus of late and we have been enjoying playing cards and dominoes – I now know how to play whist thanks to Milie and Bill. So, we have decided to open the doors to any ladies that might enjoy a game of whist as well as a cuppa and a piece of cake. Come along on Thursday 28th November at 10.30am – I might even bring some sherry and mince pies. We meet in the community office every last Thursday of the month from 10.30 – 12.00 and all are welcome.

Sedbergh Walking group

For our last walk of the year, we were setting off from the Peoples Hall at 10.30am on Tuesday 26th November. The group has proven popular this year, we have been extremely lucky with the weather and have enjoyed some lovely walks taking in the dales way, old railway track in K. Stephen and many others. We can have a chat over coffee to discuss where people would like to walk next year.

Dentdale Group

My Dent Group have enjoyed some interesting talks and presentations over the year, so many thanks to all



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those who have contributed. Come along on Friday 6th December at 2.00pm for more Xmas mince pies, mulled wine, and a Xmas Quiz. I will be working on a programme for 2014 and hope we can do some beer tasting, squirrel watching and jewellery making amongst other things. Thanks always to Belle Burrow - I couldn't manage without you.



Sedbergh Library

Continuing with the theme of Mince Pies, sherry and mulled wine – I will be in the Library on Wednesday 18th

December from 2.00 – 3.00pm, with information about keeping warm and safe this winter. Pop in for a chat or a mince pie.

Red Lion Lunch Club

I also have the lunch club in the Red Lion on the 2nd Thursday of the month and all are welcome to come join us for our x-mas Lunch - where we will enjoy a 3 course lunch with mince pies at 12.00 noon. There is no wonder I have to do so much running !!!!!. Please contact me on 07919152526 or Mary Gladstone (the lunch Club Co-ordinator) on 015396 20438 if you would like to join us.

For any information about my groups or Age UK - please call on 07919152526 *Linda Greensmith*

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SEDBERGH & DISTRICT HISTORY SOCIETY

Sara Losh

In the second talk of the 2013-2014 winter programme Raymond Whittaker introduced members to the architecture of Sara Losh, a notable nineteenth-century lady who was responsible for 18 building projects in the village of Wreay which is about five miles south of Carlisle. In particular, she is remembered for the design and construction of St Mary's Church in the early 1840s. Sara was one of four children born to John and Isabella Losh. They lived in Woodside, a large dwelling in Wreay and their wealth was derived from an alkali factory and mining interests in

north east England. They were a cultured family and associated with influential and intellectual figures like Wordsworth, Coleridge and Southey. Sara and her sister Katharine were joint heirs to the estate when in turn their father, mother and brother died. Sara and Katharine were very close and after Katharine died at the age of 47 Sara began to design and build the church partly as a memorial to her.

Raymond said that the only person in the nineteenth century to give any substantial information about Sara's life was Dr Henry Lonsdale in his book, *The Worthies of Cumberland* where he portrayed Sara as a woman of many talents. Educated in Wreay

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and later in Bath and London, she spoke several languages, developed an understanding of art and architectural techniques on her travels in Europe and was a skilled craftswoman. However, as Jenny Uglow has pointed out in her more recent book about Sara and her achievements, it has been impossible to discover much about Sara's personality and beliefs, since her personal papers and diaries have not survived. Jenny described the search for the 'real' Sara as 'chasing after ghosts' and maintained that she can best be understood through her architectural legacy and in particular through the design of St Mary's Church and the artistic expertise that is revealed in its decoration.

In a series of beautiful slides Raymond illustrated many aspects of the church, most of which was built and decorated by local artisans. The church was constructed in the style of a rectangular Italian basilica with a semicircular apse at one end. He compared its design to that of a



Roman law court and the prominent position of the altar as similar to that of the table in a basilica where animal entrails would have been consulted when important decisions had to be taken in Classical times. Raymond's slides illustrated the importance of symbolism in the decoration. For example, death which is represented by two large poisoned arrows carved on the door of the church is superseded by many symbols of regeneration in the interior of the building. Although there are no human forms or religious iconography in the decoration, the depiction of animals, birds, vegetation and fossils interspersed with many carvings of Sara's signature pine cone provide a feast for the eye.

After Raymond's presentation, it was easy to understand why people come from all over the world to see such a beautiful and thought provoking building and why, in the opinion of experts like Nicolaus Pevsner and Simon Jenkins, it is one of the most important churches in the country.

Julie Leigh

SEDBERGH PARISH COUNCIL

This report covers the Parish Council meeting held on the 14th November 2013

PLANNING

- The Planning Committee Report detailed one application to which no objection was raised. Two further reports had been received relating to the Killington Wind Farm and it was agreed that a response should be sent indicating that it is felt that the scheme relating to blackheaded gull strike is unworkable.
- It was agreed that a response be sent to a further consultation on Managing Radioactive Waste Safely in line with the Council's

previous response

SWIMMING POOL

- Sedbergh School have met with representatives of the Parish Council to discuss the community use of the school swimming pool. There is a minimum target of 30 extra people using the pool. An article will be put in Lookaround. Further meetings will be held to monitor progress.

GRANTS

- A decision on a grant request for £5,000 from the People's Hall was deferred pending the receipt of more detailed financial information

SEDBERGH TOWNSCAPE PROJECT

- Proposals for the improvement of Joss Lane Car Park and the public garden in front of the Information Centre have been progressed to public consultation. The Council would like as many of the residents as possible to view the Exhibition at the Tourist Information Centre and complete a feedback form.
- The extension to the car park at the People's Hall has now been completed.

AMENITIES COMMITTEE

- After some discussion it was decided to defer a decision on employing a parish handyperson for a workable plan to be drawn up.
- A quote has been arranged for a new parish light in Loftus Hill.
- A 3ft gate is to be erected at the back of the garage at the People's



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Hall with a "No Dogs" sign attached to it to try and deter people with dogs from going onto the field.

- It was agreed to go ahead with the rainwater harvesting scheme at the public toilets.

QUEENS GARDENS

It was reported that the application for a start up HLF grant has been rejected. Consideration is now being given to a possible resubmission of the application.

NEXT MEETING WILL BE AT
7.30 pm on Thursday 12th December 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

COUNCILLORS CORNER

From Cllr Ian

It is several years now since the Sedbergh and Kirkby Lonsdale Local Area Partnership (LAP) came into being. It is constituted by local councillors at County, District and Parish levels together with officers from these Councils and representatives from other bodies and organisations who are called in from time to time by the LAP to assist it with its deliberations. Over the years the LAP has considered a number of matters common to the area, particularly highways issues, and has also made a number of



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grants to individual Parishes for the furtherance of local projects. In these straitened financial times however less money has been forthcoming to fund its activities and a number of LAP members have starting voting with their feet by not attending meetings with the same regularity as in the past. At our last meeting we therefore decided to take a hard look at what our future vision and purposes might be and whether or not the LAP was continuing to fulfil a useful purpose. Strong views were expressed on both sides. There is no doubt that if Parishes act together rather than separately they have more "clout" and can also support each other with knowledge and

information rather than each Parish reinventing the wheel. There are also matters common across the LAP (such as Appleby Fair Travellers) which benefit greatly from a common rather than divided approach. However LAP meetings do take up time and energy etc for its members and the question arises as to whether or not that time might be better spent doing other things! So we decided not to have our next meeting until well into the New Year to give us all a chance to weigh up the pro's and con's of continuing as at present, changing our approach or deciding to disband the LAP altogether. More on this anon.
A couple of weeks ago I attended a

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training session at SLDC on home energy improvements. More and more people are beginning to feel the pinch when it comes to heating their homes and supplying their energy needs. Indeed some are in the unenviable position of either eating or heating which at the present day is quite unacceptable. However there are new initiatives afoot to address these issues. In particular the Home Heating Cost Reduction Obligation is a new system of grant funding under the general heading of the Energy Company Obligation (ECO) which is available now and which will focus on providing up front support for thermal performance measures which will help households to heat their homes

more affordably. The local face of this national initiative is the Cumbria Affordable Warmth Project which will arrange amongst other things for Energy Performance Surveys, help with funding and, for those households who meet the benefit criteria, free heating repairs, replacement boilers, draft proofing and insulation measures. The surveys and work will be carried out by the Projects Agents, TADEA, a company with specialist knowledge in this field. To find out more contact Tom Barlow on 01228 817239 or cumbriawarmhomes@gmail.com or via the website www.cumbriawarmhomes.org.uk. Please do your best to have your houses

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Preview 'Fabulous Felt' Saturday 18th January 2.00p.m. runs to 21 April. Farfield is the only venue in the UK for this feast of creativity and colour by 50 artists from the 500 strong Dutch Felting Association *Viltkontaktgroep* which will take over the whole centre. Lots of affordable items to buy from beautiful jackets to handbags, and a variety of workshops to make your own.
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properly heated this winter especially if you are elderly.

It only remains for me, on behalf of all three of us, to wish you all a very Merry Christmas and a Happy and Prosperous New Year and to thank you for reading our articles over the course of this year.

As ever, please feel free to contact either 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

TIM FARRON MP

Thanks all of you who have been in touch over the state of the roads around Sedbergh. I am sure that this will also be discussed in the articles by your councillors. Anyway as you will know Cumbria Highways have acted on our complaints about the state of the A684 near Lily Mere with warning lights but clearly something is seriously wrong with the design of the road during rain.

However, I really do not think that a speed indicator is the answer, clearly speed is not the only issue as some people have been losing control when they really have not been going that

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fast.

Cumbria Highways say there is nothing more they can do until the weather improves without making things a lot worse. I am not at all sure that this is the case, if the weather does get icy we need to be sure that people can drive to and from Sedbergh safely. I have offered to contact the Department of Transport to see what guidance they can provide. It is a bit of a shame really as we were all so pleased when the road was at last resurfaced. I will keep pushing to see what more can be done.

I have also been in touch with Cumbria Highways over the closure of the Hawes road. Obviously the

work needs to be done to stop it sliding into the river and there is a substantial bit of engineering involved. However, I don't think that they have really looked into how to get things sorted as quickly as possible. To completely close the road for such a long period of time with the consequent lack of access for emergency services, let alone the massive detours that people need to make to get around is simply unacceptable.

I have been chasing BT for weeks now to find out their plans for the role out of superfast broadband. So far all that I have had back are responses that tell us nothing. We need to know as soon as possible when and in



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particular where the company is planning to upgrade broadband provision across the county. Their decisions will have a significant effect not just on people at home but where businesses decide to locate. Their delay simply holds up other people.

It is a bit of surprise that BT can be so slow, they were pretty fast to respond to a motion I submitted in Parliament calling on them and Electricity Northwest to abandon plans to remove street lights from their poles and pylons. In that case BT had good news as they promised not to do this. They can respond quickly when it is in their interest to do so.

I hope you have a great Christmas

and I wish you all the very best for 2014. Thanks so much to Dennis for all of his work on Lookaround over the past year. It is a magnificent publication of which I hope he is duly proud.

My office is closed between Christmas and the New Year but apart from those few days you can contact me by writing to writing to me Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at tim@timfarron.co.uk. Even if you do this when we are closed your message will be picked up as soon as we get back.

Thanks for your support in 2013

Tim Farron MP

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NEW BRIDGE

A picnic site with disabled access is being developed on land next to New Bridge. The full plan is for the erection three picnic benches, with one that will be suitable for wheelchair users, and for the path from the town to the site and along the river to be repaired for disabled use.

It is hoped to make a start this winter but the total project will take time to complete as many people and organisations need to be consulted. That said initial discussions have proved fruitful with Settlebeck School offering to help with footpath clearance and the Yorkshire Dales National Park Authority considering bank and footpath restoration along the riverside. Some funding has also been secured and applications are in hand to garner enough to complete the plans.

When it is completed the site will provide an excellent picnic site with safe access from the town for both residents and visitors.

Douglas Thomson



Picture shows Abbi Woof advising on tree planting at the site as part of her Forester plus badge for Scouts.

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We would like to wish you a very merry Christmas & a prosperous New Year
Why not pop in on late night opening Wednesday 4th December for a family meal and enjoy a free glass of mulled wine for adults and a free hot chocolate with cream & marshmallows for the kiddie winkles.
You could also pick up a gift voucher, always a great gift idea!



Our Christmas menu will be available from 1st December till 23rd December
2 Courses £12.95 or 3 Courses £15.95
Christmas party bookings welcome
Evenings are available
(Minimum 8 people, Maximum 26 people)
Our New Year's Eve Menu will be served from 6.30pm till 9pm last order
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OFF TO ITALY ONCE MORE

In May next year, over twenty people, mainly from Sedbergh and Ravenstonedale will be going to spend a week in beautiful central Italy. There have been over ten previous trips and the seasoned regulars will give a warm welcome to newcomers who would like to join us next year.

Our next trip has once again been organised by our excellent guide Giovanni who has organised a varied and engaging itinerary. We will be joined by James, a young and knowledgeable Classical Historian, who lives in Rome, and will be bringing the past to life with his wonderful stories. For a taste of James' writing visit, 'aclassicaday.blogspot.co.uk'.

Our base is a friendly family run hotel in Brisighella, an ancient medieval village in the River Lamone Valley, located on the Apennine Mountains, between Florence and Ravenna. During the week we shall visit two fascinating Italian cities – Urbino and Mantua. Urbino is a famous walled city to the south, a World Heritage Site, with a hillside situation and a remarkable historical legacy of Renaissance culture. It is a city of art with an amazing Ducal Palace. Our second city, Mantua, is one of the main artistic, cultural and musical hubs of northern Italy, known for its architectural treasures and its elegant medieval and Renaissance cityscape.

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Surrounded by artificial lakes created in the 12th century, it had interesting Etruscan and Roman origins, which I feel sure James, our visiting lecturer, will tell us about.

Two "country days" will make an enjoyable contrast. The first day will be an at-home day in the pretty village of Brisighella. It will include an easy walk along the peak of Brisighella to discover wild flowers that grow locally. Then we'll proceed to the Carne Park for a picnic and a creative workshop using flowers. We may also have time to visit the local Grotto. The second day will be exploring the valley of the River Senio. The day may include a guided

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visit to Il Giardino delle Erbe, the local herb centre, and the Casa Oriani, once home of a local author, and now a museum. We will have lunch at the restaurant next door which belongs to a friend of Giovanni, our excellent Italian guide. In the afternoon we hope to travel into Tuscany, to the village of Palazzuolo where there are two small but interesting museums, one archaeological and one agricultural. There should be time to relax by the stream in the village centre or take a walk.

No trip to Italy is complete without a visit to the coast. We will have a day at Cesena and Cesenatico. The latter is beside the Adriatic Sea, a

town with some beautiful architecture by Leonardo da Vinci. After a special lunch cooked by a Michelin star chef, also one of Giovanni's friends, we may be able to use on the private beach of the hotel

Before we return home, there is a free day for you to enjoy as you wish. Brisighella has a railway station within walking distance from the hotel, and we can help you arrange trips to places such as Florence, Bologna and Ravenna.

If you would like to find out more, please call Mark Barker on 01539 623239.

