

Sedbergh & District **LOOKAROUND**

December 2014

Double Issue 328

Donation £1

Welcome to the biggest ever Lookaround with 120 pages packed with lots of community involvement with almost every corner of our little world covered. A very big thank you to all our contributors.

A very Merry Christmas and a Happy, Healthy, Prosperous & Peaceful New Year to all our readers in Sedbergh, Cumbria, the rest of the country and the rest of the world.

Dennis & Jacky Whicker

SEDBERGH LATE NIGHT SHOPPING



Wednesday 3rd December 2014

Beginning at 6pm with the ringing of the Church bells and Santa parading down Main Street in the Fire Engine 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

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 ~ Climbing Wall
Town Band ~ Hog Roast ~ Mulled wine ~ Street music
Face painting ~ Raffle ~ Mini market in URC ~ Flower festival in St Andrews
Church organ recital ~ Town twinning event**

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

Lots of fun for all the family

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

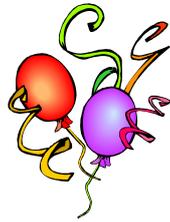
Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

The recipients this month are:-
Elijah James who is 11 years old on 2nd December and
Freddie Fallows who is 11 years old on 8th December.

Happy Birthday and please collect your vouchers from

SmartOffice

13 Kings Yard, Sedbergh
which can be used in any shop in
Sedbergh & Dent.



Day	Name	Age
2	Rhiannon WINDER	10
2	Ryan WINDER	10
2	Elijah JAMES	11
6	Anna AINSCOUGH	9
7	Niamh DWYER	1
8	Freddie FALLOWS	11
9	Jack ALDERSON	10
12	Emily CASH	5
14	Imogen GUBBINS	8
14	Taylor SCARR	11
16	Tom CAPSTICK	7
16	Ella PRATT	9
16	Sophie GAME	10
18	Edward HODGSON	2
20	Paige METCALFE	2
22	Vicky WOOF	8
25	Maddie WALSH	10
26	Lexxi COTTAM	4
27	Haydon COUSINS	7
31	Gracie ROBINSON	10
31	Ewan CANNOM	4
Nonagenarian & Over		
7	Rev Bill LONG	100
23	Alf HOOPER	91

Re-home-Sale-or-Share

Due to owners ill health & lack of time
is the only reason

Ex-Racer out of racing for 2½ years
Secret: TB Chestnut Mare.

Good temperament - not a novice ride.
An intelligent mare eager & willing to learn.
Good mover would be good for Dressage.

Does need a gentle handler
as gets stressed easily.

All relevant Veterinary Certificates to hand.

Genuine interest only

Call or Text 07552 316543



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 recipient this month are:- Elizabeth Cowin who is 8 years old on 13th January.

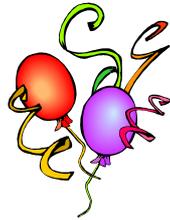
Happy Birthday and please collect your vouchers from

SmartOffice

13 Kings Yard, Sedbergh

which can be used in any shop in

Sedbergh & Dent.



Day	Name	Age
6	Arnold HODGSON	10
7	Emily WHITE	7
13	Elizabeth COWIN	8
15	Anika BURBIDGE	8
16	Charlie COLTON	6
25	Hannah MARSDEN	5
30	Elana ADGIE	1
30	Stanley ALLAN	8
Nonagenarian & Over		

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

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

Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association	01/09	Mrs Whitton	015242	72004
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Queen's Gardens	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
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
Cub Scouts	02/14	Mr Hubbard	Sed:	20028
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent Primary 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 Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
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
Little People *	12/14	Mrs Suttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale *	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall	01/09	SmartOffice	Sed:	20788
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	06/14	Mrs Foott	015395	30163
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
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
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

PERSONAL & SMALL ADS £1

WILLIAM AIREY

A big thank you to all who came to William Airey's rescue on the morning of Friday 31st October when he collapsed in Fell End. To Dr Lumb & Debbie at the Medical Centre for putting up with my 'Major Panic'. To John Harper for being 'quick off the mark', to David Tunstall & Stuart (sorry, don't know your surname), to Sara Reuber for her help & reassurance, to the Paramedics Tony & Simon and staff at the RLI A&E - you were wonderful. To Jane Allen for 'Taxi Services' to Lancaster & last but by no means least, to Elijah & Solomon for being such good & brave boys for Granny. William is now doing fine. Than you for all good wishes. Bless you all. William & Mary.

=====

FRANK COWIN

Diane & family would like to thank all Frankies football friends for organising the Leeds Football Match on Saturday 8th November. It was a brilliant day. The Atmosphere was buzzing and to top it all, they won 3-1. Brilliant. Thanks again to Becky for getting the tickets & Nelly & Phil for organising the bus and everything else, they made it a very special day for us. Thanks again to everyone involved. Diane.

=====

REV BILL LONG

Congratulations Bill on reaching the magical milestone of **100 YEARS OF AGE** on 7th December. Best wishes from all your friends in Sedbergh.

BRIAN OUSBY

Brian would like to thank all family and friends for the get well cards and phone calls. It has been much appreciated.

=====

STANLEY PARKIN



Simon & Beccy are delighted to announce the safe arrival of Stanley Thomas Parkin on November 18th 2014. Thank you for all your kind wishes, cards & gifts.

=====

STANLEY PARKIN

Congratulations Simon & Beccy on the safe arrival of our Grandson Stanley Thomas on November 18th. Much love from Mum & Dad Parkin and Mum & Dad Staley. XX

=====

WHO'S EIGHTY?

You may know him as "KIPPER"
You may know him as "YOUNG SYKIE"

Or even just "SYKIE"

Could be "TOMMY" or "THOMAS"

But to us you're "DAD, you're "GRANDDAD"

"Who we love". So with all our love and best wishes, "Happy Birthday Dad, Happy Birthday Granddad".

Love from Denise & Jonothan, Karen & Bob, John & Jill, Anne-Marie, Adam, Natasha, Wesley, Annabelle, Alisha, Isaac, Amy, Sam & Jed.

PERSONAL & SMALL ADS £1

Christmas Greetings

ROSE AIREY

Rose would like to wish friends & neighbours a Merry Christmas & A Happy New Year.

=====

ANN & BILL ALLAN

Ann & Bill would like to wish you all 'A Happy Christmas & Health & Happiness for 2015'.

=====

MELLIE ALLEN

Mellie would like to wish all her relations, friends and neighbours a Happy Christmas and all good wishes for the New Year.

=====

BURBIDGE FAMILY

Lakeland Voice and the Burbidge family wish all our friends and neighbours a very Merry Christmas. www.lakelandvoice.co.uk

=====

MAURICE & RAYMOND CAMPBELL

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

=====

NORA CAPSTICK

Nora, formerly of Fell Close and now resident at Brant Howe, Kirkby Lonsdale, sends Christmas Greetings to all her relations and friends.

=====

SHEILA & JOHN CAPSTICK

Sheila & John would like to wish all

their family & friends a Very Merry Christmas and a Healthy New Year.

=====

JOAN & NORRIS 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.

=====

DIANE COWIN

Diane would like to wish all her friends a Merry Christmas & a Happy New Year.

=====

DORIS COWPERTHWAIT

Doris would like to wish everyone A Happy Christmas & Good Wishes for 2015.

=====

MARY COWPERTHWAIT

Mary wishes all family and friends a very Happy Christmas and thanks all who have visited her in Christian Head.

=====

JENNY DAWSON

Jenny sends Christmas Greetings to all her family and friends. May the New Year bring you Love, Joy and Peace.

=====

GEORGINA DEVINE

Georgina would like to wish her sister and husband, Anne Marie (niece) and Ben (nephew), Jenny and Dawn a

PERSONAL & SMALL ADS £1

very Happy Christmas and best wishes for the New Year. Also to all friends in Sedbergh.

=====

GLADYS DOUGLAS

Gladys would love to wish all her friends, neighbours, Helen, Kay & their Team; Jean & her Team on leaving hospital. Have a Wonderful Christmas & a Very Happy & Healthy New Year.

=====

JEAN & BRIAN FELL

Jean & Brian would like to wish everyone a Merry Christmas & A Happy & Prosperous New Year.

=====

DOREEN & TERRY GIBSON

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

=====

ALLAN & JUDY HALL

Allan & Judy would like to wish friends & neighbours a Merry Christmas & A Happy New Year.

=====

JEANETTE HARRISON

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

=====

DORIS HAYGARTH

Doris wishes all relatives & friends a Merry Christmas & A Happy & Prosperous New Year.

BRIAN & CHRIS HAYGARTH

Brian & Chris wish all relatives & friends a Merry Christmas & a Happy New Year.

=====

DAVID MASON

David would like to wish family and friends a Merry Christmas and a Happy New Year.

=====

NORMAN MASON

Norman wishes everyone A Merry Christmas & A Happy & Healthy New Year.

=====

BOB & MARGARET METCALFE

Bob & Margaret send "Seasons Greetings" to friends in Sedbergh and neighbours on Fairholme.

=====

MIDDLETON FAMILY

Merry Christmas and a Happy New Year to you all. Steve, Michelle and family.

=====

ANN MITCHELL

Ann would like to wish family and friends a Happy Christmas and best wishes for 2015.

=====

JOHN & MARGARET MIDDLETON

John, Margaret & Family would like to wish all family, friends & neighbours A Happy Christmas & best wishes for 2015.

=====

EDNA RAW

Edna sends Greetings to friends & neighbours & A Happy New Year.

PERSONAL & SMALL ADS £1

THE RED LION

Wishing all our customers a Merry Christmas and a Happy New Year.

=====

ELIZABETH & ZANDER SKILL

Elizabeth & Zander wish all friends & neighbours a Very Happy Christmas & best wishes for the New Year.

=====

JOYCE & JIM SCOBIE

Seasonal Greetings from the Scottish Borders. Jim and Joyce wish all those who still remember them a Very Merry Christmas and Happy, Healthy New Year.

=====

THORNTON FAMILY

Jason, Tracy, Josh and Finn are not sending Christmas cards this year but instead making a donation to Macmillan Cancer Care. We would like to wish all our family and friends a very Merry Christmas and all the best for 2015. XXX

=====

MAGGIE TODD

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

=====

GEORGE TOMLINSON

George wishes all his friends and carers a Happy and Peaceful Christmas with every blessing in the New Year and thanks them for their kindness over the past twelve months.

FOR SALE

Marin Ladies Mountain Bike - Hawk Hill SE with Aluminium frame. Includes a pair of urban and off road tyres. Recently serviced. Good condition. £100. Please call Jane on 07917 205012.

=====

FOR SALE

Beige & brown leather 3 piece suite: 3 seater sofa, 1 chair, 1 reclining chair & 1 storage footstall. In good used condition. £250 ono. Tel: 07855 349156 or 015396 21984 evenings.

=====

FOR SALE

Ladies Raleigh Cycle. Blue, 2 new tyres & saddle. £60. 4 Maryfell 20322.

=====

FOR SALE

Magimix Nespresso Coffee Machine. Makes any type (Espresso, Laite etc) from Nespresson Capsules with aeroccino milk frother/heater. All in perfect working order with instructions. Demo if required. Cost £169, accept £45. Tel: 21799.

=====

FOR SALE

Hornby 00 Train Set. An oval track system with three concentric tracks and sidings, remotely operated points and twin transformers mounted on a 6ft x 4ft landscaped table. Rolling stock includes 3 steam engines and a comprehensive selection of carriages and trucks. £250.00 ono. 015396 21081.

PERSONAL & SMALL ADS £1

FOR SALE

A Tanglewood Nevada FPB24 Cherry Red Bass Guitar and Marshall Park Bass Amp. £100 Ideal Xmas gift. In great condition and with gig bag. Carole 22030.

=====

FOR SALE

Tag-along Bike (trailer bike attaches to adult bike for child aged 3-6 years). £25. Sedbergh 21166.

=====

FOR SALE

Six pine kitchen chairs. V.G.C. £90 ono. Tel:015396-20616

=====

FOR SALE

Marin Ladies Mountain Bike - Hawk Hill SE with aluminum frame. Includes a pair of urban and off road tyres. Recently serviced. Good condition. £100. Please call Jane on 07917-205012.

=====

FOR SALE

Mobility Scooter in good condition. £350. Tel: 21370

=====

FREE

2 x 3' single mattresses. Layzee Orthosleep Medapedic. Light occasional use, unmarked. *Buyer collects from Millthrop.* Tel: 22097.

=====

FOR SALE

Philips Cineos Ambilight 32" TV with remote control and manual. No stand, has been wall mounted. Five years old. £75. Tel: 015396-20364.

FOR SALE

New Mans Green Waxed Coat. 3XL. Never Worn. £60. Ring Sed. 22192.

=====

WANTED

180,000 word Oxford Concise Dictionary circa 1950's or earlier. Old fashioned cassette tape recorder/ player. Slide Projector with its magazines. Plus "Feathers" eiderdown. Any type of wool blanket - white domestic or grey army. Old fashioned top loading washing machine. Old Style curtain track with crossover features - 4' or longer. Tel: 01539 720974. *(This is the right number as the one provided for last month was incorrect.)*

=====

INTERESTED

in starting a Sedbergh Self Publishing Group? Contact Audrey Wilson to discuss, contact details in Advert on Page 23.



Chef

*featuring Robert Downey Jr., Dustin Hoffman
Jon Favreau, Scarlett Johansson, Sofia Vergara
John Leguizamo, Bobby Cannavale*

Certificate 15

6th December

film starts 7.30pm

Sedbergh People's Hall

Flicks in the Fells



"Excellence through endeavour"



Sedbergh Town Band



Present their



ANNUAL CHRISTMAS CONCERT

7.30 pm on Tuesday 2nd December

at

St. Andrews Church Sedbergh.

Admission: £6.00 Under 16: £3.00



Sedbergh Town Band is a registered charity. Number 1086817

CUMBRIA COUNTY COUNCIL

Public Budget Consultation 2015/16

Cumbria County Council is faced with the challenge of finding £83 million of savings over the course of the next 3 years and this includes estimated savings of £30.6 million within 2015/16. In order to achieve these savings a series of proposals have been developed and the residents of Cumbria are being asked for their views. In addition, residents will be asked about how to find new ways of working and also your views on creating a 'unitary' council, or 'unitary' councils.

Further information regarding these proposals can be found by visiting

<http://www.cumbria.gov.uk/budgetconsultation/default.asp> or attending the drop-in meeting in Sedbergh Library, Main Street, on Wednesday 3rd December 10.30 am – 12.30 pm

If you are not able to attend the drop-in event, full details on how you can tell us what you think of the budget proposals can also be found at <http://www.cumbria.gov.uk/budgetconsultation/default.asp>, All views need to be received no later than the 20th January, 2015.

If you have any queries about this, please do not hesitate to contact us.

Gae Hicks

Saturday 6th December

CHRISTMAS COFFEE MORNING

10 - 12.30

St Andrew's Church, Dent

Raffle ~ home-baking ~ mulled wine

Mince pies ~ Christmas gifts

Cards ~ decorations



SEDBERGH & DISTRICT HISTORY SOCIETY

Heritage of the Hills

On 5th November the Society listened to a fascinating talk by Judy Dunford illustrated by photographs taken by James Henry Cookson during the Second World War, and based on her own and Peggy Postlethwaite's memories of that time. Peggy Postlethwaite was in the audience.

The photographs brought to life the true hardship of life on a farm at that time. One can be told that the turnips had to be thinned and weeded on hands and knees, but to see the endless rows stretching into the

distance with a group of three women and two men crawling on their knees made the comment that you could get corns on your knees all too real.

The fields grew stones which made their way to the service and these had to be cleared by hand to protect the machinery and horses' hooves.

July Dunford took us through the farmer's year with all its hardships. She showed the number of people required for cutting the hay, stacking it cocks to keep it dry in the rain, respreading it to dry, piling it high on wagons drawn by horses, stacked in the barns, piled again in the winter onto wagons and taken out to the sheep. All by hand.

DENT FOLK CAROLS WEEKEND

Dent Memorial Hall

Friday 5th December 7:30pm Pandora's Handbag, Brillig & the Cautley Carollers

Saturday 6th December 5pm - Christmas Truce 1914 Concert

7pm - Festive Meal & Carol Ceilidh



Workshops in Dent Meditation Centre

Saturday 27th December 12 noon - Christmas Truce 1914 - Brigflatts
and in 2015

Black Sail Youth Hostel retreat ~ The Singing Cyclists ride again & Slovenia.

David Burbidge 21166 www.lakelandvoice.co.uk

She described growing kale for feed for livestock (which like turnips could not be fed to dairy cows and it made the milk taste disgusting), and cutting and drying bracken (which must be dry or the cows would eat it and poison themselves) and dragging it on horsedrawn sledges down the steep slopes. Broadcasting seed by hand, spreading muck with forks, spreading lime by hand, and worst of all the basic slag from the power stations. The latter got in your eyes, ears, clothes, skin and would take many washes of clothes and person to get rid of – in water that had to be



Sedbergh Market Cross

fetched and boiled on the stove. The turnips were covered with bracken and then soil to preserve them into the winter.

The War Agricultural Executive ("WarAg") ordered farmers to grow oats and barley but the poor climate often ruined the crop. The also insisted on potatoes but where these had been planted in what had been grassland leatherjackets would make them only fit for feed for livestock. Help came in the form of machinery paid for with money from America, and the machinery went round the farms from a depot at Oxenholme

**Settlebeck School
Presents**



**Friday 5th December
7.00 pm.**

Adults: £6.00 Mince pies & mulled
Children: £4.00 wine will be served at
Family ticket: £15.00 6:30 pm

Tickets on sale now from the school office:
015396 20383



Sedbergh and District
Art Society

**SATURDAY
WORKSHOP**

with Kate Bentley

6th December 10am – 4pm

The Power of Suggestion:
people and animals in composition
Cost £33

United Reform Church
downstairs room, Sedbergh
Open to non-members

For more details contact Gill Impey

Tel 01539 726640
(also answer phone)

e-mail: gillimpey@hotmail.co.uk

In winter besides looking after the livestock, the farmers had to lay hedges to stop them straggling and becoming too thin to act as barriers, mend broken walls, and generally maintain the farms

Beside the farm work the farmer's wives would be at work doing jobs such as stripping feathers for pillows – and, of course, the endless washing. A boiling of water would first wash the linen, then the clothes as the water became a bit cooler, then the woollens in the nearly cold water, and finally the farmer's working clothes. This was always done on a Monday, and the wives often raced to see who could get her washing out first.

Judy Dunford brought some of the few remaining copies of her and Peggy Postlethwaite's book *Heritage of the Hills*, and Peggy Postlethwaite signed copies after the talk.

Karen BruceLockart

SEDBERGH & DISTRICT ART SOCIETY

REVIEWS

Our programme of Saturday workshops got off to a flying start yesterday, November 8th. We spent a very rewarding and inspiring day with Jill Pemberton, planning, making and entering material into our sketchbooks. We explored a host of materials, techniques and creative ideas. This included exploring the

South Lakeland
ageUK

X-mas party
winter warmth event

Methodist Church Hall
Sedbergh
Tuesday 9 December
10.30am-12.00noon

Join us for mince pies, coffee, tea
singing with the primary school
children, music by Rawthey Rhythm
and grab some advice about staying
warm this winter.

Cumbria Action for Sustainability
will be there - bring along an energy
bill - see how you could save money.

Free

Any questions? Contact your village agent,
Linda Greensmith, by calling the
helpline on 01539 726190

LOTTERY FUNDED

SEDBERGH ORCHESTRA
A Classical Collection

ST ANDREW'S CHURCH
Thursday 11th December 2014
8.00pm (doors open 7.45pm)

Beethoven Overture Egmont
Haydn Cello Concerto no.2 in D
Mozart Symphony no.40

Conductor: Peter Crompton Leader: Sue Armstrong
Soloist: Daniel Crompton (Cello)

Light refreshments will be available

Tickets £6 in advance, £7 on the door
18 & under Free

Tickets: tel 015396 21196 or email yantethera@gmail.com

Proceeds to Sedbergh Peppercot Club
supporting the Orchestra and young musicians locally.

<p style="text-align: center;">Sedbergh Library and the Friends of Sedbergh Library Group <i>would like to wish all our customers a</i></p> <p style="text-align: center;">Merry Christmas!</p> <p style="text-align: center;">Join us on Wednesday 17th December for Sherry and Mince Pies throughout the day and enjoy a presentation of "A Christmas Carol" by local Author Jean Briggs at 3pm <i>Jean Briggs is the author of</i> "The Murder of Patience Brooke" <i>murder story featuring Charles Dickens</i> <i>as an amateur detective.</i></p> <p style="text-align: center;">THANK YOU FOR SUPPORTING YOUR LOCAL LIBRARY</p>	<p style="text-align: center;">SEDBERGH YOUNG FARMERS</p> <p style="text-align: center;">FESTIVE</p> <p style="text-align: center;">DOMINO DRIVE</p> <p style="text-align: center;">Friday 12th December 7:30pm People's Hall <i>Raffle & Refreshments</i></p> 
<p>possibilities of many different textures and scripts. We followed this by sticking parts of magazine pictures on watercolour paper and extending the colours to create an abstract. This really caught the imagination! We rounded off the day with mono-printing.</p> <p>On Friday 8th December, Kate Bentley visited us and demonstrated a variety of strategies for enhancing our paintings with figures and animals. We learned ways to achieve correct body proportion and convincing anatomical structure. We enjoyed the discussion on the direction of the light, composition and perspective. We are looking forward to the chance of trying this for ourselves at Kate's workshop on the 6th December.</p> <p>WHAT NEXT? KATE BENTLEY'S WORKSHOP: NOW 6th DECEMBER: £33 OPEN TO NON-MEMBERS</p> <p>The Power of Suggestion: ways to enhance paintings with the use of figures and animals.</p> <p>There will be much emphasis on using solely the brush as a drawing</p>	<p>tool to capture the fluidity of living forms. We will be encouraged to produce the essence of a person/movement/animal rather than a photographic representation.</p> <p>Exercises to help improve our observation and to place our subject in his or her environment will be key elements of the day, which will culminate in applying these skills to our painting(s).</p> <p>Kate asks us to come armed with sketches/photographs /reference books of our favourite subject matter. She will also bring some reference material...so no need to panic!</p> <p>We are also encouraged to look at her website www.katebentley.co.uk</p> <p>For booking, contact Gill Impey Tel: - 01539 726640 (also answer phone) Email: - gillimpey@hotmail.co.uk</p> <p>Meeting 12th December 7.30 –9.30. URC: PIP SEYMOUR</p> <p>We are very much looking forward to our meeting on 12th December with artists Pip Seymour and Rebecca Wallace-Jones, originators of Pip Seymour Fine Art Products, manufacturing high grade artists'</p>

materials in North Yorkshire.

Their aim is to create a complete range of painting and drawing materials, made in the UK under the supervision and guidance of artists rather than commercial interests. The company now supplies to over 50 stores in the UK and has a growing export market.

Their manufacturing philosophy is to create maximum potential for creative expression for each colour and for each colour range: acrylic, oil, watercolour, gouache, pastel, drawing materials.