*George D. Handley
Mark Barker*



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DENT PRIMARY SCHOOL

After last months report which included the calamity of Mrs Middleton falling into a Sink Hole, we are pleased to announce that she is now fine and well and thanks everyone for the concern.

Lisa Cash

FLICKS IN THE DENT FELS

Was Dentedale ready for the film "Bridesmaids" ? I am sure it has survived! Speaking afterwards with a couple on holiday in the village who had been at the film they said they were surprised to find such a film showing in such a sleepy village. Sleepy ? Dent? !

What a lot of great suggestions have come for future films and offers of support, even from people who are unable to come, it is difficult to not clash with a major event, one film was same night as a local wedding celebration, the recent one was night

after the Promise Auction for the school so babysitters/money probably all used up. Also, thank you to all those who have completed the question flyer we handed out at the flicks, if you haven't had one and have any comments to make do get in touch.

We HOPE to have a family/ children's matinee in the school holidays and will look into another Flicks possibly in Feb. My apologies re the confusion over the start time, it usually is 7.30pm. just changed if a longer film or a very short one ie "Lad".

Flicks in Dentedale will be debated at the open part of the Memorial Hall AGM on Wed 19th March 2014 and then the DMH Trustees must decide if they support the Flicks in Dent to continue or not. Do come and have your say!

SE Woof. (25212)



SEDBERGH SCOUTS

As we enter December, 1st Sedbergh Scout Group would like to say thank you in advance for your support with the Scouts Christmas Post, which will have started by the time you read this and will run until Friday 20th December. This is the Scout Group's main fundraising opportunity which allows us to maintain the Scout hall and subsidise activities for the sections. Thanks also must go to all the volunteers who have made Scouting so popular in Sedbergh. We now have Beavers, Cubs, Scouts and Explorer Scouts all based in Sedbergh, providing an ever increasing number of children and young adults with some very exciting and rewarding challenges. The Remembrance Service this year was testament to that with over half of the Beavers and Cubs attending, completing the Group's Scouting presence with all sections represented and bearing their flags. Some of the Explorer Scouts even hiked up Great Gable to attend the memorial service at the summit!



Over the year every section has been involved in a huge range of exciting activities, from learning about the local area and visiting the Fire Station to learning to use radios and taking part in the world wide JOTA (Jamboree On The Air) weekend; from learning about what we might

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take with us on a walk to planning and undertaking a three day Duke of Edinburgh's Award Expedition. We have found out about where Scouting started, and attended the Cumbaree to enjoy some Scouting as it is today; skills in first aid, rope work, navigation, tracking and many more have all been learned. Our community week was a great success again with some excellent work in Queens Gardens completed.

The Scout Troop would like to thank everyone who bought Pauline Bateman's excellent marmalade. We are very grateful to Pauline. The £170+ raised from sales will be used to buy a new tent.

Thank you to all in the Sedbergh area for your support, through the Christmas Post and our Coffee Mornings. Our next coffee morning will be held in the URC rooms on Saturday 7th December, 10am-1pm. Any donations of baking and Christmas or other saleable goods will be very gratefully received, (can be left at J B Rycroft shop) and we hope that you will come along for a brew and a natter. *Bill Mawdsley*

LAURA COAKES

Speech and Language Therapy

My name is Laura Coakes and I am an experienced speech and language therapist (HCPC Registered, cert MRCSLT, MASLTIP). I graduated from Leeds Metropolitan University in 1997. For the next nine years I worked for the NHS in Scotland. In 2006 I emigrated to Australia and spent six years working in remote towns before moving to Hobart in Tasmania in 2012. I returned to Sedbergh in July 2013 after the birth of my son.

As a speech and language therapist I work with children and adults to help them reach their full communication potential. I also provide support to

children who have difficulties eating, drinking and swallowing. I work in partnership with parents, carers, education and other involved professionals to identify goals and deliver therapy. My commitment that I bring to my work was acknowledged in 2011 when I was awarded Speech Pathologist of the Year (Western Australia).

Why is speech and language therapy important for children? Communication skills are essential for a child's social, emotional and educational development. A child who has difficulty communicating may have difficulty making friends and learning to read and write. Some children experience frustration when others do not understand them or they may not join in as much at nursery or school. For children who have eating, drinking and swallowing difficulties a speech and language therapist can provide strategies that help them to develop these skills and also ensure that they are safe at mealtimes.

Who provides speech and language therapy? Speech and language therapy is available from the NHS. If you have concerns about yourself or your child you can speak to your GP, Health Visitor or teacher for advice. Speech and language therapy is also available privately from speech and language therapists working in independent practice. In January 2014 I will be working as an independent speech and language therapist, based in Sedbergh. Some

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of the areas that I will be able to help with include therapy for children who are:

- late to start talking.
- difficult to understand or have difficulty pronouncing sounds.
- experiencing difficulties understanding what people are saying.
- getting stuck on words (stammering).

If you think your child may benefit from private speech and language therapy please contact me for more information and to see how I may be able to help.



HCPC Registered MRCSLT MASLTIP
Speech & Language Therapist
Appointments available Jan 2014
07837549338
speechtherapylaura@gmail.com

OCTOBER WEATHER

Quite a mild month with 11 days in the 60sF (16-18C) and only 2 days dropping below 40F (4.5C). The maximum recorded was 64.6F (18.5C) and the minimum 36.9F (3C). On this night there was the first ground frost or a grass frost as the BBC calls it these days!! The windchill took the temperatures to freezing or below on 6 nights. It was a windy month with all maximum gusts in double figures. The highest being

24.2 mph. In the middle of the month the wind direction was generally from a South easterly direction. Rainfall totalled 5 inches but there were only 4 days on which it did not rain!! The longest dry spell was 4 days.

There seems to be a massive crop of fruit both on fruit trees and the various hedgerow and garden berries. The birds should be able to feed well on rowan, hips and haws, blackberries, where they haven't been picked by folk walking the lanes, and crab apples. Many apples that are next to a branch have already been pecked by blackbirds.

Unfortunately they are not satisfied by eating one apple they peck bits out of several! A very occasional butterfly has appeared, usually a peacock, though I have seen one rare, for this season, painted lady. The mild temperatures have kept many of the leaves on the trees and allowed the grass to continue to grow. I am sure those with stock are pleased to see this! On the down side I thought when I cut the grass last month that would be it for the year but unfortunately it has grown and it is too wet to get on the ground to cut it now! I will have to bring the sheep across!! I have, this morning, received an excellent poster produced jointly by the BBC and Open University on the Great British Year to coincide with the TV programme of the same name. It shows which plants and animals you could see in different months and deals with topics such as migration and hibernation. It will keep me happy for hours!!

HOWGILL UPHOLSTERY

The Tale of Howgill Upholstery

Fifteen years ago, with our two children getting too big for caravanning, we bought a tiny weekend cottage in Sedbergh. We had always loved this part of the world and our dream was to move here when business commitments allowed. At that time I was running our family upholstery business in Southport along with my father, which had been established for over 60 years.

Howgill Upholstery

Traditional Re-upholstery



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and Occasional Furniture
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In 2006 I had the opportunity to sell our workshop premises and decided to take the plunge. Times had moved on, the children were independent and Dad had passed away, it felt the right time for a change. My wife and I decided to have our "Gap Year" a little late and bought a motorhome to travel around Europe, meanwhile our daughter and her husband moved into our cottage in Sedbergh whilst they saved for a house deposit.

After spending rather more than one year travelling (and managing a friend's office in between trips) we moved here permanently two years

ago, hoping to carry on travelling and to be closer to our soon to arrive new grandson in Kendal. However, my wife says that I am suffering from the "Seven Year Itch", as having done virtually no re-upholstery since 2006 I suddenly feel that I miss the creativity of the work. Hence the idea of "Howgill Upholstery" was born!

I have been very lucky to secure the use of a workshop in The Barn in Howgill Lane, my old suppliers in the trade were pleased to hear that I was to start upholstering again, and everyone has been very supportive. So....after Christmas I hope to be up and running, albeit in a small way. We still plan to do some travelling in the summer months but, as we look after our grandson whilst his Mummy does some teaching, we will be here for most of the year.

I will be offering traditional re-upholstery of easy chairs, dining chairs, piano stools, occasional furniture and bespoke headboards. (I won't be able to undertake three piece suites or loose covers.) I am also offering a cushion re-filling service for those soft and sagging seat cushions. If required I can supply upholstery sundries and fabrics to order for the home upholsterer, and once established may offer tuition. I am always happy to offer advice, so please contact me if you have any queries on Sedbergh 20733 or by email at enquiries@howgillupholstery.co.uk

In conclusion we'd like to wish you all a very Happy Christmas from Neil and Sue at Sedbergh's new venture!

CUMBRIA COUNTY COUNCIL

A series of drop-in events are being held around the county where people will be able to provide feedback first-hand on the county council's budget savings consultation.

Reductions in government funding means the county council has to save £80 million over the next three years - with £24.4 million of these savings coming next year (2014/15). This is on top of the £88 million which the authority has already saved since 2010. All told, the council is seeing its budget reduced by one in every four pounds which it used to receive to pay for services.

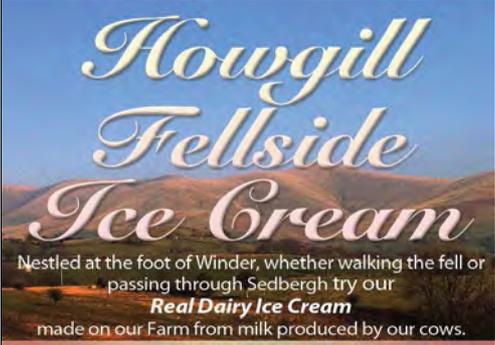
The drop-in events are open to

Jackson & Graham
Chartered Accountants

The Partners and Staff
would like to wish all
clients and business associates
A Very Happy Christmas and
A Prosperous New Year.



Please note that from
1st February 2014,
Graham Gardner A.C.A.
will be attending the
Sedbergh Office on Thursdays.
To make an appointment
with him, call 015396 20775
during office hours.



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everyone and no appointment is necessary.

We will be at Sedbergh Market on Wednesday 11 December from 10am - 1pm to enable you to have your say on the council's savings ideas.

You can also find out more about the budget consultation and give your feedback through the consultation website www.cumbria.gov.uk/ourfuture and via feedback forms contained in the 'Our Area, Our Future' documents available in local libraries. The consultation is open until 20 January 2014.

Sarah Williams

A684 LILYMERE

Letter to MP Tim Farron

Hello Tim,

I have observed the introduced "safety measures". These basically consist of temporary "slippery road" prop up signs. (which will no doubt blow down in the gales - thus creating more hazards.) They have also installed a series of double vertical grey metal posts, no doubt on which to install permanent "hazardous road" signs.

To me, the latter indicates that they obviously have NO intention of making immediate improvements, (especially before freezing winter weather make the stretch of road even more dangerous!) or else why would they install a provision for permanent signs? If they can find the funds for, the manpower for, and act so quickly to do that, that why not address the real problem - i.e. the road surface?

Perhaps it is just a measure to "cover their backs", so any complaints can be fobbed of the along the lines of "there are dangerous road" sign on that stretch". **Someone is going to get killed this winter!**

There is also the issue that, if installed, substantial road signs on that stretch will just create an extra hazards for sliding vehicles to collide with, thus even more potential casualties (a stone wall will "give way" - to some extent, collapse with a colliding vehicle - a metal pole will not!

I am surprised that County highways

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IN SEDBERGH AND DISTRICT

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Wednesday 22nd January

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reflect on the week of prayer

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have not come with the reply " Well everyone was complaining about the potholes and we resolved that with resurfacing ". Yes, it looked very nice and pretty with a lovely smooth surface, but did they give the contractors a stipulation that it had to be a surface compatible with a heavily used A- road which suffers severe weather conditions, or were the contractors free to dream up a "nice-looking surface" which maybe secured them the contract a cheaper price?.

County highways really need to take responsibility for either their own actions, perhaps **their** specification in the contracts they tender, or the

Philip Horner
Fencing Contractor

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



provision of services provided by their contractor.

I know this matter is no way within my role as a Kendal Town Councillor, but, as you are well aware, having grown up in Sedbergh and commuted to Kendal - often by motorcycle. in the 1980s (no decent buses then, but that's I believed a resolved issue - **unlike workers buses in Kendal - another County issue!**) I know that A684 road inside out and can never understand why the road from the 1960s motorway stretch to Lilymere simply have just not been given, a what "half mile", by pass?

Actually, as a former motorcyclist (especially on that road in all weathers), when I saw the works being carried out to repair that pot holed area, I DID remark something along the lined of "Looks nice, smooth, but no grip, - IT WILL BE DEADLY IN WINTER".

If I spotted that as a lay man, why didn't the "experts" at County highways engineers?

"County highways may be saving money on road surfacing, but what about the cost of emergency services attending incidents? What about the NHS costs for subsequent health provision and treatment and provision? Lack of adequate road surfacing provision may help the County Council highways department to balance their budget, but all the other costs come from the taxes we pay and all come out of the "big pot", and we have to balance these figures.

There is a financial issue about people losing their vehicles in this way. Even IF they can afford to be fully insured these days (although of course insurance companies never FULLY pay the replacement cost - it'll probably cost accident victims a few thousand to make up the difference for a comparable vehicle), but what if it was someone with an "old banger" on third party insurance on minimum wage? They would have lost their vehicle, their transport to work, thus potentially their livelihood! When County highways are balancing their books , it's a pity that they don't have to have a consideration of if they had to pay compensation to victims from their neglect of roadways, - how much would that would cost!"

Yours Sincerely

Paul Bramham

(Paul was a resident of Sedbergh for many years before moving to Kendal but still has local connections. Ed)

BOOKWORM

'What I have been reading this month'.....

1. Born 1900 by Hunter Davies (non fiction)

HD interviews a range of interesting people born in 1900 and alive in 1998 (eg a Manchester millworker, a Cambridge university professor) from all walks of life and with good stories to tell. He also summarises the history of some 'things' that were 'born' in 1900 eg McDonalds, West Ham United. Easy to read and with some Cumbrian references.

2. Waiting for Columbus by Thomas Trofimuk (fiction)

An unusual mysterious blend of a fantasy and factual journey through grief and traumatic loss told in an arresting narrative. A man who believes he is Christopher Columbus is admitted to Seville's Institute for the mentally ill and is assigned to Nurse Consuela. She hears his stories which are 15th century history with a modern twist (eg Queen Isabella rings him up on a mobile phone)and gradually beomes attached to him. Meanwhile interpol agent Emile back at work from a spell off tries to locate missing people. The 2 threads connect with some astute observations of life, people and events.

3. The Novel in the Viola by Natasha Solomons (fiction)

I found this an extraordinarily bewitching treat of a novel. Elise is a young, rich Viennese Jew who finds work as a parlour maid in Dorset 1938 while her gifted musician sister

goes to USA and her parents wait for visas. Elise tries her best as a domestic servant at Tyneford and also falls in love with the estate owner's son Kit. The class system at the outbreak of the 2nd world war and the changes that are coming are detailed in this story which is movingly and subtly written. Elise changes her name to Alice and discovers that she can love two people. Her father gave her a copy of his last unpublished radical novel which is hidden in a viola that she took to England - hence the title.