During our meeting we will explore how these materials are made, looking at choice of pigment, binder and how these raw materials are

processed. There will be opportunity to try out different media onto a variety of prepared surfaces and of course the chance to ask questions about colour, colour-making and paint technique.

Sedbergh artists may already be familiar with PS Acrylics but Pip and Rebecca will also bring stock of their Oil Colour range and samples of their new Vintage Watercolour paint, along with a selection of natural drawing stones and plant-based drawing inks.

There will be a chance to purchase these unique materials during the evening, from Youdell's of Kendal who will be there too.

*Jenifer Alison
& Gill Impey*

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Closed: 5th/6th/7th & 8th January (normal hours resume 9th January)

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CITIZENS ADVICE BUREAU

Universal Credit rollout in Cumbria

Universal Credit is being rolled out across Cumbria in the near future. So what is it, and how will you be affected?

Universal Credit is a new benefit that the Government says will make welfare simpler and make work pay. It is a single benefit that will eventually replace Jobseeker's Allowance, Employment and Support Allowance, Income Support, Housing Benefit, Working Tax Credit and Child Tax Credit. It is paid monthly, usually direct into a bank or building society account, and will include rent that you will then pay to your Landlord yourself. If you live with a partner and both claim Universal Credit then you'll receive a single payment to cover both of you.

The rollout starts for new claims and changes of circumstances. Gradually all other benefit claims will be transferred over the next 2 years, the Government will write to tell you when.



Citizens Advice are here to help if you have any problems or questions. Applications will be made online, and we know that many people struggle with using a computer. Any change of circumstance must be reported within strict timescales – if you don't do it properly you can miss out on some of your benefit payment.

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June M. Parker

Dip Ac, MBaC

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Getting your benefit paid monthly instead of weekly might cause you problems. If this is the case, we have a range of service that can help you. If you have any questions about Universal Credit and how it will impact on you, please contact us.

Free, confidential advice and help is available from South Lakes Citizens Advice Bureau on any aspect of debt, benefits, housing, consumer problems, employment and any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 015394 46464 for an appointment and help.

If you don't need us for advice, how about helping us by becoming a volunteer or making a donation? Not many people realize that we are a charity - see our website for details www.southlakescab.org.uk.

Karen Evans

Jamboree Fund Raising

CEILIDH

Saturday 20th December

People's Hall

7:30 pm



Tickets

Children & Students - £5

Adults - £7

Family - £20

from

Rachel on 015396 21558

SEDBERGH PARISH COUNCIL

This report covers items from the Parish Council meeting held on the 13th November 2014. The next meeting will be our Monthly Meeting at 7.30 pm on Thursday 11th December 2014 at the People's Hall Committee Room.

BANK CLOSURES

Letters will be issued to the Chief Executive of both NatWest and Barclays Bank following the recent announcement of the intended



closures. They will be invited to send a senior representative to attend the PC meeting in December to hear the views of the Community. Further meetings with representation from Tim Farron, Sedbergh Parish Council, Sedbergh School, Sedbergh & District Chamber of Trade and Business and Cllr Evelyn Westwood are also scheduled with Bank officials.

PLANNING

The Planning Committee Report detailed several applications, full details can be found on the Parish Council Website.

Post Office Yard – this planning application was considered by YDNPA Planning Committee and a site visit has now been scheduled.

The Pepperpot – following a request from Sedbergh School it was agreed that a letter supporting the principle of restoration should be sent but that consideration of the details of design etc should await consultation by YDNPA upon planning application.

POST 16 TRANSPORT

SPC still awaits a written response to a formal question presented at the Cumbria County Council Cabinet meeting in October.

Further letters/petitions are ongoing and it was agreed that SPC should write to David Laws MP seeking answers to specific questions concerning Department for Education Guidelines on transport in rural areas.

AMENITIES COMMITTEE

Following communication from Electricity North West, SPC has been asked to consider the future of street

lights currently positioned on telegraph poles in Sedbergh. ENW are planning the removal of these lights and consideration needs to be made in connection with any replacement. The area to be affected initially is Loftus Manor, eventually leading down to Millthrop Bridge. Please could any resident who may be affected by the potential removal of these lights, notify SPC of their concerns -

clerk@sedberghparishcouncil.org.uk
PUBLIC PARTICIPATION

John Metcalfe – Speedwatch, Mr Metcalfe wished to raise the issue over who pays for stamps on letters issued to speeding motorists. He said that some people believed it was

the Information Centre and he was advised that this was not the case.

Mr McConachie – expressed the need for the local community to lobby Bank directors in connection with the planned closures of both Banks.

SEDBERGH TOWNSCAPE PROJECT

It was reported that the Heritage Lottery Fund had indicated that an application for grant assistance to undertake the open space proposal was unlikely to be favourably considered. A meeting of the Project Board will be convened to discuss the way forward and to consider other improvement proposals.

Please note that members of the public are invited to our Meetings



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PROGRAMME FOR DECEMBER

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 Magical, Musical Storytelling & Meditation
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 Under 16's & over 80's free

Wednesday 31st
NEW YEAR'S CANDLELIT MEDITATION
 7-9 pm
 A gentle & reflective start to the New Year

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- Open Late Night 3rd December

Open: Mon - Fri: 09:00 - 17:30
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Sun (Shop only): 08:00 - 11:00

where, as always, members of the public are able to comment at 8.30 pm. Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office.

Season's Greetings to all.

Janey Hassam - Clerk

GARSDALE PARISH COUNCIL

It's been all change for the Councillors of Garsdale: there have been three resignations, two new appointments and three applications have been received for the two remaining places on the Council. Annette Colton, of Lucid and Fibre Garden fame, has been voted in as

the new Chairman, the third in three months.

Garsdale has not had a true Parish Clerk for over four years and when asked if I would take a stab at it, I agreed, but not without some trepidation. My wife and I had only moved into the area in February and not knowing the residents at all, meant a huge leap into the unknown. It was immediately apparent, however, that a lack of Clerk was causing a certain degree of disorganisation, resulting in failure to complete given duties. Annette and I have set about revitalising the Council and, hopefully, with the support of local residents, Garsdale Parish Council will become an

SHIATSU Northern Style

Shiatsu is a form of therapy from Japan based on the same principles as acupuncture, instead of needles pressure is applied to certain meridians and points on the body using palms, fingers and thumbs in a continuous rhythmic sequence.

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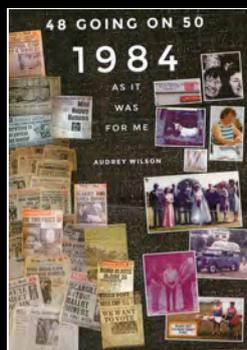
effective force once more.

Our meeting on the 16th October was a lengthy one. Thanks were given to Mike Roper, Sue Ryall and Pauline Fozard for the execution their duties during their time in office. Some time was spent outlining the procedures and responsibilities of Council. Matters discussed were the proposed felling of Dandra Garth Woods, progress of the introduction of superfast broadband into the dale, post 16 transports, highway repairs, the village hall lease and water supply and planning for renovation of The Castle at Ryegill. Full details are available on the Council website.

An extraordinary meeting was called

on the 13th November following a public consultation meeting to gauge the views of residents regarding the proposed felling of Dandra Garth Woods by Tilhill, due to start in September 2016. Tilhill representatives were present to hear robust views and questions put forward by local residents and Garsdale Squirrel Group. Concerns were raised about the effect on local water supplies, transportation and the disruption to the native red squirrels. A copy of Council's response is available on the website.

The next meetings will be on the 4th December, followed by the 19th February at Garsdale Village Hall,



A unique combination of personal & press news & views in daily diary entries written throughout this particular year. Now become a social history documentary & reference book worth keeping with ongoing links to issues of public concern throughout 2014

by local author **Audrey Wilson**

Cost £20 (+£5 postage) from
07530 226898 or awdiarist.1984@gmail.com

Book Signing & talks available

7.30pm. All members of the public are welcome. If anyone has any issues that they would like to raise at a Council meeting, please feel free to contact me, Philip Johns, on 22170 or at ps.johns@btinternet.com.

The website for Garsdale Parish Council is www.garsdaleparishcouncil.com.

TIM FARRON MP

From what you have told me a great many of you are as angry as I am to learn that Natwest and Barclays are planning to close their branches in Sedbergh. This seems to be part of a trend that is hitting our part of the world badly as we have seen similar moves to close branches in

Ambleside and my home village of Milnthorpe. Banks seem to have forgotten very quickly the debt they owe to us as tax payers. We helped them out significantly a few years ago when they were in trouble and yet when we want them to support our communities we find their doors closed with notices on them asking us to drive 11 miles to Kendal.

The banks say that they are seeing a significant drop in the numbers of people using their branches as more and more of us do our banking online and use standing orders and direct debits to pay bills. However, what they fail to allow for is the fact that most of those who don't do online and mobile banking are older and the

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Christmas Eve
@ Sedbergh URC, Main St.
2.30pm

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very people who find it hardest to make a long journey to another branch. Added to which shops and other businesses who deal with cash and cheques need to pay them in quickly. Making it harder for them to pay in money can have a serious effect on their cash flows, something they can ill afford in the current economy. I have submitted a motion to Parliament calling on banks to recognise the important role that they play in communities like Sedbergh and Milnthorpe and at the very least commit to retaining branches in towns where their closure would leave the town without any banking services. I will be keeping the pressure up on the them until they start to show that

they do have an important role to play.

On a related issue I was fortunate to be called to ask a question during Prime Minister's Question Time the other day and used it to ask Mr Cameron to support the creation of a fund to protect rural services paid for from a 10% tax levied on second home owners. The plans to close the bank branches in Sedbergh are just one example of how our rural services are increasingly under threat, often as a result of homes being bought by wealthy people for weekend or holiday use. With the result that services like schools, GP surgeries and buses come under threat due to lack of support. In the



Christmas Post

This year, the Scouts' Christmas Post will begin collections on the 24th November with the final collection on the 18th December. 25p per card.



Post Box Locations

Medical Centre
Morphets Garage
Peats Butchers
The Green Door
SmartOffice
Powells
Premier

past the Government has been able to create special funds to support some services like GP surgeries which are vitally important but often would not be financially viable for the small populations they serve. It seems to me that a very good case can be made for funds like these to be paid for by the wealthy second home owners who play a major role in making our problems worse. Another thing that I will keep the pressure up on.

Finally I hope you have a wonderful Christmas and I wish you all the very best for 2015. As ever thanks to Dennis for all of his work in publishing Lookaround through 2014.

My office will be closed between

Christmas and New Year but if you have any issues you need my help with please email me at tim@timfarron.co.uk or call on 01539 723 403. Even if there is no one in the office we will pick up your message and get to work on things as quickly as we can.

Thanks for all your support

Tim Farron MP

COUNCILLOR CORNER

At the moment we are all doing our utmost to try to retain full banking services in Sedbergh – well all apart from the UKIP parliamentary candidate whose contribution was uniquely unhelpful. As well as the public events Dr Anne Myatt and I are



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EXHIBITIONS IN DECEMBER

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FREE ENTRY for LA10 residents on Sundays

using our contacts at regional and national level to secure the best outcome we can. Meanwhile, those who are keen to condemn Sedbergh School should consider how hard they are working on behalf of our community and how they are able to bring a greater weight to bear on Barclays that most of us can either individually or collectively.

However, at last we have had some good news from the county council, the idiotic plans for charging for on-street car parking have been dropped. Charging for parking seems to be perennially popular with council officers – it needs strong community-minded councillors to stand up to them. I remember back in about

2001 when South Lakeland officers tried to force the first major hike on district car parks – that was what led Paul Winn and me to promote local permits for Joss Lane and Loftus Hill. In fact the policy of the controlling groups on the county was holed beneath the waterline several months ago when Labour controlled Allerdale district and Conservative controlled Eden district both refused to cooperate.

Let us hope that this near-election induced pragmatism extends to the other lunatic policy of the controlling groups, charging for post 16 transport to and from school. It is hard to believe the MP will not have had even more complaints about this than on-

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street car parking charges. I and my once and future county colleagues have done and will continue to do everything we can to provoke a U-turn, but we are and will remain in opposition on the county until 2017.

What a pleasure it was on Monday evening to attend the AGM of Sedbergh Chamber of Trade. The meat of the meeting was followed by two excellent local speakers, Brian Capstick and Alison O'Neill, both of whom have already brought truly innovative new businesses and employment opportunities to our area. I was saddened but it came as no surprise that chamber members still see the Yorkshire Dales National Park as the greatest inhibitor to growth. No wonder the Lune valley communities view the prospect of an extension with unalloyed trepidation.

And finally a big thank-you to John Douglass, Keith Wood and their army of helpers for their tireless work for this year's poppy appeal. This year I was approached to do a stint at Killington Service Station and after initial uncertainty I was pleased to accept. Having done my afternoon I left feeling that mine was a contribution which I should have been making for several years.

Merry Christmas and a Happy New Year

*District Councillor Kevin J. Lancaster,
your voice on South Lakeland.*

*Fellgate, Dowbiggin, SEDBERGH,
Cumbria. LA10 5LS*

*Telephone 07980 844 695;
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COUNCILLORS CORNER

From Cllr Nick

It seems highly likely that a tunnel will be built under Morecambe Bay. Before anyone starts imagining lorries turning off the M6 at Lancaster and driving under the sea to Barrow, I should point out that this will be a tunnel built by National Grid to carry power lines from the proposed new nuclear power station at Moorside, near Sellafield, to link to the existing power grid.

I was invited as a guest of National Grid along with other County Councillors and officers to spend a day in London visiting a site where they are doing something very similar

with about 25 miles of tunnels running deep underground and linking various sub-stations throughout the capital. The sheer scale of the undertaking is astonishing - one million tons of London clay will have been excavated and re-used elsewhere to create the space for the tunnels carrying the cables.

A wide vertical shaft is drilled down 40 metres and then the Tunnel Boring Machine is lowered piece by piece and assembled underground. As the clay is removed and taken back up to the surface, pre-fabricated interlocking concrete slabs are slotted into place to form a strong sealed tunnel with the cables lifted onto

hangers along the sides of the tunnel.

It is planned that the tunnel under Morecambe Bay will start at Roosecote power station in Barrow and run to near Heysham (west of Lancaster). This will avoid the need to erect miles of tall pylons carrying the power cables across South Lakeland and the Lake District National Park, but it comes at a cost of £1.2 billion. To the north of the proposed new power station pylons will be used to carry the lines around the coast to a point near Carlisle to link to the grid.

The tunnel will be 5 metres in diameter and during construction a monorail will be in operation along the floor of the tunnel. Whereas in London National Grid were working in very confined spaces and everything needed to be taken out by lorry, the Morecambe Bay project offers the opportunity to transport materials in and out by road, rail or sea. Clearly the latter would have many

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attractions, as much larger loads could be brought in or taken away without competing for capacity on the road and rail network.

For further details go to www.northwestcoastconnections.com and click on 'Frequently Asked Questions' (FAQ).

From Cllr Evelyn

Residents have received the grim news that both Barclays and Natwest plan to close their branches in Sedbergh in the New Year with real anger. It seems inconceivable that the largest settlement in the Yorkshire Dales with a famous public school should be left with no banking facilities. The Post Office, which is already an agent for Santander, will offer an expanded service but given that there are 25 shops and cafes in the centre of town alone it will be under a lot of pressure. Natwest has offered to provide a free standing cashpoint in the centre of town, which is step in the right direction but we still need a bank. I am backing a campaign to get at least one of the banks to change its mind. There are petition forms in local shops, Tim

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Official Opening of the Hub

Farron has tabled an Early Day Motion in the House of Commons and he is having discussions with the banks and with Vince Cable's Department. To keep people updated on the campaign I have set up a Facebook page *Save Sedbergh's Banks* where you can read the latest news, add comments and upload photos.

Now for the good news. At long last Udales has been transformed into the Sedbergh Business Hub and had its

official opening in the middle of November. The total cost was £116,400 which was funded by a grant of £50,000 from the Rural Growth Fund and the rest was provided by the owner, Neil Udale. The end result is absolutely stunning, with many of the original features carefully preserved.

The new business hub is a focal point to help businesses of all sizes within the Sedbergh area and the wider rural district. It will deliver

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business support, networking opportunities and specialist advice. There are two multi-use rooms for client meetings, seminars, advice/mentoring, networking, remote learning and training and two hot desking stations. I am already trying to persuade South Lakeland District Council to use it for streaming training courses so we don't have to trail off to Durham, Manchester or London. For more information visit www.cumbriagrowthhub.co.uk. To book the hub contact Claire Robinson at Clawthorpe Hall Business Centre 01524 784320.

It is part of a chain of thirteen hubs across Cumbria that aim to be the

“First Stop Shop” for businesses that want to increase their competitiveness and grow. In years to come there could well be a business hub in most town centres. And perhaps people will comment enviously “Sedbergh was so lucky to have that marvellous building right in the centre of Main Street.”

As always please feel free to contact me or Nick as follows: Evelyn Westwood Tel 015396 20148 email evelyn@markwestwood.co.uk Nick Cotton tel 015242 71477 email red.pedal@virgin.net

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MIA'S STORY

At 'The Vets' we get to see lots of amazing cases, some happy and some sad. I would like to tell of one such case.

Mia had been living rough on the streets of Peterborough for some time, before being taken in by the Rottweiler Rescue Society. After staying there for several weeks she was given the chance of spending a weekend away in a welcoming home. Her easy going, friendly nature was obvious to see, so much so that there was no chance of her going back, she was here to stay, in Sedbergh.

One year into her new life here, she became ill. We found she had an enormous abdominal tumour. After many tests it was decided that the tumour could be surgically removed, which we did. The recovery was touch and go for a couple of weeks, but she made it through this difficult period. In all this time, having been prodded, poked, scanned x-rayed i/v dripped and receiving many, many injections she never attempted to bite, never growled, never snarled but always ready to give a lick when she could. Within 2 weeks she was back going out for walks and enjoying gravy bones.

Unfortunately a month after the operation she rapidly deteriorated. Initially we thought it was a complication of the operation but the tests and clinical signs indicated the possibility that she could have been poisoned. In spite of many more days of needles, catheters test and drips, it was evident that Mia wasn't going to

survive this and sadly we had to put her to sleep.

Mia was a Rottweiler; big strong, loyal dog but with generally, an undeserved reputation for being aggressive. However Mia was the right dog in the right home. Maybe if people had met Mia, walked with her, given her a fuss and a biscuit, they would have realise what a lovely, gentle animal she was.

It is hard to imagine that someone in Sedbergh would poison her, but if so, things could have been very different had they taken the time to get to know her, not seen the stereotype but seen her for the gentle giant she was, again, the right dog with the right owner.

Although she was here for only one year, there are many people who miss Mia, including everyone at the surgery. Unfortunately Sedbergh has lost one of its nicest dogs.

Jim Bramley

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**DENT DALE
CHRISTIAN FELLOWSHIP**

In October members shared their testimony with us and we talked about Mavis Towers, the "biker lady" due in Nov to tell us about her ministry with those who ride motorbikes and Mavis, bless her, is no spring chicken! We heard plans for December & the party in January, the Dec lunch has become Tea & Toast & Cake & Prayer around the fire from 3pm on the first Sunday and other events as time goes on. All very informal and open to everyone who would like to come.

Shepherd's Dwelling leaflets have been put together, this is the follow on from Quiet Gardens and much more appropriate to spring and summer. We gather for fellowship and food on some Friday evenings, share bread & wine together, read the Bible & pray, in this way we stand with our brothers and sisters around the world who celebrate Shabbat (Sabbath) on Friday evening, we are not Jewish, not becoming Jewish and certainly not getting stuck in ritual or symbolism, just making time for God

in our busy lives and time for each other. Do contact us if you would like to hear more.

Meanwhile, DDCF is independent, not affiliated to any denomination, open to all. Would knowing someone is praying for you help you? Do get in touch.

Wishing you all a very happy Christmas.

*John & Sarah E Woof
"Rhumes" Dent.*

CHURCHES TOGETHER

News from St Andrew's Dent and St John's Cowgill for December and Christmas



For the many visitors who join the locals in Dentdale at Christmas for our Christmas services, the churches offer a wonderful antidote to the over commercialisation of the season and lead us on a wonderful spiritual journey to the manger in Bethlehem.

YOUNG FARMERS
Pie & Pea Supper 
Family Quiz Night
 7:30pm
Friday 23rd January
 People's Hall
 Raffle and Good Prizes 

SEDBERGH
SPRING SHOW
is back
SATURDAY 18th APRIL
 Full details in 
 February Lookaround.
 Get busy now!!

Even though the church communities are quite small, the congregations do an amazing job in decorating the churches and creating the most beautiful setting to lift our hearts in worship and refresh our souls in their world-weariness as we return once again to worship our Saviour at Christmas. A warm welcome awaits everyone this December, from the tiniest baby to all the granny's and grandpas, and everyone between! – all are welcome to worship:
Church Services at St John's Cowgill in December:



December 7th 9am Holy Communion and Lighting of the Advent Crown
 Thursday Dec 18th 7pm Carols by Candlelight with the Dentdale Choir
 December 21st 2.30pm Evening Prayer
 Christmas Day: 9am Holy Communion and Carols

Church Services at St Andrew's Dent in December:
 December 7th 10.30am Holy Communion
 December 14th 10.30am Holy Communion
 Thursday Dec 18th 1.15pm Christingle Service with Dent School
 December 21st 10.30am Holy Communion
 December 21st 7pm Parish Carol Service with Dentdale Choir
 Christmas Eve 6.30pm The Blessing of the Crib – a services especially for children
 Christmas Day 10.30am Family Communion
 December 28th 10.30am Holy Communion

Rev. Peter Boyles

St Mark's, Cautley



Our carol service will be on Sunday 21st December at 2.30 pm. As usual there will be readings, community

carols (accompanied by the Cautley Band) and songs from the Cautley Carollers. Refreshments will be served after the service.

We shall be holding a Taizé service on Sunday 25th January at 2.30 pm.

Many thanks to all who supported the Garsdale and Cautley Churches Coffee Morning in October.

News from the Pews - St Andrew's Sedbergh



Many years ago whilst at University I 'crashed' a party, in other words I walked in on a party to which I had not been invited and started listening to the music, scoffing the food and helping myself to drinks. I can't say that there was anyone else there that

I knew and I wandered around having casual, random conversations with anyone else who would respond. It all felt a bit 'flat', to be honest, and I was getting rather bored with it after an hour or so when I started to chat to a nice, but slightly tipsy, red-headed girl. After a brief conversation about the music, a band called 'Curved Air' was playing on the stereo, she asked me who I was. I introduced myself and then asked her the same question. "I'm Kelly!" She replied, "It's my birthday party - who invited you?" I made my excuses and left rather quickly!

Celebrating Christmas can feel like that for people who don't really know the one whose birthday it is, Jesus. I'm not saying that only Christians can enjoy Christmas, the festival is after all inclusive of many different holidays from different faiths and beliefs. However, it does seem to me that celebrating someone's birthday is much better when you know the person for yourself rather than gate-crashing their party!

So please do take the time to include a visit to Church in your Christmas Celebrations to pay your own proper respects to Jesus. At St Andrew's there are plenty of different services to choose between from the traditional United Carol Service on Sunday 21st or 'Midnight' Mass on Christmas Eve (Starting at 11pm!) to the contemporary "Carols for the all the Family" at 10.30am on Sunday 21st or the Christmas Nativity Play at 6pm on Christmas Eve. There are also lots of other alternatives in the

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other Churches of the area - details elsewhere in this edition of Lookaround.

Have a happy Christmas and keep safe for the New Year, however you choose to celebrate!

*Rev Andy McMullon
Vicar of Sedbergh*

CHRISTIAN AID

A belated thanks to all our supporters in the area for the great result from the October Coffee Morning. The grand total raised was just tipping £360 which is now being put to work funding Christian Aid's projects worldwide. October must definitely be the month for a warming cup of coffee and time to stock up with cake and biscuits.

Activities for Christian Aid in this area take a break now through the next couple of months until the 11th March when we start up with our Spring Coffee morning. Next year will see a change in what we do during Christian Aid Week as it seems that, with changing circumstances in the town and area, running our 'Shop' for the main part of the week has perhaps had its day and something different might be more appropriate. So watch this space.

We could do with some extra folk on our committee as we're undergoing some changes in members due to changes in their own circumstances, like moving away from the area. If you're interested in lending a hand then don't be shy in coming forward. Take a look at Christian Aid's website to see the variety of its work and its

positive impact on people's lives.

Once again, thank you for your support this year.

*Rev Anne Pitt
On behalf of the Christian Aid
committee*

MESSY CHURCH

There has been lots of activity during the past 2 months as families have enjoyed being together and taking part in crafts, drama, singing, and listening to stories.

In October we thought about Listening to God, and had fun making Musical instruments, playing with modelling clay, colouring pictures, icing buns, taking part in drama and singing. The story of Samuel, about a young boy listening to God, helped us to understand how important it is to listen. 60 people sat together for a hot meal, which was scrumptious!!

By the time this report is read our November session will have taken

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place. The Theme was Preparing for Christmas when we made tree decorations in readiness to join the rest of the Church for a Special Christmas Tree service. We looked at how Mary had to prepare. Drama , singing and food ended the November session.

On December 14th at 10.30am in the church we are invited to the Tree service. This is not our usual programme but gives the opportunity to bring a gift (optional) which Barnardo's will distribute to local children who would otherwise not get much. Our November crafts will be placed on the tree.

Coffee, juice , mince pies and biscuits afterwards. It promises to be

a really good time, and is open to all.

We have our next Messy Church on January 18th 4-6pm. Do join us in December and January.

Have a lovely Christmas, and remember the reason for the season!
The Messy Church Team.

worship@peopleshall

Bob Dawson from Friends International spoke at our November service. He is involved in supporting international students of any faith by helping them to socialise and settle in this country. We were also treated to singing by the US army soldiers in Iraq (via utube) of a new Christian song! It was very moving. The last meeting for this year will be on 7th

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December at 1030 am. Do join us.
Sedbergh Methodist Church

SEDBERGH METHODIST GUILD

Home Missions. 7.30pm in the
Methodist Church Hall.

On February 2nd our speaker will be
Rev David Crouchley, who is coming
to tell us about The Light Bus Project

Without giving too much away, the
bus is used for work among young
people.

David has been involved with the
project alongside a small team of very
committed volunteers, most of whom
are in full time employment, giving up
precious spare time because they
have a real concern for youngsters.

He will be showing a short DVD and
we would like to encourage anyone
working with young people, the young
people of the town and all who are
interested, to come along.

Light refreshments afterwards, when
David will be happy to chat to
anyone.

Do come, you will be amazed what
can be done with a bus!!

Further details from: Marjorie
Haygarth. 20319 or Susan Raw
20542 (Killington)

HOLIER THAN THOU!

With Christmas fast approaching I
want to ask a question: Why did
Jesus Christ come into the world?
But before I answer it, I want to look
at a problem that some people have
with the Church...

"Holier than thou!" This is one
problem the Church seems to have -
the perception that we Christians

think we're better than others!

Perhaps it's because before we
became Christians, we struggled
with all kinds of moral issues. Then
we heard the good news that God
would help us - we found forgiveness
for our sins in Christ & thought that
everything would now be, if not
wonderful & all our troubles gone, at
least a bit more manageable. But in
reality life became harder! So now
we make out that everything is fine,
as we struggle with financial,
relational, health & moral issues,
because Christians don't have those
kind of problems any more - or do
they...?

My own spiritual heritage includes
one minister who committed adultery

SHEEPFEST 2015

Monday 23rd February

7. 30p.m.

Committee Room, People's Hall

By this date the funding for
another festival should be known.
Please come along to discuss how
we can build on this year's
success! Also if you would like to
be involved in planning, publicity
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with your views if you cannot attend

& more recently another whose focus moved from Christ to making money - lots of it, which caused a major split in the Church.

"Well," you might say, "I'm not going to David's Church - It doesn't seem to be a very good example of Christian morals!" But I would encourage you to read the letters that Paul wrote to various Churches. In Ephesus, for example, the Church had problems with:

Pride, impatience, stormy relations, disunity, immaturity, manipulation, deceit, liars, people misrepresented the gospel, hard hearted callous people, sensual, greedy & anger people, a real sense of oppression. Thieves, gossips, slanderers, unkind & unforgiving people. There was sexual immorality, jealousy, foolish talk & crude joking. Family feuds, with marriages in shambles & children caught up in angry conflicts & suffering the anger of impatient fathers. To top it all off, Christian businessmen treated their workers with disdain & consequently their workforce were slack, lack lustre & lazy.

Paul even warned the ministers at Ephesus, saying, "I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking twisted things, to draw away the disciples after them."

But isn't the Church supposed to be a place of hope? That's right, it is! It's interesting to see the type of people that felt comfortable around Jesus: prostitutes, tax officials, hard



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working fishermen, the sick, the disabled & the ostracised of society.

The Ephesian Church was filled with unsavoury characters precisely because it preached a message of hope. As someone once said, "God loves you just as you are, but loves you too much to leave you just as you are!"

Paul answers the question, "Why did Jesus Christ come into the world?" saying, "The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners, of whom I am the foremost. But I received mercy for this reason, that in me, as the foremost, Jesus Christ might display

his perfect patience as an example to those who were to believe in him for eternal life.

So this Christmas & in the new year, please go to Church. Maybe you'll will hear the message of hope &, whatever your affliction, problem or moral issue, you'll feel right at home with all the other sinners who are slowly submitting to the Lord Jesus Christ & are being saved & changed by His grace.

David Kendrickse

DENT DALE METHODIST CHAPEL

Coffee Mornings

The dates for 2015 are on the following Saturdays:
21st March; 18th April; 30th May;
27th June; 25th July; 22nd August;
28th November (Advent & Christmas event).

Starting times are 10.00 am with a finish around 11.30 am.

Everyone is most welcome so do come along and share in the chat!

Dorothy M Vernon

DENT OVER 60s

Advance Notice

The AGM for the Dent 'Over 60s' will be held on **Monday 26th January 2015 at 1.30pm in the Sedgwick Room.** (through the rear entrance of the Memorial Hall). Items to be discussed include the current financial situation and, most importantly, how the group is to plan for the future.

Everyone is most welcome at this important AGM, especially as **new members are urgently required for**



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the Committee. The current Chairman and Secretary are both standing down in January 2015 and it is fair to say that if there is no-one to take on these roles, the group will cease to function and so the 2014 Christmas Lunch (13th December) will be the last such event to be arranged.

It is hoped that Linda Greensmith (Age UK representative) will continue to plan for one meeting on the first Friday of every month and these events have included a range of speakers and/or activities.

The last such event for 2014 is planned for **Friday 5th December** and will be the Christmas Party with food, including mince pies, and festive cheer of the liquid variety!

Everyone is warmly invited to come along and share in this last get-together for 2014 and, if you wish, take the opportunity to talk to existing Committee members about the situation facing the group at their next AGM and/or any support you may feel able to offer.

All best wishes for Christmas and the New Year.

Dorothy M Vernon

CUMBRIA WILDLIFE TRUST

The Holly and the Ivy – and other Christmas plants
The holly and the ivy,
When they are both full grown
Of all the trees that are in the wood
The holly bears the crown....

The holly bears a blossom
As white as lily flower....

The holly bears a berry
As red as any blood....

The holly bears a prickle
As sharp as any thorn;.....

The holly bears a bark
As bitter as any gall;

The religious Christmas imagery is entirely clear but what of the Botany (and what happened to any further mention of the Ivy in the carol?)? The Holly tree is an evergreen with hundreds of species, and probably thousands of varieties, which bears its berries (if you are lucky) right up till Christmas, which makes it suitable for interior decoration. The glossy and elaborately curved leaves are not only a gift for making decorative arrangements but represent an advanced evolutionary adaption to survival in winter. The thick cuticle (the part that makes it look so shiny) prevents water loss from the leaves when water is relatively scarce due to being frozen or just viscous at low temperatures. In a season when food is scarce the prickles reduce the amount lost to grazers. Earlier in the year small white flowers (to attract pollinators) precede the berry development. The religious significance of blood, crown of thorns and perhaps a bitter bark is clear – (I have found no confirmation of this, nor am prepared to make the tea!).

Most of the symbolism of Christmas predates Christianity by several centuries. The Celts had a Holly King and an Oak King who were twins who took it in turns to rule the year with the Holly King coming to the end of his reign after the Winter solstice (Des 21st). For the Romans Holly was used to honour Saturn, god of agriculture, during Saturnalia, another festival of the Winter solstice. The Druids believed that Holly's pointed

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leaves provided protection against evil spirits.

Ivy isn't mentioned in the lyrics of the carol after the first line but is another evergreen surviving in the "desert" when it climbs up walls. Naturally it is a ground hugging species, sometimes used by gardeners as ground cover to suppress weeds. Once it starts climbing however, it leaves the moisture behind and needs a thick cuticle and woody stem surrounding the xylem to keep its upper foliage supplied with sufficient water. Judging by the activity of insects around my ivy covered wall whenever there is a warm day, even in late autumn, the inconspicuous flowers retain their desirability by scent. The berries are retained well into winter to disperse their seeds, to say nothing of increasing their decorative usage by Christmas florists. Ivy has strong links to the God Bacchus who was undoubtedly involved in Saturnalia.

Mistletoe is associated with Christmas. It is a hemi parasite of many species which sends roots out to penetrate the tissues of its host,

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drawing nutrients from both its phloem and xylem. However, it also has actively photosynthesising leaves which also provided nutrients; hence HEMI-parasite. There are several species, though most sold in the UK is from the American species, (*Phoradendron flavescens*). The Druids greatly valued the Oak derived Mistletoe as they believed it gave life and fertility, protected against poison and acted as an aphrodisiac. It is associated with the Goddess Frigga, the goddess of love. Her son Baldur could not be killed by anything on earth until Loki realised that Mistletoe did not grow on the earth so could be used to fashion a dart to kill him with.

Understandably with this list of properties, kissing under it is likely to have great effects – so much so that it has to be burnt on Twelfth Night, lest all those couples who have kissed under it are coupled for ever.

Christmas trees have a variety of botanical sources but are mainly firs. This is another xerophytic plant whose evergreen property means that they are exposed to a lack of

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2015

Thursday 15th January

Tuesday 10th February

Thursday 19th March



water in winter. Most A level biologists will be very familiar with its anatomy as a textbook example of a xerophytic leaf. Even their stems are covered in these thick cuticled, low surface area to volume leaves/needles. Even after all these adaptations, most centrally heated houses are a bridge too far for the trees and our carpets become covered in dried out pine needles. You can buy trees with intact roots and keep them watered but their survival rate if planted out after Twelfth Night is low. You can keep your green soul alive by recycling them however. Many layers of pagan tradition are embedded in the history

of a Christmas tree some of which have been replaced by Christian stories. St Boniface cut down a local Oak tree worshipped by his pagan potential congregation but in its place grew a fir tree to represent Christianity to his newly converted parishioners. The tradition of erecting and decorating a Christmas tree seems to be earliest documented in the 16th century in Germany (Alsace). This custom seems to have remained largely German until the early 19th Century when it began to spread via the nobility to other royal courts. Unsurprisingly with Britain's royal family uniting with the house of Hanover, the custom came to Britain and in 1832 Queen Victoria writes of her delight as a 13 year old with the two Christmas trees on display in the drawing room. In days of yore, the erection and decoration of the tree was confined to Christmas Eve involving the whole family. In turn it was removed on the day after Twelfth Night (at the risk of bad luck). Unfortunately retail "necessity" sees Christmas decorations as early as September!

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OCTOBER WEATHER

We are back to more normal rainfall with 5.22 inches in total. This was certainly enough to fill up my 400+ gallons of storage and turn places into quagmires! Again it was a warm month with 7 days getting into the 60sF (15+C), with a high of 65.3F (18C). On the low side only 1 maximum just dropping into the 40sF at 49.8F. On the minima we had only a few nights that produced a ground frost and a low of 33.8F (1C). There were a few more nights when the windchill took the temperature below freezing. It was quite a breezy month with only 6 days not registering a gust in double figures with a maximum gust of 22.7mph. On only 4 days was



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the maximum gust not from the North West.

The mild, wet month meant grass was still growing but whether there is any food value in it is another matter. Certainly the sheep have been keen on leaves and some ivy the tup lambs reached in the paddock!! I spent a morning ripping it up so they couldn't reach it anymore. The geraniums, petunias and osteospernums, growing in pots, are still in full flower. The plant which I am assuming is niger seed from the bird feeder is some 3 feet tall and still hasn't flowered so I am hoping we don't get too keen a frost yet as I would like to see what the flower is like to produce such tiny seed. The rat blocks are still disappearing but not quite so many and tracks are fewer and I've also trapped a few more. It's no longer quite like the M6!! Birds, apart from sparrows, are nothing like as numerous as during the summer. At roosting time a large clump of bamboo is very noisy as the sparrows congregate for the night. It looks as though the wasps have finally gone. I wonder where the queen is hibernating?

FAMILY MUSINGS

As this goes to press we are awaiting the arrival of our 4th grandchild and have just been babysitting for two of the boys who have the same surname as the name one gives to his pull along dog, "woof", in my head spelt "wuff" which is how I spell my name if I am feeling naughty! Just realized the other day how complicated names can be when you have to give them over the phone, I often need to spell my Christian name, name of house, of road, of village and of nearby town, Cumbria is usually understood. We await the name of our soon-to-be-born grandchild with bated breath .. will Grandad be able to say it .. spell it .. he says he still can't spell baby's mum's name and she has been around for over 30 years .. at least he doesn't call anyone "lile it" as someone in the family once did!

Coming home from Hull through the dales and a certain market town in early November I was somewhat surprised to find all the street Christmas decorations were up. It did seem a bit soon and very unkind to little children for whom the wait until Father Christmas comes must seem endless. Many years ago when my Dad, Billy Middleton, had a good all-rounder of a shop, he sold hen-rings, pot-menders, brace-ends, dishes, paint & wallpaper, gents & ladies clothes, haberdashery, wool, fancy goods, toys and a lot more, just not food, he would set out one window with toys and at Christmas it was

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THE most popular place to be for small children with noses up against the glass. Then Mummy would come in to the shop to buy something and as the little ones were busy examining the toy display she would tell Billy which toys to be put "to one side" to be collected later. The appropriate pile would grow as Christmas approached and then lessen as presents were collected, often by Dad on the tractor, while the little ones were out of the house. Payment was often by so much a week, running on into the next year at times, but Billy knew he would get his money. Happy memories.

Billy also allowed items of clothing to be taken home to be tried on with other clothes and one memorable time the lady concerned took a jumper to try at home, went to the local whist & domino drive the next evening wearing it and then brought it back on the Monday and said it had not "looked right" with her skirt at home so she was bringing it back. My Mum was in the shop at the time and told the customer "It looked very well

on Saturday when you wore it at the domino drive!" Mum had been helping with refreshments in the kitchen and had peeped out into the Hall to see who was there but obviously the customer had not seen Mum! The bag was snatched up as the lady hurried out of the shop, the downside being the payment took a long time.

Times change as the years go by, clothes can be ordered, tried and worn long before they are paid for and the temptation is there to "spend spend spend" which older folk who remember the struggle to make ends meet have always warned against. And these days it is not just the older folk who have that struggle and as my Grandma Middleton used to say "There's a world of difference between want & need" so be watchful this Christmas with the spending, there is a wealth of pleasure from "home made" even in wonky, lumpy, mis-matched gifts from eager children. Now, where did I put the Elderflower cordial I made..

Roses are out in the garden, gold ones on the top lawn, red on the bottom lawn, winter lettuce coming through in the small greenhouse along with Beans and .. I think .. Grapes! Unless I planted other seeds it is grape plants that are coming, the big question is, where do I put them before the frost cometh? Bubble wrap, fleece blankets and perhaps a hot water bottle??! The small greenhouse is almost air-tight the other has serious gaps but the

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tomatoes are still ripening and the Vine has shed all its leaves and one sweet pea lives on to brighten up the place. Veg plots cleared and covered to keep the weeds away, daffodils planted to brighten up the spring, always something to do & I love it.

Short stories are ready to be sent to magazines & I enter competitions whenever I can, once again another year has gone without the promised book of Musings being published, all takes time and every week I trip to Hull and every week help my family, but we will get there, and we are getting nearer. Meanwhile, may I wish you all a very Merry Christmas and a Happy and Healthy New Year, thank you for reading Family Musings and enjoying them enough to tell me. For some, the festive season will be incredibly difficult & for a variety of reasons, so do support those you know who are struggling with the "merry/happy" part, and remember Jesus is for life, not just for Christmas. Best wishes.

Sarah

DECEMBER GARDENING

Apart from Christmas Trees, the two plants which I most associate with this season are holly and ivy. Both are very hardy and provide welcome evergreen foliage in the garden when everything else is looking bare or bedraggled.

The native Ivy, *Hedera helix* has several named cultivars with different leaf colours and shapes, and with different forms of growth. Ivy naturally goes through three distinct growth

stages in its life. First it crawls over the ground seeking a vertical support up which to grow, then it climbs as high as it can – to the top of a wall or up a tree trunk and into the upper branches and then, when it is sufficiently high up it produces flowering stems which branch out from the supporting structure. This three stage growth means that three types of plant can be propagated as, though cuttings from the first stage will go on to grow through the other two successive stages, stage two and stage three rarely go backwards.

My favourite ivy cultivar is 'Goldheart', a neat leaved climber with dark glossy leaves with a rich yellow centre. It is excellent on a low to medium wall but was presumably propagated originally from a plant in its climbing phase as it does not make good ground cover. For guaranteed ground cover, the green leaved Irish Ivy, *Hedera hibernica* is the most reliable form as this species doesn't like to climb. A more rampant wall cover is provided by the Persian Ivy, *Hedera colchica* which has larger leaves and rapid growth (beware this on a tall house wall though – it will very quickly make its way up to the eaves and require the services of a person with a very long ladder to stop it from blocking gutters and climbing into the roof space). 'Sulphur Heart' (also known as 'Paddy's Pride') is a good variegated cultivar which will do ground cover as well as walls.

In Victorian times the "Tree Ivy" was a popular form. Tree Ivies are propagated from flowering shoots and



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have their bushy upright form and heart shaped leaves. Being the third stage of growth they only very rarely revert to climbing or trailing mode and this is most likely to happen if a plant is growing in deep shade when a low lying branch might seek to wander off towards the light. Tree Ivy (*Hedera Helix* 'Arborescens') grows as a neatly rounded bush and will make 3ft in height and spread. Bushes can be clipped to shape where necessary.

Holly (*Ilex aquifolium*) is the natural partner to ivy. Holly trees are usually either male or female and only females bear berries. Of the named cultivars 'Golden King' is an excellent berry producing female which has almost spineless leaves with a bright gold margin, and *I. aquifolia* 'Argentea Marginata' a reliable silver holly. Both need a male tree to pollinate them and produce those berries and 'Golden Milkboy' with yellow centred leaves is a good choice. The most reliable berry bearing green holly is a self fertile cultivar called 'J.C. Van Tol' which has spineless leaves, but if it is leaf shape that you require above all then grow the Hedgehog Holly – *I.*

aquifolia 'Ferox' (the oldest known named holly in cultivation) or the silver form of this 'Ferox Argentea'. Both have leaves with spines over the whole of the upper surface as well as the edges of the leaves and they make neat dense bushes. I grow the latter in my garden and find the spiky leaves rather endearing.

Elaine Horne

CUMBRIA BOXES OF HOPE



Thank you to all who contributed in any way to the success of this year's shoe-box campaign: 160 boxes from Sedbergh, approx. 10,000 boxes in total across South Lakes.

The boxes left for Romania by truck on 18th November, to be followed in early December by this year's distribution team.

Having been on the distribution trip myself last year, I look forward to hearing the tales they will have to tell!

Thanks again, and here's to the next time.

Pam Dent

DENTDALE WI

It was the last meeting in the hall for this year, and the last meeting chaired by Catherine Sugden who stood down as President after nine years of faithful service. It was also our A.G.M. so plenty to talk and report on!

We heard more about the outing to the new Auction Mart at junction 36 on the M6 where some of us met David Dickinson from the TV programme Real Deal. David and his team were there to sell items for contestants from the show, but had agreed to meet members of Dentdale WI. We grouped around him as Kate told him about our fund raising for the St John's Hospice. It was very

exciting as we were recorded for the programme going out in 2015! The WI programme for 2015 put together by Freda Meakin and Sue Owen was read out. We start the New Year with John Hawley, who has recently come to live in Dent, talking about *The Victorian Kitchen garden*.

Mrs Anne Timmins from the Federation Executive had joined us for the A.G.M. part of the meeting. Thelma Belfield our secretary, gave a report for the year. It is always amazing as to just what is fitted in and usually recorded month by month, in the Lookaround. The financial report given by Kate Cairns showed a healthy balance. Catherine's last report as President,



Sedbergh Community Development Centre Courses from January 2015

Subject	Tutor	Wks	Start	Times	Town
Pilates (4:30 class)	Ally Hurst	10	Mon 12 Jan	PM	Sedbergh
Pilates (5:45 class)	Ally Hurst	10	Mon 12 Jan	PM	Sedbergh
Yoga in Sedbergh	Fran Fryer	10	Thu 15 Jan	Eve	Sedbergh
Lino Printing	Kath Lockhart	1	Sat 17 Jan	Day	Sedbergh
Intro to Emotional Intelligence	David Walton	1	Sat 24 Jan	Day	Sedbergh
Creative Thinking	Kirsty McEwan	2	Mon 3 Feb	Eve	Sedbergh
Bold Landscapes	Frances Winder	1	Sat 7 Feb	Day	Sedbergh
Family History	Patricia McNulty	1	Sat 7 Feb	Day	Sedbergh
Applying Emotional Intelligence	David Walton	2	Sat 7 Feb	Day	Sedbergh
Chiffon & Felt Spring Scarf	Janet Philips	1	Sat 21 Mar	Day	Sedbergh
Experimental Watercolour	Frances Winder	1	Sat 28 Mar	Day	Sedbergh

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thanked everybody who in their own way contributed to the smooth running of Dentdale WI. The result for the competition cup is always eagerly awaited and this year, the cup went to Kate Cairns. Two members, Marion Feltham and Sue Owen, agreed to serve on the committee and Lyndsey McGonnell was co-opted and together with more established committee members, there is a good team in place to take Dentdale WI forward.