4. The Interpretation of Murder by Jed Rubenfeld (fiction)

Freud's visit to America in 1909, a murdered debutante, an heiress who

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Queen Victoria - who used to buy her horse blankets here - would have been very amused . . .

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CHURCHES TOGETHER
News from St Andrew's Dent and
St John's Cowgill
Cowgill Church 175th Anniversary



A cloudburst could not dampen the Bishop James' good humour and a very happy anniversary for Cowgill Church recently! Church members

put on a weekend of events to celebrate the opening of the church, 175 years ago. David Cross gave a fascinating lecture on the nearby Settle to Carlisle Railway and the history and heritage of the railway industry in our area, using his father's, Derek Cross, extensive and well known photographic record of the age of steam in Cowgill and the surrounding area. It was remarkable to see how people coped with difficult winters in Cowgill and how the railway was so important to the fabric of daily life in the dale. We are so grateful to Mr Cross for visiting us and re-kindling so many happy reminiscences. Someone was even able to identify children pictured in a

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- Sleep Problems
- Coping With Loss
- Stress Management
- Becoming a Non-Smoker
- Eating Problems
- Weight Management/Healthy Eating

slide at Garsdale Station from more than 50 years ago! Many thanks to Robin Hughes, Heather and Graham Fraser for supporting and organising the event.

The following day, the Bishop of Carlisle led a service of thanksgiving. A full church, led by the St Andrew's Singers filled the church with joyful praise to God, as we thanked him for the gift of this house of prayer which brings the community together. During the service the Bishop was presented with an album illustrating all the work done in opening the church up to the community. New kneelers and other needlework were dedicated during the service to bring

colour and cheerfulness into the church. At the end of the service, Bishop James planted an oak tree (with the help of Tony Playfoot) to replace the horse chestnuts which had died recently. A beautiful commemorative plaque was made by Pip Hall. The heavens opened, but as you can see it couldn't dampen our spirits and thankfulness! Everyone ended the celebration with a happy shared lunch together.

News from the Pews



The dark days of November have been highlighted by lots of activity in St Andrew's both inside and out. Our now annual Boon Day early in the month was well supported. The hard work and elbow grease of twenty-four willing pairs of hands worked wonders. The garden on the south side of the church kept some of the men (including the vicar) fully

BARBON & DISTRICT
AGRICULTURAL SOCIETY

 **ANNUAL
DOMINO DRIVE**

7:30pm
Saturday 18th January
Barbon Village Hall

occupied cleaning paths etc. Inside cupboards were turned out, crockery washed and counted, and things that were thought lost forever found. Soup and rolls at lunchtime helped keep the energy levels up but when the floor mops fell apart we knew it was time to go home.

You may have noticed the Poppy Wheel secured on one of the pillars in church? Surrounding the wheel are cutouts of children's hands. These are outlines of the hands busy making the wheel in the church room whilst the Service of Remembrance took place. For many in the congregation this was the first time of seeing and hearing our new vicar. No doubt many thought him being an ex

RAF Chaplain he had arranged a special fly past for us when at the War Memorial a helicopter flew overhead. Alas, and to Andy's disappointment too he did not get any Brownie points, as it was not a military aircraft.

Father Christmas took time out of his busy schedule to pay his yearly visit to the Christmas Fair the following weekend. From early in the morning a steady stream of feet came through the doors. First we had the stallholders trundling boxes and baskets of all shapes and sizes filled with their wares. Locals and visitors soon followed hoping to find that special purchase or bargain, their favourite jam or chutney, a book for



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bedtime perhaps or to enjoy a bite of lunch with a friend. Roger Bush and his accordion set toes tapping and later on some of the Town Band played for our delectation.

As the last cakes were sold and the raffle prizes selected our trusty helpers whipped away the Christmas decorations and swept the floor, leaving no trace of the day's activities. All that remained was the tempting smell of bacon from the kitchen. Too bad.... none left!

Financially the total was a little down on last year but our gain was seeing so many people come into the church and enjoy themselves. One raffle prizewinner from Carlisle said how much he had enjoyed the occasion

and how he felt the wonderful atmosphere as soon as he opened the church door to enter.

There is always a welcome for anyone entering our church. We hope you too will open that same door and join with us for one of our services.

1st December Advent Sunday
6.30pm Evensong

24th December Christmas Eve:
6pm Nativity Play
11.30pm Midnight Communion

25th December Christmas Day:
8am Holy Communion
10.30am Holy Communion

A Happy Christmas to everyone.

*Susan Sharrocks &
Tony Reed Screen
Churchwardens*



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worship@peopleshall

Another day dawns and it's a beautiful autumnal morning. Fallen leaves lie strewn around and the colours of the bracken in various shades of russet and gold are gleaming in the sunshine on Winder and the surrounding fells. It's Sunday and the Peoples Hall is our destination. Normally we would be going to church, but once a month, usually the first Sunday, we meet for **worship@peopleshall**. We still come to worship God but in a more informal and relaxed way than usual. The sound of the worship band singing "Let our praise be your welcome" greeted us as we entered the hall setting the tone for the meeting. Sandy Roy gave everyone a warm welcome then handed over to the worship band with lead singer Kathryn Martin joined by Margie McVoy, Johnny Martin on electric guitar and Andrew Pratt on drums. The speaker was Bob Dawson who works with Friends International, which is a Christian organisation dedicated to building friendships with international students in the UK. His topic was **Jesus Christ: The Lion and the Lamb**. How can Jesus be described as both? The two are extremes of character, but Jesus symbolizes both, that of great strength and majesty and, at the same time, that of quiet gentleness, kindness, and caring. Bob gave an interesting and challenging talk speaking in a personal way to many who were there.

The children's craft was organised



Senior Citizens Concert

Tuesday 11th February 2014

5.00pm – 7.00pm

at

Settlebeck School

Please don't wait to be invited.

The concert is for all local senior citizens, you don't have to have grandchildren in school.

Telephone Settlebeck

on **015396 20383** to book a place.

Plate supper provided

Transport available from various pick-up points

There is no charge for this event

Settlebeck School, Long Lane, Sedbergh, LA10 5AL

by Emma Brown and they had a lot of fun making lions and lambs from paper plates and a variety of interesting materials. Parents were able to share in the worship as they kept an eye on their tiny tots playing quietly on the rainbow mat, whilst Liz Clarke, Kirsten Wilson and Jane Harper were kept busy providing refreshments throughout the morning.

Angie Mills, one of our most popular and lively speakers from Capernwray Hall, joins us again on December 1st and on January 5th the speaker is Rev Harold Stuteley. Anyone is welcome to join us at the Peoples Hall for an hour of informal worship, modern music, children's activities,

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 Pets would be looked after in their home environment,
 either whilst owners are on holiday or just working away from home.
 I am a trustworthy local lady
 who has been around animals & worked with them most of my life.
 I have a National Diploma in Animal Care.

References available. Any enquiries call 015396 25263 or 07817610909

prayer, fun and friendship on the first Sunday in the month. For more details contact Sandy and Beth Roy. Ring: 015396 20785 or Email: sandyandbeth@fourteenqd.plus.com
Nora Alderson

**DENTDALE
 CHRISTIAN FELLOWSHIP**

As the year draws to a close with the celebration of the birth of the Christ Child, Jesus, and then the year we have lived comes to an end we all have to look forward to the New Year even if we rather want to hold on to this one! Every year and circumstance has its season, everything except one changes, God will always love us, His love is infinite, always, everywhere, corporate and personal, very personal.

We have met one Sunday eve, usually the 4th one, every month and heard a variety of people give testimony (not sermon) to how God has touched their lives, encouraged and challenged them, and we are already putting next years programme into place. Then we also have started meeting once a month

for lunch, a good opportunity to get to know each other more over a meal. No speaker just the general hum of conversation.

As a fellowship we never take a collection but if and when money is needed then the money is provided. We do support CAP (Christians Against Poverty) by our prayers and hope to raise awareness of the valuable work it does even in Cumbria, poverty is not just in the big cities. One day we hope to host an eve about CAP where everyone can come and learn more and how they can help.

The Fellowship also would like to host a "Treat Yourself" evening for ladies at some point, we are praying about how, when & where, this will not be a hard sell God or religious event, just an opportunity to be pampered a little in a welcoming atmosphere.

To find out more just come along on the 4th Sun in Jan, you will be very welcome, or contact us. John & Sarah E Woof. "Rhumes" Laning Dent LA10 5QJ. (015396) 25212.



From the Yorkshire Dales
to
Central Asia

a year's journey by bicycle
Sedbergh People's Hall.

7:30 pm Friday 31st January

Tickets £5 at the door.

All proceeds will go to the People's Hall Regeneration Fund

The story of the journey told by
Hugh and Pauline Symonds with photographs and music.
Bar and interval.

CENTRAL ASIA

From the Yorkshire Dales to Central Asia – a year's journey by bicycle

Someone's travel blog we had read termed our destination for the day, 'Shit pee', so we weren't expecting much. On the way in to town a driver stopped to chat, and as he left he put four grand in Hugh's hand (4000 Tenge, around £16), driving off and wishing us 'good luck' before we could protest! He also told us that there was nowhere to get water between Shetpe and the next town of Beyneu, 350 km away – he wasn't the only person who told us that, and it was just as well we didn't take them seriously or we would have been towing a trailer full of it for the next four days.

In Shetpe there are shops for fruit, vegetables and other essentials. In the dry sunshine it didn't seem that bad, but we couldn't help but wonder what sort of life people lead in this far-flung place. We found ourselves a 'hotel'. A comfortable enough room, a shower downstairs and a pit loo outside (water is scarce), all for 6 grand (6000 Tenge or around £25).

Not that cheap really, but I wanted a shower and felt the need to wash some underwear before the four or five days in the wild and empty steppe that lay ahead.

We went to the 'KAΦE' (cafe) next door for dinner. Unable to make much sense of the menu written in Cyrillic, we caught on to the words 'Shashlyk' and 'Pilov' and ordered those – with draught beer of some unspecified type. We really were lost when it came to communication. As so often happened, they tried to 'phone a friend' to help us out, but as was frequently the case the friend's English wasn't much better than our Kazakh/Russian.

Shetpe was a key supply point on our journey across around 860 km of vast and empty steppe, from the isolated eastern Caspian port of Aqtau in Kazakhstan to Qonghirat in Western Uzbekistan. The previous two days of riding from Aqtau had been the easy bit. The road had been paved, if a little broken at times, and we had found places to get essentials every 70 km or so. The onward road had a terrible reputation. One blog I

read termed it as the 'worst road in the world'. We knew little for sure about where we would find food and water.

It was hot at times - the thermometer reached 50° C at one point and it was frequently in the high forties – and the only shade in the waterless expanse was under the verandas of the chaihana (tea shops), the shade of the odd ruined building and a slither of relief from a telegraph pole. At one point we had 27 litres of water on board between us – fortunately our bikes are strong! But, we were lucky. We had just missed the rains which turn the track into a thick mix of sticky mud and we were just ahead of the ridiculous temperatures which force cyclists to shelter in storm water drainage pipes during the midday heat. The gravel road was a nightmare surface which reduced the Willie Betz lorries driven by Eastern Europeans to a crawl, but off-shoot tracks on the hard baked sand of the steppe often made for good riding on two wheels. Camping was no problem - great flat expanses of nothing provided atmospheric and

**SEDBERGH
MEDICAL CENTRE**

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



peaceful camp places with unimpeded views of sunrise and sunset.



It took ten days to reach Qonghirat, with a day's recuperation in the midway oil town of Beyneu where there are camels in the streets and a railway station which has tempted many a cyclist to give up riding. It was not the sort of ride you would choose to repeat, but for us it was an essential and truly memorable element of our year's travel out to the heart of Central Asia, crossing many different countries and landscapes and travelling through all seasons. It was one of the challenges, possibly the greatest challenge to be overcome in the pursuit of a continuous journey and we had set our heart on it being continuous from the moment we pedalled down the lane from our home in Sedbergh.

After escaping the full force of winter in Southern Europe,

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occasionally enjoying cappuccinos in the warmth of the sunlit Mediterranean, we had no alternative but to traverse the high ground of Turkey in February and March. We crossed the last pass at 2550m in a blizzard, with winds so strong that we had to walk at times. But once again we were lucky – the route would almost certainly have been closed the following day. We had made it to the lower ground of Georgia, a Christian country with a delightfully impossible script, delicious food, fine fruity red wine and archetypal examples of crumbling soviet tower blocks. Azerbaijan followed, Baku being the key point for getting visas for the 'Stans', (a collection of ex-Soviet Central Asian republics about which we had known precious little prior to this bike ride) and the port for the infamously difficult to pin down freight boat across the Caspian Sea. After the challenge of the steppe we went on to explore the magnificently restored blue-tiled Silk Road cities of Uzbekistan. We took the high road through Tajikistan along the Pamir Highway, which must be one of the

world's greatest adventure bike rides.

This was our third major journey by bike, the first being through South America in 2010/11 and the second to Australia and New Zealand in 2011/12 - both of these having had the advantage of escaping the northern winter. We had always dreamt of setting out from home and just seeing how far we could get in a year. After crossing the high pastures of Kyrgyzstan dotted with yurts of nomads, we reached our journey's end in the old capital of Kazakhstan, over 3000 km distant from Aqtau where we had entered the country for the first time over three months earlier. Almaty, was previously named Alma-Ata meaning 'Father of Apples' – apples come from Kazakhstan.

Our journey of 9000 miles is recorded on the Web at: <http://www.crazyguyonabike.com/doc/HandPgoEastintoAsia>

We will be sharing our adventure with photos, stories and music in the Sedbergh People's Hall at 7:30 pm on Friday January 31st.

Pauline Symonds

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Chatterbubs is a six-week sign and talk course, for babies aged six months – two years, starting January 2014 in Sedbergh.

For more information and to book a place contact Laura on 07837 549338 or e-mail speechtherapylaura@gmail.com

CHATTERBUBS

Chatterbubs is a six-week baby sign and talk course that will take place in Sedbergh in 2014. It is provided by a qualified speech and language therapist (HPC registered).

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Why use signs with babies who can hear? Using gestures is a natural part of learning to communicate. Adults instinctively use gestures with babies and babies in turn learn to use them before they can talk. Using extra signs and gestures with your baby

may help develop their communication skills. When you talk and sign with your baby you are emphasising key words and watching them for a response, you are talking about what they are interested in and hopefully having fun together. All these factors contribute to a rich language learning environment. Parents who have used signs with their babies report that their babies are less frustrated because they can use a sign to communicate what they want, such as wanting something to eat or drink.

For more information about Chatterbubs or to book a place please give me a ring on 07837549338. *Laura Coakes*

ENGLISH

as a Second Language at Sedbergh CDC

Do you need to improve your English so that you can work in the area? If so we are starting a new course to help you. The course will run on Friday mornings 10:00-12:00 at Sedbergh CDC (between Sedbergh Primary and Settlebeck High School). To begin with there will be 10 sessions, starting on 17th January and the cost will be £80. The tutor will be Ian Platt, a very experienced language teacher. If there is sufficient interest we may be able to make the course eventually lead to a qualification in English.