Our speaker for the evening was Susan Garnett who had been sitting in the wings, so to speak, during the meeting. She gave us a slide presentation of a visit she made to South Africa about ten years ago. Naturally, her first slides showed the iconic Table Mountain and a slide showing the cloud cover which forms in certain conditions called *The Tablecloth*. We were shown Robben Island where Nelson Mandella was

imprisoned for seventeen of his 27 year sentence. Susan had made a trip to the Drakensberg mountain area taking in the diverse flora and fauna along the way. There are numerous caves in the Drakensberg sandstone, and many have rock paintings going back thousands of years. It was a very interesting talk recorded rather briefly here and one that captured the imagination for an area which some of us just might visit one day!

Back to the meeting and Freda Meakin's competition entry was judged a winner. We ended the evening with tea and cake.

The Christmas meal will be held on the evening of 10th December at the Red Lion Sedbergh.

New members and visitors are always welcome to join us in the new year and the meetings are advertised locally or on the Dentdale web site.

Pat Allen

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HOWGILL W. I.

We would like to thank everyone who supported our Domino Drive. We had a good turnout making the evening successful, boosting our funds.

We met at Howgill Village Hall on November 6th. Bridget gave a warm welcome to thirteen members and one visitor.

Two members attended the Council Meeting held at the Castle Green Hotel. Bridget gave a report on issues raised. Chairman Ruth Rigg urged us to attend more events that are put on for us as more events than ever had to be cancelled. She highlighted forthcoming events and some of the things to look out for as

we celebrate 100 years of W.I. In 2015. We were given news of the new Federation website.

We had a surprise guest appearance from Anne Harrison from National. She brought good news that Denman College has turned round its fortunes and is no longer in deficit.

Tracey Martin I.T.V.'s antiques expert spoke about her life around antiques and her career in television. Speaker Jackie Huck arrived a bit late all bright and breezy, accompanied by friend Pauline. This is where her story begins. They had forgotten where the Village Hall was and got lost somewhere over Fair Mile.

She continued by giving a run down

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of her varied career which saw her going from nurse to farmers wife and milk lady. She has had a love of cats from an early age and has written poetry from childhood. Her first novel is based on her nursing career in the 1960's. With her writing and poetry Jackie regularly features on local radio and newspapers. She gave us a selection of poems some humorous and some more serious and poignant.

Jackie wrote "Cats Like Me" and her latest book Salt and Pepper "Into the Cruet" was on sale during the evening. Liz Moore thanked Jackie for a most entertaining evening.

The competition to complete a six line poem "One Dark Night in Howgill". This was won by Jackie Hooley with Tanya Hoare second. The social to match the dog pictures with a quote was won by Lyn Marsden with Bridget second. Marikae went home with the raffle prize. Our usual Jacobs Join brought the evening to a close.

We entered two teams in the Pub Quiz held at the Bull Hotel. Congratulations to the winning team "Killington Crusaders", "Howgills

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Guys" came a close second. A fun evening supper was nice too.

We meet again on 4th December at Cross Keys, Cautley for our Christmas Party. *Ann Hoggarth*

KILLINGTON W I

THE AFTERNOON WI FOR THE
 ENTIRE DISTRICT

Here we are at last – the culmination of our WI year –our very own A.G.M. How virtuous I shall feel if I finish this write-up on the very day of our meeting. So here goes.

The meeting started with two notable differences from our usual routine; firstly we started seven minutes late and secondly we sang

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JERUSALEM. (We did also have some freshly made JAM on our scones later!)

We were very happy to welcome Barbara Hollett, a prospective member, at our gathering and look forward to seeing more of her in the future. (NB. I avoid the use of another of my pet hates, 'going forward'. It sounds to me like something one requires from a sluggish horse.) Margaret Denton is our only birthday girl this month and she was delighted by our tuneful rendering of 'Happy Birthday', or was she? Birthday or not she then gave us our financial statement. I feel sure that she has no intention of deserting us like other monetary establishments in the town.

We congratulated one of our Quiz Teams, the Killington Klangers, on coming first in the Federation Quiz, held at The Bull last week. The team is so named because some of its members are bell-ringers at St. Andrew's. This annual event is always great fun, though the less erudite of us only go for the chips!

Then it was on to the serious business of the day - Annual Reports, Elections, and so on. That meant a second appearance for our treasurer who wowed us with exact figures and detailed analysis of our financial situation. Margaret, as usual, acknowledged the help of her WISH (Women's Institute Supportive Husband). Thank you, Andy. Our

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year's activities were brought to mind by our secretary, Susan Sharrocks' splendid report. Susan also informed us that our latest plans are progressing well. At a cost of approximately £1,500, KILLINGTON WI is going to buy a defibrillator for the community which will be fixed outside the People's Hall. We have resources in our charity account which we have raised by our various activities and this is being supplemented by grants from local sources which have been applied for over recent months. This is another job that Susan has done with enthusiasm and efficiency. There is great truth in the saying, "If you want a job doing, ask a busy person". Then

David Jackson



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it was time for the President's Address. Happily, our treasurer and secretary had presented such complete accounts that there was little left for me to do except to thank all the committee and members for their support and friendship. We all find it a joy to be with such like-minded companions. The entire committee were happy to stand for re-election but as we may be losing two members during the coming year, we are delighted with the addition of new blood. Lorraine Millington and Maggie l'Anson will be joining our committee.

With the business of the day completed we were entertained by a selection of music. Several members played recordings of favourite items and told us of the reasons for their choices –most enlightening! The music was a varied as the reasons! Then it was time for our Tea Party. No. We are not Mad Hatters, in fact, not one hat was to be seen amongst us but a scrumlicious tea it was nevertheless. Competition – anything beginning with Z – an eclectic mix but not a zebra to be seen. Winner –



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Margaret Denton with Zucchini. Raffle – first ticket drawn was Margaret Denton’s but she won last month so said ‘draw it again’ – winner of cyclamen – Anne Jones.

We meet again to eat again at Sedbergh Golf Club at noon on December 8th for our Christmas Lunch. We wish all our absent friends a Happy Christmas with a special mention for Susan who will be not be with us.

Finished at 11-43pm! Give the halo a quick polish.

And as I and the Readers’ Digest have said before, **“A HAPPY CHRISTMAS TO ALL OUR READERS”**

Wendy Fraser-Urquhart

local TV and radio being a voice for the area. He regaled us with many amusing anecdotes from his long career. Marjorie Fishwick thanked him for his highly entertaining talk.

A Jacob’s Join supper followed the talk, and then the short monthly business meeting prior to the AGM. Sue Kernahan gave the secretary’s annual report, reminding us of all the meetings we had enjoyed in the past year, and Dorothy Gerrard was thanked for the interesting and varied programme she had put together despite the traumatic health problems she had endured in 2013 and over the past year. Thanks were given to Rosemary Blanchfield and Anne Petyt for drawing up a new programme for

SEDBERGH WI

“You said you could do it when you wrote in!” Whatever it was that the 16-year-old Harry King had claimed he could do when he wrote to Border Television asking for a job in 1961, he has surely been well tested! From making tea to floor-managing, from producing children’s TV shows to surviving boozy welcome and farewell parties (on one occasion being rescued from going to yet another by Gloria Hunniford, who whisked him off to a WI meeting she was speaking at!), and acting as minder to the likes of Dame Gracie Fields and Dame Sybil Thorndike in the studio, Harry has taken on a multitude of roles over a career spanning more than five decades, mostly with Border TV but in the last few years also with Radio Cumbria. He is passionate about



2015. Moira Folks was thanked for organizing the book club, and Ellen Morrison for setting up the walking group holiday. Sue Bateman gave the Treasurer's report and Pat Ramsden thanked the committee for all their support, backed up by Eileen Stavley with her vote of thanks.

A very sad note in the proceedings was saying good-bye and thank you to Christine Sheppey, who is moving south to be near the sea and her family. Christine has served on the committee for many years, organized the book club for several years and been a staunch member of the walking group. Not only that, she has brought a touch of glamour to every meeting, always 'looking a million

dollars', as Pat put it. We will really miss you, Christine!

Sue Kernahan was elected President by a unanimous vote. She will be supported by Sue Bateman, Moira Folks, Ellen Morrison, Anne Pitt and Pat Ramsden.

Orders (and money!) were taken for our Christmas Lunch at the Red Lion, one order coming from Australia, where Denise is on holiday!

The book club met the following day at Gaynor's home to discuss "Wide Sargasso Sea" by Jean Rhys. This novel, a sort of 'prequel' to Charlotte Bronte's "Jane Eyre", seeks to paint a credible background for Rochester's first, disastrous, marriage in the West Indies (though Rochester himself is

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never mentioned by name in the book). The descriptions of the West Indian landscape and the conversations of the Creole characters were excellent, and we felt that the character of the young Rochester showed traits of the character and cruelty of the older man, but some members of the group just found the book a depressing read and therefore not one they would recommend to a friend. This was reflected in the average mark of under 7/10.

The walking group is planning a walk on Wednesday 19th November, hoping to start at Skelwith Bridge and walk into Little Langdale and Elterwater, if the weather is good enough. If not, the walk will be closer to home!

Our first meeting of the New Year will be on January 14th at 7.30 pm in the People's Hall. The speaker will be Ian Potts, clarinettist, who will be

speaking on the subject of his 'Musical Life' and entertaining us with some music. Visitors will be warmly welcomed.
Moirra Folks

LADIES NFU

Our October Meeting was held on the 21st when Michael Beecroft gave a most interesting illustrated talk about his Cruise on a Sailboat around the Hebrides. The seas were rather rough for most of the holiday but two/three days were made under sail which was very enjoyable.

The trip to St. Kilda was the highlight of the cruise, and we saw slides of the Cliffs and Sea Stacks around the Islands which are amazing with enormous Colonies of Gannets, Fulmars and Puffins etc.

Michael went ashore on Hirta which was evacuated in 1930 when the few remaining Islanders went to the Mainland.

Most of the old houses are in ruins but a few are still used.

There are still sheep on the Island and our farmers soon spotted the Soay sheep a rare breed.

The M.O.D. have a Radar Tracking Station on Herta, along with the National Trust for Scotland and Scottish National Heritage they take care of the Island.

Many thanks to Michael for a most interesting talk and answering our many questions.

Mary Harkness was the lucky Raffle winner.

The November meeting was held on the 18th with 19 members present. Mrs. Susan Garnett gave a most

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enjoyable illustrated talk about her Pilgrimage to Oberammergau with Mrs. J. Dodds and Mr. and Mrs. N. Allen in the party.

The party flew to Brixen in Italy then a leisurely coach journey to Oberammergau visiting places of interest along the way. Being in The Dolomites they took a few rides on Cable Cars, then a nice walk back down seeing lovely wild flowers on the way. A stop at Bolzano where a 3000 years old Iceman was discovered, he was very hairy and had part of an arrow in his shoulder and the back of his head was bashed in. Scientists discovered some local people shared some of his genes!

A visit to the Castle at Merano with its lovely Botanical Gardens and Lake, the home of Empress Elizabeth - Sissi.

Paso Gardena where a fierce battle took place, has a very bleak Memorial to the bodies of 8000 Germans found dead on the Battlefield. Innsbruck was visited with many lovely buildings.

Lovely Churches, and a magnificent Cathedral and many frescos on buildings were seen on the way.

The Passion Plays started in Oberammergau in 1634, and have taken place every 10 years since with performances taking place for 3 months. Your visit is so nicely organised, who you stay with, where you eat etc.etc. The actors playing Jews have to grow their hair, the Romans are bald. The Plays are fantastic with a huge stage full of actors, singers and animals, beautiful

singing and acting and as Susan said it was just awesome!! Her friends felt just the same.

Very many thanks to Susan for sharing her Pilgrimage to Oberammergau with us.

Final details re. our Coffee Morning at the URC Rooms on the 19th were finalised.

Our next meeting will be on the 9th December - Christmas Miscellany, do come and join us for Carols and Mince Pies you will be most welcome.

Very Many Thanks to all the people who supported our Coffee Morning in aid of St. John s Hospice, Slyne. Every little did help! You helped to raise the fantastic amount of £433-25p.!!!

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SEDBERGH TOWN BAND

*Remembrance Concert
11th November 2014*

Remembrance Day, 11th November, has had an added significance this year as it is exactly one hundred years since the start of the First World War. Sadly one hundred years ago this was regarded as a 'war to end wars', and there was no inclination or reason to label it the First World War. Political, geographical, religious, economic uncertainties and national rivalries have been the catalysts for dozens of minor and major conflicts since 1914. Though those involved and affected, either in a civilian or military capacity, would never employ the word minor.

However, as we stand back and put events into a context of one hundred years ago there can be none who would categorise the events of 1914-18 as minor. Hardly a nation on earth was not caught up in the events and all subsequent generations have been affected - perhaps beneficially through the fantastic scientific advances hastened by the demands of war, or less happily through the rise of tyrannies and geographical change.

As with virtually every city, town, village and hamlet in the country Sedbergh took its toll of casualties - town and school equally lost beloved sons and the current generation (young and old) are fully aware of the

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obligation on us to keep memories of our sacrificial forbears alive.

November 11th 2014 was not a day of chauvinistic victory celebration - no more than November 11th 2018 will be. A dreadful foreboding hung over this year's recognition of Remembrance Day - stimulated by the advantage of hindsight. 2018 will recognise the enormous sigh of relief that must have gone up when all the industrial scale slaughter of the immediately previous years had ended. Not a time of triumphalism but stark awareness of the terrible paths along which economic and political disharmony can lead people, and the opportunities provided for the evil intentioned to seize and abuse power.

Sedbergh is fully conscious of the above and as with any area of suffering or need to which an appeal is made, responds every year both

emotionally and financially with generosity.

The establishment of the Town Band some fifteen years ago together with great progress by the players (encouraged by excellent coaches) has enabled a concert to be presented of a standard and content worthy of the occasion. Alan Lewis, a former soldier, and his son Ewan together with URC minister Carole Marsden have been instrumental in coaching the Band over the years and for the last four years ensuring a high class concert on Remembrance Day when takings are shared equally between the hosts of the band (the URC) and the Royal British Legion. Members of the Band are always delighted to make their specific contribution to the splendid totals always raised in Sedbergh on behalf of the Legion.

A goodly audience took their places

for the commencement of the concert at 7.30 pm. The gallery was particularly full, probably for the most part with regular supporters of the Band who recognise that the sonic power being developed by the Band makes it desirable to put some space between them and it.

A pattern has emerged over the last three years as regards both the contents of the programme and the order of delivery, and this was adhered to this year. The first half set off with the stirring "Fanfare and Hymn Repton". Film music, "Aces High" and "The Great Escape", separated by Alan Lewis's haunting composition "Akay Dawn", followed. It is no accident that much

memorable, fine music accompanies war films - an heroic note needs to be struck to complement the heroic deeds so often presented on film.

Although the date 1914 was of great significance the day, 11th November, is dedicated to remembrance - recalling the casualties from France and Belgium in 1914 to those 453 British servicemen and women who lost their lives in the recent Afghanistan conflict. The variety of music selected matched the passage of the years. Thus the programme proceeded to the interval through Karl Jenkins's "Benedictus" (from his Mass) to the hymn "Eternal Father" and concluding with "The Dambusters". Popular music of the



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Second World War was represented by "The White Cliffs of Dover".

Following encouragement from the conductor Ewan Lewis, the audience joined to sign the song giving particular emphasis to the refrain:

*There'll be bluebirds over, the white cliffs of Dover,
Tomorrow, just you wait and see.*

Special mention should be made of Chris Perrot (euphonium) who tackled the beautiful but exceedingly taxing solo element of the "Benedictus".

The opening of the second half took us back to World War I with the playing of "1914", a composite piece in which a number of easily recognisable tunes popular with the forces and civilians alike throughout

the years of WWI.

The audience again took up the invitation to sing when "We'll Meet Again" was played. The passion that accompanied the refrain of "The White Cliffs of Dover" was, if anything, exceeded by that in which the audience echoed the optimism of decades earlier, recalling Vera Lynn: *We'll meet again, don't know where, don't know when,
But I know we'll meet again some sunny day.*

Demonstrating the width of Remembrance Day was the piece "Hymn to the Fallen", the music accompanying the American film recounting the events on the protectionless Omaha beach in the

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1944 D-Day Landing, "Saving Private Ryan".

Tradition now took over - "The British Legion March" preceeded the playing of "Sunset" by the cornets. Tony Reed-Screen delivered majestically the Binyon poem "For the Fallen", and its concluding line was echoed with feeling by the audience - "We will remember them". The two minute silence was kept after the "Last Post" and before "Reveille". The concert then came to an end with Tony Playfoot and Tom Skelhorne joining to play the bagpipe number "Highland Cathedral".

Throughout the concert Stuart Manger introduced the programme item by item and accompanied each with a fascinating anecdote concerning the piece - as always reflecting his most industrious and much appreciated research.

Gerry Blackwell

PEACE ON EARTH, GOODWILL TOWARD MEN

Harry Patch was the last soldier to survive the First World War - "the last fighting Tommy" - aged 111 just

before he died in 2009, he was for a short time the oldest man in Europe.

At the age of 106 Harry met Charles Kuentz, who at 107 was the oldest surviving German soldier from the war: "I was a bit doubtful about meeting a German soldier. Herr Kuentz is a very nice gentleman however. He is all for a united Europe, and so am I."

Before he died he commented on the futility of war - and the unfairness of ordinary men being sent off to kill each other by governments who ended the war sitting round a table: "If I had my way I would lock all the leaders in a room and make them fight it out - then there'd be no need for lads like me to go to war."

His words form one of the songs and carols we will be singing in our





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commemoration of the 1914 Christmas Truce when over 100,000 soldiers along the front in Western Europe chose not to fight each other but for enemy to meet enemy face to face, exchanging gifts, singing carols and playing football.

As well as the songs, and a short dramatic presentation, there are readings telling the story of the Truce, many of them taken from the soldiers' letters home - such as this one from a local lad writing to his parents: " I spotted a German officer, some sort of lieutenant, and being a bit of a collector, I intimated to him that I had taken a fancy to some of his buttons. I brought out my wire clippers and, with a few deft snips, removed a couple of his buttons and put them in my pocket. I then gave him two of mine in exchange. The last I saw was

one of my machine gunners, who was a bit of an amateur hairdresser in civil life, cutting the unnaturally long hair of a docile Boche, who was patiently kneeling on the ground whilst the automatic clippers crept up the back of his neck."

Not everyone was so keen on the Truce - General Sir Horace Smith-Dorrien, commander of the British 11 Corps, gave orders forbidding friendly communication with the opposing German troops. Adolf Hitler, then a young corporal of the 16th Bavarian Reserve infantry, was also an opponent of the Truce.

The Christmas Truce is being celebrated in many parts of the country and our local singers will be joining others from Cumbria and Lancashire in several concerts. Prince William has also been



organising a commemoration at many football grounds - and our singers will be joining the massed chorus at a football match in Accrington. We will also be singing some of the carols sung in Slovenia during the Christmas Truce of 1914 between the opposing Austro-Hungarian and Italian forces, with a reading from an amateur historian in our twin town Zrece.

I do hope you can come and hear our concerts - in the Dent Memorial Hall on Saturday December 6, and at Brigflatts Quaker Meeting House on Saturday December 27. The concerts are free, but there will be a collection for charity.

If you can't make the concerts, we

also have other singing events you might like to join over the festive season. Our singers take their carols out on the Settle Carlisle railway on Saturday December 13 with singing at Ribbleshead Station alongside Janet Russel's choir Settle Voices and the Keighley Road Jolly Wassailers, and also on Langwathby and Settle stations and in several nearby pubs. You can come for the whole day with a discounted return on the train, or just join us at lunchtime at Ribbleshead.

There are also opportunities to join folk carol workshops in Dent over the Folk Carols weekend at the beginning of December; at a morning workshop in Langwathby village hall before

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boarding the train south to Garsdale, Ribbleshead and Settle; at a mountain retreat high in the mountains at Black Sail - and next year on a trip to Slovenia, and with the Singing Cyclists as they meet community choirs on their way from Whitehaven to Tynemouth. Details are on the www.lakelandvoice.co.uk website.

We wish you all a very merry and melodious Christmas and a happy and harmonious New Year - if you have unresolved conflicts may you find your own Christmas Truce and enjoy to the full the warmth and humanity of this festive season.

David Burbidge, 21166

A CLASSICAL COLLECTION

The next Sedbergh Orchestra concert, entitled 'A Classical Collection', will be held at 8.00pm at St Andrew's Church Sedbergh on Thursday December 11th. The date is rather later than intended because Peter Crompton, our regular conductor, was called away to assess music exams in India and will be back only for the last full rehearsal on December 4th. However Peter's son,

Daniel, now in his fourth year at the Royal Northern College of Music, stepped into the breach to take two of the rehearsals, Roland Fudge, conductor of the Westmorland Youth Orchestra took another and two of our members expertly ran simultaneous sectional rehearsals for wind and strings. It has been interesting to have such varied and expert input, but no doubt Peter will put his own stamp on the performance when the time comes.

We have made a change to the ticket pricing for our new season to encourage you to buy your tickets in advance. If you do this, your tickets will be at the usual price of £6 and there is no charge for those 18 & under. Programmes will also be free as before. However, tickets on the door will now cost £7. There is an advert elsewhere in this edition of LOOKAROUND saying how to get your tickets. Orchestra members also have tickets to sell. Look out for the new style posters and flyers around the town which are more eye-catching than usual. These have been specially designed by

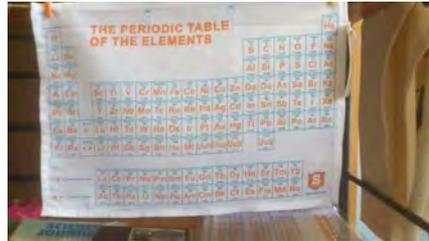
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Pepperpot members from Waitby, Elizabeth and Peter Simms. Elizabeth plays her oboe and sometimes her cor anglais in the orchestra and you will find Peter handing out programmes at the concert.

Beethoven was commissioned to write incidental music for Goethe's play 'Egmont' and the overture from this set of pieces begins the concert programme. The play portrays the life of the Count of Egmont, a hero who dies for his cause, and the overture dramatically illustrates this tale of oppression, rebellion and uprising which culminates in his execution.

After this sombre but arresting start to the evening, Haydn's 2nd cello

concerto will certainly raise our spirits. Daniel Crompton will be the virtuosic soloist. Many will remember the brilliant performance he gave, in the orchestra's early days, of Saint Saens' cello concerto no. 1. Mozart's much admired symphony no. 40 in G Minor concludes the programme. In his day, it inspired works by Haydn, Beethoven and Schubert where echoes of the themes can be heard.

Surely this is a programme not to be missed. We have all very much enjoyed rehearsing these pieces and we would encourage you to come and hear this music, which could well be familiar to you, played live - and in Sedbergh!

Shirley Smith

TWINNING ANNIVERSARY

On 27th May 2005 a charter of twinning between Sedbergh and Zreče in Slovenia was signed. The ceremony took place at the Old House in Skomarje, a hillside village near Zreče. We will be visiting the same venue again, 10 years later to "renew our vows"!

At the end of June a group of students from the Zreče school will be coming to Sedbergh. We have invited Mayor Boris and our Slovenian twinning friends to come at the same time to join in further celebrations. The Mayor has accepted subject to elections! There is a new Slovenian ambassador in London, Tadej Rupel. I have written inviting him too and await his reply. Both previous ambassadors during our 10 years twinning have visited Sedbergh many times and we hope he will continue to maintain this important link with us.

He would, of course, be most welcome.

The British Embassy in Ljubljana will also have a new ambassador in January, Ms Sophie Honey. I have spoken to her Charge d'Affaires Christopher Yvon and he assures me that the embassy will be represented, hopefully by HE herself, at the Skomarje anniversary celebrations.

There will be a party of Sedbergh Twinners travelling to Slovenia in May for the event (at our own expense I hasten to add!) and any fellow travellers would be heartily welcome. Many of our former adult visitors for the October trips in 2010 and 2012 have expressed a wish to visit at a different time of year. I believe the wild flowers will be blooming in profusion! Please get in touch if you would like to join us. At the moment we are exploring the possibility of travelling by train from London with one or two stops along the way. We would return by air.

Our sincere thanks to all who have supported the twinning either by subscription or in practical ways. We couldn't exist without you.

The Twinning will be represented at Late Night Opening on December 3rd at the premises of Cobble Country Properties so please come along and have a chat about our proposals. Any ideas on entertain our guests (young and not so young) in Sedbergh will be gratefully received. I look forward to hearing from you.

*Susan Garnett 21138
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Sedbergh Wanderers Junior Football Club would like to wish all our sponsors, supporters and well wishers a very Merry Christmas and a Happy New Year.

The last 5 months since our formation has been an up and up rollercoaster ride on and off the pitches for everybody associated with the towns new football club. Firstly MK conversions, BDS fuels and W Dawsons coal merchants sponsored us with two new kits for our u7s and u8s teams.

Peter Lawson and Ian Cousins competed in Born Survivor and Great North Run respectively donating over

£400 sponsor money to the club. We now have three FA level 1 coaches and a child welfare officer, Thanks to our Parish Council who have kindly donated us £460 towards a equipment grant, plus out of the 12,700 clubs countrywide that entered the Skipton Building Society's Competition, where we had to explain to them why we needed a equipment grant, we are one of the £500 winners. Thanks to everybody who voted for us online.

On the field the under 7s team has played every Saturday since august and the boys are getting better and better easily winning more than they've lost. The under 8s formed a bit later and just missed the deadline

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for the league entry date, but now with Ambleside U8s folding, we took the opportunity to apply to the league and now our U8s will start in the league from the new year. if there's any new U7s or U8s players wanting to train and play football within the area please contact us.

Once again thanks everybody for the brilliant support.

Caspa

WALKING & CYCLING GROUP

The official launch of the Sedbergh Area Walking and Cycling Group and its website, the Sedbergh Gateway, took place at 72 Main Street, on Wednesday 12th of November.

About thirty guests attended the

launch, including parish and district councillors and a number of business people from Sedbergh and Dent, many of whom had sponsored the website.

Fortunately, nobody saw fit to make a speech, but there was a chance to view the Sedbergh Gateway site on a number of computers and an opportunity for an informal and useful exchange of ideas. Hilary Hodge, Chairman of Sedbergh Parish Council, was invited to declare the website open.

District Councillor Evelyn Westwood said: "This is just what Sedbergh needs. The western Dales and the Howgills have always been popular destinations, but this new project, and

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the website, will help us to engage yet further with visiting walkers and cyclists”.

A number of people declared an interest in joining the new walking group, and the possibility of setting up accounts on Twitter and Facebook was discussed. Watch this space.

Anyone interested in getting involved with the group's activities should get in touch with the secretary, Carole Nelson at the Sleepy Elephant (Tel 21770).

Robert Powell

SEDBERGH CRICKET CLUB

Well here goes, I became captain of Sedbergh Cricket Club for the 2014 season.

Throughout the Winter some much needed work was carried out on the clubhouse by Paul Metcalfe, Graham Keighley and a handful of players. Walls were knocked down and new ones put in, everything nailed down was painted and we now have a male and female toilet.

Now to the playing side....

End of March the indoor nets started, not a good turn out and my thoughts were well its the first one, football, rugby and other things going on, things can only get better. Four indoor net sessions later, the light nights came, the weather was good so outside we went. Slightly better turnout but with the season getting nearer to starting I was thinking we

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were not going to be able to field a team. With the loss of the run machines John Brown & Richard Oughton, we had lost our two opening batsmen and I was worried to say the least. I was then told Alan Wilson was packing in. I thought to myself, Dick Gorst does a great job with Sedbergh Juniors, its time to bring them through, so now a report on how the season went on.

Opening game, 26th April at home to Bare, pleased to say I managed to get 11 players, four of which were under 14, and Cai Roberts said he would play so in he came and stayed for the season. I lost the toss so on a damp track I knew we had our work cut out, we did 3 for 18 and were in

big trouble, we had lost Steve Cayley for 9, Julian Cann for 2 and Paul Metcalfe for 2. Then Ben Ferguson and myself dug in deep with Ben going for 5, I tried to score runs and stop in. The next 6 batsmen had to try their very best to get a good score to defend, which was going to be very hard on this track. Losing the next 5 batsmen for 2 I had to do my very best with Cai Roberts coming in for his first ever game for Sedbergh Seniors. He faced one ball and I got bowled for 19, our innings ended 39 all out in 22 overs.

After a delightful tea I said "heads up guys we can still win this" and they all looked at me and agreed we could, so out we went to try and defend a

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measly 39. With Julian Cann and Paul Metcalfe opening the bowling, Bare found it hard to score runs and stood at 2 for 19 off 16 overs, I began to think we were in with a chance. Julian and Paul only had four overs each left, we needed more wickets. After their 12 overs each, Bare were 7 for 23. On came 14 year old Ben Ferguson, with the game very tense he bowled a maiden over. Steve Cayley came on at the other end and also bowled a maiden over. Now Bare were starting to get frustrated with Ben bowling yet another maiden over and Steve bowling a wicket maiden. Bare now stood at 8 for 23. Ben came in for his third over, first bowl going for 2 byes, the next a dot ball and the

next two balls taking wickets. Bare were all out for 25 with Ben ending up with bowling figures of 0 for 2 wickets off 3 overs and Steve Cayley 0 for 1 off 2 overs. Off to a winning start, 15 points.

3rd May Warton at Home, Sedbergh with a different 11 were put into bat and were all out for 47. Steve Cayley got 30 and I got 7, the rest of the team got 10 between them. We were in big trouble! Could we do it again I said to the players? They all said yes but the answer was no, we got hammered losing by 8 wickets.

10th May Milnthorpe Away, we won the toss, Milnthorpe to bat. Now I had a chance to see what our bowlers could do and in my eyes they did



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Please return completed Application Forms in email to shw@sedberghschool.org, by returning them to the Bursary or (by post) to HR Administrator, The Bursary, Loftus Hill, Sedbergh, LA10 5RY.

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okay, Milnthorpe finished 158 for 4 off 45 overs. Our turn to bat, I said to them, lets bat out the 45 overs and see how many we can get, we can get 1 point if we aren't all out in 45 overs. Sadly not to be with us all out for 48.

With yet another set of different players I was under no illusion we were in for a difficult season.

17th May lost to Trimpell

24th May lost to Carnforth

25th May away to Sedgewick. On this very hot, sunny Sunday, with a strong team and the return of Richard Oughton, I thought we were in for a good game. Things started the same with us losing the toss and being put in to bat. We started badly losing

Richard Oughton for 2 (who had come all the way from Halifax to play), we also lost Julian Cann for 4 and Tom Robinson for 2. At 22 for 3 we were in trouble yet again. Steve Cayley and Luke Cragg were at the crease and things started to change. Luke Cragg hit the ball all over the ground, then we lost him for 25. Young Ben Ferguson joined Steve Cayley at the wicket but only added another 3 before being bowled. I joined Steve Cayley with 8 overs left and we had to have a go to try and get some runs, which we started to do then we lost Steve C for 57, the score standing at 96 for 5, we were never going to get to the 150+ we needed. I finished on 10 not out and

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Albert Hindson on 1 not out. We finished with a very under par score of 122 for 6, which was never going to be enough. We set about trying to bowl Sedgewick out and failed miserably, with Sedgwick knocking them off for 0 wickets. We had just suffered our heaviest defeat.

31st May Arnside travelled to Sedbergh maybe thinking they could beat us. We had Harry Chamberlian and Tom Robinson from Sedbergh School helping us out, as yet again we struggled to turn out a team of locals. I lost the toss again, we were put in to bat. Knowing we had good batsmen in Harry, Tom and Steve Cayley it never bothered me, yet once again we finished on another

under par score of 120 for 8 off 45 overs. We were batting all our overs out in games, which I had asked them to do, but we just couldn't score the runs. Tom scored 42 out of the 120. Teatime came and went with me saying to the lads "we win as a team and we lose as team, lets get out there and show them what we can do with the ball". Paul Metcalfe and Steve Cayley opened the bowling, Paul finishing with 1 for 20 off 12 overs and Steve with 3 for 16 off his 12 overs. Julian Cann came on to ball with Tom Robinson at the other end, Tom taking a wicket with his first ball and Julian with his third ball. Arnside were 35 for 5, they then had a flurry of runs and were 55 for 5. Julian and



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Tom cleaned them up with Tom finishing 3 for 10 off 6 overs and Julian 2 for 8 off 3 overs. We won, 15 points for us, now we were on 30 points and finally off bottom of the league spot, we were 3rd bottom. Not too bad.

More losses to follow to Barrow, Warton & Sedgewick.

Then came the best win of the season against Kirkby In Furness, who were third in the league.

Sedbergh had a very young side out, with 3 of our main bowlers missing.

We managed to bowl Kirkby In Furness all out for 153, with Albert Hindson taking 2 wickets, Ben Ferguson 1, Luke Cragg finishing with figures of 2 for 14 off 12 and other

wicket takers were Stephen Troughton and Mark Dodd, 7 bowlers used in total. Now the batting.....

Richard Oughton turning out for us once again, travelling all the way from Halifax, opening the batting with Steve Cayley, with me thinking they needed to have a good knock, we saw the bowlers Kirkby In Furness had come steaming in and I knew we were going to be in trouble. I was right. We lost Richard Oughton for 4 in the seventh over and Steve Cayley followed in the eighth for 5. John Thornton and Sam Moore came in to bat next and had different ideas, smashing the ball all over the park.

We lost John Thornton for 17 and this meant Mark Dodd joined Sam at the

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crease. With the score ticking away nicely we lost Sam Moore for 39. Still on track, Luke Cragg joined Mark Dodd, hitting the first bowl for 4. We thought he was going to have another great knock but how wrong was I, he was bowled the next bowl. In came Sam Gorst, a player that was 13 years of age. What a great knock he had, nearly taking us to the end but sadly for him, he just didn't make it, being bowled out for a very impressive 24. Then we lost Mark Dodd for 21, a great knock by Mark, leaving us needing 17 to win. With Stephen Troughton and Ben Ferguson at the crease they finished the game off with Stephen Troughton 12 not out and Ben Ferguson 6 not out. Best win of the season, a happy team for once.

Then, back to our usual ways with defeats against Trimpell, Milnthorpe, Bare and Arnside to follow.

Our luck changed and we managed another win against Ambleside, Ambleside coming to Sedbergh with the "We will beat this lot" attitude. They won the toss and batted first and finished on 150 for 4. Then what

happened next was remarkable, we hammered them by 9 wickets, yes, 9 wickets, you read it right! Tom Robinson and Sam Moore opened the batting, Tom scoring a magnificent 103 not out, Sam 28 out and David Cope finishing the job with Tom Robinson, David on 19 not out – a great win, now we were within catching distance of Trimpell, who were 3rd bottom. We needed to get another 2 wins to stay up.

Galgate came to Sedbergh and yes, another win for us being bowled out for 101 and us bowling Galgate out for 78.

Now we were 9 points behind Trimpell with two games left to play. Trimpell only having 1 game left. It was getting serious.

Off we went to table topping Carnforth who were unbeaten all season. I said to the players "we can be the first team to bowl Carnforth out" which we did for 309! Good effort. There was no chance of us getting 309 runs so I said "lets frustrate them and try and bat our 45 overs out for 1 point". So, at 61 for 8 I thought we had no chance but with

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12 year old Aaron Troughton stopping around for 12 overs with Mark Dodd, they did their very best and with 38 overs gone, Carnforth were getting rattled, bringing back their best 2 bowlers, R. Kitching and Darren Nelson who then bowled Aaron Troughton for 11 and Mark Dodd for 9. With only Cai Roberts and Stephen Troughton left to bat, they needed to see 6 overs out but just didn't get there with Stephen running Cai out. Another excellent effort from another young team. A little bit of good news followed... Trimpell had lost at home to Galgate so we could still stay up, we needed a win at Kirkby In Furness, needing 9 points on the last game of the season.

We drove up to Kirkby In Furness, with my luck changed and Sedbergh won the toss. We batted first. We set about the task ahead and managed a total of 164 runs for Kirkby In Furness to chase. I thought this was a winning score. Sandy Richardson 41, Julian Cann 44 and Steve Cayley 31 our main run scorers. After tea I said to the lads "right lads its up to us, do we want division 3 cricket or division 4 cricket?" We nearly did it but we just failed with a tie, Kirkby In Furness finishing on 164 runs as well. We got 8 points.

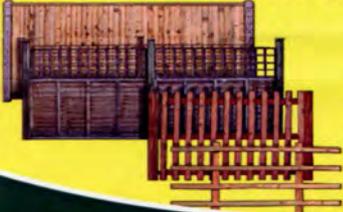
We finished the season on the same number of points as Trimpell but Trimpell had one more 15 point win that Sedbergh so we were relegated.

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I must say for the young lads we have at Sedbergh the future looks bright for next season. If there is anyone out there who would like to play cricket we are creating a great club down on Settlebeck playing field, boys and girls can play from the age of 13 so come down and have a look next season, if not to play to support, you can get a lovely brew and a buttie on match days made by Colin & Kirsten Wilson. Also, lots of people came down to watch this season and I would like to thank them for their support over what has been a very difficult summer. A big thankyou to Ian Donoghue for doing the drinks and also to Mike Tomlinson and his wife for their continued support, travelling

from Garstang most weeks. Another big thankyou to Kirsten Wilson for scoring every week all season, to Martin Cope, Jan Oughton and Les Hoggarth for their sterling work behind the scenes in keeping the club running, to Dick Gorst for his commitment to the juniors and lastly to my wife Karen and my two lads, Aaron and Luke for putting up with my horrible mood swings over the all summer.

We held our presentation evening at The Dalesman on the 7th November (thanks to The Dalesman for the lovely food on the evening and their support all season providing pizzas and drinks after every home game).
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Ben Ferguson – 1st team players player

Ben Ferguson – Most improved player

Cai Roberts – Best fielder

Cai Roberts – Most ducks (sorry Cai)

1st team batting – Steve Cayley with an average of 21

1st team bowling – Julian Cann with an average of 13.3

Juniors

U12s Fielding – Zak Baines

U12s Bowling – Shaun Tebbutt

U12s Batting – Will Mullins

U14s Batting – Albert Hindson

U14s Bowling – Ben Ferguson

U14s Fielding – Jay Ferguson

Noisiest Wicket Keeper – Sam Gorst

Most Enthusiastic Cricketer Ever –

George Capstick

Most Improved Player – Gregg

Tebbutt

Stephen Troughton
1st Team Captain
Sedbergh Cricket Club

KICKBOXING CHAMP

It has been a strange sort of twelve months since we last wrote a piece for the Sedbergh Lookaround.

In November 2013, local lad Kalum Heywood-Byatt became World Champion in the Mat Continuous Kickboxing under 19 years minus 79KG Cat at the World Karate Association world championships in Italy.

The following week he went to Wales to defend his Welch Titles. He was doing well until in the semi final he picked up a thumb injury. As he had already made the Final of the under 17 Points we decided he would defend that but withdrew him from all the other categories. He won the Junior Final with one hand (and two feet).

He did get a lot of ribbing about how tough he wasn't but after a trip to hospital we found it was a bad injury at the join to the hand and he was

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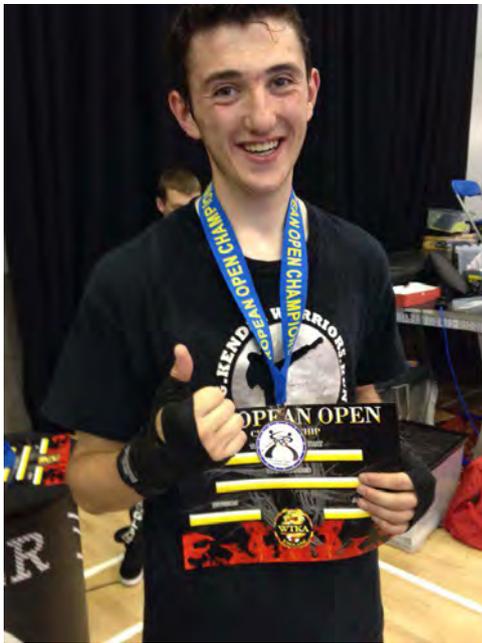
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unable to throw a right hand punch, properly for 5 months. Although he trained we were unable to enter any tournaments until May.

Our first competition was in Edinburgh for the Scottish Open and he entered the Mat Continuous and Points. As coach I was delighted that despite obvious ring rust he got two Bronze Medals. Kalum, ever a

champion was pleased with his points bronze but disappointed with the continuous where he felt he should have been capable of winning. Most champions learn more from loosing and Kalum knuckled down to some serious training to ensure he was better next time.

On the first of June we returned to the Welch Open and this year it was his last year as a junior so we entered in 4 events: under 17 points and continuous, and Senior points and continuous (where he was classed as a heavy weight). Kalum's work paid off and he was fortunate enough to win all four categories. Photo attached.

In mid June we attended the WUMA European Championships and here though still 16 he was classed as a senior and though he was disappointed with his bronze medal at points we were delighted with his first ever European Title at continuous made harder by the fact this was Kalum fist ever fight in the ring.

Training continued over the summer despite Kalum working in a remote area of Scotland as a sailing

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instructor and though again a bit ring rusty he developed his strength and stamina and came back to school stronger.

Training began in earnest in September with Kalum averaging 20 hours a week in addition to his homework. Special thanks should go to his club Kendal Lau Gar Kung FU and Kickboxing and Sifu Steven Mattinson who not only geared some of the classes towards Kalum's sparring and he ran extra classes specially designed at fitness. The Club trains in Kendal on Wednesday, Thursday and Sunday and welcomes people of all ages and capabilities.

On the 4th October we entered the EKA English Open and Kalum entered the points, the mat light contact and boxed by his WUMA European Title we tried the ring Kickboxing again. Kalum is now English Champion at the Points and the mat and got a very close second



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(Silver) to a very good fighter from Barnsley in the ring.

At the end of October we set of for Italy were he achieved a really good bronze medal in the points , successfully defended his -79KG World Title He also fought up a weight and became World Champion mat Continuous as well in the -85KG. We also gave the ring a go and he is now a triple World Champion beating an hard working Italian in the final.

Congratulations Kalum on being a triple World Champion – now get some homework done!

Dad Byatt

SEDBERGH BOWLING CLUB

The White Hart Sports and Social Club was the venue for our end of season social on the 21st October. Our thanks to the Club and to Smatts Duo Café/Bistro for providing a delicious supper. A raffle and dominoes brought the evening to a close.

We enjoyed wonderful weather for fixtures and competitions. The winners were:-

Spring R/R - Geoff Thompson.
Townson Trophy - William Lowther and Sandra Smith. Poyntz Wright - Tom Wilson. Ladies - Margaret Mason. Mens - Tom Wilson. Ned Winn - Carole Townson and Carol Thompson. Conchie Memorial - Tom Wilson. Iveson Doubles - Bryan Lewis and Sandra Smith. Norman Hoggarth Memorial - Tom Wilson. Presidents Prize - Tom Wilson. Pairs - Carol Thompson and Tom Wilson. Teal Trebles - Bryan Lewis, Geoff Thompson, Janet Baines. Autumn R/R - Sandra Smith. John Oughton Trophy - Tom Wilson.

Our thanks to President Valerie Finch for officiating at our events.

The AGM will be on February 26th. See ad in *Lookaround*.

Linda Killops

SEDBERGH WANDERERS FOOTBALL CLUB

(Seniors)

I'd like to start with a thank you to all the people who came to our annual Wine and Savouries night in October. It once again proved to be a great evening and we look forward to seeing you all again at our next event, a disco on boxing night.

We are in the process of designing a sign to be situated at the Peoples Hall, displaying match day information and our sponsors for the season. We hope to have this in place by Christmas.

Since our November article the team have played four matches, winning three and losing one. The first of these four games was on Saturday 18th October where visitors to Havera Park were Ambleside United Reserves. Sedbergh were very comfortable in what proved to be a very easy game against the leagues bottom side winning 8-0. There were



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hat-tricks for Alex Fearn and our top scorer Alistair Bainbridge, plus individual strikes for Dean Raw and Chris Milburn.

The following week we hosted Carveti in a local derby. Heavy overnight rain and a strong wind made playing conditions difficult making for a game of very few chances. Sedbergh had the best of the early minutes with Rob Close going close with a header from a corner. With the game at 0-0 going into the final quarter of an hour, Carveti had their best spell of pressure with Luke Cragg making a couple of fine saves to keep the scores level. Just as the game looked

to be heading for a draw Sedbergh produced the one moment of attacking quality to open the scoring. Rob Close played a neat one-two with Alistair Bainbridge before coolly slotting past the keeper. Sedbergh's defence held out for the remaining minutes with Jack Leddy at right back having a tremendous game.

On the 1st November Sedbergh travelled over to Kendal for their first away match of the season, a senior cup second round tie against Kendal County first team, who are among the favourites for the cup. Having beaten their reserve side comfortably the previous month Sedbergh went full of confidence they could cause an

upset. After an even first half against a strong wind a battling Sedbergh went in 1-0 down. Sedbergh started the second half strongly and could have drawn level after an hour when Alistair Bainbridge's thumping 18 yard header from a Jack Leddy cross smashed back off the bar. Within seconds County had gone up the other end and doubled their advantage to 2-0. As Sedbergh threw men forward in an attempt to get back in the game County scored another couple of late goals to run out comfortable 4-0 winners.