If you are interested please contact Chris Wood at Sedbergh CDC on 015396 21031 or email admin@sedberghcdc.org.uk

SEDBERGH WI

This month's (November) meeting was the branch's AGM and it was well attended making good use of the newly extended committee room. The members were pleased to welcome Gillian Price WI advisor who explained various procedures and aspects of WI constitutional policies. Secretary Pat Ramsden read her report on the members activities through the year reminding us of what a full year it has been. The members had enjoyed talks on a wide variety of subjects, competitions, outings, walks and even a group holiday.

The treasurer Sue Bateman delivered her report and reassured us all by being happy to continue in the

role for another year. Sue Kernahan is taking on the role of secretary as Pat has stepped down. Unfortunately at this point there is no one to take over from Linda Hopkins as president; but are we down hearted, no! We are all certain that someone will come forward shortly. Meanwhile members of the committee will take it in turns to chair the meetings. Linda expressed her gratitude to Pat, Sue and other committee members past and present. I'm sure I speak for all the members when I say that we wish Linda all the best with her move and feel certain she will be an extremely valuable member of her future WI group as she has been here in Sedbergh.



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Members were pleased to welcome Carol Thompson back after her rather nasty accident. Carol was bright and cheerful and pleased to be able to get out and about again. Dorothy Gerrard is recovering from a knee operation but is nevertheless working at home on next year's (2014) programme, best wishes for a speedy recovery are sent from us all. It was good to see Rosemary Mason among our numbers again as she too has been unwell.

Denise Thomson and Anne Petyt entertained us with the poetry and prose that won them the 'Reading Aloud Competition Cup', early this year. The cup stood proudly on the table during the meeting. After which it was time for a diverse and colourful buffet provided by members. Naturally it included tea and cake.

Denise has organised this month's (November) walk which starts in Burton in Kendal.

Finishing no doubt for tea and cakes.

The Book club met at Christine Sheppey's house where they discussed the book of the month "The luminous life of Lily Aphrodite". Over tea and cake; (can you see a pattern emerging here?) they decided it was a worthwhile read although not everyone loved it they still gave it 8 out of 10.

There are a number of forthcoming events such as the WI Show 'Let Us Entertain You', at Kendal Town Hall. While a group outing has been organised by Sue Kernahan to Country Harvest for afternoon tea and

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THE COMPLETE SERVICE

Christmas shopping plus the annual Christmas dinner this year at Weavers Cafe Farfield Mill. Due to this, the next meeting will be on 8th January 2014 in the People's Hall committee room 7.30pm.

So why not make joining your local evening WI as one of your New Year resolution.

All that is left is to wish everyone out there a 'Cool Yule'.

Sandra Gold-Wood

DENTDALE WI

November was the month for the AGM and we welcomed Anne Timmins, a WI Advisor as our guest to oversee the elections. First the news

from events held in the previous month. Thelma, Pat and Lynn had taken part in the pub quiz and really enjoyed the event. Catherine and Thelma had attended the half-yearly council meeting at the Castle Green Hotel.

It was mentioned that we had hoped to tap into a grant making body to acquire funds to take about eighteen members to Denman, but we have not been successful. In view of our intended group trip, time for some reflections by members of their stay and courses at Denman had been included in the programme for the evening. However, there is enough money in our Bursary fund to offer four members grants towards courses

either for individual trips, or to go as a group and we hope the happy memories shared by Pat, Freda and Catherine will have whetted the appetite.

Then on to the AGM and we listened to the Secretary's report of the years events given by Pat and heard that the finances were in good shape from the balance sheet prepared by Kate. Catherine's report as President highlighted the wonderful 70th Anniversary celebration

The competition cup was awarded jointly to Belle Burrow and Christine Taylor. Entries have been good this year and you could almost say fiercely competitive. Of course, it is all very light hearted and ultimately is

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down to just what catches the judges eye! It then fell to Anne Timmins to preside over the election of President. Catherine had intimated that she would like to stand down. Names were put forward from the committee but with no one willing to take up the post Catherine kindly said she would carry on for another year. Well done Catherine! Our heartfelt thanks! With no President Anne would have had to close down Dentedale WI. Catherine said she could not see that happen.

We finished the evening with tea and a selection mouth watering slices of cake! Anne Timmins read a few poems and members were given travel details for the Christmas dinner

to be held at The Old Dairy Widdale on Wednesday 11th December. For those in the village we meet in Dent Car park at 11.45 for those in Cowgill it will be a little later Thelma read through the new programme and she was thanked for all her efforts. It looks very interesting! We start with a Members evening on Wednesday 8th and the competition is for a hand made party hat!

New members and visitors always welcome.
Pat Allen

HOWGILL W. I.

We would like to thank everyone who supported our Domino Drive. It was successful raising £127.50 for W. I. Funds. First prize went to Andrew Gornall with the high score of 99.

President Bridget Postlethwaite welcomed sixteen members and one visitor to the November meeting.

The two members who attended the Council Meeting held at the Castle Green Hotel enjoyed a full day of entertainment. In the morning the National Treasurer gave an amusing talk about her life in the W.I. and the Lakeland Fiddlers entertained us with some lively Cumbrian tunes. In the afternoon the Queen's former chef Colin Anderson gave us stories on working in the Palace kitchen. We now know the likes and dislikes of the Royal Household and what the Queen likes for breakfast.

The two teams who took part in the Pub Quiz at The Bull Hotel spent an enjoyable evening. The supper was good too. Congratulations to the 'Casterton Crusaders', the winning

team.

Bridget gave us details of the topics shortlisted as resolutions to be discussed and voted upon in the first stage of the selection process.

We were given news of the Centenary Baton which is coming to our Federation for a week at different events in February 2014.

A warm welcome was given to our speaker David Mower from R.S.P.B. Leighton Moss Nature Reserve. With the help of slides we were given an in depth look into the work and wonderful wildlife and rare species that migrate and live there giving nature a home for the past 50 years. There is something for everyone. An environment of outstanding beauty to

share together for the 5's to the 95's. Visitor number have doubled since it was feature on BBC's Autumnwatch programme. Tanya Hoare thanked David for the splendid detail of life at the reserve and the stunning photography.

The competition for a Moss Garden on a saucer was won by Tanya with Audrey Hoggarth second. Lesley Hennedy was the raffle winner. We now look ahead to our Christmas Party on December 5th at The Barbon Inn.

Our singing group will be taking part in the carol service at Howgill Church on December 21st. The first meeting of the New Year will be held on January 2nd at Howgill Village Hall

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when Rosemary Holmes will be taking us on the Silk Road to Samarkand.

Visitors and new members welcome.

A. Hoggarth

KILLINGTON WI
THE AFTERNOON WI FOR THE
ENTIRE DISTRICT

Well- this evening I intend to finish this report. It is 4 hours since we finished our meeting – our AGM as it so happens. Since then, I have been fortified by a couple of cups of coffee, a sit down to watch “Eggheads”, my supper and several glasses of wine. We had a lovely meeting but missed the company of several ailing members. Try a potion of brimstone and treacle – it can work wonders! - or so I am told. We were particularly sad that Anne Macer, one of our valued and long-standing members was not able to be with us. She is soon moving to Hertfordshire to be nearer her family and we shall miss her so much. Her unfailing kindness and good humour have been an example to us all, as has her efficiency and care for others. Anne - we wish you every possible happiness.

We had several other things to deal with before we moved on to **serious business**. Plans for our Christmas lunch on “**Friday 13th**”, are well in hand. Sadly we have had to abandon our plans for an extra lunch at Wensleydale Creamery as the road to Hawes will be closed for much of December. However, we shall make

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up for this in January.

We reported on an enjoyable WI Quiz evening at The Bull. Casterton WI were the winners but Killington teams acquitted themselves well. “Killington Clangers” were second, Killington Cuties were third, and Killington Something Else? were fourth. Now, on the scoring system where first gains 4 points, second earns 3 points, third is awarded 2 points and fourth has 1 point, it is undeniable that **we** were the runaway winners! (Competitive? Me? Never!) Anyway it was a good fun evening (but we wish that The Bull would install some brighter lighting in their dining room - we all go armed with

LED torches!).

For Late Night Shopping evening we have decided to decorate a window in St. Andrew's Church and hope that you will all pop in to enjoy all the Christmassy exhibits.

Then it really was on to AGM stuff. Margaret Denton presented our annual financial statement which was deemed to be healthy, although Margaret warned us that we had better draw our horns in as our healthy monetary position still owes much to the profit from our 70th birthday cookbook. If you do not have a copy of this treasure, rush along to Abracadabra, our lovely Sedbergh flower shop, and snap up one of the few remaining copies. Thanks also to

Margaret's husband Andy, always ready to help with his professional expertise – we award him the honour of being a **W I S H** – (**W**omen's **I**nstitute **S**upportive **H**usband)!

The report of our secretary, Susan Sharrocks, was next, and she led us expertly through the happenings and personalities of the past year in Killington WI. We have bidden sad farewells to some old members and happily welcomed several new members into our circle of friendship.

We have lots of lovely plans for the year ahead, (or would you prefer me to be up to date and say, "going forward"? Ugh!) Thank you, Susan – you are a mainstay of our happy community.



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Next it was time for the President's address. Yes, that's me folk! However, there was not much left for me to say, other than to express my heartfelt thanks for all the on-going support which I am given. Even you, dear reader, must have heard me declare that one of my lifelong vows was **never** to join a WI. How wrong could I be?? The committee was re-elected with no changes although we may shuffle jobs.

Business over – we entertained ourselves with a special November quiz, devised by Vicky Aspin, in which all the answers and all the prizes began with the letter **N**. The victors were Wendy McLean and Helen Wilberforce who tied with Maggie l'Anson and Elspeth Griffiths. Well done, brain boxes! - but mind your teeth on that nougat. The competition, for something beginning with **N**, was won by Pauline Ramsbottom with a newspaper published on the very day that she was born. (No! Of course I'm not going to tell you!). The raffle prize was a superior car cleaning kit in a very posh holdall and it was won by me! I'm sure that it will provide my Best-Beloved with many happy hours.

I must not neglect to mention our wonderful tea –dainty sandwiches, cheese scones, elegant Queen's penny sandwiches, and lots else. I did my best to see that nothing was wasted (especially as in the excitement of the afternoon I hadn't managed to find time for lunch.) Thanks be to the providers.

I regret that I cannot invite you all to

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our next meeting on the auspicious date of Friday 13th December at 12-00 noon for 12-30pm. Christmas Lunch at the Stonecross Manor Hotel in Kendal, but if you join our merry gang you can come next year.

Our first meeting of 2014 will be on Tuesday 14th January 2014 at 2-00pm, in the wonderfully enlarged Committee Room of our People's Hall, (what a splendid and sensible job –Thank You!) Vicky Aspin will give us a talk on the adventurous aspects of Plant Hunting, entitled, "Pass the Chloroform." Now, who could resist that? See you there!

Wendy Fraser-Urquhart

PS Happy Christmas, everybody!

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NEIGHBOURHOODALERT

Christmas Shopping

As many residents have already started their Christmas shopping, Cumbria Trading Standards is giving some handy advice to help you before you hand over your money on the high street or over the internet.

By law shops do not have to give you a refund if you change your mind or if a gift is unwanted but the law does protect you if the goods you purchased were faulty or not as described. If we all know our rights we can make better decisions and avoid some of the pitfalls of Christmas shopping. Using feedback from shoppers, Trading Standards

has put together a list of 10 top tips to help people have a merrier Christmas.

Unwanted presents

Shops don't have to take things back unless there's something wrong with them, but often help out of goodwill. Check the seller's return policy and ask if they do gift receipts.

Receipts

Proof of purchase is very important if you do need to return anything. Put receipts in a safe place as soon as you start shopping.

Know who you are buying from

Only buy from shops and traders you know. Be wary of traders using a PO Box as their contact address.

Make sure you know the **trader's full address**, especially if the company is based outside the UK. Be very careful with "Christmas shops" and one-day sales that appear overnight. They often disappear just as quickly with no one left to complain to if things go wrong.

Credit

Think about paying by credit card for goods over £100. You may get extra protection if things go wrong, but make sure you know the full cost and can afford the repayments.

Debt

Try not to spend money on presents that you really cannot afford. If money problems arise don't let them pile up but seek advice as soon as possible. Try to avoid high cost loans such as Pay Day Lenders. You can contact your local Citizens Advice Bureau to get free impartial advice or ring the National Debt Line on 0808 808 4000.

Delivery

If you're ordering presents, get written confirmation they'll be delivered in time. If you don't, you might get an estimated delivery date

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only and have to accept goods after Christmas.

Buying from home and online

You have the right to change your mind with most things bought online or by mail order. If you're buying over the internet, you also get protection against fraud if you pay by credit or debit card. When shopping online, only use secure sites (padlock symbol) and never send credit card or bank details by email

Fakes

Watch out for cheap fakes as they're likely to be poor quality and could be unsafe. Common ones at Christmas are designer clothes, watches and perfume.

Don't buy unlabelled toys or electrical equipment - make sure that these bear the CE mark, meaning that they conform to safety standards.

Following these simple shopping tips should help take some of the stress out of shopping at Christmas.

For more advice contact the Citizens Advice consumer helpline on 08454 04 05 06 or visit www.adviceguide.org.uk. Follow us on twitter at www.twitter.com/cumbriats

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SEDBERGH SWIMMING CLUB

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Despite the school's best efforts, we have been advised that the pool will not be available before December at the earliest, but we are assured it will be worth the wait. We are still hopeful that we may get some recreational swimming sessions before the end of the year, as mentioned in the November Lookaround and we will advertise around the town in the usual places.

If not we very much look forward to seeing you all back and raring to go on Tuesday 7th January. Children should initially turn up to their previous lesson day and time. New members both for children's lessons

and of course adult recreational swimmers are very welcome.

Enquiries to Kate Thexton by email preferably kate57@btinternet.com or by text on 07752 748929

Tuesday

6.30 – 8.00 Junior lessons

8.00 – 9.00 Adult Swim

Thursday

6.30 – 7.30 Junior lessons

7.30 open swim

8.30 adults

Saturday morning

Mixed recreational swimming- time to be confirmed. *Lynn May*

SEDBERGH CRICKET CLUB

The Family Domino Drive was held at Sedbergh Primary School and was



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a great success raising £300 for Club funds.

Grateful thanks to all who attended.

Karen Troughton

KALUM HEYWOOD-BYATT

Weigh in, certification and medical proof of fitness and registration for the 3500 competitors was on Tuesday 29th October. The event was held from Thursday 31st October to Sunday 3rd November. There were 3500 competitors from at least 39 countries along with supporters and coaches. The event hall (probably about the size of all of Kendal Leisure Centre) had about 40 stands (shops with food and Martial Arts Equipment and Promoting various Martial Styles) and 28 fighting mats, 4 boxing rings and a cage along with a main stage.

Running alongside this event in two adjacent halls was 'Festival dell' Oriente' which took up two further huge halls with a plethora of shops



selling related products from silk scarves to Indian shoes and jewellery, Japanese and Chinese clothes, spices, mirrors health cures – you name it if was Oriental it was probably there. There was also a performance stage there and those who weren't waiting for a fight were treated to songs and dance from most of the represented cultures.

Kalum's first fights were on the Friday – the Light Contact ones (which are like boxing but you can kick your opponent anywhere above the waist including the head and face) and he just triumphed in the semi-final against a Czech boy Martin Viktorin (who we were later told was the reigning World Champion). Kalum was a little bruised but mainly injury free and we knew we had a final on the Sunday.

On the Saturday he started his Semi-Contact Points campaign and performed superbly just losing to an Italian who later won the silver medal. He held the boy until about 20 seconds to go when two head kicks turned the bout in the Italians favour. The bout being close had him carrying a minor foot injury and some

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sore ribs. Kalum was disappointed but had to put that behind for the following days final.

The big day arrived and went quite smoothly but it was difficult to remain calm as we arrived at the venue about 8-30 am and new the fight wasn't until that afternoon. The fight took place about 2-40 pm against an Irish Fighter Kevin Doyle. Kevin was really game and never stopped coming forward but Kalum had reach and I think experience advantage and took a decisive win to become the Unified WKA and WTKA World Kick Boxing Champion (Ages 16, 17 and 18). Depending on where it is held next year and sponsorship (if he can get any) he will be able to defend this

title for two years as this was his youngest year in a three year category.

His next fight will be in Wales then onto Scotland in December. Then some rest, some school work and other hobbies before he will need to prepare for the Europeans which are to be held in Sheffield in the summer of 2014.

Our thanks to Kendal Lau Gar Kung Fu and Kick Boxing for the support and training without which none of this would have been possible.

Stuart Byatt

SEDBERGH BOWLING CLUB

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we held our social at the Red Lion. Our President Neil Haworth welcomed everyone. Our thanks for a delicious meal to Carole and Jonathan. We then played dominoes. The competition winners for 2013 were:-

Townson Trophy
Arthur Bramham & Paul Airey
John Oughton Trophy
William Lowther
Leighton Ladies Trophy
Janet Baines
Sheppey Mens Trophy
William Lowther
Spring Round Robin
Tom Wilson
Poyntz Wright Cup
Carole Townson

Ned Winn Pairs
Margaret Mason & Arthur Bramham
Norman Hoggarth Trophy
Donald Westgate
Iveson Doubles
Gillian Morton & William Lowther
Conchie Trophy
Gilbert Bainbridge
Sedbergh Pairs
Bob Brown & Carole Townson
Teal Trebles Trophy
Geoff Thompson, Janet Baines & June Westgate
Autumn Round Robin
June Westgate

The A.G.M. will be on 27th February 2014. Further details will appear in *Lookaround*.

Linda Killops

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BONFIRE NIGHT

Sedbergh's Bonfire and Fireworks evening was once again a resounding success. Despite torrential rain plenty of helpers arrived during the day to build the bonfire and set up the market stalls and tables. As ever, Steve Longlands was on hand to light up the proceedings! By 6pm we thought that we were looking at a repeat of a very soggy Gala Day but, although chilly with a blustery wind, there were gaps between the heavy showers. The Bonfire lit beautifully fanned by the winds and the fantastic firework display was timed to perfection in a dry spell.

The event attracted a large crowd of hardy locals and visitors from farther afield, some had seen the Gala website (www.sedberghgala.org) and decided to come along and join in, others had spotted us on "Mumsnet". It was a chance for the community to catch up with friends, warm themselves by the Bonfire or shelter under the market stalls! A tasty range of food was on offer, as well as traditional burgers there was Thai food, homemade soup, freshly baked cakes, mulled wine and of course the obligatory sweeties generously donated by the famous 'Green Door Sweet Shop'! There were also games to be enjoyed and fibre optic gadgets and gizmos to light up the night. The Lions Club from Kendal brought along a Bran Tub which proved very popular, they are hoping to start a Club in Sedbergh so watch out for



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details.

The Pumpkin Lantern Competition produced a dazzling display of talent with the shining lanterns drawing an admiring crowd. The difficult job of judging them at 7pm fell to the Sedbergh Gala Queen, Leanne Postlethwaite, who took great care over her task. The winners were;

- Year 6 and Under;
- 1st Phoebe Hall
 - 2nd Daniel Hall
 - 3rd Sophie Leonard
- Year 7 and Over;
- 1st Thomas Hall
 - 2nd Sam Ingle
 - 3rd Rachel Ingle

There was one turnip lantern entered this year by Jack Garnet who won a well earned 1st Prize for his hard work. We also had one Guy entered, "Sherlock Holmes" bore a remarkable resemblance to his TV counterpart Benedict Cumberbatch and was so realistic that several people thought there was an extra person behind the Pumpkin table! (Until his head fell off in a sharp gust of wind....) A well deserved 1st Prize went to Emma Hopkins and Laura Hunt for their joint entry.

The evening ended with a spectacular firework display lighting the night sky and echoing around the fells. The Gala Group would like to say a big "Thank You" to everyone who helped or just came along on such a wet and windy evening to make this community event such good fun.

Neil Kernahan

FAMILY MUSINGS

In some ways last Christmas seems hardly any time ago yet in others an age has passed, which I guess it has, we are all a year older, and as per usual this year has had good times and bad and very sad. My close friends are very precious in my life and when time rushes on and we don't have opportunity to meet up it isn't good but there is always the possibility that we will get together sometime. a bit like the carrot and the Donkey! However this year saw the passing of one very special friend and she is much missed, by her family who cared for her so lovingly in her own home and support each other so well, by our community where she was an active participant in many ways especially in the life of the Memorial Hall and by me for whom she was both confidant and encourager. Rest in peace Elizabeth, and I look forward to many more plays with Martha, who always went to fetch a certain floor puzzle on my visits so we could complete it together, and the other little ones.

Now, I find myself looking after our grandsons, and on putting B to bed I tell him stories of Mary Mouse, which I did for our children and my Mum told me when I was a little girl, how's that for continuity? Mary Mouse and her many children enthralled me as a child and the little books about her are among my treasured possessions. Anyone else love her too?

Christmas Past - the carol singing around the village and the dale, travel

by Landrover or even trailer, torches failing, muddy yards and difficult paths across fields, barking dogs and people who didn't "hear" us so never came to the door! The wonderful atmosphere as we sang the meaning of Christmas around our valley. Everyone piled into houses for supper afterwards, Cissy playing her pedal organ for extra singing, Mum passing of bought sausage rolls as her own (she did 'bake' them after all!) roaring fires and tables groaning with food. Sadly, the Carol singing is much reduced these days and visitors to the valley loved to join in with the locals, even for just a few houses a few years ago on Christmas Eve, is it really progress?

Christmas Present - this year our big family get together is on Box Day though' some of us will be together on Christmas Day. With two little ones there will be an excitement unknown for years, although both a bit young

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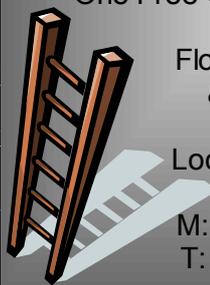
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yet to enter into it all. Little B saw something very exciting happen at the Heritage Centre recently, it involved two men, a ladder, a loft and a very seasonal "figure" coming down to the ground, I am sure his lips are sealed! But he now knows where a certain place is and you don't need an aeroplane to get there!

A New Year will be here before Musings is back again, Enjoy all your Christmas Celebrations, try to remember the true meaning, then step into the New Year with HOPE in your HEART ready for all the challenges there will be. Thank you for reading Musings and I wish you all a very Happy Christmas and a Happy New Year!
Sarah

Cumbrian Woodlands, Yorkshire Dales Millennium Trust and United Utilities. Since then much hard work has been done by Cumbria Wildlife Trust Local Support Group, Yorkshire Dales, Sedbergh School and Settlebeck School volunteers to coppice woodland, clear undergrowth and plant new hedge whips. An interpretive board was put in place and protective fencing erected. In our first spring these efforts were rewarded by a splendid show of wild flowers.

A succession of Primary School pupils have visited to explore, draw, and hear about the variety of habitats and their wildlife and we hope this can continue but after some very strange weather, long wet winter and hot summer, brambles, not particularly evident before, have taken over. It is virtually impossible to clamber down to the stream and hunt for flowers and fungi. If some sort of order is to be restored we need some willing bramble bashers. They could be individuals or groups and all their assistance would be greatly appreciated. Wooded gills hold the remnants of the native flora and often fauna which covered much more of our hillsides and with the exclusion of stock and some management, these can be preserved in their natural state.

Leaflets about Jubilee Wood are in the Sedbergh Information Centre.

If you feel you could spend a few hours bashing the brambles then please get in touch. Contact Susan Garnett at 21138 or msg@wardses.org.uk

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SEDBERGH & DISTRICT HISTORY SOCIETY

ANGKOR

On 6th November the Sedbergh & District History Society was entertained to a talk by Dr Raynor Shaw as a result of his visit to Angkor about four years ago. Ever since he was quite a small boy and had first heard of Angkor Wat, he had dreamt of going there, and so, when as a geologist he was asked to go and help assess one of the temples in the Angkor complex, which the French had said was likely to slip downhill, he had jumped at the chance.

He described the layout of the surrounding area, with it very flat plain, flooding in the wet season, and stretching to the hills some 40 miles away. Angkor means Great, and Thom means city, and the main complex is a walled city some two by three kilometres in extent and surrounded by a wide moat. In the centre of the city is a large pyramidal stone temple known as the Bayon (representing the Hindu sacred mountain, Mount Meru) which was the focus of the city. This temple and the walls are all that remains of the city as all other buildings, even the royal ones, were constructed of wood and have long disappeared. At its height the city may have contained as many as a million people, at a time (12th century) when London probably only had about 17,000 people.

Outside the city there were many stone temples, from small to huge, and numbering about 170. The famous one, of course, being Angkor



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Wat ("Great Temple"). This building is truly huge, being about 190 metres by 200 metres. It is surprisingly plain in construction apart from a sort of inside out cloister facing outwards round the building and containing a frieze approximately four feet high which runs right around the temple, mostly showing the good soldiers (facing right) fighting the demons facing left.. The temple rises in three huge terraces to the top and is crowned with five towers, only three of which can be seen from afar at any one time. It again is surrounded by a wall which is between about 200 and 500 metres from the temple, and outwith that an enormous moat almost 200 yards wide. The famous views one sees on postcards (and in Raiders of the Lost Ark) of tree roots growing over and through the stones are in yet another temple, Ta Prohm, some considerable distance away, which has been deliberately left in the state in which it was found, and are not at Angkor Wat. Angkor Wat was never completely deserted and so did not get overtaken by the jungle. Like the other temples, Angkor Wat was

originally a Hindu temple but later the population converted to Buddhism in the 13th century. The amazingly sharp carvings (after 9 centuries) of the basse reliefs reflect this change

Dr Shaw pointed out that a large city such as this needed supplies, and in particular water. Cambodia has only two seasons, the wet and the dry. Angkor is beside the largest lake in south east Asia. In the dry season this lake is comparatively very small (2.700 sq km) and only about a metre deep and drains via the Tonle Sap river to join the Mekong at Phnom Phen about 100 kilometres south.. In



the wet season the melting snows in the Himalayas and the monsoon cause the Mekong to force the Tonle Sap river to flow backwards into the Tonle Sap lake, and it expands enormously and can be 9 metres deep and 16,000 sq km. It contains over 2000 varieties of fish, many of which take advantage of the backwards flowing river to spawn in the lake. The Khmer built numerous canals, and in particular a canal to bring the huge building blocks of sandstone from the hills 40 miles away. They also constructed four enormous reservoirs or barays which

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were raised above the ground by huge embankments.. Built by slave labour from the Khmers' successful wars, one of them is eight kilometres long.

The Khmer civilisation was at its height between the 9th and 15th centuries. It was at its height in the 12th century when a strong king, Suryavarman, built Angkor Wat. A series of weak kings, possibly climate change with prolonged droughts, and war, culminated in the city being sacked by the Siamese in 1431. The next year when the Siamese came again the city was deserted, the population having moved south to the Mekong Delta, and ultimately to Phnom Phen. The jungle gradually took over, and the complex disappeared from history. It was not until the 19th century that it was really re-discovered, though intrepid explorers had reported huge temples in the jungle – and been disbelieved.

[Foot note: The Khmer are the Cambodian people. In the 1960s and early 1970s there were three political parties, known simply as the Blue, White and Red Khmer. The latter was the Communist party, and was the one that ran out of control as the infamous Khmer Rouge (Cambodia having been part of French IndoChina).

Karen Bruce Lockhart

THE COBWEB ORCHESTRA

The Cobweb Orchestra is a multi-award winning open access orchestra, now celebrating its 18th year. It is open to all standards of musicians. There are 8 groups over the North East and West of England. The Cumbrian Group meets once a week in TEBAY on TUESDAY nights at 7.30pm in the Methodist Church Hall during school term time.

All the Groups come together for workshops, study days, rehearsals and sometimes complete weekends. Its activities also include trips abroad, this summer saw the orchestra visiting Tuscany, Italy for the 6th time. We gave 2 concerts in 2 magnificent churches (SanGimignano - San Agostino and Gambassi) to full audiences. We also enjoyed everything else that Italy has to give, including a night at the Opera in Puccini's birthplace.

The Groups often receive expert

help from professional musicians and some members from the Royal Northern Symphonia. We are always keen to have new members so anyone who is ready to 'dust off the cobwebs from their instruments' and COME AND PLAY FOR FUN, they will be made very welcome. Contact Sheila Blackwell on 015396-20056 or the website cobweborchestra.org.co.uk

SEDBERGH TOWN BAND

Band Notes

- ◆ On Wednesday 23rd October a Coffee Morning was held in the United Reformed Church rooms. A most pleasing sum of £190 was raised. Helpers, donors and attendees are warmly thanked for their contributions. The Band's final Coffee Morning for the year will be held on Wednesday 18th December in the URC rooms.
- ◆ Early in October a small,



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representative group from the Band gave a presentation to the Primary School pupils. The motive behind the visit was twofold: to introduce the youngsters to the world of brass instruments and to stimulate an interest in taking up an instrument and playing in a group. Success was achieved and four members of the audience have joined the Saturday morning classes held in the URC. Thanks are due to the school for allowing the Band this opportunity.

- ◆ A light weight trombone has been purchased for use by a player in the Youth Band. Excellently crafted out of plastic and

producing a sound comparable to any conventional instrument it is a first rate addition to the Youth Band's stock of instruments and means the player need struggle only with the demands of the music rather than having the additional burden of wrestling with the considerable weight of a brass trombone. The purchase was possible thanks to the generosity of Kay Whittle to whom we express our gratitude.

- ◆ The group 'Rawthey Rhythm' performed for two hours on Wednesday 6th November at the Main Street bus shelter raising funds in aid of the British Legion. This small group comprised Ernie

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Hailwood (banjo) and Keith Wood (trumpet), both members of the Town Band, and Viv Hailwood (drums) and Gordon Hosker (bass guitar). Ernie and Keith changed from their usual band instruments (trombone and cornet respectively) and further showed their considerable versatility with excellent vocals perfectly capturing the flavour of wartime popular music. The passing audience clearly admired and appreciated their endeavours and a magnificent £150 was raised for the Legion's funds.

- ◆ As the year draws to a close the Band's activities increase.

Following the small group's assistance at the St. Andrew's Fair of November 16th a similar representation was at the People's Hall on Saturday 23rd November for the opening of their new extension.

- ◆ The first Tuesday in December sees the annual Christmas Concert in St. Andrew's followed the day after with Christmas music in the U.R.C as part of Late Night Shopping. Then follows a series of carol playing engagements: the Birdcage (Kendal), Asda, Morrison's, Sedbergh pubs, culminating in a performance at the Sedbergh

Main Street bus shelter beginning at 10.30am Christmas Eve.

- ◆ Fixtures for the New Year are beginning to take shape. Besides the traditional engagements the Band will be decamping to Dumfries for three days intensive playing towards the end of May. The 4th of June sees the Band featuring in the bi-annual Sedbergh Music Festival, whilst visits to the churches of Middleton and Garsdale are projected.
- ◆ Two young members of the Band, Ben Morgan and Adam Ross, are acting as administrative assistants to those senior members of the Band who are coaching the Youth Band on Saturday mornings. Their much appreciated efforts are an element of their Duke of Edinburgh's Award.

Remembrance Sunday

November 10th was designated Remembrance Sunday and at the

service in St. Andrew's Keith Wood played the 'Last Post' and 'Reveille'. After the service and by the memorial Keith was joined by Carole Marsden and two trumpeters from Sedbergh School in a repeat playing of these two traditional calls.

The Town Band was then joined by the Sedbergh School C.C.F. Band and under the leadership of Iwan Lewis, as Drum Major, and Bandmaster Paul Gray they led the procession comprising representatives of the Town Youth Band, the Brownies, the Scouts and the Beavers.

Remembrance Concert

The Annual Remembrance Concert was held on November 11th in the United Reformed Church. The audience was treated to an eclectic programme that drew upon various genres of music supremely suitable for marking such an occasion. The hymn 'Repton' (Dear Lord and Father of Mankind) preceeded by a fanfare opened the Concert. Film music was inevitably well represented reflecting the wonderful achievements of various distinguished composers who have devoted their talents to achieving the mood appropriate to accompany and illustrate the wide range of emotions engendered in representations of conflict. The films whose notable music was played were 'A Bridge Too Far', 'The Great Escape', 'The Dambusters' - the music carrying the same names. Also played was 'Aces High' (from 'The Battle of Britain') 'Colonel Bogey' ('Bridge over the River Kwai')

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and 'Conquest of Paradise' (an expensive flop of a film but a sumptuous piece of music).

The pain and suffering in war experienced by civilians and the military alike was captured in respectively 'Schindler's List' and 'Hymn to the Fallen' (Saving Private Ryan;). A lighter, nostalgic note was captured with 'The White Cliffs of Dover' and 'We'll Meet Again', both for ever linked with Vera Lynn. The audience was invited to sing-a-long with these numbers.

A ceremonious element concluded the evening with the playing of the 'British Legion March' during which the standard was presented. The

evocative 'Sunset' was followed by the recital of Laurence Binyon's poem 'For the Fallen', on the conclusion of which Keith Wood and Carole Marsden played the 'Last Post' and, after keeping the silence, 'Reveille'.

Just before the playing of the National Anthem Tony Playfoot and Tom Skelthorne, resplendent in their glengarries, paraded from the back of the church playing the magnificent pipe piece 'Highland Cathedral'.

John Pease thanked the Band for their performance and announced that the income from ticket sales would be divided equally between the British Legion and the United Reformed Church.

G.R.B.

SEDBERGH SCHOOL LOCAL YOUNG PEOPLE'S FUND

This source of funding helps young people from the parishes of Sedbergh, Dent and Garsdale with educational and recreational needs beyond those provided by their current places of learning. The fund has been in existence for at least a century and was originally a fund for boys. Assistance for girls was added later as a separate fund and now the two funds have been amalgamated.

Students involved in the Sedbergh Town Twinning Student Exchange project were supported in August 2011 when 13 youngsters, aged 13 to 18 years visited our twin town of Zreče, enjoying the recreational facilities and learning about the culture of a country which suffered badly in both world wars. Slovenia was part of the communist state of Yugoslavia until 1991. They returned having appreciated warm hospitality and having made new friends. One of many lasting memories was the visit to the site of a wartime atrocity. Our young people were deeply moved by the experience.

In February 2014 another group of teenaged students living in Sedbergh and district and being educated at local schools will return to Zreče. They will be meeting their Slovenian contemporaries and enjoying everything that a ski resort and spa town can offer. Cultural visits will include a visit to the capital city Ljubljana and its Parliament.

With the rise in costs, particularly of air fares, none of this would be

SEDBERGH & DISTRICT

HISTORY SOCIETY

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possible without the support of local funding groups and our students and their leaders would like to express their appreciation of all the generous support they have received not only from this fund but also from the Parish Council, the Community Fund, Sedbergh United Charities and the Town Twinning Club members.

Applications to the Sedbergh School Local Young People's Fund can be made twice a year. If you feel that your young person could also benefit from the fund then please get in touch with Mr Peter Marshall, The Bursar Sedbergh School, Malim Lodge, Loftus Hill Sedbergh LA10 5RY.

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Also this year for the first time at the Dent folk carols weekend we have a **free children's singing workshop** led by Picolo Amabile leader Mel Rowe in Dent - all primary school children from years 1-4 are welcome. If you can't make that weekend, we

might see you when our local folk choirs, and the Cautley Carollers who I sing with, go on our annual star-lit walks through the winter landscape singing at the doors of cottages cradled in the dale and, more often than not, round the fires of the kindly dales folk who live here.

It's been a fabulous year for our singers.

We started just after the new year with our mountain singing retreat at the **Black Sail youth hostel**, one of the most remote hostels in England which you cannot drive to - the singers walked up from Buttermere over the Scarth Gap pass and sang on Haystacks, Great Gable and Pillar, ending the weekend with a lovely concert at the Bridge Hotel in Buttermere.



Our **Spring Sing Thing** weekend at Howtown by Ullswater (2014 is in

Sedbergh) just before Easter turned into a celebration of very wintry weather as we walked through 6 foot snow drifts to sing in the Martindale churches.

But the following week, on the **Scottish island of Jura**, we were in glorious sunshine, singing on a boat out to the Coryvreckin Whirlpool, on a walk to George Orwell's house, and in the Easter service at Craighouse. I've often felt that carol singing was too much fun to only do once a year - so we finished our week by singing at some of the more remote cottages at the north end of the island near the estate mansion where we were staying. In one cottage, two young lads in their pyjamas leaned out of an upstairs window to hear us, while their grandad at the door told us how he had been to school in Sedbergh.

Our **Midsummer Music of Martindale** event saw our west gallery choir The Gladly Solemn Sound travelling back to this remote Lake District valley to sing in the old church - with songs on the Ullswater steamer and stories about the early 18th century choir led by Martindale schoolmaster John Jackson the second, who led the singers and instrumentalists with his fiddle in the old gallery. We followed the route taken by the 19th C. bobbin mill apprentices who walked walk from Howtown over the fell to the church - and ended with afternoon tea in the old mill where they once worked.

Our singers also travelled out to Slovenia where we sang at the **Bohinj wild flower festival** and

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presented our squares embroidered with Sedbergh floral scenes, to add to the international patchwork. The Zrece choir, Zbor Jurij Vodovnik had visited Sedbergh earlier in the spring and it was a delight to sing with them again at an evening picnic near our twin town - as well as other choirs in Ljubljana, Skofja Loka and Stara Fuzina.

Later in the summer I returned with some more singers and we sang on **Triglav**, Slovenia's highest mountain - a trip we will be making again next year 2014 accompanied by Slovenian choirs singing in the mountains refuges on the way to the summit. Do please let me know soon if you want to join us as places are already filling up.

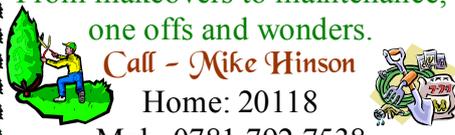
Our annual **Singing Settle Carlisle** weekend steamed off into the early autumn with our usual rolling stock of songs about the railway sung on the trains, in the stations, and on walks through the wild Pennine fells...and then in pubs at the Ingleton Folk Festival packed with singers joining in lustily with the choruses. Many thanks to Ken Pope for letting us sing some

of the songs he wrote about the railway.

The **Swedish harmony singing quartet Kongero** came by in October to do a workshop and concert en route from Edinburgh to Derby. A stunning performance and a cleverly led workshop making Swedish folk songs and harmony very accessible to our English singers. Their workshop reminded me of Woody Guthry's timeless advice: "Any fool can be complicated, but it takes a genius to achieve simplicity." It was also a delight to make contact with the many Swedish people who live in the area, many of them married to English folk but all very happy to hear the songs of the homeland from these fabulous four women acapella singers and to join us in singing them.

And so the year turns round again to the Christmas festivities starting in mid-November, with our **West Gallery carol** singing workshop in the

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People's Hall with Paul Guppy followed by the Gladly Solemn Sound choir concert in Howgill - with an interesting reading about life in the 19th century Howgill church from a letter by a 19th century resident.

At the time of writing, we are also busy making arrangements for all the melodious merriment and harmonious happiness at the **Dent folk carols festival** - with several other December carolling events in **Lowther Castle**, on the **Settle Carlisle** railway, in a candlelit cave, and round the fires of Smithy Cottage and several pubs around South Lakeland.

We hope we see you soon and together we can sing our warmest wishes for Christmas and the coming year. If you miss us in December, you can catch us at other times through 2014 - most of the above events take place at about the same time each year - you can find details on our website www.lakelandvoice.co.uk

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DECEMBER GARDENING

One of the most satisfying garden tasks to do at this dark, cold time of the year, is to look forward to spring and plan what seeds might be sown and grown in the vegetable and the flower garden. This year, following the wet growing season of 2012, which produced a grand crop of 3 pods on our runner beans, I planted some seeds in a cold, well ventilated (it has 2 or 3 panes missing) greenhouse and, once the bees found their way in, we had a good crop of beans which fruited earlier, and went on for longer than the out door plants. I also grew a courgette which grew well, but did not quite keep up with the cold frame plant. The latter had more light and more water and produced female flowers much sooner than the former. This year I intend to try some sweet peas under glass. They do of course all need regular watering but I hope to be rewarded by a greenhouse full of fragrance as well as flowers and food.

Packets of vegetable seeds usually contain far more seeds than are required for one season's growth in a modestly sized vegetable plot. Most will keep for more than one year so have a good sort through your packets before you set off to the garden centre to buy more, and, when you have purchased new ones, check that they are dated and if they are not, write the year of purchase on the packet. As a rough guide to the staying potential of seeds, here is a list of the most commonly grown things: One year – Parsnips; two years – Runner Beans, Onions, Leeks, Sweet corn; three years –

Lettuce, Swede, Tomato, Turnips, Basil, Parsley, Coriander; four years – Beetroot, Broccoli, Brussels sprout, Carrot, Cauliflower, Chard, Spinach, Kale; five years – Sweet peppers, Chillies, Radish, Celery; six years – Aubergine, Cucumber, Courgette, Pumpkin.

These are, of course just guidelines. If you decide to sow old seed, broadcast, as I did with some aged parsnips one year, you may find that they defy the rules, and all germinate in a disorganised patch. If you do decide to keep seed from one year to the next, make sure that it is thoroughly dry before you store it, and that you keep it in a cool, dark, dry place. Seeds which have been stored should be exposed to air at room temperature for two or three days before they are sown, so that they have time to reabsorb some moisture before they are planted.

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NELA GUER PRIVATE CHEF

After having a stall at the last Sedbergh Producer Market on September 28th, I realised that a lot of people in Sedbergh did not know me at all. I thought it might be good to write a little bit about me.

I qualified as a chef in 1992 and moved over from Germany in 1997. I have worked in Germany, France and England in a wide range of kitchen settings, gaining experience on all posts as well as running, managing and setting up professional kitchens.

After training as a Community Food Worker in 2001, I worked for the NHS for 4 years promoting healthy eating and a balanced diet in the form of: Presentations, activity sessions, public events, cook and taste sessions and demonstrations to a variety of individuals and organisations.

I launched "Nela Geuer Private Chef" in July 2011. The emphasis is "Catering with a difference" with a "Modern - Fresh - Local" approach.

"Apart from nutritious and delicious, food should always be interesting and fun."

I offer a variety of services including a private chef service at home or on your holiday, cooking workshops and demonstrations, healthy eating classes for all ages as well as catering for events considering all dietary requirements.

Cooking classes via CDC have included so far: Quick and Easy, Alternative Christmas, Easy Entertaining, Vegetarian Oriental Cooking and Cooking for one, to name but a few.

I also run cooking classes in your own home for groups of up to 6, a great gift or treat for someone special.



Services for holidaymakers include a Welcome Pack on arrival (e.g. Seasonal/ local hamper or fridge filled with the basics), picnic or packed lunch ready for adventures days out, or a dinner party service (private chef) and themed cooking experiences (posh cook and taste).

For all enquiries please contact me via e-mail or phone:

nelasmail@hotmail.com

Mobile - 07595 332746

Phone-015396 20147 Or find me on:

www.hiddenhowgills.co.uk/marketplace/nela.html

GUARDIAN FAMILY

Do you enjoy spending time with children and have time to spare to offer support to an international student who attends a boarding school in the area? The children return home to their parents during the long holidays of Christmas, Easter and Summer, but require an English family to have them to stay during a couple of weekends each term and the half term holiday.

Imagine your child were attending a boarding school overseas and the reassurance you would gain from knowing a local family is supporting them, keeping you in touch with how they are getting on.

This is an excellent opportunity

- For your own children to make new friends, to learn about other countries and gain cultural understanding.
- To fill the 'empty nest' when your

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own children have perhaps gone off to university or left home.

- To become involved in the school life of a young person, supporting them through attendance at school matches, concerts or parents' evenings.
- To build lasting friendships with international families overseas.

The role is suitable for families, single parents, couples without children, retired couples with empty nests – guardian families come in all shapes and sizes. All have a common interest in offering care and support to children and teenagers from overseas.

Why not put your spare bedroom to good use and bring in a few extra pennies? The role is voluntary, with generous expenses paid per night's stay, as well as to cover travel, time and entertainment.

To find out more about this interesting and rewarding role, visit The Guardian Family Network website www.guardianfamily.co.uk or give us a call for an informal chat on 01865 522066 *Sasha Wellings*

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72 MAIN STREET

Following an open invitation to Groups/Organisations and residents of Sedbergh and District, to attend the Community Meeting on 12th November in the People's Hall, hosted by the Information Centre, we are pleased to report that we had a very pleasing turn out from a cross section of people in the area. The aim of the evening was to establish a collaborative approach on the way we work as a Community and to share best practices as well as resources. Many topics were raised along with potential solutions and notes from the meeting can be obtained from the Information Centre, contact details on Back Page of Lookaround or email tic@sedbergh.org.uk. If you have any ideas on how things could be enhanced in our Community or would like to be involved in any future projects, please do get in touch.

We would like to take this opportunity, on behalf of all at the Information Centre, to thank all those that attended on the night for their input and comments. Many thanks.

Janey, Mary and Andi

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SASL

SEDBERGH SUPPORT GROUP

An extremely enjoyable November meeting was held at The Fat Lamb, Ravenstonedale, where we had an excellent meal and kind, attentive service - many thanks to all concerned.

Especial thanks to Jennifer, Joan, Pauline and Keith for taking care of me so splendidly.

Sincere apologies to all for not being able to give a fuller report on all the proceedings.

The next SASL Sedbergh Support Group meeting is in The People's Hall Committee Room at 2pm on Tuesday 21st January 2014.

For details of the Sedbergh Group and our 'activities' please ring Jennifer on 015396-25162. For information about all the services SASL offers, please ring 01539-742633.

George Watson

NEIGHBOURHOODALERT

Cumbria Police have launched their annual campaign to help people keep their property safe and reduce burglary and theft in the lead up to Christmas.

The "Don't Let Thieves Steal Your Christmas" campaign urges people to be vigilant against burglary as the nights grow darker and expensive gifts are being bought for Christmas.

The warning comes as the national Association of Chief Police Officers (ACPO) launch their 'In Focus – Burglary and Handling Stolen Goods Campaign'. This focuses on action against burglary and stolen goods.

In the last three years there has been an increase in the number of burglaries in Cumbria during the months November and December (5th November – 31st December):

There are precautions that you can take to ensure that your Christmas isn't blighted by criminals:

- Never leave your new presents in sight of a doorway or window - this is an open advertisement to potential burglars
- Lock your doors and windows of

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- Don't put empty boxes or packaging outside your home to advertise what new gadgets or gifts you've received
- Use timer switches for lights and radios when you leave your home to celebrate over Christmas and New Year
- Contact police to help security mark all your new electrical and valuable gifts
- Take advantage of the free bike marking events to prevent thieves taking your bicycles
- If you have a house alarm, ensure it works and use it
- Secure outhouses and sheds
- If you are going away over Christmas or New Year, ask someone you trust to keep an eye on your home
- Look after your neighbours and report ANY suspicious activity, people or vehicles to police immediately on 101.

For more information about protecting your property and belongings, visit <http://www.cumbria.police.uk/news/campaigns/dont-let-thieves-steal-your-christmas>

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LIONS CLUBS INTERNATIONAL

The Lions Club of Kendal and District chartered in 1974, and is part of Lions Clubs District 105BN which is part of the Lions Clubs of Great Britain and Ireland.

The Lions Clubs started in Chicago USA in 1917, and spread to Canada and south America, in 1948 the late Queen Mother visited Canada and was impressed by the work of the Lions Clubs, she instructed her personal secretary to look at Lions Clubs and return to London and set a Club up, after this the Clubs slowly spread through the country, and at present we still have a royal patron with countess of Wessex as our patron.

The Lions Clubs raise monies for local, national and international causes, we have a international foundation on which we can call if there is a disaster, and from which we can ask for an emergency grant within 36 hours, recently we have had grants for the floods in the north of Cumbria in the Cockermouth area, and the bush fires in Australia, the earth quake in Haiti these are just

some examples. Locally we raise money with Santa at Christmas with our sleigh, we have an Easter eggstravaganza at Kendal Castle which is a community event for families, and we have book sales, coffee mornings, dance evenings in Kendal town hall.



We are looking to start a branch Club in Sedbergh, the branch Club would be a part of the mother Club in Kendal, until we are able to achieve a membership of 20 whereby we can charter the Club into a Club in its own right. The Club would until then still be able to achieve its own goals and raise its own funds for worthy causes but have the support of the Kendal Club.

We have a social event most months ourselves but also join in with other Clubs with their social events, and once a year with the Clubs birthday celebrations.

We are hoping to have a stall at the late night Christmas shopping event so please come and talk to us, found out what we do for health issues, the youth, and other specific projects. For more information look at the web site www.lionsclubsinternational.org

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MEMORIAL HALL DENT

Our next meeting is the AGM on Wed March 19th at 7.30pm in the Memorial Hall, in the meantime things are going on behind the scenes, as I write this we will be meeting with the School Governors and Head Teacher at the Liaison Meeting in a weeks time and hopefully will be able to reach a better understanding all round and arrange to meet more often. Contractors have been to view the Sedgwick Room re the hoped for re-furbishment and estimates awaited, we are in a difficult position with lack of storage for larger items and a multi-function room which doubles as the stage so we need curtain tracks on the ceiling!

The Gala was fantastic and raised a lot of money, we put on the Flicks evenings, often at a loss, but to fulfil the part of our constitution "to enhance the social life of the dale", more supporters would be great! The Indoor Bowling continues most Wed evenings and altho' not a fund raiser it has with the Sat Coffee mornings raised a few hundred pounds for the Hall funds.

It is important that all the groups who use the rooms at the "Hall" have a representative on the Trustees, it gives them a "say" in what happens and keeps them in touch, we need please, by the AGM someone from Reading Room, Youth Club & Choir, could YOU help? The Trustees meet 4 times a year unless any urgent issue arises, on a Mon or Wed eve at 7.30pm and as Chair I do my best to see the meeting over by 9.30pm. We serve our community and look after our community rooms and the community have the use of the main hall out of school hours & school holidays.

Chairman of Dentdale Memorial Hall Trustees, Sarah E Woof. (25212)

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**SEDBERGH
NESTING BOX PROJECT**

One of the most attractive birds to visit the Sedbergh area for the nesting season is the Pied Flycatcher. The male is especially striking when he returns from migration in early April with his flashing black and white plumage.

In the 1960s there were very few local records of Pied Flycatchers but thanks to a project installing nearly 60 nesting boxes, by the 1070s more than 100 young birds were being ringed each year. The boxes then fell into disrepair, being vandalised by woodpeckers and grey squirrels, until 2007 when the Sedbergh Support Group of Cumbria Wildlife Trust replaced many of them. These boxes were well used and an annual program of monitoring and ringing resulted in proof that the population of Pied Flycatchers, and other birds, can be greatly improved by the installation and maintenance of nesting boxes.

Unfortunately, I was unable to carry out the annual monitoring in 2013 and will be unable to continue in the future. So the birds are desperately in need of help - not only Pied Flycatchers, but also Blue and Great Tits, Nuthatch and others which may use these boxes.

This would be a chance to have your own 'Springwatch' project - it involves walking round the boxes in two woodlands near Sedbergh about 5 or 6 times during the nesting season (April -June). You would be

able to experience amazement at the intricate nest construction, the excitement of seeing the first eggs, and then the enormous pleasure of watching the babies developing and, hopefully, fledging.

No previous experience of bird watching is required, all training would be provided; maybe you could share the monitoring with a friend?

Please let me know if you could help the birds. Thank you.

*Jackie Foott 015396 25453
jfoott@btinternet.com*



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QUEEN'S GARDENS

Six explorer scouts have taken on volunteer work in Queens Garden, for three months. As part of this they are going to lead some activities for younger children. On Saturday 7th December from 11-12.30 children can come and make some natural Christmas decorations. Then on Saturday 11th January 11-12.30 they can come and help make bird boxes.

All are welcome but children must be accompanied. Look forward to seeing you there. *Mike Hinson*

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DENT DALE OVER 60's

Dentdale Club

The regular Friday Dentdale Club has continued to enjoy steady attendance and a fascinating range of speakers. The final meeting for 2013 is our traditional year-end of Christmas games and quiz on 6th December and all are welcome.

Thanks, as ever, go to Linda Greensmith from Age UK who is responsible for organising the programme and details of the 2014 programme will, hopefully, be available soon.

Christmas Lunch 2013

The Christmas Lunch is scheduled for Saturday 14th December in the Memorial Hall and invitations have already been circulated. The last date for replies was 29th November but check with Belle Burrows if you are unsure.

AGM

The date for this important meeting has been arranged for **Monday 20th January 2014 at 2.00pm in the Sedgwick Room, Dent.**

Please do attend if you can, there are important decisions to be made regarding the future of events such as those mentioned above.

All best wishes for Christmas and 2014.

Dorothy M Vernon

HOWGILL TODDLERS

Howgill Toddlers are pleased to announce that we are successfully up and running again! We would like to say a special thank you to Sedbergh and district fund for accepting our grant application. The money will go a very long way towards new equipment and helping Toddlers to flourish.

Howgill Toddlers is held every Tuesday at Howgill Hall from 1pm - 3pm, for ages newborn to pre-school, everyone welcome. £1 for over 12 months and 50p for under 12 months, adults are free. We hope to see you soon for some homemade cake and refreshments!

Howgill Toddlers are having a Christmas Party on Tuesday 17th December at Howgill Hall, 12pm-3pm everyone welcome. Come and join us for party games, Jacobs join and to meet Mr Claus himself! Please contact Claire Hunter for more information on 07854 077827.

Claire Hunter

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CANCER RESEARCH

On a cold, wet evening in Barbon Village Hall, Helen Broadhurst of Sainsbury's, ably assisted by Sylvia brightened the night with her amusing chat and delicious recipes.

After supper prepared and generously donated by the Barbon and Middleton North West Cancer Research committee, Jill Shuttleworth demonstrated some beautiful flower arrangements. The flowers were donated by Buttonhole of Kirkby Lonsdale and given away as raffle prizes.

The event raised £1200 which goes to support the work of scientists at Lancaster University. Thank you for all the support from the ladies of Sedbergh. *Richard Thornber*

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CHAMBER OF TRADE & BUSINESS

The AGM was held on 18th November. After some formal business, the election of officers and the Chairman's and Treasurer's report there was some lively and very constructive discussion on a range of

topics from car parking fees, Sedbergh Branding and the relevance of Apps to the suggestion that the town and district could be part of the "Walkers are Welcome" scheme. Certainly enough to keep any group of members busy for at least the next coming year!

But the highlight of the evening was an excellent talk by Kevin Lancaster entitled "Voices from the Past - Sedbergh in October 1733" I think few of us realised what an important part of history had been enacted in Sedbergh in 1733 and what a great impact the events had on the landscape of Britain. It was an absolutely fascinating lecture and hopefully Kevin will be able to repeat the talk to a larger audience at a future event – perhaps giving us somewhat more than the half hour he was allowed at this AGM!

Barbara Hartley

CHRISTMAS DAY LUNCH

Further to the suggestion in the September Lookaround that we might host a Christmas dinner at the Methodist Chapel on Christmas Day if there were enough interest we have received only two responses. It therefore seems there is no real need for such an event.

It is good to have confirmation that people in the Sedbergh community look after each other and that there are not a lot of people locally who are alone at Christmas.

Janice Rusling

NEIGHBOURHOODALERT

My name is Nigel Sutcliffe and I am a Support volunteer with Cumbria Constabulary and I am looking to set up a Horsewatch scheme for the County.

At present I am in contact with colleagues at other Police Forces across the Country and am collecting information about their schemes to see how best we set one up here in Cumbria. I am also very interested to hear from anyone involved within the Equestrian community or indeed anyone having an interest in rural crime and it's prevention that may have ideas/initiatives that they would like to put forward for consideration in the setting up of the Horsewatch scheme.

*Nigel Sutcliffe, Service Volunteer
Kendal Police Station
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COMMUNITY GRANTS FOR LOCAL GROUPS

At the recent Sedbergh & Kirkby Lonsdale Neighbourhood Forum meeting a number of local groups

were awarded community grants from Cumbria County Council for projects that will benefit the local community:

- Sedbergh People's Hall: £675
- Mansergh Community Hall: £675
- Flicks in the Fells: £675
- Kirkby Lonsdale Bowling Club: £600
- Kirkby Lonsdale Methodist Church: £675
- Kirkby Lonsdale Community Trauma Relief fund: £475
- Kirkby Lonsdale Markets: £475

If you would like to find out more about the County Council's community grants scheme and how to apply, please contact Sarah Williams, Area Engagement Officer on 01539713405 or by email at: sarah.williams@cumbria.gov.uk.

YORKSHIRE DALES NATIONAL PARK

Yorkshire has been named by international travel publisher Lonely Planet as the third best region in the world to visit.

And a photo of the fantastic scenery of Swaledale has been used on the organisation's website to explain just why the county is on the international list of top places to see in Lonely Planet's Best in Travel 2014 book.

The county is only beaten by Sikkim in India and the Kimberley in Australia and in turn sits above Texas, Mallorca and Hunan in China.

Read more: <http://www.lonelyplanet.com/travel-tips-and-articles/lonely-planets-best-in-travel-2014-top-10-regions#ixzz2j6l68vty>

ROYAL BRITISH LEGION

On Thursday 24th October, members of the Sedbergh Branch of the Royal British Legion were invited to Cropper Paper Mill in Burneside to witness the Launch by Sir James Cropper of the 2013 National Poppy Appeal.



The members were treated to a short DVD on how the Poppies were made then given a guided tour of the Paper Mill to actually see where the ingredients for Poppies were made.

On Saturday 9th November, the Flicks in the Fells allowed the Sedbergh Branch of the Royal British Legion to join them in the People's Hall just prior to the Remembrance Day Services. The Hall Committee allowed the Branch to erect a Plaque which was unveiled by Chairman John Douglass and he made the following address.

"Your local branch of the Royal British Legion has been privileged in two ways.

"Firstly, thank you People's Hall Committee, for inviting us to have this plaque on the new Peoples Hall extension. Secondly, thank you Kay Whittle for kindly offering to fund the



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plaque, in memory of her father Ray Whittle, our valued committee member. We will remember Ray every time we enter the Hall. Ray was a valued committee member for many years until he was called to other duties. Kay has taken his place on the committee, and his grandson son Omaha is a junior member of the branch.



"May I take this opportunity to thank everyone in Sedbergh & District for your continuing support in so many ways for the Royal British Legion. For

92 years you have supported the memory of those who made the ultimate sacrifice, and helped in various ways the personnel and the immediate family of those who were conscripted or volunteered to ensure the liberty of our country."

D J Whicker

PEOPLE'S HALL NEWS

The People's Hall Committee records with sadness the death of Adam Paul Adamson on 9th October 2013. He became Manager of Midland Bank in Sedbergh and he retired in 1978. He was joint Treasurer of the People's Hall 1968-1971.

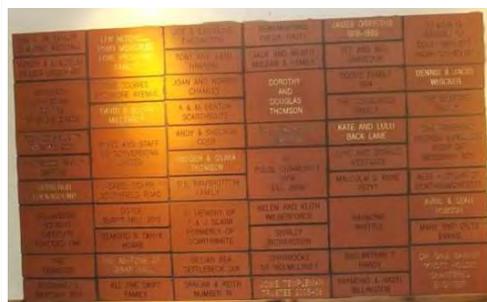
The Royal British Legion unveiled their commemorative plaque on 9 November as part of the Flicks in the Fells film night. This is in the new side lobby. (See Page 90)



A commemorative plaque to the past and present trustees and the major funding bodies of the redevelopment has also been installed in the side lobby.

The Supporters Wall is up. You will have fun looking for your name there.

Both the plaque and the wall were to be unveiled at the Official Opening on



Saturday 23 November.

Now you have seen the Supporters Wall you may have wished you had put in your request before the opportunity closed. Well there is a second chance. The Craft Workshop has offered to collect any further requests and pass them on. When we have another batch we can add them to the bottom.

The Committee Room has now been extended to the acclaim of the WI's, one of which said they could not see the join. We can now get about 45 people in there (at a pinch). We are grateful for funding from the Neighbourhood Forum and the Craven Trust.



As part of the People's Hall non-profit making events "**6 Impossible things**" happened in the People's Hall on Friday, 15 November 2013, to a small, but appreciative, audience. The finale was magnificent with a giant blow up crab reaching to the ceiling.

Rawthey Rhythm are to perform for a fundraising event in the early New Year. Watch out for details.

Dr Gina Barney
Hon Secretary/ 20790

WW1

CASUALTY COMMEMORATION

Sedbergh School Old Sedberghian Club is planning project to visit the grave of every pupil and staff member of Sedbergh School during the WW1 centenary period. Each grave will be visited by a volunteer who will lay a cross on the grave and say a short prayer. In the past academic staff have been commemorated but not those staff who worked in support roles as domestic, maintenance or grounds staff or in administrative roles. We would like to put this right and are hoping to gather information about every staff member at Sedbergh School who perished in the conflict. If you know of a family member or Sedbergh resident who worked at Sedbergh School and died in WW1 we would be very pleased to hear about them so that we can commemorate them appropriately. For any further information about the project please contact Katy Iliffe at ki@sedberghschool.org or 015395 22275.

BATTLEFIELD TOUR

Vicar of St Andrew's Sedbergh, Andy McMullon, was for 23 years a Chaplain in the RAF and participated in many Battlefield tours, including Ypres, the Somme, Normandy and the 'Dambusters' tour in that time. With the centenary commemorations of WW1 commencing in August 2014 he has been looking into the possibility of a Sedbergh Battlefield Tour next Autumn.

The visit would include the

ceremony of the Last Post at the Menin Gate in Ypres as well as important sites such as the Thiepval memorial, Tyne Cot Cemetery, Newfoundland Park and many others in the Ypres Salient area and the Somme.

It might also be possible to follow up personal family stories for some participants. Probable cost (Bibbys of Ingleton) for a three night visit is in the region of £350/400 for a coach tour staying in 3 star accommodation. Expressions of interest, at this stage only please, to the Vicar vicarofsedbergh@btinternet.com or Tel: 20018. We are looking for about 40/50 people to make this moving and memorable trip worthwhile.



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SEDBERGH & DISTRICT CIO

Not a giant step but a very useful one was taken in November. The Members of the new Sedbergh and District Charitable Incorporated Organisation gathered in 72a Main Street and elected the first trustees to run the charity.

The trustees will now negotiate with the Sedbergh White Knights to buy the building at 72 Main Street and start discussions to see how best their activities can assist and link with those of other organisations.

Douglas Thomson

COMMUNITY OFFICER REPORT

Reported Police Logs are as follows for the past month.

- There were 4 Road Traffic Accidents on the A684 within the space of a few days in October, please keep your speed down at the top of Black Horse Hill as this is where they are happening.
- A fatal RTC happened at Garsdale involving a Motorbike and Car.
- There has been a Burglary at Ingmire Gardens, both vehicles were taken. A silver Jag CL07 YHU and a Black Range Rover PF13 GWL, enquiries are still ongoing.
- A vehicle was broken into on the Thornsbank area, with offenders taking a lamp, binoculars and the victims terrier dog from the garden.
- A motorhome was taken from the



Mansergh area N6HWD in daylight hours.

- A Green Landrover Defender was taken PL07BFP. Please keep your keys out of sight and locked away safely.
- A male has been arrested from Sedbergh for the cultivation of cannabis, enquiries are still ongoing.

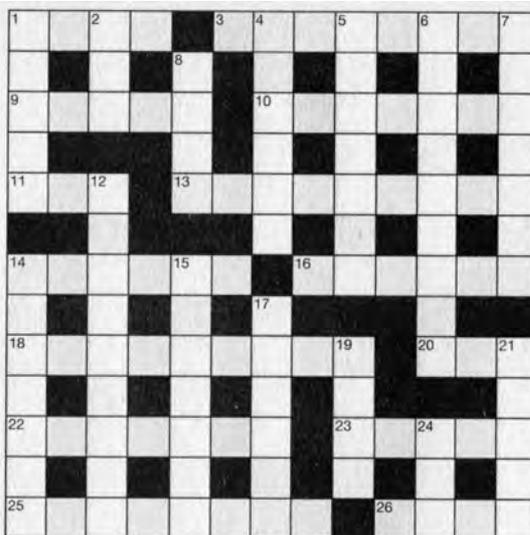


It's nice to see that the local farms are taking part in the Late Night Shopping.

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

- 1 Everyone separately (4)
- 3 Metric unit of weight (8)
- 9 Waterlogged ground (5)
- 10 Add sugar (7)
- 11 Farm animal (3)
- 13 Chatty (9)
- 14 Summon with a gesture (6)
- 16 Petty details (6)
- 18 Money lender (4, 5)
- 20 Field crop (3)
- 22 Encroach (7)
- 23 Angry, furious (5)
- 25 Old-fashioned (8)
- 26 Chew (4)

DOWN

- 1 Follow on (5)
- 2 America's spy organisation (inits) (3)
- 4 Treat with contempt (6)
- 5 The great outdoors (4, 3)
- 6 Dog trained to find and bring in killed game (9)
- 7 Nelson - - -, South African president (7)
- 8 Slight quarrel (4)
- 12 Bewitched (9)
- 14 European country (7)
- 15 Difficult to see (7)
- 17 Ballroom dance (6)
- 19 Tartan skirt (4)
- 21 Provide permanent support for (5)
- 24 Light commercial vehicle (3)

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 *	12/13	Mrs Gilfellow	01524	781907
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
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 *	12/13	Mrs Kernahan	Sed:	20733
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

CHURCH SERVICES DECEMBER					
St. Andrew's	1st	8th	15th	22nd	29th
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
10.30 am	HC BCP	HC NSV Sunday School	HC CW	Family Service	PC CW
6.30 pm	Sung Evensong	EP	EP	EP	EP
Wednesday	4th	11th	18th	25th	
11.15	HC	HC	HC	HC	HC
St. Mark's	1st	8th	15th	22nd	29th
9.30 am	HC	MP	HC		No Service
2.30 pm				Carols	
St. John's	1st	8th	15th	22nd	29th
10.00 am	MP	HC	MP	HC	2:30pm Low Smithy
LUNE PARISH SERVICES					
	1st	8th	15th	22nd	29th
St John's Firbank	10.30 am MP @ Howgill	2.00 pm HC @ Killington	2.00 pm Carol Service		Ecumenical Service in Sedbergh
Holy Trinity Howgill			2.00 pm HC @ Howgill	2.00 pm Carol Service	
All Saints Killington				2.00 pm Carol Service	
DENT & COWGILL PARISH SERVICES					
	1st	8th	15th	22nd	29th
St. Andrew's	10.30 am HC	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		
worship@peopleshall					
	1st				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
PC = Parish Communion			NSV = New Sedbergh Version		
<p>SEDBERGH LIBRARY Merry Christmas to all the customers of Sedbergh Library. Please join us for Sherry & Mince Pies on Wednesday 18th December. Your local Age UK agent will be there too to help with any enquiries</p>			<p>you may have. Thank you for supporting your local library. Please note that the library will close at the normal time on Monday 23rd December and re-open on Friday 3rd January 2014. <i>Hannah Nicholson</i></p>		

CHURCH SERVICES JANUARY					
St. Andrew's	5th	12th	19th	26th	
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	
Wednesday	1st	8th	15th	22nd	29th
11.15	HC	HC	HC	HC	HC
St. Mark's	5th	12th	19th	26th	
9.30 am	HC	MP			
2.30 pm			HC	M&P	
St. John's	5th	12th	19th	26th	
10.00 am	MP	No Service	MP	Harvest Thanksgiving	
LUNE PARISH SERVICES					
	5th	12th	19th	26th	
Holy Trinity Howgill	Church Closed January to March				
St John's Firbank	10.30 am MP @ Firbank	2.00 pm HC @ Killington	2.00 pm HC @ Firbank	2.00 pm HC @ Killington	
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	5th	12th	19th	26th	
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		
worship@peopleshall					
	5th				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
PC = Parish Communion			NSV = New Sedbergh Version		
KENT LUNE TREFOIL GUILD We are a group of Ladies who support Girlguiding. We help at events, gatherings and even in units if needed. We also have outings speakers, lunches, and generally have a lot of fun. If you would like to			see what we are about, our meetings are on the 2 nd Tuesday of each month at 2.00pm till 4.00pm usually in Burton Memorial Hall. Contact:- Secretary Mrs Jenny Gilfellon on 01524 781907.		

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.



BED & BREAKFAST

Proprietor	Address	Phone (015396)
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
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); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808

CAMPING, CARAVANNING & SELF-CATERING

Mrs Tallentire	Ingmire Hall, Sedbergh (2013/02) <i>D & PB Flat; £395 pcm; References & Deposit required</i>	07944 859456
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i>	20360

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking; DA = Disabled
 Access; NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); DW = Dogs Welcome
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; EM = Evening Meal
 CW = Children Welcome; TL = Table Licence; DFB = Dairy Free Breakfast

DIARY OF EVENTS

Dates are held up to 10th September 2014

DECEMBER		
1	Scouts Christmas Post (AD)	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	Advent Carol Concert	StAD
1 1900	Café Church	Cancelled
3 1930	Town Band Christmas Concert (10)	StAS
3 1900	Aglow International	KLI
4 1000	Coffee Morning - StAS Bells	URCR
4 1800	Late Night Opening (1)	Sedbergh
5 1300	Medical Centre Closed for Training (47)	MC
5 1930	WIH - Christmas Party	TBA
6 1400	Age UK - Xmas Games & Quiz	DMH
6 1930	Folk Carols Concert (5)	DMC
6 1930	SYFC Festive Domino Drive	PH
7 1000	Scouts Coffee Morning (*)	URCR
7 1030	Dent Christmas Market (10)	StAD
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 1000	Cumbria County Council Consultation	JLCP
11 1915	WID - Christmas Lunch	TBA
12 1200	Lunch Club Christmas Meal	Red Lion
12 1900	RBL Branch Meeting	WHC
12	WIS - Christmas Dinner	TBA
14 1930	Christmas Domino Drive	KVH
17 1400	SASL Meeting	PH
18 1315	Christingle Service with Dent School	StAD
19 1900	Carols by Candlelight	StJCC
20	Scouts Christmas Post Ends (Ad)	Sedbergh
20	WIK - Christmas Dinner	TBA
20 1930	Christmas Dominoes	HVH
22 1900	Dentdale Christian Fellowship (*)	RD
22 1900	Carol Service	StAD
24 1800	Blessing of the Crib	StAD
25	Christmas Day	
25 0900	Christmas Communion with Carols	StJCC
25 1030	Christmas Day Family Communion	StAD
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
7 1900	Aglow International	KLI
8 1930	WIS Rug Making	PH
11 1400	Gala Group Children's Party	PH
14 1000	Tales from the Dales Exhibition ends	FM
14 1930	FCH Domino Drive	FCH
15 1300	Medical Centre Closed for Training (47)	MC
15 1930	HS Wordsworth in Cumbria (75)	SSAT
18 1930	Agri Society Annual Domino Drive (41)	BVH
19 1000	Dutch Exhibition till 21/04	FM
20 1400	Dent Dale Ocer 60's AGM	DMH
22 1000	Coffee Morning Churches Together (36)	URCR
22 1930	CWT Saving the Hen Harrier	SSAT
24 1930	SYFC Pie 'n' Pea Supper & Quiz	PH
25	Burn's Night	
25 1230	Nearly New Table Top Sale (52)	PH
26 1930	NWA Concerts (*)	APH
31 1930	Central Asia by Bike (46)	PH
FEBRUARY		
1 1000	Dutch Exhibition till 21/04	FM
5 1930	HS Lakeland Architecture	SSAT
7 1930	Killington Sports Domino Drive	KVH
11 1700	SSAT Senior Citizens Concert (44)	SSAT
11 1930	FCH Domino Drive	FCH
12 1300	Medical Centre Closed for Training (47)	MC
12 1930	WIS Missed Cues	SMC
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
27 1930	Sedbergh Bowling Club AGM	
28 1930	Tattie Pie Supper & Domino Drive	HVH
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
12 1930	WIS Singing my Travels	PH
16 1930	NWA Concerts (*)	APH
17	St Patrick's Day	
19 1930	HS High Bank House, Barbon	SSAT
19 1930	DMH AGM	DMH
20 1300	Medical Centre Closed for Training (47)	MC
20 1900	Turnabout Abbey	PH
21 1900	Turnabout Abbey	PH
22 1430	Turnabout Abbey	PH
22 1900	HS AGM	SSAT
22 1900	Turnabout Abbey	PH
26 1930	Wildlife & Environmental Policing	SSAT
29 1200	Spring Show	PH
30	Clocks March Forward	
30	Mothering Sunday	
APRIL		
1 1000	Dutch Exhibition till 21/04	FM
9 1930	The WIS Lost Community of Mardale	PH
13	Palm Sunday	
17	Maundy Thursday	

COVER PICTURE
Main Street at Christmas
By Stuart Manger

18	Good Friday	
21	Easter Monday	
21 1000	Dutch Exhibition Ends	FM
23	St George's Day	
30 1000	Coffee Morning - WIS	URCR
30 1930	CWT Mountains in the Sea	SSAT
MAY		
5	May Day	
14 1930	WIS Resolutions & Jacobs Join	PH
19 1930	WI Group Meeting	PH
26	Spring Bank Holiday	
JUNE		
1 - 15	Music Festival	Sedbergh
4 1930	Town Band Concert	StAS
11 1930	WIS Lumps, Bumps & Wobbly Bits	PH
16	Father's Day	
JULY		
9 1930	WIS Wedding Myths & Magic	PH
AUGUST		
13	WIS Summer Outing	
25	August Bank Holiday	
SEPTEMBER		
10 1000	Coffee Morning - A&LP Lookaround	URCR
10 1930	WIS Makeover Magic	PH
OCTOBER		
8 1930	WIS Decorating a Sponge Cake	PH
26	Clocks Fall Back	
31	Halloween	
NOVEMBER		
1	All Saint's Day	
9	Remembrance Day Services	
12 1930	WIS You said you could do it	PH
30	St Andrew's Day	
DECEMBER		
10	WIS Christmas Lunch	
25	Christmas Day	
26	Boxing Day	

[As soon as you put a date in your Diary, please think about putting it in ours.](#)

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

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The content of The Lookaround does not reflect the views of the Editors.
Whilst every effort is made to ensure that information is correct, the Editors cannot
accept any responsibility for any inconvenience caused through errors or omissions.
Copies are available from Sedbergh Office Services, Green Door,
Premier, Howgills Bakery, Post Office, Dent Stores & Barbon Inn.*

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 Monday to Saturday 1000 - 1600
Sunday 1200 to 1600
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