Saturday 8th November's game against Staveley was postponed due to a waterlogged pitch meaning our next game was the reverse fixture against Ambleside on the 15th. Sedbergh travelled to Ambleside expecting an easy game after their 8-0 victory a month before, but soon found out this would be a much tougher game. Sedbergh had to rely on Paul Farrell clearing the ball from his own goal line inside the first five minutes to keep the scores level, before eventually taking the lead with a deflected Luke Packham effort from an Aaron Siemaszko corner. With Sedbergh leading only 1-0 after forty five minutes (and producing our worst performance of the season so far) the harsh words delivered at half time seemed to have an impact as Elliot Oxley took a pass and committed two defenders before scoring a beautiful low curling shot into the far corner, just minutes into the second half. This should have settled us but instead of going on to score more goals we

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allowed Ambleside back into the game through a penalty which resulted in both teams being reduced to ten men. Sedbergh made three substitutions and again moved two goals clear when Alistair Bainbridge smashed home the third after good work from Rob Close. As the game went on Sedbergh should have scored more but for some bad finishing, however Luke Cragg made a fine save to keep Ambleside out at the other end, the game finishing 3-1 to Sedbergh.

All that remains is for everyone at Sedbergh Wanderers to wish everyone a Merry Christmas and a Happy New Year.

INFORMATION & BOOK CENTRE

Happy Christmas from 72 Main Street, and may we wish you a safe and happy New Year.

If you come in now you'll find we still have Christmas cards on sale – we have a mix of cards for good causes and some of Hilary Moore's winter scenes. These are all bound to sell well so it's a good idea to come and stock up soon. And then there's the Sedbergh calendar ...

We have had a lot of enquiries about bus timetables in the last few weeks as people have adjusted to the new arrangements. If you still need to know what's what (short form: there are still buses, to Kendal at least, but not quite so many as there were) do come in and our volunteers will sort you out. This might be the place to remind people that there are two schemes available for getting where you want to go if the bus isn't there. Both are organised by the County Council. The first is the volunteer driver scheme – for the Sedbergh area, contact Tony Dodgson on 20869 to see if they can help you. There's a charge, but it's a reasonable one. Contact Tony as well if you are interested in being a driver; it's very worthwhile and the scheme pays you a decent mileage to cover wear and tear.

The second scheme is Rural Wheels. It's operated using local taxis. You have to join the scheme, and you get a smart card which you put credit on which you then use to pay for your travel. Again, the costs are reasonable. You need to book ahead, and there are some sorts of



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journey you can't use the scheme for (mostly ones where alternatives are available). We have more information and application forms at the Information and Book Centre, do come in and find out more.

Sedbergh Wednesday Market carries on; by the time you're reading this, it will be gearing up for the weeks before Christmas, when there are always extra stalls. Wednesday 3 December will be 'First Wednesday' so look out for the posters telling you what's on. Many stalls are there from 8.30 in the morning so there's always the chance to come along on your way to work or back home after you've walked the kids to school. In recent weeks we've had barbers, a sock and shoe stall and even dinosaur bones! As you'd imagine, there is pressure on parking space at Joss Lane when the market is on, so if you're driving and you can possibly park on Loftus Hill and walk over that would be a great help.

Wednesday 3 December is also the date for Late Night Opening, and once again we will play host to Santa, so please do come down and see us on the night.

Andi Chapple

**SEDBERGH PRIMARY SCHOOL
PTFA**

Middleton Fell Relays 2014.

This national event was held on Middleton Fell in October and Sedbergh Primary PTFA was kindly asked to supply the bar. The day was a huge success and the ptfa managed to raise £1100. Many thanks to Paul Hoggarth who helped erect the bar the day before and Garth Steadman for lending us his 'Party Fridge' The band of helpers who manned the bar over the weekend were brilliant and can't be thanked enough for their support.



School Disco

Early November saw the return of the children's favourite - the School Disco - Many thanks to Danny's Discos for doing the DJ'ing - We managed to raise £250 and many thanks to all the children and parents for supporting this event. There will be another Disco in February so look out for posters nearer the time.

Domino Drive

Fun for all the family at our Domino Drive on Friday 16th January 2015 - 7pm start at the Primary School. Everybody is welcome

Christmas concert Recording

As usual the PTFA is planning to record the Christmas concerts at the beginning of December and sell the DVD to friends and family - the DVD has proved very popular in the past and makes a great stocking filler for all family members x

The funds that have been raised so far have already bought benches and iPads and new cookers for the children's kitchen are next on the wish list. Many thanks for the continued support from parents and teachers.

Picture: Cat Pennington, Angela Metcalfe and Linda Livesey at the Middleton Fells Relay

Linda Allan (Chair)

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LYNSEY GOODYEAR

Firstly, let me introduce myself. My name is Lynsey Goodyear and I am the new Head of PE at Settlebeck School. To be a PE teacher at Settlebeck has been my dream job ever since I was a student there under the teachings of Mrs Nicholas and Mr Trull. To now be in charge of all things sport at this wonderful school is a dream come true.

I studied Sport and Exercise Science at Leeds Carnegie University then completed my PGCE in Physical Education. My first teaching post was at a large school near Halifax, staying there for two years until the opportunity arose to come back to the South Lakes with a teaching post at Cartmel Priory School, where I spent 9 years. Then came the chance to come back to Settlebeck. I have been overwhelmed with the level of commitment and enthusiasm from the students and working here really is an honour.

Sport is something I am passionate



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about, as are many of my students, and I am keen to share the students' success and other things that go on at school.

This term we have had some amazing performances from the sporting teams. The netball team have had some good games against KSGS and are looking forward to a busy few weeks of fixtures in the run up to Christmas. Three of our students, Kate Thompson, Sophie Waller and Amy Harper, have been training with the South Lakeland District Netball Team, performing fantastically well alongside students from the other schools in the area.

The girls' football teams have played some brilliant football, noticeably the U15 girls who made it to the quarter finals of the County Cup competition, only to be beaten by the reigning champions, St Bernards School in Ulverston. The boys' football had to go one better!!!! They got to the semi-finals of the County Cup, beating some of the larger schools to get there. They are due to play QEGS from Penrith in the next few weeks - let's hope it will be good news in the

next edition!

The GCSE PE groups and JSLA (Junior Sports Leader Award) have been busy organising Primary Gymnastics and the Primary Cross Country competitions. Both groups of students are showing commitment and enthusiasm to PE, sport and leadership. In the run up to Christmas we have got many more football, netball, hockey, boys and girls rugby fixtures along with cross country races and other primary school competitions.

Enabling the students to see elite sport can engage and motivate them to do well in their own sports. This term we went to Manchester to watch the Superleague Grand Final, where

St Helens were victorious over arch rivals Wigan Warriors. Over the next few months we have plans to try and go to the Six Nations, England netball, Leeds Utd football, Leeds Rhinos Rugby League and hopefully Wimbledon. We have also been fortunate enough to get Rugby Union World Cup tickets for next year.

As you can see we have got many school teams that often play at the same time. We have been lucky enough to gain sponsorship for one football team (JMP of Sedbergh), the girls rugby team (Howgill Fellside Ice Cream) and our netball team (Sedbergh Soap Company) for which we are very grateful. We would love to have some more kits for the other schools teams. If you have a company and would be interested in sponsoring a team, please feel free to contact me at school to discuss the opportunities for a link to be made.

Dean Gable once said "Gold medals aren't really made of gold. They're made of sweat, determination and a hard-to-find alloy called guts." **One day we will be winning those golds as our students have all of these!**

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WORLD SCOUT

JAMBOREE FUNDRAISING

My name is Rachel Hopkins. I am aged 16 and an Explorer Scout in Sedbergh.

For about a year now I have been raising money to go to Japan as part of the World Scout Jamboree in 2015. I have been incredibly lucky to be chosen as one of just eighteen in Cumbria to get the chance to go on

this wonderful trip that will not only improve my own confidence and give me the opportunity to experience cultural differences first hand but will also help to benefit this community by making me a more mature member of society. I am quite actively involved in the community – helping out throughout the scout movement when I can, lifesaving for Sedbergh Swimming Club and being involved in other activities such as the drama group running at the church, named BoF.

I have already received donations for which I am very thankful from Sedbergh Pepperpot, JMP Foods, Sedbergh School Youth Fund, The Sedbergh Freemasons, The British School Trust, Sedbergh Gala, Killington WI, the QES Paul Percy Memorial Fund, Sedbergh United Charities and Widows' Hospital and others. However, there is still plenty of fundraising to do. I would also like

to thank those who have donated via other activities such as cake stalls, jumble sales and sponsoring for my on-going challenge of swimming up Mount Fuji 10 times before Christmas. If anybody would like to donate in any form I, and many other scouts across the county, would be hugely appreciative. If you choose to sponsor or donate and are a taxpayer please let me know your name and address and that you agree to gift aid and then we can claim an extra 25%.

The chances for people in this part of England to go out and experience a huge cultural difference, such as in Japan, is often very limited and I am thrilled that I have been selected for this opportunity. The trip is for 2 weeks in the summer of 2015 so we have to raise £3,300 each in total. We are trying to do this in many ways. One of which is a Ceilidh at Sedbergh People's Hall on Saturday the 20th of December at 7.30. Everyone is

NEW SCOTTISH DANCE REELING GROUP

If the sound of Scottish reels makes your feet tap it's time to do more and join the new Scottish Dance group meeting on Sunday afternoons from January 11th. You don't need any experience – complete beginners will be welcome as will those who have danced or reeled before. The sessions will be led by Cindy Clarke. You don't need a partner and you don't need a kilt, just some soft shoes and a bit of toe tapping enthusiasm. We'll meet from 2.30 - 4.30pm at Preston Patrick Memorial Hall LA77NN on the A65 near the Crooklands Hotel. Cost is £3 per person per session. Just turn up or email theclarkes@gmail.com for more information.



extremely welcome and it will be a fun evening with a live band, a raffle and a bar. Tickets are available at £5 for children and students, £7 for adults and £20 a family. If you are interested in coming please contact my family home number of 015396 21558 to book tickets as we would like an idea of numbers in advance.

If you would like to make a donation, ask questions or simply learn more about the Jamboree and fundraising then I live at 51 Bainbridge Road, Sedbergh, Cumbria, LA10 5AU or my email is rachel.hopkins35@yahoo.co.uk.

Thank you very much, *Rachel*

SEDBERGH HOLIDAY CLUB 2015

Dates for the Diaries

In 2014, the annual children's Holiday Club was held in the second week of the school holidays at The Peoples Hall. The Club was supported and organised under the banner of Churches Together in Sedbergh & District, and the team involved drawn from several churches in the area. We are particularly grateful to the Community Fund for

their financial support.

Both children and team had a great week in 2014, and we are now giving early notice of our dates for 2015, so that family holidays can be planned accordingly! It was generally felt that the second week of school summer holidays worked well, so we are planning the equivalent week in 2015.

This will be at the People's Hall from Monday 27th to Friday 31st July 2015, with a special event for children & families on the morning of the following Sunday 2nd

August. Open as usual to children of primary school age, notionally 5-11 years.

Before July we are also planning a Holiday Club reunion, by way of a special event for Shrove Tuesday, **Tuesday 17th February 2015.** This will be a morning event in the People's Hall, from 10am till 12 noon, and could well involve pancakes! Further details in the February Lookaround.

The Holiday Club team value the support we receive from the community in organising this annual event, and hope that early notice of the 2015 dates will be helpful in planning your arrangements for the coming year.

Sandy Roy
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SEDBERGH SCOUTS

As we enter Christmas this year I would like to wish you all Merry Christmas and a Happy New Year from the whole of the 1st Sedbergh Scout group, from the youngest Beaver through Cubs, Scouts,

Explorers and the whole leadership team. However I would also like to encourage any of you who might have thought about joining us as either a member or a leader, please don't hesitate to get in touch.

Beavers (age 6 – 8)

This year has been full of new experiences for the youngest of the sections we have here in Sedbergh. There are currently 18 Beavers who have worked towards an amazing array of badges from photography to gardening and adventure; even joining the cubs and scouts for an exciting day on their summer camp!

They have continued working towards their Bronze Scout Award, the highest award for a beaver scout, by completing their creative and promise challenge. The colony were represented at the district's sponsored walk, swimming awards evening, sports day and sleepover as well as putting forward a flag party for both the St Georges and Remembrance Day parades as well as clearing the Millennium garden in preparation for its redesign.

All of these things would not have

been possible without the help and expertise of Charlie, Tim, Chris and the vicar Andy. The weekly support of the parents has also assisted to facilitate our plethora of badges.

*Trish and Heather
(Beaver Scout Leaders)*

Cubs (age 8 – 10 ½)

This was the inaugural year for the reestablishment of the 1st Sedbergh Cubs. We have continued to grow from strength to strength with now 14 cubs in the pack. Sedbergh has been represented at the county's first Cuboree and every District arranged event too; we have also taken part in the Mike Sloan Trophy, swimming award evening, sponsored walk and St Georges day parade.

Over the year we have achieved badges in animal care, nature and creativity as well as starting to develop our outdoor and scouting skills, lighting fires and learning about maps and pioneering techniques too. The opportunity to join the scouts at their summer camp enabled some of the cubs to further extend their skills cooking on open fires and sharing experiences with the older scouts. The cubs were also represented closer to home in the 100th Anniversary Remembrance day parade and at the Sedbergh Gala parade.

Our thanks and appreciation for sharing their skills and passion go to the fire station crew as well as Tim and Carol, we could not offer such a wide programme without your help.

*Toby, Heather and Melanie
(Cub Scout Leaders)*

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Scouts (age 10 ½ – 14)

Scouts this year have continued to develop their scouting skills and as well as taking their enjoyment of outdoor activities up a level; climbing both indoors and outside, Kayaking, Canoeing, night navigation and Woodsman-ship skills and first aid. At a district level we were represented at the Lewis Baron Trophy and the St Georges day parade, while locally we have attended the Sedbergh Gala and Remembrance Day parade.

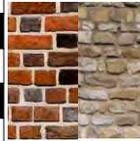
Following a week long residential under canvas, cooking on open fires and working in patrols, the scouts, became accomplished in the skills and techniques of traditional campcraft associated with scouting.

Craig and Dave (Scout Leaders)

Explorers (age 14 – 18)

The explorers are the eldest of the scouting sections organised here in Sedbergh, officially they are supervised by the county but the Griffins Explorer unit here are closely affiliated with 1st Sedbergh group.

The unit has to balance the explorers need to focus on their academic studies and support their sense of adventure as they grow and prepare to start their adult lives. This year they have; carried out a survey of amphibians and reptiles for the NARRS project; joined the Kendal Bowmen for some archery tuition; further extended their first aid skills; been tubing at Kendal ski slope; descended by rope into Gaping Gill Cavern; learned to prepare and cook fresh trout and mussels; tried Scuba Diving with Kendal and Lakes Sub



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Aqua Club and taken part in the worldwide scouting JOTI (Jamboree on the Internet). 14 of the Explorers have managed to achieve either their bronze or silver D of E too, including regular maintenance you may have noticed in Queens Gardens.

Many opportunities have been made to light fires and Next year one explorer has even been selected to represent the UK contingent attending the World Scouting Jamboree in Japan! Unfortunately we do often lose explorers to university or commitments of college or work, but we are proud of every one who achieves their potential.

*Annette and Adam
(Explorer Scout Leaders)*

Leaders

This year has provided a great example of the fantastic place Sedbergh is, as the Group has expanded we have been fortunate to have attracted new leaders, currently with six undertaking training for their Woodbadge, two completed training and one leader even recognised for 40 years of service to the scouting movement!

In order to subsidise the group's activities we attended the Sedbergh Gala, organised two 'bags to scouts' collections and are running our Christmas Post again this year to raise funds. Please do support us as we continue to support the youth of Sedbergh in their pursuit of adventure.

If you feel you would be able to assist with expanding the fantastic range of programme activities please don't hesitate to get in touch with Bill Mawdsley (Group Scout Leader).



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SEDBERGH LITTLE PEOPLE



Sedbergh Little People is a new group run by local parents for babies, toddlers and their carers. It starts on Monday 12th January 2015, 1.30 – 3 p.m., at the People's Hall with a small cost per family. There will be free play, crafts, singing and stories, as well as drinks and healthy snacks for the children and tea and biscuits for the grown-ups. Come along and join

us, we will be delighted to see you and your little people. You can keep up to date via our Facebook page, www.facebook.com/sedberghlittlepeople.

SIGHT ADVICE SOUTH LAKES SEDBERGH GROUP

It was the most glorious autumn day when members and volunteers of the partially sighted group arrived at the Fat Lamb for their lovely pre-Christmas lunch. Several people were sorry to be unable to attend, including Chairperson Betty who was not well. Everyone sent her their good wishes and Dennis was asked to step into her shoes for the morning - which he said was quite a FEET! (Thank you, Dennis)

The group was given the sad news that Sid Nelson had recently passed away, and it shared a minute's silence following an exchange of affectionate anecdotes about such a much loved member.

There will be no meeting in December. In January the group reconvenes to enjoy light party refreshments and also entertainment supplied by the members themselves and by some Very Handsome Gentlemen - identities yet to be revealed. This will be in the People's Hall at 2.00p.m., January 20th. New members and volunteers are always welcome. Enquiries are to Kendal 01539 742633 or to Jennifer 01539 625162.

Jennifer Levitt

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The Telephone Preference Service (TPS) is a free service and it does not charge a monthly fee.

The advice from Trading Standards is never to engage with cold callers and never give bank details over the telephone unless you can be absolutely certain you are dealing with a reputable company.

For general consumer advice please contact Trading Standards via the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org.uk

PEOPLE'S HALL NEWS

We are **opening** the refurbished front entrance of the People's Hall on Monday 1 December 2014 for users of the main hall. We hope you like it.

The Hall entrance **lobby** is now very much bigger with an airy atria and beautiful lighting.

Leading off the lobby is an **accessible toilet** (available to all), which will be particularly useful for parents with small children.

The Hirer's **cleaning cupboard** has been extended and includes a small Committee store.

On the left side of the lobby is access to the new **Technical Booth**. For a long time the Committee has been concerned with the hazards presented to the public where large pieces of equipment and many cables are located at the back of the Main Hall. This health and safety risk is now removed and the Tech Crew of lighting, sound and vision now have a comfortable and safe booth to operate in. Permanent cabling is being installed to the stage area to facilitate faster set up times. When the Flicks team get their long range lens even their projector will be removed from the audience area.

A new **fully fitted bar** has been installed. Electrically operated shutters close off the bar when not in

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use. The smaller shutter should facilitate the serving of light refreshments, tea, coffee, etc., without opening the larger shutter, for example for children's events. Two fridges have been installed and there is a **bar store** for hirers to lock their stock away after setting up. Dimmable lighting and bar washing up facilities are provided.

Looking at the right side of the Main Hall next to the chair store the other side of the Technical Booth can be seen. Three removable **panels** are in place during regular events, which are removed for staged events. The inside of the booth is painted black in the traditional theatre style.

These **works** have not been without **difficulty**. The purlin on the left side had to be substantially strengthened as it was poorly supported. It was discovered that the right side of the hall has subsided about two inches into the car park, which caused problems in setting levels inside the front area. The ridge had in fact moved two inches towards the car park. Now with the new blockwork

tied firmly into the wooden fabric we have saved the Hall from collapse and at the same time improved its thermal performance (greenness). The tiler had significant difficulty levelling the front lobby from the irregular levels of the previous toilet area.

Many thanks to Barbara Hartley of Garsdale Design for the planning and MK Conversions for the works.

These facilities have been supported by the Big Lottery Awards for All, The Yorkshire Dales National Park Sustainable Development Fund, the Sedbergh United Charities, the Community Fund, Garfield Weston Foundation, Howard and Alice Bridges Charity, the Pulse Gym and many donations from individuals. The project is over budget as the Committee took the view we were building for the next 50 years. A formal opening will be held in the New Year with a **fundraising appeal**.

*Dr Gina Barney, Hon
Secretary/20790*

PS We are still looking for a **Treasurer**.

**SEDBERGH
FLOWER & PRODUCE SHOW**



Calling all gardeners, allotment holders and flower arrangers

Now is the time to start planning your seed purchases so that your wonderful produce will be ready for The Sedbergh Flower and Produce Show to be held on the Saturday of the Bank Holiday at the end of August 2015.

The original group of four have now expanded to nine and we would welcome more – please come to our

next meeting on the 10th December at 7.30. Let shelagh shelagh.cobb@virginmedia.com or Ann parrattann@gmail.com or Barbara Barbara@garsdaledesign.co.uk know you are coming (or phone 20875) and we'll give you more details. And remember you don't have to be a gardener to help run the show – just come and be part of the fun - we'd love to see you. And you can do as much or as little as you like.

For the gardeners among you we will be publishing our suggested list of show categories in the February Lookaround. If there is something you are great at growing and it doesn't fit the lists – then let us know! We will create a category just for you.

Barbara Hartley

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SEDBERGH IN BLOOM

Update on Sedbergh in Bloom Projects 2014

We have had a busy year on the communal flower beds around the town with the following results:
Fire Station Beds 1 and 2: The sites have been cleared, new soil dug in, weed suppressant put down and new plants sympathetic to birds and bees planted. Gravel was then spread around the plants and rockery stones.

Four Communal beds in Main Street : These have been improved and maintained throughout the year and with new compost, shrub pruning and renewal where necessary and the planting of summer bedding all which resulted in a lovely floral

display,

Community Office Beds 1 and 2:

Both of these sites have been cleared and new soil, weed suppressant and gravel applied, with some new planting. This has resulted in a lovely view of the fells being more apparent for visitors and locals to appreciate.

Over the year we have received valuable help from a number of people who we would like to express our grateful thanks. They are:-

The Yorkshire Dales National Park Authority for monies they provided via their Sustainable Development Fund which has enabled us to carry out the hard landscaping work and planting at the Fire Station

W. Dawson and Son who gave us a special deal on all our bedding plants, which we also hope to take advantage of next summer.

The Community Fund for providing finance to enable us to carry out the rejuvenation at the Community Office garden.

The Parish Council for their annual contribution towards the upkeep of the communal beds

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Once again the local businesses that contributed towards the planting To Paul Mitchell who planted up and maintained the troughs on the Public Convenience window sills (They have been and are still full of flower and colour. Heaven only knows how he managed to get such a wonderful display from such a small trough.)

Thank you to Christopher Hollett who has very kindly given us a lot of plants which we will over winter and plant next spring.

And of course Thank you to Oliver Higginbotham for all his hard work clearing all the sites and removing green waste.

To Nigel for maintaining the planted/grassed area at Settlebeck corner

And to Tony Middleton and Richard Hague for the tyres which will be en situ at the Toll Bar corner ready for planting.

And from me the other members of our committee for all their hard work over the year and I must mention Marilyn who undertook all the work in filling in form and more forms when applying for grants.

Dorothy Blair

A BRIEF MOMENT IN TIME

About 5pm, I was standing alone at the fish and chip shop door waiting for it to open.

Opposite me, in the lay-by there were a couple of parked cars. A lady drove into a gap and parked. While she was sorting out her seatbelt and handbag, a little girl no more than 3 feet tall jumped out of the passenger side, round the back and dashed between the parked cars towards me and the chip shop.

Travelling along Main Street toward her was a transit type van doing about 25mph. I shouted at the child "STAY THERE". The little girl stopped in her tracks and the van drove past.

Mother then opened her door collected the child and came to the shop.

No one else saw this, and the moment passed. A visit from tragedy had been so close. Was this a rare incident? A frequent occurrence? I would opt for the latter. I certainly regularly see mothers along Main Street grasping children's collars and dogs owners straining to keep their dogs close, not to mention elderly pedestrians tottering on the edge of

the kerb.

What if I had not shouted? What if the child had not stopped. The van would most certainly have struck her. The driver was oblivious to the whole situation, as was the mother. Who could we blame? Certainly someone would be to blame.

I can hear the driver now. "Honest, I never stood a chance"... I can hear the mother. "I didn't expect her to do that. She was always so good" ... Me?... "Don't look at me. I'm not in the habit of shouting in the street." We could of course blame the child. The driver probably would. It would be the only way he could sleep at night.

So ... 25 mph (ish). Illegal? No. The limit is 30. Too fast? Of course it was. So many drivers feel the sense of 'ownership' i.e; 'This is my bit of the road!'. They think with a pigeonhole mentality. 'This is the road and I'm driving on it. That's the kerb, that's the footpath. Now we all know where we belong. I'll go as fast as I like. If you get in my way, it's your lookout'. That is the prevalent driver 'mindset'.

You only have to stand on Main Street for a few minutes to see that 'mindset' is particularly dangerous here. The modern way to combat the 'mindset' (and probably the only way) is to design a way out of it. Perhaps not too difficult or expensive. Road research has come a long way. Traffic calming is also mind calming. It doesn't have to adversely affect trade. It can do the opposite.

This road has over the years been subject of a fair bit of change. What

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we have been left with is out dated and dangerous .. I'm afraid that Main Street is a tragedy waiting to happen.

Keith Wood

DENT MEDITATION CENTRE

A Very Merry Christmas and a Happy and Prosperous New Year to everyone from all of us here at The Meditation Centre!

We hope that 2015 will bring you the calmness and clarity that we all need and enjoy.

And to help you find that peace of mind we have a beautiful space here in the Dales which you all know that you are welcome to visit at any time.

And we also have some fabulous new courses on our 2015 course programme which may be of interest alongside our usual popular Learn To Meditate Days and monthly Group Meditations.

- **SILENCE IS GOLDEN:** After all the hustle and bustle of Christmas, why not treat yourself to a day of quiet and reflection? Silent Retreat Days are being run at the Centre for anyone who has learned to meditate in any tradition in both January and February. See our Courses page on the website for more details – www.meditationcentre.co.uk
- **ARE YOU A CARER?:** We have 40 FREE places to offer on our Learn To Meditate Courses for people who are listed as carers. The places will be allocated on a first-come first-served basis and proof of being a carer will be required. Please contact us directly if you would like to take

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advantage of this offer –

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- **FACEBOOK:** For all of our friends on Social Media, we would invite you to 'like' our new Facebook page which is simply called The Meditation Centre. We are starting to post regularly about events on the page and also post inspiring messages alongside photos of the Centre so please do join our online community if you feel so moved!
- **AND FINALLY,** we say a fond farewell to our Chair of Trustees Fiona Barr who has worked incredibly hard to see the Centre through its transition and a very big warm welcome to our new Chairman, the lovely Mr John Metcalfe, who you will hopefully be meeting very soon at The Meditation Centre.

Once again a Merry Christmas and a Happy, Healthy and Prosperous New Year to you all and we very much look forward to welcoming you here in 2015.

*Annette
and The Meditation Centre Team*

DENT DALE MEMORIAL HALL

Two fund raising events in October have boosted our funds; the Coffee Morning raised £80, many thanks to all who supported it and especially to young Joe who came to help. Then Jenette Hardy held a Soft Play Day and served refreshments and donated the takings to us and that was £50, thank you Jenette & all who came along.

Work will continue in the Sedgwick Room for a while but it is available for use. Can I just remind people that they need to book preparation time for events otherwise if two things are running close together there could be an unfortunate overlap if preparation time is not noted. The charges for use are not enormous but the problems of people not allowing for time to prepare are getting difficult, also the caretaker needs to know the time he needs to unlock the door! Help in this area would be much appreciated as would an approx. time of expected finish to aid with locking up after events. Hirers are expected to clear things away, sweep/tidy up before leaving unless PRIO arrangements

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are made, the booking clerk is Anne McClurg. Any concerns about these matters do contact me, the Chairman of the Trustees.

FLICKS are coming back between Christmas & New Year and we will be having a fund raising event next spring to include a meal, more details later.

Meantime, have a lovely Christmas and I wish you all a Happy New Year.

DMH Chairman

Sarah E Woof (25212)

LAST POSTAL DATES

The last date for Christmas Post are as follows:-

- 3rd Dec** Asia, Far East (including Japan), New Zealand
 - 4th Dec** Australia
 - 5th Dec** Africa, Caribbean, Central and South America, Middle East
 - 8th Dec** Cyprus, Eastern Europe, Greece
 - 9th Dec** Canada, Poland
 - 12th Dec** USA, International
Standard to static HM Forces Mail
 - 13th Dec** Western Europe (excluding Greece, Poland)
 - 18th Dec** 2nd Class and Royal Mail
Signed For® 2nd Class
 - 20th Dec** 1st Class and Royal Mail
Signed For® 1st Class
 - 22nd Dec** Parcelforce Worldwide
express48
 - 23rd Dec** Royal Mail Special Delivery
Guaranteed Parcelforce
Worldwide express24
- Further information is available from the Post Office.

**SEDBERGH
BONFIRE & FIREWORKS**

Sedbergh Gala Group's Bonfire and Fireworks evening was once again a great success, for once there were only light rain showers during the day and in the evening. The Bonfire lit beautifully fanned by the winds, in fact it was fanned a little too much at times!

The event attracted a large crowd of locals and visitors from farther afield. It was a chance for the community to catch up with friends, warm themselves by the Bonfire and have something to eat together. 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 toffee apples, treacle toffee and sweeties from the famous 'Green Door Sweet Shop'! There were also games to be enjoyed and fibre optic gadgets and gizmos to keep the children amused.

The competition for pumpkin lanterns attracted entrants of all ages and the difficult task of judging them fell to the Sedbergh Gala Queen, Annabel Brewer. The glowing lanterns were much admired by the onlookers and Annabel took a great deal of care judging the entries. The results were;

Year 6 and under;

1st Prize – Molly White

2nd Prize – Phoebe Hall

3rd Prize – Sophie Leonard

Year 7 and over;

1st Prize – Sam Ingle

2nd Prize – Abby Ingle

3rd Prize – Abby Teesdale

The evening ended with a dazzling firework display lighting the 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 to make this community event such good fun.

Neil Kernahan

J. E. WILKINSON

BUILDING CONTRACTORS

Quality Craftsmanship

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Roofing ● Plastering ● Stonemasons

Lime Plastering & Pointing

WINNERS

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NEW BUILDING CATEGORY

Tel: 015396 25531 Mob: 07989 197580

GARSDALE HARVEST SUPPER

On Friday 24th October over 60 people met in Garsdale Village Hall for a meal provided and served by local ladies. This was followed by after dinner speaker Chris Bibby of "Bibby's of Ingleton" who gave a most entertaining and humorous talk on his coach driving experiences in the family firm.

No charge was made for the evening but donations were requested for the Alzheimers Society, which amounted to £360. Many thanks to all who donated, the ladies (and gentlemen) who gave of their time and effort to prepare for the evening, and of course Chris! Thank you all.

Mary Airey

THE FAIRBANK SOCIETY

Supported Housing for Independent people

We have changed our name from The Abbeyfield Society, Kirkby Lonsdale to The Fairbank Society, Fairbank, Kirkby Lonsdale LA6 2BD but nothing else has changed. The same Board of Trustees is responsible for all aspects of the management of the two houses – The Gables and Travers House and we have maintained our charitable status.

The award winning accommodation we provide is varied to take into account differing requirements. There are en suite single rooms, cottages and two apartments. Our residents live their normal, independent lives with all the facilities of the town on the doorstep. We do arrange some activities but they are optional. The Houses are set amidst beautiful gardens with views of the fells.

So, for a monthly rent of between £1,200.00 and £2,000.00 we provide high quality, individual en-suite accommodation, two cooked meals a day, laundry, heating, buildings insurance and maintenance, council tax and 24-hour support. Residents can live secure, independent lives without the worries of maintaining a house. Our excellent Housekeeping Staff and Trustees take responsibility for everything. If residents become ill or require some assistance they can employ their own carers who are known to the staff.

If you would like more information or would like to volunteer to help us

please contact Susan Stoddard, the manager who will arrange for you to visit and perhaps enjoy lunch with our Residents.

Phone – 01524 271077

E-mail : manager@fairbanksociety.com

Web site: www.fairbanksociety.com

Cumbria Stove Centre

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

Fully qualified and experienced
Hetas engineers

01539 821061 (day)

015396 25227 (evening)

SHOWROOM:

34a Main Street, Staveley, Nr Kendal

MEALS ON WHEELS

The Red Lion Finkle Street Sedbergh offers a meals on wheels service twice a week on a Tuesday & Thursday where a hot main & pudding is delivered to your door by one of the volunteers who help us provide this service for the local Community.



If you or any one you know would like to try or have this service please contact Carole or Jonathan at The Red Lion on 015396 20433.

Volunteer Drivers are also required. If you are interested, please contact Carole or Jonathan.

NEIGHBOURHOODALERT

Trading Standards is warning consumers to read the terms and conditions when signing up for a supposed 'free' trial. There has been a spate of complaints from consumers who have taken up offers of free trials and then found that amounts in excess of £100 have been taken from their accounts. It's only when they read the terms and conditions that they discover that having failed to cancel by a certain time, it's assumed that they want to continue to receive the products at full price.

The free trials usually involve beauty products, miracle anti-ageing creams, slimming or vitamin supplements.

The advice from Trading Standards is to always closely read any terms and conditions when signing up for anything and if an offer looks too good to be true, it usually is.

For general consumer advice please contact Trading Standards via the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org.uk

SEDBERGH AND DISTRICT COMMUNITY ORCHARD

We are a small group of enthusiasts in the early stages of researching the feasibility of a community orchard. We are keen to involve as many members of the community from Sedbergh and the surrounding district as possible.

The initial aims of the orchard would include

- Sharing fruit with the community - yummy!

- Involving the community – everyone included
- Developing skills and knowledge
- Preserving traditional varieties of fruit and maybe introduce some new ones too!

Anyone who would like to contribute ideas or would like to get involved please contact us at sedberghcommunityorchardgroup@gmail.com or phone Lorrie on 015396 21816

If you know of, or have a pocket of land which would be suitable for an orchard, why not get in touch for a chat? Or come to an informal get together in the Committee Room at The Peoples Hall on Tuesday 13th January at 7.30m

We look forward to offering you a warm welcome. *Ann Parratt*

EDWIN MIDDLETON

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30 years experience

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All your requirements fully fitted.

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Free Advice and Estimate

Phone: 015396 25431 or 015396 20074

Mobile: 07779 049103 or 07814 149105

SEDBERGH LIBRARY

The Staff of Sedbergh Library will have an 'Open Door' on Wednesday 17th December where Mince Pies and Sherry will be available for everyone. Local Author Jean Briggs will give a presentation at 3pm.

Hannah Clarke

COMMUNITY OFFICER REPORT

18/10 – ASB reported on Maryfell. Reports of loud music being played, officer attended and dealt.
18/10 – ASB reported at Baliol School, officer attended and youths advised and moved on.
20/10 – Suspicious circumstances. Alarm sounding at a property in Killington, believes suspects on scene. Officers attended and all was in order.
21/10 – Burglary at a property on Station Road. Rolex watch and 70-80 euros taken. Enquiries ongoing.
23/10 – ASB reported on Main St. Reports of loud music being played. Environmental Heath informed.
28/10 – Reports of a suspicious white van on the A684. No VRM obtained, observations passed but no sightings.
02/11 – ASB. A large fight on Loftus Hill was reported to us. Group dispersed on arrival of the police. Patrols remained in the area to ensure no further problems.
02/11 – Theft of farming equipment out of a field in the Firbank area.
08/11 – A male was arrested on the A684 at Sedbergh for theft.
09/11 – A male was arrested for drink driving on Howgill Lane.
10/11 – ASB reported at Sedbergh Primary School, teenagers playing football within the school grounds. Passing attention will be paid to the area.
12/11 – A male was arrested for criminal damage and affray on Main St.

There have been a number of break ins and thefts recently in the rural

area, please be vigilant and take extra care in locking and securing all premises, vehicles and out buildings. Keep anything of any value out of sight and report any suspicious people or activity.

Please note: Police Desks

In each Neighbourhood Policing Team area in Cumbria a location in the community has been chosen, from supermarkets to community centres, where one day a week a police officer or police community support officer will be available to speak to local people. Your local police desk is in the Sedbergh community building above the tourist information centre 11am-2pm every Wednesday. Please feel free to come and pay us a visit.

We are encouraging people to come visit a Police Desk to:

Tell us of a crime or road traffic collision

Arrange to make a statement

Get some crime prevention advice

Get some personal safety advice

Find out more about your local policing team

Find out details of partner

organisations that could help you

Let us know what you think of policing in your area and what concerns you

And finally, Cumbria Constabulary appreciates the number of calls coming into us regarding suspicious vehicles and persons. Please continue to do so. Also, please remember to keep your vehicles locked, and keep anything of any value out of sight.

Danielle Ayers CSO 5329

Mandy Coleman CSO 5244

Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
1000	Every Sunday	Free Entry to Locals	FM	Bowling Green, Queens Gardens
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch, Busk Lane
1330	Every Monday	Knit 'N' Natter	DHC	Cautley Spout, A683 towards Kirkby Stephen
1400	1st Monday	Bridging the Gap	MC	Community Office, 72 Main Street
1930	1st Monday	Dent Parish Council	DMH	Cumbria Wildlife Trust, Community Office
1930	1st Monday	People's Hall	PH	Dent Heritage Centre, Laning, Dent *
1900	3rd Monday	Chamber of Trade	PH	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1300	Every Tuesday	Howgill Toddlers	HVH	Friends Quaker Meeting House, Brigflatts.
1300	Every Tuesday	Knit & Natter	FM	George Fox's Quaker Pulpit, Firbank
1830	Every Tuesday	Cub Scouts	SHQ	Golf Club, Catholes, Sedbergh *
1930	Every Tuesday	Bridge Club	WHC	Information Centre, 72 Main Street
1930	Every Tuesday	T'ai Chi	URCR	History Society, Community Office
1400	2nd Tuesday	Killington WI	PH	Holme Working Farm, Middleton *
1400	3rd Tuesday	Sight Advice Group	PH	Holy Trinity Church, Howgill
1930	3rd Tuesday	Ladies NFU	PH	Jubilee Wood, Castlehaw Lane
1000	Every Wednesday	Coffee Morning	URCR	Langstone Fell, A684 Garsdale Foot
1315	Every Wednesday	Art Society	URCR	Methodist Church, New Street
1315	Every Wednesday	Zebras	SMCR	Picnic Site, Ghyllas, Cautley Road
1730	Every Wednesday	Sedbergh Juniors	PH	Picnic Site, Settlebeck New Bridge
1730	Every Wednesday	Brownies (term time)	SMCR	Play Ground, Dent Village
1730	Every Wednesday	Beaver Scouts (Term Time)	SHQ	Play Ground, People's Hall
1930	Every Wednesday	Sedbergh Seniors	PH	Play Ground, Maryfell
1930	1st & 3rd Wednesday	History Society (Winter)	SHS	Queen's Gardens, Station Road
1915	2nd Wednesday	Dentdale WI	DMH	St. Andrew's Church, Dent
1930	2nd Wednesday	Sedbergh WI	PH	St. Andrew's Church, Main Street, Sedbergh
1400	3rd Wednesday	Age UK South Lakes	Library	St. Gregory's Church, Vale of Lune
1400	1st & 3rd Thursday	Child Health/Baby Club	PH	St. John's Church, Cowgill
1930	1st Thursday	Howgill WI	FCH	St John's Church, Firbank
1200	2nd Thursday	Lunch Club	Red	St. John's Church, Garsdale
1915	2nd Thursday	Royal British Legion	WHC	St. Mark's Church, Cautley
1930	2nd Thursday	Sed. Parish Council	PH	Sedbergh Embroidery, StAS
1930	Every Friday	Scouts	SHQ	Tennis Courts, Guldrey Lane
1330	1st Friday	Age UK Dentdale Club	DMH	United Reformed Church, Main Street
See Group Page for contact details & Diary Page for Keys				Winder Fell, above Sedbergh
				* = Entry Fee Applicable

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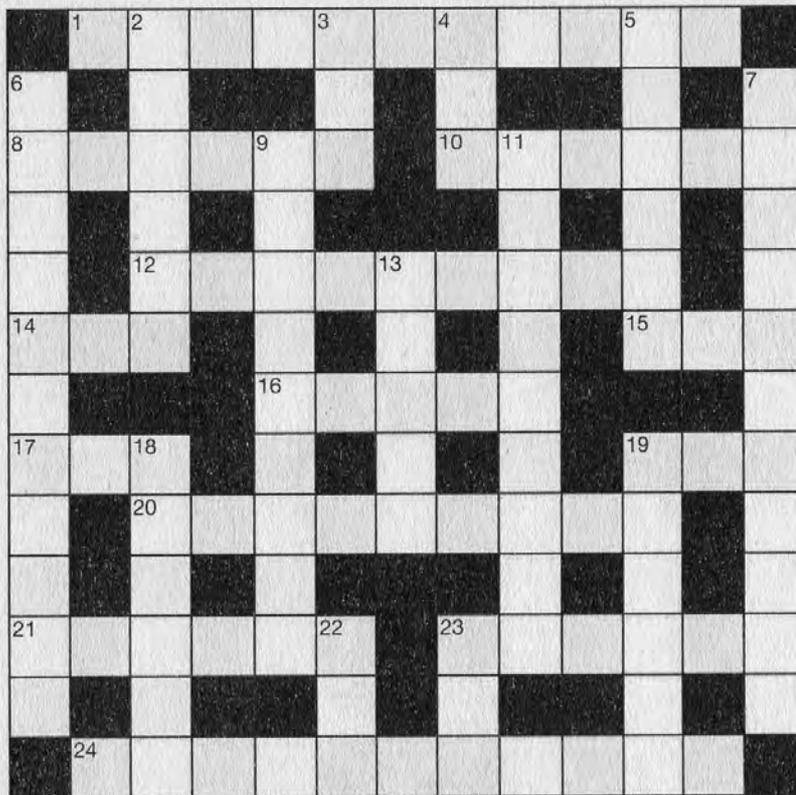
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N O P Q R S T U V W X Y Z

REFERENCE GRID

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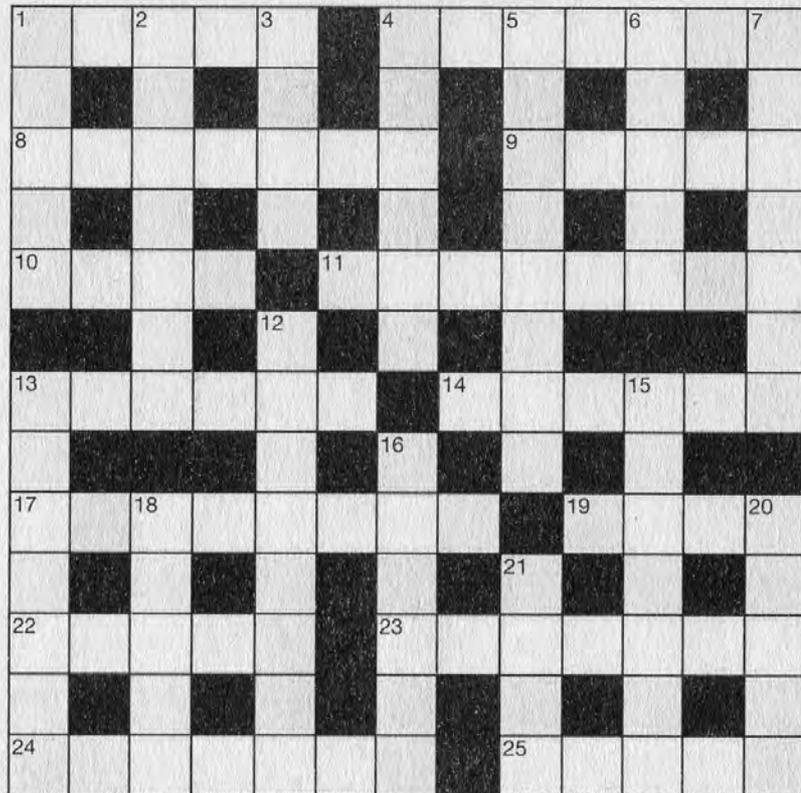


ACROSS

- 1 Ireland? (7, 4)
- 8 Not very often (6)
- 10 First (voyage) (6)
- 12 Excellent (9)
- 14 Whitish coating
on the tongue (3)
- 15 Fabled bird (3)
- 16 Correct (5)
- 17 Overturn (3)
- 19 Small viper (3)
- 20 Wait expectantly (6, 3)
- 21 Alcoholic drink (6)
- 23 Get free (6)
- 24 Agonised by loss of love (11)

DOWN

- 2 Brick-laying material (6)
- 3 No matter which (3)
- 4 Dull (3)
- 5 Paying guest (6)
- 6 Impossible to deny (11)
- 7 Foreseen (11)
- 9 Sparkling wine (9)
- 11 Keen for success (9)
- 13 Defective specimen (5)
- 18 Inscribed tablet (6)
- 19 Relaxed (2, 4)
- 22 Groove (3)
- 23 Go wrong (3)



ACROSS

- 1 Social call (5)
- 4 Twinkle of light (7)
- 8 Ritzy style (7)
- 9 Neck wrap (5)
- 10 Deadened, unfeeling (4)
- 11 Final, definite (8)
- 13 Throat wash (6)
- 14 Receive (6)
- 17 Hinder (8)
- 19 Tidings (4)
- 22 Not tall (5)
- 23 Ornamental staff (7)
- 24 Succession of leaders (7)
- 25 Small anchor (5)

DOWN

- 1 Strict vegetarian (5)
- 2 Speech impediment (7)
- 3 Sound of a horn (4)
- 4 Stocking support (6)
- 5 Intuition (8)
- 6 US resort (5)
- 7 Ponder (7)
- 12 Climbing plant (8)
- 13 Predicted (7)
- 15 Thrown out (7)
- 16 Liverpool's river (6)
- 18 Top of the head (5)
- 20 Cook's strainer (5)
- 21 Extra bonus (4)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- wheelwright.cottage@homecall.co.uk 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); IT/F(ES); TV; NS; CH; P; CB; VB; DFB.; Free Wi-Fi</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i> e-mail:- stay@drawellcottage.co.uk	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360

CAMPING, CARAVANNING & SELF-CATERING

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
Borrett Barn Flat, Marthwaite, Sedbergh (2014/07)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2014/07)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Mrs Tallentire	Ingmire Hall, Sedbergh (2013/02) <i>D & PB Flat; £395 pcm; References & Deposit required</i>	07944 859456

KEY

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

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	0900	0935 (L)	Sat	564A	WDB
0820 (L)	0855	Sat	564A	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1250	1325 (L)	Sat	564A	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1125	Sat	564A	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (L)	Sat	564A	WDB
1340 (L)	1415	Sat	564A	WDB	1615	1650 (L)	Sat	564A	WDB
1530 (L)	1605	Sat	564A	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
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				
0935 (L)	0950	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (L)	1510	Sat	564A	WDB	1930 (R)	1945	Sat	564A	WDB
1650 (L)	1705	Wed	564A	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	564A	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	564A	WDB
0950	1005	Sat	564A	WDB	1515	1530 (L)	Sat	564A	WDB
1705	1720	Sat	564A	WDB	1805	1820 (L)	Sat	564A	WDB
1855 (R)	1910	Sat	564A	WDB	1945 (R)	2000 (L)	Sat	564A	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: December 2014				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1040	1732	1920						
L = Sedbergh Library					SCC = Stagecoach				
C = College Days Only					W = Woof's of Sedbergh				
R = Request Only					WDB = Western Dales Bus				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)									

EDITORIAL

From February, I will not be including members of the community over 90 years of age unless they are submitted for the relevant month. This is due to me inadvertently putting in the Birthdays of people previously submitted and that have Passed Away of which I was not aware and causing much stress to their relatives. Sincerest apologies to the family of Wyn Harper for this happening

to them last month.

There are two new regular Advertisers this month with Clare Hill in Kendal with Shiatsu treatments and the Fairbank Society in Kirkby Lonsdale.

May Jacky and I thank everyone for their continued support of the Lookaround which still goes from strength to strength. We wish you a very Healthy 2015, A Merry Christmas and A Happy New Year.
Dennis J Whicker

Western Dales Bus

564A Saturday Timetable from 8 th November 2014					
Kendal Morrisons				1245	
Kendal opposite Bus Station	0900	1250	1420	1615	
Kendal Asda	0907	1257	1427	1622	
Westmorland Hospital	0908	1258	1428	1623	
Oxenholme Helmside Rd	0911	1301	1431	1626	
Killington M6 Bridge	0920	1310	1440	1635	
Sedbergh Dalesman	0935	1325	1455	1650	1840 ^R
Dent village	0950		1510	1705	1855 ^R
Cowgill	1003			1718	1908 ^R
Dent Station	1005			1720	1910 ^R
<i>Train from Leeds</i>	<i>1016</i>				<i>1923</i>
<i>Train from Carlisle</i>	<i>1040</i>			<i>1732</i>	<i>1920</i>
Dent Station	1020			1750	1930 ^R
Cowgill	1022			1752	1932 ^R
Dent village	1035		1515	1805	1945 ^R
Sedbergh Library	0820	1050	1340	1530	1820
Killington M6 Bridge	0832	1102	1352	1542	
Oxenholme Helmside Rd	0842	1112	1402	1552	
Westmorland Hospital	0844	1114	1404	1554	
Kendal Asda	0845	1115	1405	1555	
Kendal Bus Station	0855	1125	1415	1605	
Kendal Morrisons				1130	

R: Request service only by arrangement with the bus driver on the day



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
 & Maureen Hinch 20843
 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: 28151**  
[www.sedberghchristiancentre.co.uk](http://www.sedberghchristiancentre.co.uk)

~~~~~  
worship@peopleshall
 10:30 am 1st Sunday each month
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

|                      |   |        |
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| Single Column x 1"   | = | £7.50  |
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| 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.*

| <b>DECEMBER CHURCH SERVICES</b>           |                                 |                          |                                       |                                |            |
|-------------------------------------------|---------------------------------|--------------------------|---------------------------------------|--------------------------------|------------|
| St. Andrew's                              | 7th                             | 14th                     | 21st                                  | 25th                           | 28th       |
| 8.00 am                                   | HC BCP                          | HC BCP                   | HC BCP                                | HC BCP                         |            |
| 10.30 am                                  | HC CW                           | HC CW<br>SS              | HC CW                                 | Family Service                 |            |
| 6.30 pm                                   | EP                              | EP                       | EP                                    | EP                             |            |
| Wednesday                                 | 3rd                             | 10th                     | 17th                                  | 24th                           | 31st       |
| 11.00                                     | HC BCP                          | HC BCP                   | HC BCP                                | HC BCP                         | HC BCP     |
| St. Mark's                                | 7th                             | 14th                     | 21st                                  | 25th                           | 28th       |
| 9.30 am                                   | HC                              | MP NC                    | MP NC                                 |                                |            |
| 2.30 pm                                   |                                 |                          |                                       | Taize                          |            |
| St. John's                                | 7th                             | 14th                     | 21st                                  | 25th                           | 28th       |
| 9.30 am                                   | MP                              | MP                       | HC                                    | MP                             |            |
| <b>LUNE PARISH SERVICES</b>               |                                 |                          |                                       |                                |            |
|                                           | 7th                             | 14th                     | 21st                                  | 25th                           | 28th       |
| Holy Trinity<br>Howgill                   | 10.30 am<br>Joint MP<br>Howgill |                          | 2.00 pm<br>Carol Service              | 2.00 pm<br>Joint HC<br>Firbank | No Service |
| St John's<br>Firbank                      |                                 | 2.00 pm<br>Carol Service |                                       |                                |            |
| All Saints<br>Killington                  |                                 | 2.00 pm<br>Joint HC      | 10.30 am<br>Carol Service             |                                |            |
| <b>DENT &amp; COWGILL PARISH SERVICES</b> |                                 |                          |                                       |                                |            |
|                                           | 7th                             | 14th                     | 21st                                  | 25th                           | 28th       |
| St. Andrew's                              | 10.30 am<br>HC                  | 10.30 am<br>HC *         | 10.30 am<br>HC                        | 10.30 am<br>HC                 |            |
| St. John's                                | 9.00 am<br>HC                   |                          | 2.30pm<br>EP                          |                                |            |
| <b>worship@peopleshall</b>                |                                 |                          |                                       |                                |            |
|                                           | 7th                             |                          |                                       |                                |            |
| 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                     |                                 |                          | Taize = Modern Chants & Choral        |                                |            |
| MP NC = MP with Northumbrian Community    |                                 |                          | NSV = New Sedbergh Version            |                                |            |

| <b>JANUARY CHURCH SERVICES</b>            |                                 |                                   |                                       |                                   |  |
|-------------------------------------------|---------------------------------|-----------------------------------|---------------------------------------|-----------------------------------|--|
| St. Andrew's                              | 4th                             | 11th                              | 18th                                  | 25th                              |  |
| 8.00 am                                   | HC BCP                          | HC BCP                            | HC BCP                                | HC BCP                            |  |
| 10.30 am                                  | HC CW                           | HC CW<br>SS                       | HC CW                                 | Family Service                    |  |
| 6.30 pm                                   | EP                              | EP                                | EP                                    | EP                                |  |
| Wednesday                                 | 7th                             | 14th                              | 21st                                  | 28th                              |  |
| 11.00                                     | HC BCP                          | HC BCP                            | HC BCP                                | HC BCP                            |  |
| St. Mark's                                | 4th                             | 11th                              | 18th                                  | 25th                              |  |
| 9.30 am                                   | HC                              | MP NC                             | MP NC                                 |                                   |  |
| 2.30 pm                                   |                                 |                                   |                                       | Taize                             |  |
| St. John's                                | 4th                             | 11th                              | 18th                                  | 25th                              |  |
| 9.30 am                                   | MP                              | MP                                | HC                                    | MP                                |  |
| <b>LUNE PARISH SERVICES</b>               |                                 |                                   |                                       |                                   |  |
|                                           | 4th                             | 11th                              | 18th                                  | 25th                              |  |
| Holy Trinity<br>Howgill                   | Church Closed January to March  |                                   |                                       |                                   |  |
| St John's<br>Firbank                      | 10.30 am<br>Joint MP<br>Firbank | 2.00 pm<br>Joint HC<br>Killington | 2.00 pm<br>Joint HC<br>Firbank        | 2.00 pm<br>Joint HC<br>Killington |  |
| All Saints<br>Killington                  |                                 |                                   |                                       |                                   |  |
| <b>DENT &amp; COWGILL PARISH SERVICES</b> |                                 |                                   |                                       |                                   |  |
|                                           | 4th                             | 11th                              | 18th                                  | 25th                              |  |
| St. Andrew's                              | 10.30 am<br>HC                  | 10.30 am<br>HC *                  | 10.30 am<br>HC                        | 10.30 am<br>HC                    |  |
| St. John's                                | 9.00 am<br>HC                   |                                   | 2.30pm<br>EP                          |                                   |  |
| <b>worship@peopleshall</b>                |                                 |                                   |                                       |                                   |  |
|                                           | 4th                             |                                   |                                       |                                   |  |
| 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                     |                                 |                                   | Taize = Modern Chants & Choral        |                                   |  |
| MP NC = MP with Northumbrian Community    |                                 |                                   | NSV = New Sedbergh Version            |                                   |  |

## DIARY OF EVENTS

*Dates are held up to 9th December 2015*

| DECEMBER |                                                   |          | JANUARY         |                                              |            |
|----------|---------------------------------------------------|----------|-----------------|----------------------------------------------|------------|
| 1        | Scouts Postal Service (25)                        | Sedbergh | 1               | 1030 Exhibitions till 4th January (26)       | FM         |
| 1        | 1030 Exhibitions till 4th January (26)            | FM       | 3               | 1000 StAD Coffee Morning                     | DMH        |
| 2        | 1930 Town Band Concert (13)                       | StAS     | 3               | 1900 Flicks in the Fells                     | PH         |
| 3        | 1000 Coffee Morning - TBA                         | URCR     | 4               | SS Term Begins                               |            |
| 3        | 1030 Cumbria CC Consultation (13)                 | L        | 7               | 1000 Coffee Morning - TBA                    | URCR       |
| 3        | 1400 SS Hockey                                    | SS       | 9               | 1330 Art Society Demonstration               | URCR       |
| 3        | 1415 SS Rugby                                     | SS       | 13              | 1930 Domino Drive                            | FCH        |
| 3        | 1800 Late Night Opening (1) Main Street, Sedbergh |          | 13              | 1930 Community Orchard Meeting (105)         | PH         |
| 3        | 1930 HS Objection Overruled                       | DMH      | 14              | 1000 Coffee Morning - TBA                    | URCR       |
|          | 1930 WIH Christmas Party                          | TBA      | 14              | 1930 WIS 'A Musical Life'                    | PH         |
| 4        | 1200 SS Hockey                                    | SS       | 15              | 1300 Medical Centre Closed for Training (44) | MC         |
| 4        | 1930 Garsdale Parish Council (22)                 | GVH      | 16              | 1900 SPS PTFA Domino Drive (34)              | SPS        |
| 5        | 1400 Dentdale Club Christmas Party                | DMH      | 16              | 1930 Barbon Domino Drive (34)                | BVH        |
| 5        | 1900 A Midsummer Nights Dream (15)                | SSAT     | 18              | 1600 Messy Church                            | PH         |
| 5 - 7    | Folk Carols Festival (14)                         | Dent     | 21              | 1000 Coffee Morning - TBA                    | URCR       |
| 5        | 1930 Folk Carols Festival Concert (14)            | MCD      | 21              | 1930 HS Crime & Punishment (53)              | SSAT       |
| 6        | 1000 Folk Carols Festival Workshop (14)           | MCD      | 23              | 1930 Family Quiz Night (35)                  | PH         |
| 6        | 1000 Christmas Coffee Morning (14)                | StAD     | 24              | 1900 Gym Burns Night                         | PH         |
| 6        | 1330 Art Society Demonstration (15)               | URCR     | 25              | 1930 NWA Concert (*)                         | Appleby PH |
| 6        | 1400 Folk Carols Festival Workshop (14)           | MCD      | 26              | 1330 Dent Over 60's AGM                      | DMH        |
| 6        | 1700 Folk Carols Festival Concert (14)            | MCD      | 28              | 1000 Coffee Morning - TBA                    | URCR       |
| 6        | 1900 Flicks in the Fells - Chef (12)              | PH       | 28              | 1930 Sedbergh Rocks!                         | URCR       |
| 6        | 1900 Folk Carols Festival Ceilidh (14)            | DMH      | 30              | 1930 Killington Sports Domino Drive          | KVH        |
| 7        | 1330 Folk Carols Festival Singing Walk (14)       | Dent     | 31              | 1100 Alison O'Neill - The Shepherdess (55)   | SSQH       |
| 9        | 1030 AGE UK Christmas Party (16)                  | SMC      | <b>FEBRUARY</b> |                                              |            |
| 9        | 1200 WIK Christmas Lunch                          | TBA      | 4               | 1000 Coffee Morning - TBA                    | URCR       |
| 9        | 1930 Domino Drive                                 | FCH      | 4               | 1930 HS Mills, Mines & More                  | DMH        |
| 10       | 1000 Coffee Morning - TBA                         | URCR     | 7               | 1000 StAD Coffee Morning                     | DMH        |
| 10       | 1930 Flower & Produce Show (98)                   |          | 7               | 1900 Flicks in the Fells                     | PH         |
| 10       | TBA WID Christmas Evening Meal                    | Red Lion | 10              | 1300 Medical Centre Closed for Training (44) | MC         |
| 10       | TBA WIS Christmas Lunch                           | TBA      | 10              | 1700 Senior Citizens Concert (81)            | SSAT       |
| 10       | SS Term Ends                                      |          | 10              | 1930 Domino Drive                            | FCH        |
| 11       | 1200 Lunch Club Christmas Lunch                   | Red Lion | 11              | 1000 Coffee Morning - TBA                    | URCR       |
| 11       | 1915 Royal British Legion                         | WHC      | 11              | 1930 WIS 'My Life as a Registrar'            | PH         |
| 11       | 2000 Sedbergh Orchestra (16)                      | StAS     | 13              | Art Society AGM (tbc)                        |            |
| 12       | 1930 SYF Domino Drive (17)                        | PH       | 13              | SS Half Terms Begins                         |            |
| 13       | 1300 Dentdale Over 60 Christmas Lunch (*)         | DMH      | 17              | 1000 Sedbergh Holiday Club Reunion (92)      | PH         |
| 17       | 1000 Coffee Morning - Town Band                   | URCR     | 18              | 1000 Coffee Morning - TBA                    | URCR       |
| 17       | 1500 A Christmas Carol (17)                       | L        | 18              | 1930 HS Commonwealth War Graves              | SSAT       |
| 18       | Scouts Postal Service Ends (25)                   | Sedbergh | 19              | 1930 Garsdale Parish Council (22)            | GVH        |
| 19       | 1930 Christmas Domino Drive                       | HVH      | 22              | SS Half Term Ends                            |            |
| 20       | 1930 Fund Raising Ceilidh (20) (90)               | PH       | 23              | 1930 Sheepfest 2015 (39)                     | PH         |
| 21       | 1930 United Carol Service                         | StAS     | 24              | 1900 Gym & Fitness Centre Burns Night        | PH         |
| 24       | 1430 Nativity Play (24)                           | URC      | 25              | 1000 Coffee Morning - TBA                    | URCR       |
| 25       | Christmas Day                                     |          | 25              | 1930 CWT Dippers                             | PH         |
| 26       | Boxing Day                                        |          | 27              | 1930 Domino Drive & Tattie Pot Supper        | HVH        |

*The S & D Lookaround is edited, published & distributed monthly by  
Dennis & Jacky Whicker and is printed by Stramongate Press.  
The content of The Lookaround does not reflect the views of the Editors.  
Whilst every effort is made to ensure that information is correct, the Editors cannot  
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Copies are available from  
SmartOffice, Premier, Post Office, Spar, Dent Stores & Barbon Inn.*

**COVER PICTURE**  
Sunset over Back Lane  
*by Stuart Manger*

**MARCH**

|    |      |                                              |            |
|----|------|----------------------------------------------|------------|
| 1  | 1500 | NWA Concert (*)                              | Appleby PH |
| 4  | 1000 | Coffee Morning - TBA                         | URCR       |
| 4  | 1930 | HS Westfield War Memorial Village            | SSAT       |
| 7  | 1000 | StAD Coffee Morning                          | DMH        |
| 7  | 1900 | Flicks in the Fells                          | PH         |
| 10 | 1930 | Domino Drive                                 | FCH        |
| 11 | 1000 | Coffee Morning - TBA                         | URCR       |
| 11 | 1930 | WIS 'Cumbrian Ramble Search for Orchids' SMC |            |
| 12 | 1930 | Hazardous Hilda Rides Again                  | PH         |
| 13 | 1330 | Art Society Demonstration                    | URCR       |
| 13 | 1930 | Hazardous Hilda Rides Again                  | PH         |
| 14 | 1430 | Hazardous Hilda Rides Again                  | PH         |
| 14 | 1930 | Hazardous Hilda Rides Again                  | PH         |
| 18 | 1000 | Coffee Morning - TBA                         | URCR       |
| 18 | 1930 | HS King Richard III                          | SSAT       |
| 19 | 1300 | Medical Centre Closed for Training (44)      | MC         |
| 21 | 1000 | DMC Coffee Morning                           | DMC        |
| 21 | 1930 | HS AGM                                       | SSAT       |
| 25 | 1000 | Coffee Morning - TBA                         | URCR       |
| 25 | 1930 | Celestial Mountains (Tien Shan)              | PH         |
| 27 |      | SS Term Ends                                 |            |
| 29 | 1930 | NWA Concert (*)                              | Appleby PH |

**APRIL**

|    |      |                           |      |
|----|------|---------------------------|------|
| 1  | 1000 | Coffee Morning - TBA      | URCR |
| 4  | 1000 | StAD Coffee Morning       | DMH  |
| 4  | 1900 | Flicks in the Fells       | PH   |
| 8  | 1000 | Coffee Morning - TBA      | URCR |
| 8  | 1930 | WIS TBA                   | PH   |
| 15 | 1000 | Coffee Morning - TBA      | URCR |
| 18 | 1000 | DMC Coffee Morning        | DMC  |
| 18 | 1200 | Sedbergh Spring Show (35) | PH   |
| 22 | 1000 | Coffee Morning - TBA      | URCR |
| 29 | 1000 | Coffee Morning - TBA      | URCR |

**MAY**

|    |      |                       |          |
|----|------|-----------------------|----------|
| 2  | 1000 | StAD Coffee Morning   | DMH      |
| 2  | 1900 | Flicks in the Fells   | PH       |
| 6  | 1000 | Coffee Morning - TBA  | URCR     |
| 13 | 1000 | Coffee Morning - TBA  | URCR     |
| 13 | 1930 | WIS TBA               | PH       |
| 16 | 1200 | Sedbergh Gala         | Sedbergh |
| 17 |      | Epic Events Fell Race | PH       |
| 20 | 1000 | Coffee Morning - TBA  | URCR     |
| 27 | 1000 | Coffee Morning - TBA  | URCR     |
| 30 | 1000 | DMC Coffee Morning    | DMC      |

**JUNE**

|    |      |                      |      |
|----|------|----------------------|------|
| 3  | 1000 | Coffee Morning - TBA | URCR |
| 6  | 1000 | StAD Coffee Morning  | DMH  |
| 10 | 1000 | Coffee Morning - TBA | URCR |
| 10 | 1930 | WIS TBA              | PH   |
| 13 | 1900 | Flicks in the Fells  | PH   |
| 17 | 1000 | Coffee Morning - TBA | URCR |
| 24 | 1000 | Coffee Morning - TBA | URCR |
| 27 | 1000 | DMC Coffee Morning   | DMC  |

**JULY**

|       |      |                              |      |
|-------|------|------------------------------|------|
| 1     | 1000 | Coffee Morning - TBA         | URCR |
| 4     | 1000 | StAD Coffee Morning          | DMH  |
| 4     | 1900 | Flicks in the Fells          | PH   |
| 8     | 1000 | Coffee Morning - TBA         | URCR |
| 8     | 1930 | WIS TBA                      | PH   |
| 15    | 1000 | Coffee Morning - TBA         | URCR |
| 22    | 1000 | Coffee Morning - TBA         | URCR |
| 25    | 1000 | DMC Coffee Morning           | DMC  |
| 27-31 |      | Sedbergh Holiday Club (text) | PH   |
| 29    | 1000 | Coffee Morning - TBA         | URCR |

**AUGUST**

|    |      |                       |      |
|----|------|-----------------------|------|
| 1  | 1000 | StAD Coffee Morning   | DMH  |
| 5  | 1000 | Coffee Morning - TBA  | URCR |
| 12 | 1000 | Coffee Morning - TBA  | URCR |
| 12 | 1930 | WIS TBA               | PH   |
| 19 | 1000 | Coffee Morning - TBA  | URCR |
| 22 | 1000 | DMC Coffee Morning    | DMC  |
| 26 | 1000 | Coffee Morning - TBA  | URCR |
| 29 |      | Flower & Produce Show | PH   |
| 30 |      | Flower & Produce Show | PH   |

**DIARY KEY**

|        |                                        |
|--------|----------------------------------------|
| 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                        |
| DMH    | = Dent Memorial Hall                   |
| DMC    | = Dent Methodist Chapel                |
| FCH    | = Firbank Church Hall                  |
| FM     | = Fairfield Mill                       |
| GVH    | = Garsdale Village Hall                |
| HS     | = History Society                      |
| HVH    | = Howgill Village Hall                 |
| JLCP   | = Joss Lane Car Park                   |
| KVH    | = Killington Village Hall              |
| L      | = Library, Main Street                 |
| LHCP   | = Loftus Hill Car Park                 |
| MC     | = Medical Centre                       |
| MCD    | = Meditation Centre, Dent              |
| PH     | = People's Hall                        |
| SASL   | = Sight Advice South Lakeland          |
| SMC(R) | = Sed. Methodist Church (Room)         |
| StAS/D | = St Andrew's Church, Sedbergh/Dent    |
| SHQ    | = Scout Headquarters                   |
| SIO    | = Sedbergh Information Office, Main St |
| SS     | = Sedbergh School Library              |
| SSAT   | = Settlebeck School Academy Trust      |
| URC(R) | = United Reformed Church (Rooms)       |
| WID    | = Women's Institute, Dentdale          |
| WIH    | = Women's Institute, Howgill           |
| WIK    | = Women's Institute, Killington        |
| WIS    | = Women's Institute, Sedbergh          |

## PUBLIC INFORMATION

### Sedbergh Medical Practice

01539 718191

01539 718191 (Option 1) 24hr Prescription line

### Surgery and Dispensary Opening Hours

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

### Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.00am

**(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](http://www.sedberghmp.nhs.uk) for further details

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

### Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

### Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

### 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 & DISTRICT INFORMATION CENTRE

*for resident & visitor information*

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: [tic@sedbergh.org.uk](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125/20504

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

### SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464

[www.cumbriaruralcab.org.uk](http://www.cumbriaruralcab.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](http://www.sedberghcdc.org.uk)

### POLICE

101 or 999

### PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

### VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 \*

1400 - 1500 \*

Other times by appointment only \*

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY