

Sedbergh & District

LOOKAROUND

October 2019

Issue 381

Donation £1

For the first time under the new team we've compiled a Lookaround of over 90 pages. So there is plenty for you to read, and lots of advertised events coming up - see the adverts below for a start.

I've said it before but it bears repeating, I've never seen a local magazine with such a variety of subject matter, submitted mainly by locals, and compiled by volunteers. Long may it last! Ed



PROMISE AUCTION

Friday 11th October 2019

at Sedbergh Primary School

DOORS OPEN AT 7 P.M. ~ AUCTION STARTS AT 8 P.M.

TICKETS: £3

(price includes a drink and cheese & biscuits)

LICENSED BAR including a COCKTAIL BAR

(COCKTAIL BAR 7 P.M. - 8 P.M.)

Lots include:

Supper club for 2 at the Malabar

Head and shoulders portrait in watercolour

1 night's stay with breakfast at Low Branthwaites

8 hours' family tree research and instruction

3 course meal for 2 people at the Black Bull

Guided tour of Radio Cumbria

Tickets and catalogues are available from:

Sedbergh Primary School, the Information & Book Centre
and Sedbergh Mini Market

If you are unable to come to the auction,
please see the catalogue for details of how to place an
absentee bid

SEDBERGH & DISTRICT

HISTORY SOCIETY

WEDNESDAY 2nd OCTOBER

Discovering Lakeland villages

Andy Lowe: An illustrated talk on exploring some villages in the Lake District.

7:30 PM - ST. ANDREW'S, SEDBERGH

WEDNESDAY 16th OCTOBER

Windermere's Lake Shore Houses

Diana Matthews: An illustrated historical selection of lake shore houses and the personalities who lived in them.

7:30 PM - DENT MEMORIAL HALL

Everyone is most welcome to attend any or all of our lectures.

Members £1 ~ Non-Members £2

www.sedberghhistory.org

For further information please contact

Richard Cann, 015396 20771.

In the event of very bad weather,
please phone before you set out.

CLOSING DATE: 15th of every month for everything

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD

Mobile: 07464 - 895425

e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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Weekly Coffee Morning St Andrews Church Every Wednesday 10am to 12 Noon

**2nd Oct T.B.A.
9th Oct Christian Aid
16th Oct T.B.A
23rd Oct T.B.A
30th Oct Sedbergh Bowling Club**



Groups who would like to run a Coffee Morning
please call Judith Ryder on 01539824379

Advertising in Lookaround

For advertisers key points to note are as follows :-

- ◇ We will print an advert supplied by you, or we can design one for you.
- ◇ If you supply the advert please give it to us as a MS Publisher file, an MS Word file or a jpeg. We will print adverts supplied as pdfs but the quality may suffer,
- ◇ We accept hardcopy adverts and will try to reproduce them. Please let us know if you require a specific font.
- ◇ Adverts will be printed in the sizes specified below and should be supplied in one of these sizes.
- ◇ We do not print whole page adverts but will print half page adverts opposite each other.
- ◇ If you buy a year's worth of advertising (11 adverts) we will only charge for 10
- ◇ New advertisers buying 3 months or more worth of adverts will get an extra one free
- ◇ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

Advertising Rates

Single Column 2.56" x 1"	= £7.50
Single Column 2.56" x 2"	=£10.00
Single Column 2.56" x 3"	=£12.50
Single Column 2.56" x 4"	=£15.00
Double Column 5.2" x 2"	=£15.00
Double Column 5.2" x 3"	=£20.00
Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

CONTACT INFORMATION

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editor@sedberghlookaround.org.uk

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07464 895425

Address:

**Lookaround,
72 Main Street,
Sedbergh,
Cumbria,
LA10 5AD**

Items can also be delivered by hand to Sedbergh & District Tourist Information Centre at the above address (72 Main Street) during open hours, and deposited in the Lookaround Post Box inside the office,

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

**Sedbergh & District Lookaround
BACS**

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

**Invoice Number, your name or
reference.**

This account is valid from January 2019. No other account details are valid for current payments.

**PLEASE REMEMBER TO
INCLUDE THE INVOICE NUMBER
WHEN PAYING BY BACS**

KILLINGTON HYDRO: A VILLAGE TRIUMPH

Maureen Lamb

In 2009 the village of Killington with a population of just 160 embarked upon a unique community project that took nine years in the making and cost half a million pounds, but it is now at last proving a success. It was a project that dug deep into history for its ideas and its technology, a technology that is not less than 3000 years old, going back to beyond to the time of the Hanging Gardens of Babylon, but a technology that is very recent indeed in its modern application, which is to produce electricity. This is the technology of what is generally known as the Archimedes screw turbine and is now to be seen on the weir at Broad Raine, although thanks to the misguided insistence of the planners not a lot of it cannot actually be seen because the trough containing the screw has had to be covered over.

If anyone had realised when they started on this project that it would be so long in the making perhaps it would never have been started. It came about as a result of a fireside meeting of a few people in the winter



of 2009. Because of their concern about global warming they set up a village organisation called KSET, Killington Sustainable Energy Trust. Initially the group started by spreading the word with meetings in the village hall and in Sedbergh. They also undertook a survey to assess the carbon footprint of the village households. The result was a shock, but it is a story that no doubt could be repeated in the villages all around Sedbergh. It was way above the footprint for the country as a whole, largely because of the need to heat stone built properties erected two or three hundred years ago, partly because of the long distance to jobs, education and other services and partly because the main occupation,

October Birthdays

Margaret Park

**Is four years old on the 31st October
Happy Birthday - have a lovely day!**

farming required the use of diesel hungry tractors.

A campaign was started to raise awareness of the need for carbon reduction and to raise money for insulation, new forms of heating and finally a communal effort to produce renewable energy of some kind. The challenge was launched!

The search was on for a village project. Wind turbines were ruled out because of the strong anti-wind turbine lobby locally. As we are in an area with a high rainfall and plenty of streams as well as a major river, water power was the obvious option. A survey and a plan was necessary, but how would it be funded? Every project needs money! Fortunately, there are individuals who in their wisdom have set up grant-giving bodies with donated funds and the required few thousand pounds was duly found, mainly from local charitable trusts including the Sedbergh Community Trust.

That was a start. Little did anyone envisage that before their aim could be reached, it was not a few thousand pounds they were looking for but a quarter of a million. The survey showed that although there was a number of small streams with a

steep gradient that might be developed for hydro power, the most valuable project would be an installation on the weir at Broad Raine. The fall was not large, just over a metre, but there was a huge volume of water that could be tapped at a site alongside an existing fish pass. Other similar sites were visited, advice was sought and the opinions of local residents canvassed. It cannot be said that those living closest to the river were overjoyed at the prospect of a possibly noisy and ugly turbine trashing the beauty of the site. Sound recordings had to be made and the residents placated.

Surprisingly the easiest hurdle was the planning permission. The vote was unanimous and the councillors turned to thank the applicants who were watching in the gallery. The YDNP authority needed to give permission but that also was a doddle. They even gave a grant towards it. Unsurprisingly, because they were most affected, the local residents proved to be a far bigger problem, in particular the owners of the right of way across the field adjacent to the site. The negotiations took eighteen months and the final Deed that gave access contained

NORTH WESTMORLAND ARTS

2019-2020 Concert Season

All concerts are at 7:30pm in Appleby Public Hall. Tickets £12 at the door.

- | | |
|---------------------------------|---|
| Sun 6th Oct: | Zoya Vyazovskaya – solo flute, piano and harp |
| Sun 10th Nov: | Fenella Humphreys – solo violin |
| Sun 26th Jan: | Trio Volant – Clarinet, Oboe and Bassoon |
| Sun 9th Feb: | Jamal Aliyev (Cello) with piano accompaniment |
| Sun 1st Mar: | Extracts from Cumbria Film Archive (Eden-centric) |
| Sun 22nd Mar: | Sacconi String Quartet |

www.appleby-concerts.org.uk

Email: enquiries@appleby-concerts.org.uk

Tel: 017684 83777

Supported by Westmorland Arts Trust, Hadfield Trust, Bryan Lancaster Trust



over 30 clauses. Eventually on 4 June 2016 the right of way agreement was signed and the construction company that had been waiting in the wings all year started work. There was little celebration following the demolition of this last hurdle and any rejoicing was short lived. On 28 July 2016 all work was brought to a halt. A further noise report was wanted. Noise reports had been taken in 2009 and again in the January of that year, but a new report had to be taken by the same firm with, unsurprisingly, the same results. This delay of a further 10 days made it impossible for the construction firm to complete the work by September 30th the deadline given by the EA for allowing any further work in the river. It could not be restarted until the following spring. All the work that had already been completed had to be undone and re-done the following year. There was a loss of no less than £100,000. During the winter that year all minds

concentrated on raising another £100,000, mainly through shares in a Benefit of the Community organisation, called RainePower. Work restarted on time on 18 May 2017. By then there were up-to-date noise reports, the Impoundment and Abstraction Licences were completed with the EA (we could never quite understand why an 'abstraction' licence was needed), the fish pass was extended and updated, the neighbours were alerted, the electricity cable route agreed, an otter and bat survey undertaken, photos of the track provided to the owners of the field and preparation was made for the delivery of the screw, manufactured by an Anglo-Dutch firm, Spaans Babacock,.

The day finally came on 19 September when the huge lorry with its trailer arrived at Broad Raine completing its journey up the motorway from Heywood in Lancashire. With more days lost from

flooding during the rest of the year and the need to remove tons of silt from the sluice brought down by the river, it was the January 2018 before Askam's finally managed to clean up the site and in February Spaans was able to get the screw turning for the first time.

At last celebrations were in order and on 19 May a champagne party was arranged for the village in the village hall followed by a visit to the site.

The turbine has now been working for over a year and is producing electricity to go into the grid. It was turned off for a while in the spring this year because of the dry weather. I think this is the first time I ever remember praying for rain.

Laura Clare – Effortless Yoga
Therapeutic Yoga and Sound Healing

Dent Meditation Centre

Thursday mornings 11.30am until 1pm
mats and blankets provided
email: lauraclareyoga@gmail.com
or call 25061

B4RN HOWGILL AND MARTHWAITE

Martin Stockdale

It's been a busy month for the B4RN teams! Over 30 of the hundred or so properties in Marthwaite are now connected, with more to follow in the next few weeks. Meanwhile, in Howgill virtually all the properties that want the service are connected, with only a few left to sort out.

It's more important now than ever that you let B4RN know you want a service. It's very simple to do: just visit the B4RN website (b4rn.org.uk) and pick 'Get B4RN'. Answer a few questions and you'll be added to the list of people to connect. You need to do this even if you've been talking to your local volunteers – B4RN will not connect people unless they are registered.

Thanks to everybody who has supported this community project, whether it be financially, by signing a wayleave, by volunteering or just by providing encouragement. Those of us who are connected (myself included) are truly grateful!

S.Ostle Services
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Installation, Service & Repair of:

- Domestic Oil, Natural Gas & LPG (Boilers, Fires & Cookers)
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Plus All Your
Plumbing & Central Heating
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Tel: 01768 371556
Email: ostle2011@hotmail.co.uk



Registered
Business



TIM'S COLUMN

Tim Farron

Writing these columns is a bit of a challenge at the moment as politics is changing so fast. I have no idea what the situation in the country will be tomorrow let alone by the time you get to read this. As I write Parliament has been what they call 'prorogued' which means it is closed down until the 14th of October. As many of you have told me this is really not what we want when we are facing a national crisis. Along with my colleagues I want to be fighting hard to ensure the best future for us and our children. But the Prime Minister has decided he doesn't want to face the challenge of Parliament so I am spending a lot more time at home.

Despite the weather I had a great day at the County Show. Lots of people came to chat to us in our little tent and it was great to see so many primary school children there. I would like to think they were coming to show support but I suspect that the offer of free balloons was the big appeal!

Many of you came in out of the rain to sign our petition against a 'no deal Brexit'. This would lead to tariffs of 46% being put on our lamb exports to the EU and a whopping 65% being added to the price of British beef exported. Given that about 90% of all the lamb and beef exported goes to the EU this will cripple our farmers, particularly those on our local fells. It was no surprise that the MP in our

Sedbergh Parish Council

INTERESTED IN HELPING YOUR LOCAL COMMUNITY?



We currently have a casual vacancy on Sedbergh Parish Council and have notified South Lakeland District Council. Following a notice period of 14 days, if no election has been requested, Members will be seeking to co-opt a new councillor.

The Council may co-opt any person who is legally qualified to hold such office, and who is willing to serve provided they are a British citizen, or a citizen of the Commonwealth or the European Union, and are neither the subject of a bankruptcy restriction order or interim order or have, within five years before the day of the election, been convicted in the United Kingdom of any offence and have had a prison sentence (whether suspended or not) for a period of over three months without the option of a fine. Provided you also satisfy at least ONE of the following you may apply:

- You are registered as a local government elector for the Parish
- You have during the whole of the preceding twelve months occupied as owner or tenant, any land or premises in the Parish
- Your principal or only place of work during the preceding twelve months has been in the Parish
- You have during the whole of the preceding twelve months resided in the Parish or within 4.8 km of it
- You must also be 18 years or older on the day you become nominated for election.

Written expressions of interest from persons wishing to serve as a Councillor need to be submitted to the Clerk to the Council 72a Main Street, Sedbergh LA10 5AD **to be received by Friday 8th November 2019**. It would be helpful if your letter (preferably on one side of A4 paper) could provide some details of your background, any experience you feel is relevant, and a statement explaining why you would wish to serve as a Parish Councillor.

Should you be interested in serving as a Councillor you are encouraged to contact the Clerk to the Council who will be able to explain the nature of the role, the time commitment likely to be required and the training which is available for new Councillors. Please visit the Council's website www.sedberghparishcouncil.org.uk for more information about the work of the Council.

Janey Hassam, Clerk to the Council (07966 134554)
Email: clerk@sedberghparishcouncil.org.uk

neighbouring constituency of Penrith and the Borders (Rory Stewart, Con.) takes a similar line to me. He represents at least as many hill farmers as I do. If you would like to join us and show your support for our farmers then just drop a line to the address at the bottom of this piece.

Minette Batters, the President of the NFU, was also at the County Show and I had a chance to sit down with her to discuss the worrying situation that farmers find themselves in. She urged us to keep up the fight and really pushed me to get the Liberal Democrats to fill the massive gap that exists in our politics at the moment and stand up for rural communities. Something I hope you feel I do around here.

On a more cheery note I had a great, if rather tiring, few hours playing football with young people the other day. As well as being massive fun this is a really great way to find out what their issues are. I took away a long list of things ranging from litter collection through to putting nets in the goals that I am looking forward to getting to work on. If you want to add to the list of things I need to work on please come along to meet me at my surgery in the Information Centre in Sedbergh on the 4th of October. If you can't get along to that you can always email me at tim@timfarron.co.uk or call us on 01539 723403.

Thanks for your support.



**SEDBERGH
MEDICAL CENTRE**

*will be closed for Training Purposes
at 1pm on the following afternoons:-*

2019
Thursday 10th October
Wednesday 13th November



SEDBERGH PARISH COUNCIL
*Janey Hassam, Clerk to the
Council*

This report covers items from the Parish Council meeting held on the 12th September 2019. The next monthly meeting will be held on Thursday 10th October 2019 at 7.30pm in the Committee Room, Sedbergh People's Hall, Howgill Lane, Sedbergh.

Vacancy – Due to Cllr Jake Cowperthwaite's continuing studies he will not be in Sedbergh for most of the next year and so, with regret, has resigned as Parish Councillor. Members thanked him for his time and contributions over the past 12 months. Currently, therefore, there is a vacancy – please see separate notice for details.

CCTV for Sedbergh?

Following the questionnaire circulated last month, seventy responses were recorded. There was a total of 55 in support of CCTV and 15 against. Of those that were in support, the majority of responses were in favour of cameras on Main Street (close to the Market Square and Joss Lane). The full result will be published on the Parish Council

website. Members discussed the results in detail and agreed to progress matters by pursuing an application for funding to the Police & Crime Commissioner. It was acknowledged that there were still many considerations to take in to account and that ultimately, if successful, a final decision about CCTV coverage will lie with the Police.

Langstone Fell informal car parking area. Previously the condition of the informal parking area has been raised with Sedbergh Parish Council. The freehold owner attended for an update following the recent site meeting where, among other matters, the legal status of the parking area was raised. Members advised that following information in respect of common land, the present situation was noted and that any further practical actions will need to be negotiated between the owner and interested parties.

Other Matters. Various further matters were discussed: including an update from the Amenities, Planning and Finance Committees. Other matters included a short presentation in regard to the ongoing VE Day 2020 preparations by the People's Hall Committee, the success of the Tour of Britain and further comment in regard to the developing Marketing/PR Strategy for Sedbergh. Also, the recent repair work at the Main Street toilets and the planned further improvements and finally the current state of repair of the cemetery was noted, including the recent turfing of the flower bed and the condition of the toilets. Cllr Lancaster will liaise

directly with South Lakeland District Council.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions. Public Participation is at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend.

If you have any thoughts/views on any of the above, or wish to contact Sedbergh Parish Council, please email me at clerk@sedberghparishcouncil.org.uk

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 and online at www.sedbergh.org.uk.



PROGRAMME FOR OCTOBER 2019

Friday 11th 10am – 4.30pm
MINDFUL YOGA AND MEDITATION DAY:
EMBODYING MINDFULNESS

Saturday 12th 10am – 4pm
EXPLORING LOVE AND LOSS THROUGH
THE LABYRINTH

Sunday 20th 11am – 1pm
DROP IN MEDITATION FOR ALL

To book: email meditationcentreateam@gmail.com
Telephone 07582 017 396
The Meditation Centre, Dent, Cumbria LA10 5QR
www.meditationcentre.co.uk

Sedbergh Market

Saturday 12th October 10am-3pm - St. Andrew's Church

natural & sustainable products
delicious eco-friendly foods

recycled & upcycled arts & crafts
info on protecting the environment

Sedbergh Environmental Network

GARSDALE PARISH COUNCIL Sand bags in Garsdale

Philip Johns
Clerk to Garsdale PC

The official bit: there hasn't been a Garsdale Parish Council meeting since the last report, but events have occurred. Tim Farron, our MP (at least at the time of writing), passed on a further response from the Department of Transport regarding 'noise cameras' which could prove a godsend for our residents, but, alas, there was no substance in the letter, just more waffle. The only good thing I could say, is that it wasn't an outright refusal.

Council have received 3 planning apps, one for a retrospective planning for the temporary track, already

established, near Low Scar, a further one for a new forestry track and junction to the A684 very close to the houses on The Street. This prompted an emergency meeting of residents who vehemently opposed this monstrosity. Many, including the council, have written to YDNP planning in objection, and, hopefully, the planners will see sense that a huge scar, across our beautiful landscape, is in nobodies' interests except the plantation owners.

A third app was received regarding installing ticket machines and cctv at the station. Although, technically, there is no right of objection to this plan, again, the planners should see that these additions would be totally out of character for a heritage station.

Clerk plus 2 councillors attended a meeting on Longstone Fell to discuss the use and possible improvements. Sedbergh PC will be making some recommendations shortly.

Finally, B4RN has been active in the dale on Route 2 and most properties now have fibre and are waiting for the imminent arrival of routers, making these properties live and connected to the world. 3 road crossings are still needed before the

"The Charity Girls" JUMBLE SALE

In aid of Multiple Sclerosis
2pm, Sat 12th October
Peoples' Hall, Sedbergh
Any Jumble tel Sandra on
07815069394

final few properties can be connected and we are assured that they are listed to be done.

www.garsdaleparishcouncil.com
garsdaleparishcouncil@outlook.com

The unofficial bit: recently, I have been receiving emails from the "Communications Officer" at South Lakeland District Council as part of their efforts to save the planet by limiting climate change. These emails contain a weekly tip, particularly aimed at recycling. These 'useful' tips are earth shattering in their mediocrity, such as advising that we fold up the cardboard before putting it in the blue box, using another box for glass bottles (although we must remember to put only a few in, so as not to make them too heavy, as the poor little dears who have to collect them are afflicted with weak backs) and other such never thought of pearls of wisdom.

However, this week's 'bon mot' has me seriously worried. Apparently, used batteries are a hazard and great care must be taken in their disposal and should only be recycled at fully approved depots. I shall never look at a 'AAA' battery in the same light again. These miniature batteries are not just harmless sealed units producing 1.5v of charge, they must be equivalent to small atom bombs and the greatest of care must be taken in handling them.

I am prepared. Amazon has delivered a full body suit of bomb proof clothing, along with shatter-proof visa and armour-plated gloves. I've been down to the seaside and filled as many bags as I could find, with sand, and have built a bunker in

St Mark's Church, Gautley

You are invited to our

Harvest Festival Service

on **Sunday 13th October** at 2.30pm

Guest preacher:
the Rt. Rev. James Newcome
Bishop of Carlisle



Refreshments afterwards

the garden, as far away from the house as possible. I have an air-raided siren coming next week and am presently pricing up one of those buggies you see on the telly when the army are diffusing suspected bombs.

So, when I want to change the batteries in the TV remote control, I will be ready! I'll put out notices warning the public to stay away, don all the protective equipment, very, very carefully place the remote in the bunker, set off the siren and use the diffusing buggy to gently prise open the back of the remote, and, if I am lucky, successfully remove the batteries without blowing myself up!

Now for their disposal, should I order an armoured vehicle to transport them to the nearest fully approved recycling centre or is that a step too far?

Perhaps I should, as you know, you can't be too safe...

COUNCILLOR'S CORNER

Cllr Suzie Pye

Tour of Britain - Months of organising, planning, and anticipation in the build up to the Tour of Britain coming through our area on September 10th was over in the blink of an eye. I was fortunate enough to have had the opportunity to watch on the big outdoor screens from the finish line on Beast Banks in Kendal. I felt immense pride as all eyes were our little town as it was showcased to the world in the coverage. Sedbergh looked simply stunning, and the schools, businesses, and residents who lined the streets to cheer and wave their flags really reflected our close community. Thanks and congratulations must be given to Cumbria County Council who have worked tirelessly, and to SLDC who supported what has been without doubt, a huge success.

Citizen's Advice - We are all familiar with the Citizens Advice

Bureau: who they are, what they do, some of us may even have benefited from the help and advice from our local South Lakes branch. But if I were to ask you how they are funded, would you know? When I do ask this of people, most will assume (as I did until a few months ago) that the CAB are funded by central government. But no, they are actually a charitable organisation, staffed largely by volunteers, who have to apply for their own grants and organise their own fundraising events (on top of everything else they do!). They have just celebrated their 80-year anniversary, having given their first piece of advice the day after World War II began, on 4th September 1939. And they are still giving advice today: on everything from Universal Credit, to delayed flights, unmanageable debt or issues renting a home, to better deals for energy consumers. For those people who use their services, they really are a lifeline – sometimes literally. So please remember to support them whenever you get the opportunity. In the meantime, if you are in need of help or advice, please do remember our local branch on Blackhall Road, Kendal, LA9 4BT (drop-in sessions available Mon, Tues, Wed, 9:30am – 2pm). For new enquiries or telephone advice call 03444 111444. Or contact via email

advice@southlakesca.org.uk

And if there is anything I can help personally with, as always, please do not hesitate to get in touch: suzie.pye@southlakeland.gov.uk or telephone on 07584528462

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St Andrew's Church (parish room)
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NEXT STOP THE FUTURE - 3

Stuart Manger

Rachel Hopkins was an exuberant, funny, fine actor and hands-on organiser in Barrel of Fun, but nevertheless completed GCSE's and A-levels at Queen Elizabeth School, Kirkby Lonsdale then launched into a degree programme of English and History at the University of York. While making up her mind about what next, she decided to complete the Myers Briggs personality test, which tended to confirm what she had already suspected, namely that she was best suited to involvement with and connection to helping people with problems. The test precipitated a sudden change of heart: teaching - maybe yes, but maybe also give herself a bit of time before committing to it. She graduated in July 2019, and at a York Careers Fair, she first met a private company called CBT Clinics. CBT stands for 'cognitive behavioural therapy' – a therapy to help those who struggle with mental health. The company had a position open as a psychological treatment co-ordinator in their office in York. So Rachel applied, underwent an interview process, completed three psychosomatic timed tests and was offered a job at the end of June 2019, and in her own words: "I'm loving it. Going in, I knew there would be more challenging days but I love that I spend my whole day helping and supporting some of the most vulnerable people in our country. The company offers a complete training scheme with opportunities to attend further lectures and seminars. The office environment is wonderful and

we all have the same people-centred goals which I love."

Rachel says she still has a strong desire to teach, so will most likely end up returning to university to train as a teacher in a year or two. Whatever, she now knows she wants a job that is people focussed.

So after BOF, what next? Well, playing Underwater Hockey - Octopush – of course. Yes, you read that correctly: UNDERWATER HOCKEY. At York University. She admits it's bizarre but she loved it and made some wonderful friends on the team. Sorry, I am still struggling with how you play UNDERwater hockey, aren't you? But then again, as many in all manner of sports will readily testify, such activity does - in very real terms - help to refine major skills in learning how to counsel the delicate complexities of those in deepest problems with their mental health. So, bizarre it may be, but productive and so typically Rachel Hopkins it is also!

Ben Morgan: schooling at QES, where he climbed to be Deputy Head Boy. After A-levels in History, Music and Philosophy, he then set off: a Gap Year in Kenya working as an English teacher in a small town, alongside volunteering in an



Drop in meetings for anyone struggling with bereavement

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Cornerstone Community Church

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orphanage. So, done Africa, where will it be next? University of Aberdeen to study an integrated Masters in History.

He'd already grown well in love with trombones, so no surprise that after QES Big Band and to Sedbergh Town Band, he joined several university jazz bands, soloed, and then, as you do, became captain of the Aberdeen University Underwater Hockey team. Got your head round that as a concept yet? A little worrying: BOF obviously had the

same effect: Ben Morgan and Rachel Hopkins both in Underwater Hockey – did Judith Bush know what she was starting in Barrel of Fun?

Then for Ben, the wanderlust bit again, and it was inter-railing, living out of a backpack for two or three months all over Europe from UK to Paris, to Venice, to Ljubljana, to Krakow. And you finance all this with part time work as kitchen assistant, swimming instructor, trombone teacher, and exam invigilator. The reason he did all this? Because in his own words: "I think travel is the best way to become a changed and maybe better person. You experience so much more of what the world can offer and what people are like all over.....but also to just have fun!"

And now? Well, many of you will last have seen Ben on the bench with the mischievous trombone team in recent Sedbergh Town Band concerts, but next, it was back to Gilgil in Kenya again for more work, and as a career, he has begun to look into teaching – yes, doing some in Africa, and I suppose it's in the family, so.....?

But he's also eyeing up graduate schemes in the BBC News team and Royal Bank of Scotland. Ben's sense of humour, his capacity to tell stories with an utterly straight face before breaking into a half-choked laugh enlivened BOF and will have illuminated the lives of many he has met and helped. In Kenya he worked as an English teacher in Kenya and volunteering in an orphanage in Gilgil.

I am in deepest awe of the energy, enterprise and sense of adventure of the Sedbergh young, aren't you?



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NEWS FROM THE PEWS

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

The new Suffragan Bishop of Penrith (a bishop appointed to help a diocesan bishop - in this case Bishop James of Carlisle), Rev'd Dr Emma Ineson was invited to address the joint congregations of the Western Dales Mission Community at the People's Hall on the first Sunday of September at 10.30am.

The Archbishop of York, Dr John Sentamu consecrated Bishop Emma as the first female bishop in Cumbria on 27th February this year. During the two hour ceremony in York Minster, Bishop Emma was presented with an episcopal cross and ring made by a Welsh silversmith; a reminder of teenage years spent in Wales.

As part of her new role Bishop Emma will take an important lead in the county's ecumenical vision and strategy 'God for All'. This is that:

By 2020 every person in Cumbria of all ages and backgrounds will have an opportunity to discover more of God and God's purpose for their lives, so that they will discover more of Jesus and the Good News and



RUMMAGE SALE
OCTOBER 26th. 11.30am-3pm
Cornerstone Community Church Hall. New St
LUNCH, home-made soup and roll £3.
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Contact Susan Raw 015396 20542
susanraw@talktalk.net

become followers of Jesus within a Christian community.

Bishop Emma gave a brief insight of how she knew of Sedbergh. Soon after joining Birmingham University she met her husband-to-be, Matthew Ineson who, being the son of a former Vicar of Sedbergh, Rev David Ineson, spent his formative years in the parish and had attended Sedbergh School. I also understand he had been a keen bellringer here too. Matthew is now the Vicar of St Thomas's Church Crosscrake. Interestingly, the Bishop of Penrith's official house/office is in Kendal!

We look forward to welcoming Bishop Emma to more occasions in Sedbergh.

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WEEKLY CLASSES IN THE MEDITATION CENTRE IN DENT

Laura-Jane Clare

The beautifully converted Chapel in Dent provides a stunning venue for yoga and meditation as well as offering a smaller space to spend some healing time alone, nurtured by silence and the sounds of the natural world.

The Meditation Centre is warm, light and welcoming with a very special quality of stillness which can only really be experienced by walking through the doors.

Every week during the daytime and evenings there are classes offered to suit all levels of ability, capacity and curiosity.

Throughout the year the Centre also hosts day and weekend courses exploring spiritual traditions from around the world as well as offering meditation teacher training.

New Group Meditation

In a new development this Autumn a group meditation will be hosted on a Monday evening from 7.15pm. This will be a space for people to come together in silence for half an hour, working with whatever meditation or contemplative prayer they may practice. There will be the option of staying for a hot drink afterwards. A donation towards the cost of heating and refreshments is appreciated.

Regular day time and evening classes

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The regular weekly Yoga classes will continue with two new teachers coming on board next year. This will mean four local teachers, each with their own area of skill and interest sharing yoga practice. We are really well served for such a small community to have this range of tuition available.

Currently we offer evening classes on Monday, Wednesday and Thursday.

For details please contact Elly Archer ellyarcher@talk21.com

Therapeutic yoga - reversing the effects of ageing

“Effortless Yoga” is a therapeutic practice combining slow, simple movement, breath and sound. Students are encouraged to increase awareness of the flow of energy and breath around the inner space of their own body. In this sense it is not dissimilar to Qi Gong or Tai Chi with the same benefits in terms of promoting physical tone and balance. In addition, vocal toning and the sounds of quartz crystal 'singing bowls' are sometimes incorporated into the class. With this gentle sonic approach, patterns of deeply held tension on all levels of our being

begin to soften and dissolve, allowing us to regain freedom of movement, joy, spontaneity and to remember our sacred connection to the Divine.

According to ancient teachings “yoga reverses the effects of ageing”- why not come along and test out that claim for yourself?

Testimonials

These are some testimonials from students who have attended classes this year.

“Age certainly reduces flexibility, so it was a bit daunting joining a yoga class post retirement. I had assumed that everyone else would be bendy and adept, leaving me feeling out of place, especially as men can be in a minority. Some members were certainly more advanced, but there were a range of abilities, and Laura made sure that everyone was working at their own level.

Several months in, I certainly feel benefit in terms of posture, stretch and reach. Additionally, it's been both relaxing and fun. The more general feeling of wellness is a very pleasant bonus.

My favourite bit is still the deep relaxation that ends each session, but

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if they are honest that's probably everyone's favourite bit as well." *Alan*

"Laura is a very special yoga teacher with years of experience and an ability to guide her students deeper. Her class on Thursday morning at Dent Meditation Centre is therapeutic and healing. Yes you do yoga poses but always with deep connection to the earth and your breath." *Jaquie*

I am really enjoying Laura's classes in the Meditation Centre. Such a beautiful, calm, light, airy space with the sound of the river and wildlife outside - complete with underfloor heating! Amazing! " *Hilary*

" Laura has a detailed working knowledge of both Anatomy and Physiology as well as deep understanding of the subtleties of breathing. These skills, combined with her many years of experience create an environment where students feel safe to explore movements without the risk of injury and to approach silence with curiosity" *Ian*

I also offer Individual Therapeutic Yoga and teach Sacred Meditation, working with individuals and with small groups by appointment.

You are never too young nor too old to experience the benefits of meditation and yoga and you really do have a world class venue right on your doorstep. I look forward to sharing the space with you soon.

Please feel free to get in touch by phone on 015396 25061 or 07816373074 or by email lauraclareyoga@gmail.com alternatively, if you use facebook, then join my community page, Laura Clare-Effortless Yoga.



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SETTLEBECK NEWS

Sarah Campbell, Headteacher

Summer Works: It has been a busy summer at Settlebeck School following another successful application to the Department for Education Condition Improvement Fund and the generosity of Reverend Long. £372,421 has been spent replacing the school roof, refurbishing the student toilets and upgrading to the fire and security systems. This follows a successful application for £180,000 to replace windows and doors in 2018. The school has also secured agreement as part of the Department for Education's Risk Protection Arrangement for flood risk mitigation work to be carried out with no additional cost to the school as part of their new flood resilience pilot programme.

The school is now considering projects for the next round of Condition Improvement Fund bids which opens this later term. We are hoping to bid for upgrades to the school heating systems and electrics.

Settlebeck School - GCSE Results 2019: Settlebeck School staff, Governors and students are pleased by the 2019 GCSE results.

Mrs Sarah Campbell, Headteacher said "Settlebeck School is incredibly proud to serve its children, their families and our community. These results are proof of the hard work of students and the dedication of my teaching staff. I am delighted that our students have proven themselves adaptable and have risen to the challenges the new exams present." "I must also take this opportunity to

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thank my dedicated staff and our parents for their support."

Spectacular results were achieved by many including:

Maisie Gough: 6 GCSE grade 9 and 1 grade 8

Isobelle Metcalfe: 5 GCSE grade 9, 1 grade 8 and A*

Zak Baines: 4 GCSE grade 8 and an A grade.1-9 or G – A* (+ denotes BTEC/Cambridge National)

Zoe Alderson 8 +2; Denim Allison 8; Zak Baines 9 +2; James Chapman 4 +2; Harvey Coates 9; Bethany Cousins 9 +1; Harry Dawson 8 +1; Callum Day 9 +1; Sian Dunkinson 4 +1;

John Ellis 8 +1; Jack Emmerson 7+2; Maisie Gough 7 +2; Jerome Ingham McKenna 8 +1; Jay Kirby 10; Austin Lawless 7; Frances Lawless 10; Brenda Luffman 10; Ellie McDowell 7; Isobelle Metcalfe 10 +2; Cj Middleton 9 +1; Wesley Mills 9 +1; Shania Pereira 9 +1; Jason Poynter 8; Abi Retallick 11; Rose Sen 9 +1; Angel Sherrard 9 +1; James Sorrenson 8;

Connor Woodley 8 +1; Abbi Woof 10 + 1; Teagan Young 6

FLU CLINICS - 2019

Sedbergh Medical Practice

Saturday 12th October 2019

NOTE: Both over 65 and under 65
9am – 11am Walk in no appointment needed

Dent Methodist Hall

Tuesday 1st October – over 65 years of age ONLY

Tuesday 22nd October – Over AND under 65

11.30am Please ring Sedbergh to let us know you will be attending!! 01539 718191

We also offer a **daily walk in service** during our normal working hours, no appointment necessary:

Over 65 years of age from Monday 16th September
(Subject to delivery)

Under 65 years of age from Monday 14th October

At busy times and over lunch time there may be a short wait
All 2 & 3 year olds as at 31/8/19 are eligible for the nasal flu vaccination as part of a National Programme. Facebook and the website will be updated when these are available.

Or ring 01539 718191 for information .



SETTLEBECK NEWS 2

Paul Beach Deputy Head

In the last week of the summer term, 22 students travelled to France and Belgium. During their visit, as well as having the opportunity to practise the French they had learned in school, they also visited the Nausicaa Sea-life Centre in Boulogne to learn about how we can all help to protect the marine environment. The group spent time learning about the history of the area during World Wars One and Two, spent time at both Tyne Cot and Langemark cemeteries, and explored La Couple, a secret weapons development base with links to the science behind the moon landings in 1969. As part of the visit, students participated in the Menin Gate last post ceremony, a moving end to very successful trip.



SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

The new School video The Spirit of Sedbergh is available on line and has been screened at the Brewery Art Centre – featuring a real wolf!

#SpiritofSedbergh

Chris Swainson, Physics and Rugby, left to join Epsom College, celebrating his marriage with an enormous marquee below the Hirst Centre, and fireworks in the evening on 24th August.

Henry Twyford, aged 0, increased the population of Sedgwick House by one in August.

The School is working with the Yorkshire Dales National Park to plant 100,000 trees over the next two years.

English Netball held a training camp at Sedbergh at the beginning of term and both the upper School and the Prep benefited from a day's training with them.

The new pupils, arriving the day before term started climbed Winder and had their photos taken at the top as is traditional.

The rehearsals for Oliver! are well under way

The Prep School held a sponsored walk on 13th September to which parents were welcomed (with dogs on leads) to raise funds for Robbie's Rehab, a charity providing rehab for children following cancer treatment. They also held a Macmillan Coffee morning on 27th September

The School had a stand at the Westmorland County Show. The Prep School were awarded third prize in the Show Non-Agricultural Trade Show Competition and were

commended for having an interactive and engaging stand.

The Prep School held Open Mornings on 4th and 5th October.

The School turned out in Loftus Hill to see the Tour of Britain pass by.

Old Sedberghian weekend took place on 14th and 15th September, with a lunch in the Hirst Centre, a Cross Country between the Old Sedberghians, Old Salopians and Old Anselians, and a Dinner in the Black Bull on Saturday, followed by on Sunday a Commemoration Service in the Chapel, a Netball match, Brunch in the Houses, a Hockey match and an Old Sedberghian XV v the Anti-Assassins match.

Last month I mentioned the Majors' Diamond Wedding anniversary in

August, but in that month Mr and Mrs David Alban, former Housemaster, also celebrated theirs quietly at home.

Academic - 95% of all pupils achieved 5 or more passes at GCSE, with an overall pass rate of 92%. Local pupils Olivia Chatterley and all-round sportswoman India Haydon-Wood achieved six or more grade 8s and 9s.

Music. Amelia Horan has been selected for the @BBCRadio2 Young Chorister of Year final in October

Golf - Archie Davies who left at the end of last term has been crowned Welsh Amateur Champion. He was earlier crowned Welsh Amateur Golfer of the Year for 2018 and also the Boys' Order of Merit Champion.

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Shooting - Three Old Sedberghians (including the captain) featured in the victorious England term in the National Rifle Association Schools' Meeting at Bisley, and Katherine Fleck, the Principal's daughter, was reserve

Athletics - Another Old Sedberghian Henry Ackroyd took home the bronze medal in a 100m Final of the FPSG Athletics in Grangemouth. He is aiming at the Paralympics in Paris 2024.

Running - As well as the Old Sedberghian event on 14th September the School and the Prep competed with Shrewsbury, George Heriot's, Ermysted's and St Asnens College in an Invitational race. Fraser Sproul won the open race. At the time of writing he is due to run for England in the Junior International Race In Llanberis, North Wales on 21st September

Rugby - At half time on 15th September the AntiAssassins were up 22-7, but the game was eventually won by the Old Sedberghians 42-36. Current pupil Oliver Melville took part in the U18 England squad that defeated France 29-25 in the U18 International Series in South Africa. He featured in a behind-the-scenes video of the tour posted by English Rugby. Old Sedberghian Abbie Scott captained the English Women's team in the 2019 Rugby Super Series in San Diego. The first 1st XV match was won against Newcastle RGS on 13th September. They retained the Daily Mail Trophy winning over Whitgift (the School Cup Champions) on 8th September, and will face Warwick after half term

Cricket - George Hill, another leaver, scored 41 not out as captain to win against the U19 Indian team as captain, and also against Bangladesh losing with 9 balls remaining. The U15 team were National T20 champions.

Equestrian - Eleven horses and riders competed in Scotland at the end of August, a range of ages competing at every height. The team will take part in the National Schools Equestrian Championships at half term

Sailing - The school came second in the 24 hour Lark class at Southport, was winning school and achieved a 12 place improvement on last year

Future Events - There will be a Night at the Movies concert on Friday

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11th October at 7.30 in Powell Hall. The U15 Cumbria Netball Trials will take place in the Hirst Centre on Sunday 6th October and the U14 County Netball finals on Monday 14th October at 13.30

The only home 1st XV match in October is against Blackrock College on Friday 18th October at 14.30. There will be home games against QEGS Kirkby Lonsdale on Wednesday 16th October

Oliver! will be performed at the Brewery Arts Centre on 26th and 28th November, and a matinee and evening performance on 29th November

Half Term begins at 13.00 on Friday 18th October and ends at 19.00 on 3rd November.

SEDBERGH PRIMARY SCHOOL - FOCUS, VISION AND VALUES

Matt Towe, Headteacher

During this academic year at Sedbergh Primary School, in partnership with families and our local community, we plan to revisit the very beliefs and values that underpin the learning that takes place in our school. We shall consider the vision we have for our children as they grow up, and the values that are at the foundation of how we operate; the 'why' of what we do. In future weeks, we shall organise open meetings for parents and community members about our values. I hope that you will be able to join us and be willing to contribute your thinking to this



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important development work which will fall into three main areas;

Our Focus – What do we choose to focus on when children are with us?

Our Vision – How shall we equip children to operate effectively and successfully as they grow up in an unknown future?

Our Values – What underpins our thinking, what beliefs do we share?

Can you help? We really value the experience, expertise and time that local people have to offer the school. If you would ever wish to volunteer your time or skills to the school, please be in touch with the school office to discuss how this might work.

We would also like to appoint an apprentice to work and train in school. The applicant would complete a Level 2 Apprenticeship in Supporting Teaching and Learning. This programme is in partnership with Gen2, a City and Guilds Institute of Advanced Technology based in Workington (more information here). If you have an interest in working in the education sector, this is an excellent paid training route into this sector. You would work full time as a staff member in our school supported by a mentor and the college staff, with an occasional training day to support your learning. We are looking for a local person to fill this vacancy so please do contact school if you are interested. head@sedbergh-pri.cumbria.sch.uk

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SEDBERGH PRIMARY PROMISE AUCTION

*Gemma Suttle
Sedbergh Primary PTFA.*

Our third promise auction takes place on 11th October 2019. We are delighted that once again, Kev Kendal has agreed to be our auctioneer for the evening. We are also indebted to SmartOffice for kindly offering to print catalogues and tickets. Our first auction in 2016 raised £3,450 which was used to build a climbing wall in the playground. Our second auction in 2018 raised £4,650 in support of our Big Build Project. This year, we are again raising money for the project. Matt Towe, Head Teacher, explains more about the Big Build: "Our Big Build Project aims to develop our facilities to support improved learning for children in Early Years Foundation Stage and Key Stage 1. We need to reorganise and refurbish the existing space, including the outdoor environment, so that we can meet the changing needs of the children we teach. We also need to provide essential facilities for both children and adults with additional needs;

MESSY CHURCH

Next Session is on Sunday October 20th 2019 4-6pm
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currently we have no suitable intimate care facilities and access to Elder and Spruce class involves walking down sets of steps. We want to ensure that any child wanting to attend our school is able to do so by changing this.”

To date, we have raised £40,000 and hope to raise a total of £60,000. If you are able to donate a promise for the auction, we would be delighted to hear from you. Please email us at ptfa@sedbergh-pri.cumbria.sch.uk or call 015396 20510. Many thanks, and we hope you can join us in October.



NATURE NOTES

Ian McPherson

Dear Reader,

Please take a few moments to relax, to breathe deeply and settle yourself comfortably. Then imagine that you are standing on the edge of a small settlement in the north west of England at the beginning of the reign of Edward III (1327 – 1377). Let's call the settlement Sedbergh. Close by is a small copse of young trees. You are out hunting. Out of the corner of your eye you catch sight of a Jay. In its beak it is carrying an acorn. As you watch the Jay it lands and begins carefully to bury the acorn near the copse. You are cold. You are hungry. The Jay has now completed burying the acorn. You raise your bow. You shoot the Jay. It is a titbit only but your family is starving. Your dream begins to fade...

Meanwhile the acorn germinates. It becomes a fully grown tree. During its life many things happen: the Wars of the Roses, the Spanish Armada, the English Civil War, the Napoleonic Wars, the Victorian Age, the World Wars in the twentieth century, the accession of the second Queen Elizabeth, Brexit.....

On the outskirts of Sedbergh there lies a small wood known as Akay Wood (Akay being one of the Old English names for the Oak tree). On the edge of the wood stands a venerable ancient Oak known locally (and not unnaturally) as the Akay Oak. With a girth of approximately 7 metres it has been calculated to be about 687 years old. None of this in itself is remarkable.



However, what is remarkable is that this year, for the first time for at least twenty years, it has borne a crop of acorns. Let me now digress for a moment. Many years ago I kept several succulent plants (related to cacti) known as Lithops or 'living stones'. They had the appearance of..... err stones. I enjoyed watering them occasionally and looking at them. Then one year they bore beautiful, large, sweet smelling flowers. Then the 'stones' died. Seeing the acorns reminded me of this. So I am conjecturing, are the acorns the last gasp of this wonderful old tree (as the flowers were for the Lithops) or rather a sign of a new lease of life for the tree, taking it from the Middle Ages into a future of artificial intelligence, robots and climate emergency.....? Only time will tell. Either way it is likely to see me out. There is an old saying that it takes an Oak 300 years to attain full maturity, 300 years to be in its pomp, and 300 years to die. And even after that it continues to be a home for many years to come for an array of birds, beasts and beetles of many kinds. We are very privileged to have

this ancient being living in our own community.

Things you might do now:

1. Visit the Akay Oak and also the Major Oak in Sherwood Forest probably the finest ancient Oak in the country

2. Read:

(a) 'Meetings with Remarkable Trees' by Thomas Pakenham

(b) 'The Hidden Life of Trees' by Peter Wohlleben

(c) 'Wilding' by Isabella Tree

3. Check out the Woodland Trust Ancient Tree Inventory :

www.ati.woodlandtrust.org.uk

4. Plant a tree. It might still be living in 500 years time!

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SMARDALE NATURE RESERVE

Jackie Hooley

(Join our committee – see end of article)

This is one of our nearest Trust reserves, providing exceptional wildlife and habitats with stunning views and easy walking. Most of you will have visited it but there have been a lot of changes recently making a new visit worthwhile. The reserves of Smardale and Waitby are now joined by the Waitby link, purchased with a donation in 2017. Smardale Nature Reserve now comprises these three separate nature reserve that collectively occupy an 8km/5mile section of the disused railway line that once ran from Tebay to Darlington. The reserve now stretches from Newbiggin-on-lune almost to Kirkby Stephen and much of it is easy walking and suitable for wheelchairs and pushchairs.

There have been issues with parking in the Smardale hamlet for some time. These have now been solved with a new car park, completed this year, which gives good access to the Smardale end of the Smardale track. New visitor interpretation huts here are designed to bring to mind the the train carriages that once would have travelled the line. To find the car park, head towards the Smardale hamlet end of the track as usual and follow the Wildlife Trust signs, branching right just before the final approach to the old parking area.

The wildlife and views are beautiful. The steep wooded slopes of Smardale Gill and the enclosed



cuttings along the Waitby Link contrast with the views of open rolling countryside experienced along the route. The species-rich grassland attracts a variety of pollinating insects and the industrial archaeology of the railway line adds constant interest. Look out for the many species of butterflies, particularly the Scotch argus, seen only at one other site in England. Discover a range of unusual plants all year round, including rare orchids. Redstart and pied flycatcher can be seen in summer, whilst green woodpecker, treecreeper, raven and sparrowhawk are resident year round. Red squirrels and roe deer can often be spotted.

Unfortunately the spectacular viaduct, half way along the Smardale part of the route, is now closed by the Northern Viaduct Trust for the foreseeable future for safety work to be completed. There is a marked detour but this is on a small, uneven footpath, not suitable for disabled access.

In the other direction from the new car park, the path to Waitby Greenriggs (1.5miles) along the new link section is mostly flat but uneven under foot with currently some steep

slopes, steps and stiles. When the railway was built, an impressive cutting was carved through the carboniferous limestone here to provide a level track bed, which now provides a rare opportunity to see an assembly of rock types that depict a range of geological processes.

Dogs on leads are welcome and the reserve provides a lovely walk for all abilities in all weathers.

For more information about this site and the other 38 Trust reserves visit the Cumbria Wildlife Trust website [https://](https://www.cumbriawildlifetrust.org.uk/)

www.cumbriawildlifetrust.org.uk/

If you would like to get involved in our local Cumbria Wildlife work, please do get in touch and join our small committee who meet about every 2 months – talk to us at one of our meetings (next one is on Oct 23rd at 7.30pm in St Andrews on Iceland Volcanicity) which are in the Lookaround diary or contact Jackie Hooley jackie.hooley57@googlemail.com

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COGS COMMUNITY ORCHARD GROUP

COGS Apple Day 2019

*Ann Parratt ,
Jacqueline Smith*

We are delighted to announce that our 4th annual Apple Day will take place on Saturday 26 October in the People's Hall, from 10:00 am until 2:00 pm.

What is Apple Day?

Apple Day means everyone can bring along their apples – any type, cookers or eaters – to be made into delicious apple juice. You can get a surprising amount of juice; expect over half a litre for each kilo of fruit. It's great if friends and neighbours get together to bring in all those apples that would otherwise drop off and go to waste.

Sounds good. What's the cost?

There's no charge, but we welcome donations towards the cost of hiring the juicing equipment.

What should I bring?

Apples! They should be clean, undamaged and bruise-free, either windfalls or those you have picked. Please give them a wash before you come. You will also need to bring clean glass or plastic bottles containers for your juice. Please sterilise them first.

How long will my juice keep?

It will keep for a couple of days in the fridge. Apple juice - in plastic bottles – will last for months in your freezer.

What else happens on Apple Day?

There will be an apple display and an information desk where experienced growers from South Lakes Orchard Group (SLOG) will

help to identify your apple varieties. Cumbria Wildlife Trust, Cumbria Master Composters, Sedbergh and District Beekeepers and the Sedbergh Red Squirrel Group will be there and local ceilidh band Common Ground will be playing throughout the day.

There will also be light lunches, a cake stall, jams and chutneys, plants for sale, children's activities and a raffle.

And of course, you'll be able to chat with your friends over a nice cup of tea or coffee.

News from the Community Orchard

The Orchard's apple and damson trees have been joined by a black cherry tree, very kindly donated by



the Sedbergh-Zreče Town Twinning group.

In early September Y4 and Y5 pupils from Sedbergh Primary School enjoyed a guided tour, and sampled the Orchard's first crop of Scotch

Dumpling cooking apples straight from the tree. The enthusiastic boys and girls tasted some other apple varieties, including Discovery, Cox's Orange Pippin, Robijn, Early Windsor and James

Grieve, learned about pollinating insects and rebuilt the orchard's 'Bug Hotel'.

The herb bed has plenty of fresh sage, chives and mint, so come down and take what you need.

Ann Parratt 20964

Jacqueline Smith 20760

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AUGUST WEATHER

Brian Wright

Yet another wet month!!

With over 8inches of rain (232.4mm), some of it falling in heavy downpours and very few days without rain, the mud levels have been maintained and it has been sufficiently wet that I haven't had to take water to the sheep daily.

Temperatures varied widely from a maximum of 78.1F (25.6C) to a low of 38.1F (3.38C), which is rather low for the month. It was a rather breezy month with only 5 days when a maximum gust did not get into double figures and on a couple of days we had a maximum gust of 20.6mph (33.1kph). As usual, all except one day, were from the North West

The rain has made sure that everywhere is flourishing. The hedgerows especially have put on tremendous growth. I can hardly tell I went to the trouble to lay mine earlier this year! The dogs are covered in seeds when they walk the lane. This requires frequent brushing around the ears to make sure no seeds get inside; we've had that problem in the past.

The big crop of blackberries is ripening nicely and several folk have

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been picking fruit, no doubt to bake with apples. The expected 'June drop' of windfall apples did not take place but is happening now as the wind blows them down. The sheep are loving them once again. The old girls are in the bucket before I can get them out!!

The swifts disappeared in the first half of the month so we switched off our calls. They certainly have attracted attention as we do not normally have swifts about but this year several 'pairs' have investigated the new boxes; let's hope that wasps and sparrows do not take over next spring before the swifts return. Butterflies have been few in number once again though they didn't really have too many suitable days to spread their wings.

I was rash on the last Saturday of the month, went to J36 and bought three chickens! I am so fed up of eating pathetic shop eggs I decided to give some new birds a chance. I shall have to increase my protection as mink are obviously still about but I haven't seen a buzzard, at all this year nor a kestrel or sparrow-hawk recently or heard a cuckoo again.

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SEDBERGH RED SQUIRREL GROUP

Karen Hopps

Autumn is on its way and our native red squirrels are busy collecting hazel nuts to cache away for the long cold winter months. Red squirrels don't hibernate, in autumn they spend time collecting food for the winter when they'll be less active but are still actually awake.

Why do squirrels bury nuts? Red squirrels can't find enough food every day during the winter and they'd starve to death if they didn't make appropriate preparations. That means stashing nuts to make it through the winter, but first they must select the right ones: squirrelling food away is a waste of effort if it's not nutritious and in good condition. Where and how carefully a squirrel chooses to bury a nut is influenced by a variety of factors, including the landscape, type of food (some are more perishable than others) and the whereabouts of other squirrels. Indeed, with respect to the latter, a squirrel will make false caches if it thinks it's being watched!

How do squirrels find their nuts?

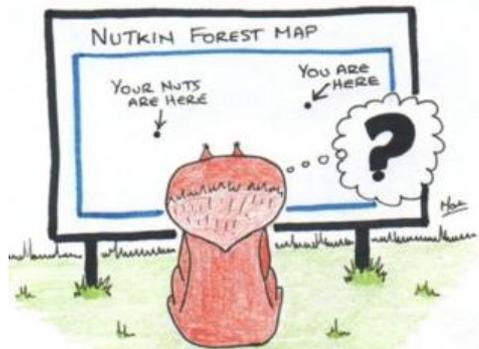
Squirrels use a combination of clues to find their nuts again later.

First, the caching is not random. A particular place will have been chosen – under a big oak, for example – and remembered. Sense of smell, memory and chance all play a part. Any that are missed develop into new trees, benefiting future generations.

Did you know? Squirrels have an exceptionally good sense of smell. They can find buried food underneath a foot of snow and know if a nut is rotten without opening it! Despite all of this they still need our help! If you have a feeder keep it full of a good quality squirrel mix and if you don't have one ... consider it, you will have hours of fun watching these adorable little creatures.

For more information on how you can help, have a look at our super website, it will give you a real insight into the life of our local red squirrels. www.sedberghredsquirrels.org.uk

If you would like some advice, report a sighting or join us, (all membership money is spent on local red squirrel conservation). Please email and we will get back to you as quickly as possible.
Sedberghredsquirrels100@gmail.com



SEDBERGH COMMUNITY SWIFTS

Tanya and Edmund Hoare

What an unusual year – with a few swifts still here in September! Our last adult swift left its nest at Lowgill on September 6th. It had stayed on for 6 days after its chick had fledged on 31st August. This surprised us as at this late stage we expected that the urge to migrate would have made it depart sooner. In another nest both adults had departed before the last chick fledged, leaving it alone in the nest for a day and night. We do not know the reason for the variability in how long adults stay after fledging – do some of them need to build up strength for the migration, after 6 busy weeks feeding their chicks?

Even later than this though, we had a phone call to say that swifts could still be heard in a box at Guldrey Lane. Standing underneath the box, the noise of the chicks wings beating the sides inside could be heard as they did wing muscle-strengthening press-ups exercises.

Chicks often have to lose weight before they fledge, which is typically



at around 40 days after hatching. They are adult size and weight before this and often have to lose some weight to prepare for their maiden flight. We believe that it is the body weight to wing length ratio that determines when they are ready to go.

As usual in August we helped organise and man the swift stand at the Rutland Bird Fair. It is a massive international event, lasting 3 days, the largest event in birding worldwide. This year we had even built a mock wall, so that people could walk around it, to demonstrate how various internal swift bricks can be fitted in. With several hundred organisations exhibiting at the fair, we were thrilled to discover that The Swift Stand was awarded first prize for the best stand in the conservation category. The picture shows us standing with Dick Newell of Action for Swifts and Edward Mayer of swift-conservation.

Now all we can do is hope that all our swifts have safely reached the main wintering grounds in central Africa.

To contact SCS: email ta.hoare@btinternet.com or ring 01539 824043



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PRIDE

A story by Sandra Gold-Wood

Miles lay face down in the mud and he knew there would be a muddy footprint on the back of his shirt where that pig Harris had stood on him. I hate this game, thought Miles.

Thankfully the full time whistle blew. Wet through and covered in mud Miles walked toward the changing rooms. Harris battered him on the back almost knocking him off balance as he ran past laughing, "Good Game, wasn't it Miles?"

"Oh yes", thought Miles, "Good for you".

All the boys were wet and muddy but those on the winning side looked a good deal less muddy and roughed up than the losers. The score of 32 to 9 represented a serious trouncing and, as Miles peeled off his sodden clothes, he was only too well aware of what his father's reaction would be. In the hot, refreshing shower he began to feel better and even allowed himself a moment or two to dream. He dreamed that, when he got home for half term, he would find that his father had switched his all-encumbering allegiance for Rugby to Tennis or Art. Miles laughed at the

thought but it was a bitter laugh. He knew, while his older brother Charles played professionally, there would be no end to his father's obsession.

The week passed quickly and Friday found the boys packing and preparing to go home for the half term break. Miles and a few of his class mates travelled home by train. As he watched the green fields, red brick houses and sad leftovers of industry slip by his window he prayed that his father would be away on business.

The train pulled into Colchester station and revealed the bulk of Mr. Saunders, his eyes raking the train windows expectantly. He was impossible to miss, a large man by any one's standards but somehow the England rugby shirt he wore made him look even bigger. Miles began wish there was a way to get off the train and out of the station without meeting his father, but it was too late as he'd been spotted.

"Hello there son, good journey was it, hand over the bag, I'll carry that, and how are you?"

Although Mr. Saunders had asked, Miles knew very well he didn't want an answer so he just handed over his bag and remained silent.



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“Pity about the match, you know I thought you could have done better, you missed an easy try so Mr. Turner said, and so you’ve got to do better than this if you want to get into a good team like your brother, for now we’ll say no more about it”.

Oh, how Miles wished that were true, but he knew his father would talk of nothing else. There would be no escape and he was acutely embarrassed to think his father had actually spoken to Mr. Turner, his Housemaster, it made him feel conspired against. He closed his ears as his father ranted on and let his mind run on a flight of fancy. He considered how his father would have managed a daughter. Would she have been expected to sew for

England or be the world’s best at Hockey or Netball? Miles was sure that his father’s disappointment in having produced a female of the species would have put the poor girl under tremendous pressure. For a moment he felt sorry for the sister he didn’t have.

The car turned the corner into the familiar street and Myles could see his home. He looked forward to seeing his mother and hoped they would find a rugby free space for themselves during the week. As the car drew closer to the house they saw that a police car was parked in the drive.

To be continued.....



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Laura-Jane Clare

The Meditation Centre in Dent has been hosting classes and courses since the late 1990's

Before that, Eliza, founder and inspiration behind the Charity, was teaching people to meditate around her kitchen table at Sedgwick Cottage in the heart of Dent village.

When student numbers outgrew her home, the Meditation Centre was born. Assisted by willing volunteers from the local community, the old schoolroom adjacent to the URC chapel became a warm, inviting meditation room, open twenty four hours a day, seven days a week. A small regular yoga class was also established.

Charity status for the Meditation Centre was secured and very soon it was drawing visitors from around the world. It represented a unique vision of welcome, hospitality and an inspiration through silence. An open space for everyone. But three years on, owing to dwindling congregations, the URC put the adjacent Chapel on the open market. A fundraising campaign amongst supporters and admirers of the Meditation Centre raised the asking price within six weeks. With support from the Heritage Lottery and many hours of loving work by local builders, architects and volunteers, the Chapel teaching space evolved.

The building is large and spacious, allowing classes to take place in a circle. A place to come together and share the blessing of silence and spiritual wisdom from all traditions.

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Inside it is visually stunning with curved walls and alcoves reminiscent of the Moorish architecture of Andalusia. Outside, it sits firmly in the vibrant green landscape of the Yorkshire Dales.

Cocooned within the natural environment of Flintergill, the Centre is often alive with the sound of birds. In spring and summer the song of, Thrush, Blackbirds, Chaffinch and Blue Tits and in the autumn and winter evenings, the hooting and screeching of Tawny Owls. The beck, behind the Chapel provides a perfect soothing accompaniment of water cascading over stone.

Sitting above one of Dentdale's famous cave networks the large room with its heated wooden floor, creates a perfect resonance chamber for the sound of Tibetan Gongs or Quartz Crystal Singing Bowls. These potent sounds are incorporated into many of the classes and courses offered.

Even when teaching is in progress, a beautiful quiet space is often available for personal use in the

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original Meditation Room to the right of the main entrance doors.

As a teacher of yoga locally for more than thirty years, I have hosted and participated in courses at the Centre with teachers and students from around the world. Without fail, visitors are deeply moved by the Sacred Space they find in our tiny Dales Village. The quality of the silence, the quality of the light and the quality of the welcome. If you haven't visited us yet, please do so. I promise you won't regret it.

By the way, the open door policy at The Meditation Centre is made possible by the commitment of a few local volunteers who open and lock the building every day of the year. Often they are unseen but they each have a love of this special place in this beautiful village, and a desire to share it openly with visitors and seekers from around the world.

Please leave a comment in the visitors' book when you call in, it is always wonderful to read how widely and deeply appreciated the Meditation Centre is.

A QUARTER CENTURY OF SINGING IN THE DENT MEMORIAL HALL

David Burbridge

This year marks our 25th anniversary of singing in the Dent Memorial hall - a wonderful quarter century of enjoying the warm hospitality of this fabulous village hall.

Our singing has ranged from free workshops for children from the Dent primary school - where the then head teacher Mark French sat in on our singing sessions, and kept absolute control despite never raising his voice. The project was called Bring on the Boys and involved teaching a number of songs to boys in primary schools across the north of England (including Dent and Sedbergh) and then all the boys meeting together in the Sage music centre in Gateshead. It had been noticed that most choirs were composed of women singers - the theory was that if boys got used to singing with other boys they would be more likely to join choirs when they left school - which appeared to work, as I have often met young men from those groups who said they had continued with their singing. We also ran free workshops for children from the village at our annual Dent folk carols weekend, who then joined everyone else for singing in the church.

At the other end of the age spectrum, the Cowgills Folk Chorale, where our oldest singer is in his 90's, have very much appreciated the ease of access to the village hall when we have performed in concerts in the hall - as have many of our visiting singers for whom mobility is not what it was.

At the turn of the century we celebrated the Christmas Truce of 1914, when WW1 soldiers on both sides put down their arms and sang carols together to express their common humanity, with a workshop to learn the songs - followed by a concert to which everyone was invited, with the folk trio Coope Boyes and Simpson leading singers gathered from community choirs throughout the region.

And a few years earlier we had our first workshops and concert in the Dent Memorial Hall with Helen Chadwick, who came with a group of women from the Caucasian republic of Georgia. I still meet people in Dentdale who remember going into the Sportsmans Inn in Cowgill to find

the Georgian women singing - and then one of them holding a knife between her teeth as she danced while the others sang.

Other visiting groups from afar doing concerts and workshops in the hall have included the male voice harmony group Mteibi from Tblisi who stayed with the kindly Dalesfolk in the village - as did (on several occasions) the Village Harmony teenagers from Vermont, USA, who sang alongside those wishing to learn their Appalachian harmony songs and performed with such youthful zeal.

On another notable occasion we hosted a concert in the Dent Memorial hall with the Firemen's choir from our twin town Zrece, who performed alongside the Policemen's

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choir from Manchester, and Voicemale, a male voice harmony group who had visited Dent on previous occasions. Dennis Whicker was our MC and tells the story of how he had come across the Policemen's choir stuck in the coach on the Dent road. He then gave them the necessary directions to become unstuck, and said that having recently retired from the police he believed this was the first occasion when a civilian had directed the police.

When the Dent youth hostel got sold, our visiting singers moved down the valley and stayed in the village where they joined local singers from Dent and Sedbergh for delicious home cooked meals in the hall,

ceilidhs with Dent's very own Garsdale Street Band, singing in the pub with the Dent choir, workshops to learn lively carols from near and far, and of our concerts on the Friday night with visiting singers from Georgia, Slovenia, Cowgill, and as far away as the San Francisco.

As well as the beauty of the valley, the most appealing quality in the village has always been the warmth of hospitality visiting singers have experienced from those who live here. On a couple of occasions at our Carols weekend in December the heating broke down. The singers being naturally harmonious didn't grumble but just put their coats on while the performers continued with their breath turning to clouds as they sang. In the middle of one concert Sarah Woof appeared with electric heaters from her home which she kindly switched on in an attempt to bring the temperature back above freezing.

On another occasion we got a strict telling off from a Health and Safety Executive officer who came to hear our concert. He loved the singing, but was outraged that the emergency exit was locked. Again Sarah came to our rescue by kindly making sure the door was unlocked the following year so that if there was a fire we would all be able to leave safely.

Our carol singers had some excellent times in collaboration with the church in Dent. On a few occasions, after a practice in the hall (and later in the Dent Meditation Centre,) we sang for the Christmas fair in the church and as well as providing entertainment, were able to

boost the numbers visiting the stalls as our singers bought crafts and presents. On other occasions we sang at the nativity play on the cobbles, with carols in praise of Mary as she appeared on her donkey up the cobbled street. The lass playing Mary would go to the door of the pubs, and ask the landlord if there was any room in the inn. "No, we're very sorry, no room here I'm afraid." I overheard one of our singers saying, "That's because we're all staying there." The vicar was very kind, and gave us all a prayer outside the church before inviting us in.

And of course a special mention must be made of Anne McClurg who has always handled our booking with such efficiency, even though it can't have been easy on several occasions when other groups wanted to use the hall at the same time. The hall's policy, which she explained to us in an email, that preference must be given to those who live in the village makes perfect sense.

Of course we've always tried to be responsible hirers, and make sure we leave the hall when we finish as we have found it (and on several occasions, even cleaner!) We weren't always able to leave everything in exactly the place where it was meant to go (given our advancing years, it's been extraordinary that we could remember our own names, let alone where the cups and jugs go) - but last year we overcame the problem by hiring young Joe from next door who appeared to have an excellent working knowledge of the hall's requirements, and was even able to

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make sure that all the tables were arranged for the next group.

Last year at the start of our carols weekend we were of course delighted to be told that we were one of the best groups for hiring the hall - though perhaps less so at the end of the weekend when we were informed that we wouldn't be able to use it after this year. We've had so many good times in the hall over the past quarter of a century that at our recent committee meeting of the Dent Folk Carols weekend we decided we wanted to give something back, to express our loyalty and appreciation in some way - so this year we have a limited number of free tickets for the concert and ceilidh for the good people of Dent - just get in touch and you can then pick them up from Farfield Mill where I live.

Many thanks to you all. I have been told by our singers to say how very much they look forward to being back in the village at the start of December and experiencing yet again all the goodwill and welcome that the Memorial hall and the good people of Dent have to offer.

**SEDBERGH ART SOCIETY
The Exhibition August 2019**

Jenifer Alison

The Sedbergh Art Society Exhibition 2019 took place in the Sedbergh School Library. We thank Sedbergh School for once again being willing to rent us the library, which lends itself so well to the occasion. The overhead lighting beneath the mezzanine areas enhances the paintings, and the white panels covering the bookshelves reflect light into the room. One visitor, a previous pupil at Sedbergh School, exclaimed he had never seen the room look so bright!

The exhibition was opened by John Pye, the well-loved presenter on Smooth Radio. He was clearly enjoying the occasion and entertained us with a wonderful introductory speech. Thanks to Margaret Fearnhead for arranging for John to come, and also for the large part she played in the general organisation. It is with trepidation that I mention names here, because so many people contributed hours of time and expertise to the success of the event. A massive all-embracing hug of thanks to all involved.



We owe an enormous 'thank you' to Helen Shields, chairperson of the Sedbergh Art Society and organiser of the exhibition, for her time, energy, inspiration and enthusiasm!

The exhibition, however, would not be possible without all our artists! Our main purpose of this yearly event is to celebrate and show our work over the year to all our friends. It is encouraging when artworks are purchased as well. Forty-two pictures went to new owners this year, and a good many greetings cards.

The first framed work to be sold was a lovely picture in oils, 'Kentra

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Bay', by a new member, Ben Houghton. Congratulations to Ben! Another brand new member of the Society, Clara Shields, sold two of her works, 'Wild Boar Fell' and 'Evening Tarn'. Congratulations also to Clara!

In the photo we can see Ruth Gamsby, our president, and Kath Lockhart, one of our members, studying the exhibition on Preview Night. Ruth's beautiful pastel work of Sedbergh Roof tops was greatly admired and quickly sold. Kath's exquisite lino-cut paintings were very popular too and quickly snapped up! Kath delivered a brilliantly prepared workshop for members last June, featuring Reduction Lino Cut. Every time she leads a workshop, participants ask for another one!

Monday night arrived, the exhibition closed, pictures were collected, white panels and picture hanging apparatus were removed, and furniture was restored to previous positions - and Sedbergh School Library was as before. All that was left now was for our brave treasurer, Mike Morrison, to deal with all the finances – thanks to Mike.

What Next?

Members have all been sent the programme for September 2019 until June 2020. All events will take place in the Cornerstone Church Hall, New Street. The programme is also reproduced on to a pocket-sized card which all members receive by post. The Saturday workshops begin with a Painting Day on 28th September, to get us back in the swing. On Painting Days people can experiment and

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paint in a friendly, non-threatening atmosphere. Members enjoy asking one another for appraisal and advice.

The first Friday Meeting, October 11th from 1.30 pm – 3.30 pm, will feature a demonstration by Liam Dickinson entitled 'Portrait in Oils'.

November 8th and 9th will see the return, by popular request, of Linda Hollingshead. She will give a demonstration at the Friday meeting on November 8th from 1.30 – 3.30 pm, and follow this with a Saturday Workshop the next day, 9th November, from 10am – 4pm. The overall title is 'Light in the Trees'. Linda will demonstrate with acrylics, but members will be able to use

watercolour instead if they wish on the Saturday.

We also have our Wednesday Afternoon Group which meets in the People's Hall Committee Room. John Conway and Margaret Copestake invite you to come and join them for a couple of sessions and if you like what you see, you can join the group! Contacts:

John Conway:
conway44@btinternet.com or Tel:
01524 241254

Margaret Copestake:
margaretcopestake@gmail.com or
Tel: 015396 21842

Another strand of our activities is The Portrait Group. Members meet occasionally through the winter season at the various members' houses. Dates are in the members'

programme card. Contact Hilary Moore:

rwmhm@yahoo.com or Tel: 015396 20352

If you would like to join the Society, please contact Mike Morrison: - mikemorrison422@btinternet.com ; tel. 015396 20209 for membership.

If you would like to attend a demonstration or try a workshop to see whether it is for you, contact Jenifer Alison: - jen.alison10@gmail.com ; tel. 01539 824666, or Gill Impey: - gillimpey@hotmail.co.uk ; tel. 01539 726640

Information about us, including next year's programme, can be found on our website:

www.sedberghartsociety.org

Sedbergh Christmas Late Night Opening



Wednesday 4th December 2019
6.00 - 8 p.m.

Father Christmas

Street Entertainment - Flower Festival

Craft Market in St Andrews Church & Sedbergh School Library

Tickets to see Father Christmas
will be on sale closer to the time in the Information & Book Centre.

Late Night Opening is organised by Sedbergh & District Chamber of Trade & Business

SEDBERGH SONGSTERS AT BARBON VILLAGE HALL

Joan Abbott

What a wonderful time we all had! We had been invited to help raise funds for Middleton Church by singing and sharing poetry at Barbon Village Hall on September 4th. We hired the Western Dales Bus and enjoyed the lovely views as we travelled over with Barbara our driver. Once there we found the hall bustling with people settling down round tables set ready for afternoon tea. Song books were distributed around the hall and we found our places at the front.

Dennis Whicker was our MC and he introduced us and explained that our friendly group is not a choir but we meet, each week to simply sing, share poetry and chat together. Everyone was invited to join in with us.

Claire Pope led the singing and our range of songs were mainly familiar with the occasional exception such as

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the action song we started with called 'The Little Green Frog' (the nearest we get to doing any warm up exercises!). We sang a few 'rounds' and successfully split the audience into two groups to get them warmed up.

As the afternoon progressed Eileen Todd read some of her poetry, which she has written over the years and share her thoughts and feelings about life on the farm and the beauty around her. George Watson read some of his poems too which have a great touch of fun and we were taken into the worlds of two very observant people who have a wonderful gift for catching what they see and feel, in words. Both Eileen and George have long associations with Middleton Church and have produced books of their poetry which I am sure can be bought from them or their families.

Claire and Ken Pope recited and sang a monologue about 'Sweeney Todd the Barber' which had parts where we could all join in. We had a solo of 'I'll Walk Beside You' from Geoff Sedgwick and one called 'Shallow Brown' from Claire Pope.

The hall was absolutely full and what a resounding sound we all made

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together! Afterwards we were all served a fantastic tea of home made cakes etc. and steaming hot cups of tea or coffee. Wow! What a spread! We couldn't eat it all there was so much.

Thank you so much for all the hard work that went into this event, I know we all enjoyed it and judging by the comments from many people there, they did too.

Sedbergh Songsters were started by Diane Smiley with a grant from Dignity in Dementia, almost five years ago. For quite a while we were lead by David Burbridge but we now run the group among ourselves. We welcome anyone who wishes to come along, totally disregarding singing ability or age. If children join us then we all join in with some children's songs and are guided by them for the actions, which is always great fun. We meet every Monday at 10.30am (doors open about 10am) at Gladstone House on Fell Close in Sedbergh. We start off with a cuppa and biscuits and repeat that half way through. We enjoy visitors to the area calling in and sometimes get other singing groups joining us too. If you want more information give me a call on 07979 773757 or via email, pinkpianoster@googlemail.com

If you are interested in starting a group in your area contact Diane Smillie via email, diane@dignityindementia.org and our group will be happy to help with ideas and songs.



TROTT MUSICAL FOUNDATION

Graham Dalton

This year is the centenary of the birth of Freda Trott, the founder of this musical charity. To mark it, the trustees have wanted to give every youngster in Sedbergh and District the chance to hear and enjoy a live musical performance of some sort, irrespective of whether they are pursuing any music study. To that end, the trust has helped to organise and finance visits to the RSC Musical Matilda and puppet Wallace and Gromit characters playing with an orchestra. If any child has not been on one of these visits and their parent would like financial help to take them to a musical event, please enquire and we will see what can be done to assist with the cost.

Grants for musical tuition in the autumn term are being distributed. If your child might like to try learning an instrument, please complete an application form to get help with the cost. All enquiries to Graham Dalton, McGarry & co., 54 Main Street, Sedbergh. Tel: 22340 or 25436 evening and weekends, graham@mbmccgarry.co.uk or gdalton150@btinternet.com

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CHENG HSIN IN SEDBERGH

June Parker

I have just spent a weekend doing Cheng Hsin, at Barbon Village Hall and I feel fantastic: mentally alert and physically relaxed. My mind has been swept clean and my body re-aligned.

It is likely you have never heard of Cheng Hsin, which is somewhat related to Tai Chi, even though we have been practising in Sedbergh for over five years. It has the lofty goals of "moving towards a more authentic, present and direct experience of self and life, to deepen consciousness and master physical skill". This requires principles such as honesty and openness, relaxation and groundedness. For more about Cheng Hsin see <https://chenghsin.com> the website of the founder Peter Ralston, who is an extraordinary person, as you will see if you look at some of his YouTube videos.

Greater awareness can lead us to question the way we have always done things. For example, when moving a heavy object or pushing a pram uphill, do your hips go back and your arms and shoulders go forwards or do you remain upright? When you move the wheelie bin are you using your body weight or just your arms? I have honed my uphill technique over the years using Cheng Hsin principles and when I get it right I can feel as if I am floating uphill, even as far as the Calf.

To my delight, I have been recognised as a trainer of Cheng Hsin which gives recognition to the weekly classes in Sedbergh. A trainer is not an expert, but someone who has

some experience of the art who wants to further their own practice and share what they know. We also have workshops with top teachers several time a year (next year I have 6 workshops lined up for this part of Cumbria) so there is a genuine opportunity for first class training. I make no profit from this, I organise workshops for the joy of doing Cheng Hsin.

The benefits of Cheng Hsin for me are:

- It's one of the most fun and interesting activities I know.
- It improves efficiency in daily life.
- It helps with physical fitness. In addition to cardiovascular work it is beneficial to do what you might think of as "straightening out the kinks and de-coking the pipes". This is where

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Cheng Hsin comes in: a tiny adjustment to posture can bring a huge increase in power.

- It brings an increased awareness of what we are, how we function and how we might have options to function differently.

- I enjoy the honest and uncomplicated interaction with a partner, with no hidden agenda. This is something tremendous for our mental well-being.

I shall be running a class on Monday evenings in St Andrew's church from 6.30 until 8.00 from the beginning of 14th October until Christmas, then from mid-January until Easter. The charge is £6.00 per class. If you like to move and would like to be more aware and aligned, then this class is for you.

The next workshop is with Brendan Lea, one of the top teachers in America, 7th to 9th January 2020.

For more information about classes and workshops, contact me by phone (015306 20972) or e-mail juneparker1001@gmail.com

To be inspired look at <https://chenghsin.com>

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SEDBERGH TENNIS CLUB

Martin Lewes

We are nearing the end of our first season with the new courts, although the stalwarts will carry on through the winter unless it actually snows....

You may have read last month that the courts have been widely admired by visiting teams in the local league, and we know a number of visitors to the town have also played at Guldrey Lane. We have certainly had more people playing casually, and thank you to those who have not just played, but put money in the honesty box.

In May and June we relaunched coaching with Michael Cartmell from Garstang being a successful trainer.

We ran classes for two junior age groups and seniors, and they were so successful that there was enough demand for a second run of six weeks, which started on September 15.

Those will of course run into October and Michael is happy to take in extras in the final few weeks, on Sundays 6, 13 and 20 October - £6-50 for one hour.

And we will do it all again next year – watch the Facebook page for more news!



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Fritz Hrynyk

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The treatment is given in a safe, warm and relaxing space. They may experience feelings of heaviness, lightness or deep relaxation that will lead to a greater sense of release within themselves. My name is Mykola Hrynyk, aka Fritz, I am currently practicing Reiki with CST & SER in Sedbergh, Yorkshire Dales. Call me on 07817665662 or 01539621303 for more information or to book an appointment.

SEDBERGH BRIDGE CLUB

David Alison

There has been a Bridge club in Sedbergh for many years and we are always ready to welcome new members. A warm welcome it will be, for ours is a friendly, social Bridge club. Whilst not really suitable for absolute beginners, players intermediate standard will find the level just right. You don't need to bring a partner, as we play Rubber Bridge and change partners as the evening goes on.

We meet every Tuesday at the White Hart Sports and Social Club in the centre of Sedbergh. Parking is available at nearby Loftus Hill. We start at 7.30pm and finish at 10 - 10.30pm. Current fee is just £12 per



annum, which includes membership of the White Hart. Naturally, playing-cards and score-cards are provided. There is a licensed bar which you are welcome to use for refreshment.

So, please give us a try. No need to book in advance, just turn up on the night. There will be no charge for your first visit to allow you to give it a try and see if you wish to join. If you would like a chat first, please don't hesitate to contact David Alison tracks.north2@gmail.com or 01539 824666, or Dorte-Lis Stephenson dortelis@hotmail.com or 01539 625357. We look forward to seeing you. Play your cards right, and you could really enjoy your evenings with us!

YDNP PLANNING COMMITTEE

Pip Pointon

Members of the Yorkshire Dales National Park Authority's planning committee have now voted twice to allow the upper floors of 6 Finkle Street to become a residential flat again without the imposition of a legal agreement that it must be for local occupancy or a holiday let. The owner, Jacky Baines, explained at the August meeting that she had used part of the second floor as a café for about three years but this had not helped her business on the ground floor to remain viable. The ground floor was now rented to another business, she said.

The majority of the committee members agreed that turning the

upper floors back to residential use did not constitute "new build" and so did not require any legal agreement. They were also concerned that the imposition of such a legal agreement would have a negative impact upon businesses in the centre of Sedbergh.

But that decision was contrary to the planning officer's recommendation and so the issue was referred back to the September meeting.

The head of development management, Richard Graham, told the committee at the meeting on September 10 that the Authority's policy required a local occupancy restriction on the conversion of any traditional buildings. He said the members could, however, conclude



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that such a restrictive approach in this instance could frustrate the economic objectives of the Local Plan. As the majority of the committee did approve the application it will be advertised in the local press as a departure from the Authority's development plan.

Mr Graham added: "If no further submissions are received during the advertising period that, in the opinion of the head of development management, merit further consideration by members, then permission should be granted subject to appropriate conditions."

At the September meeting a parish council representative, Allen Kirkbridge, commented: "We had a really good long debate last month." There is a detailed report of that debate at <http://www.pipspatch.com/2019/08/17/ydnpa-planning-committee-august-2019/>

Association of Rural Communities volunteer, Pip Pointon, has been reporting on the Authority's planning committee meetings since 2010 as the association is so determined to support local democracy. There is an archive of her reports on Pip'sPatch and information about the association.

THE GLADSTONE HOUSE COMMUNITY

Nicholas Cross

It is with great pleasure that we announce the newly relaunched Gladstone House Community. As many of you may remember 'Gladstone House' was the Community Centre established on Fell Close for the use by the residents of the sheltered accommodation. The whole scheme was underwritten by South Lakes Housing, but was, for some considerable time, held in abeyance.

An initiative led by Sheila Capstick, Janey Hassan and Nick Cross has revived this Community initiative for the benefit of the wider Sedbergh community. South Lakes Housing have agreed to allow us to use the wonderful facilities at Gladstone House with one proviso: that it be open to all occupants of the Sheltered Housing Scheme.

There are many elderly people in Sedbergh who feel isolated and lonely and these are the people whom this initiative is designed to help. We are very grateful to Sedbergh School and their catering staff for the wonderful array of cakes that they provide and to the Sedbergh

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email: dmparratt@gmail.com for a form.

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<http://branches.britishlegion.org.uk/branches/sedbergh>



School students who help out on alternate Thursdays. The 'Tea and Chat' is free to all comers. We hope that this will be the first of many Community projects based at Gladstone House; we have begun to move things forward.

It is also hoped that on the free Thursdays we will have 'Bingo!', so that on every Thursday something interesting will be happening.

So, come along and join us at Gladstone House for tea, cake and a chat. We will try and arrange transport for those who need it. The next 'Tea and Chat' will be on Thursday 10th October beginning at 2 o'clock until four.

Interested? Call Sheila on 07818221999 or Nick on 07425011143

SEDBERGH AND DISTRICT COMMUNITY TRUST

Tony Reed-Screen

The Charity Shop has been open for almost eleven years and the Bookshop for five. The income from these shops is the sole source of the Trust's grants. Since the first grants were made in 2009 over £193,000 has been ploughed back into the Community and we are now looking forward to breaking the £200,000 mark. This incredible sum is a wonderful tribute to all those volunteers who mind the desks and operate the tills, and behind the scenes sort out and price donations, iron and launder clothes and, on a more mundane level, count the pieces in jigsaws to ensure buyers are getting complete products. There is a wealth of activity carefully coordinated by our manager, Anita Swarbrick, who encourages and inspires everyone to ensure that the highest standards are maintained. But, to ensure that the shops continue to thrive, we need more volunteers - we are desperately short. Please see if you can find a morning or afternoon to assist in the rewarding and cheerful environments that are the charity shops and help us to continue to support the community.

At the last meeting of the Grants Committee awards were made to Sedbergh Gigabit Broadband Group, Dentedale Choir, Sheepfest, Sedbergh Wanderers Junior Football Club and Dent C of E Primary School. The next round of grants will be made in November. The closing date for applications is Friday 8 November.



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ZERO WASTE

Suzie Pye

At the time of writing I am expecting my fifth baby in a few weeks' time. Who knows, it may well be here by now! So it seems like a good time to talk about how to have a Zero Waste Baby. Now before I say anything else it is important to stress that when having a baby, the opportunities available for parents to feel guilty are just mind-blowing: Am I feeding it the right milk? Am I washing it too much? Are we bonding enough? Am I playing it enough Beethoven? Is the room temperature ok? So the last thing I want is to add to that list! But for those parents or potential parents who are seeking some eco-friendly,

low or zero-waste options, here are a few pointers:

Washable Nappies: This is perhaps the most impactful choice you can make with a new baby. By the time a child is potty trained, they are likely to have used at least 4,000 disposable nappies, costing around £600. A set of washable nappies will be less than half of that cost, and is so much better for the environment. Washable nappies have moved on an astonishing amount even in the last 10 years. No longer do you have to pre-soak them, risk pricking your little one's belly with pins, or have qualified with a degree in origami. They come in all shapes, sizes, and patterns. And if you can wash a tea-towel, you can

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Washable baby wipes: Baby wipes have had a bad press over the last few years. Deservedly so: they are evil sheets of woven plastic which pollute our rivers and seas, and are the number one cause of sewage blockages. Companies such as www.cheekywipes.com exist to provide an environmentally friendly, washable alternative. But to be honest, simple cut up pieces of old cloth are as good as anything.

Buying Pre-loved: It is always lovely to receive something new for Baby, of course it is. But where possible, when buying things, yourself, try to buy pre-loved. Baby doesn't care if a vest top, board book, or cuddly toy has been used by some other bundle of joy. And it is always good to support our local charity shop!

Baby Skin-care: You really don't need bottles and bottles of product for Baby's skin. A simple, mild bar or baby soap will suffice. Coconut oil makes a great moisturiser, is great for repelling water and makes a good nappy cream. Cornflour or arrowroot are great natural alternatives to baby-talc.

Baby Food: Rather than buying jars of baby food try making your own. You can make it in large batches and store in reusable containers or freeze in an ice cube tray. There are plenty of recipes online, or just create your own!

More information available here: www.zerowastesedbergh.com

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SEDBERGH ENVIRONMENTAL MARKET

Michelle Hartley

Our first environmental market is almost here, Saturday 12th October 10am-3pm, and we have a fantastic variety of stallholders, some providing information on protecting the environment, while others will be selling natural and sustainable products, recycled and upcycled arts & crafts and delicious eco-friendly foods.

One of the stalls that will be at the market will be Cumbria Action for Sustainability (CAfS), an organisation who have been tackling climate change in Cumbria for over 20 years.

This September they launched their latest project 'Cold to Cosy Homes'. The project provides free energy efficiency advice from a qualified assessor and free energy saving improvements and installations. Its aim is to directly address issues of winter warmth and heating affordability, while reducing carbon footprints and improving sustainability.

The project is funded by the Energy Redress Scheme so that there is no

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cost to households. Various people are eligible to take part in the project including households on low income or on certain benefits; people with certain health conditions or disabilities; and people affected by other circumstances, including bereavement and periods of homelessness. A full list of all those eligible can be obtained from the CAfS representative. If you are eligible or you know someone who may qualify, please come to the market and speak to the CAfS member for more information. The organisation is also looking for Energy Champions to help advise and inform others about the scheme, with training provided, more information regarding this will also be found at the stall.

The environmental market is just one of many projects and initiatives that our group is working on. To keep up to date on our activities or environmental issues, please follow us on our Facebook page 'Sedbergh Environmental Network', check our notice board on Main St. (the side wall of Brown's) or come to one of our meetings.

DENTDALE GALA

Barbara Allright

Over the August Bank Holiday, we host 2 fund raising events, the Saturday Market in the Memorial Hall and Dentdale Gala.

The Market was popular with a bouncy castle and games for children, homemade refreshments for adults (and children) and a raffle. There was a range of stalls, from cards and books to household items. Thank you to all who helped before and on the day, and we raised £280.

On Monday -Gala Day- despite a misty start the day became warm and sunny, our newly painted stalls looking very bright in the sunshine. Stalls included Coconut Shy, Tombola, Pillow Fighting, Wine or Water, Book Stall, White Elephant, Honey and Bee products and others which were all very popular.

As they came in Minnie Mouse welcomed everyone to the show and guided them onto the field where the Book Character themed Children's Fancy Dress Parade took place. The Band, Rawthey Rhythm, played throughout the day, choosing modern sing-along songs, enjoyed by all.

There were many entries for the dog show and judging was difficult in most of the classes. Luckily Minnie Mouse was on hand to help. Congratulations to all who entered.

In our new Gazebo the Children's Entertainer, Johnny Flip, kept children and adults alike amused with games and magic tricks. We had a raffle with many donated prizes (Thank you) and ice creams were particularly welcome as it was so hot as times. The WI provide homemade sandwiches, cakes and drinks and had nothing left at the end of the day.

Throughout the Gala Graham Dalton was Master of Ceremonies keeping everyone informed of events, where to register for activities, and

was the compere for the races. Despite the thrills and spills there was strong competition in all the race categories. Well done to all who entered.

The Gala closed with the Egg Throwing Competition with the last contestants stretching from the hedge at the bottom of the field to the oak tree near the top.

Thank you to Claire Tyas for her excellent and mega – detailed picture which we used on our banners and leaflets. A big thank you to all who helped run stalls, provide prizes, bought raffle tickets and who supported us by coming and helping raise £1400. A wonderful day.

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REFLECTIONS ON LIVING WITH DEMENTIA

Vesna from Lewisham

Beautiful ladies living with dementia at the recent National Dementia Action Alliance meeting shared their stories, inspirational, heart-breaking and warming, simply powerful..... Vesna reflected on taking part in the event and said 'I hope that our contribution will inform future considerations and practice for all Dementia peoples requiring care services at the point of need. It's very simple really! Humanity and integrity are the most crucial consideration and should override any other aspects of care provision don't you agree?'

Vesna also shared this reflection:

I like to watch birds fly seeing them perching on a tree branch of those majestic wonderful bold trees!

I like to immerse myself in green open spaces to let my mind wonder to beautiful places!

Aesthetics is important-to me!

I like to dress with panache style and flare this is important to me!

I love scarves of colour and feel soft and silky around my neck this is my trademark you will remember that!

I love the feel of quality fabric no brush nylon thank you for me!

I like to get out and about to visit places that raise my spirit as when the sun shines against my skin

The colour of Autumn drops it's leaves I want to be there to experience the new dawn!

When the rivers flow and the waves role I want to be there can you remember this!

I like soft music contemporary Jazz

Classics and memorable songs from years gone past those songs that never fade and grow old!

Can you remember that!

I like culture people from home and abroad! Will you reflect that!

I enjoy conversation film poetry Art and life will you remember that!

I see my future now reflecting me as I am now will you remember that.

BLUE BADGE-HOW TO OBTAIN

*Karen Evans Manager S L CAB
Citizens Advice*

My mum has a non-visible disability, which causes her walking difficulties. I heard something on the news about how she may now be eligible for a blue badge. How can I find out about this and help her apply?

On 30 August, the Blue Badge scheme was extended to people who live in England and have non-visible disabilities or conditions which affect their ability to walk. As a result, your mother may now qualify for a badge.

She will be automatically eligible if she gets certain types of benefits, e.g. some categories of Personal Independence Payment and the higher rate mobility component of Disability Living Allowance. If not, she can still apply for a badge. Her local authority will use evidence from doctors and other healthcare professionals. She can check her eligibility and apply for a local authority-issued Blue Badge at gov.uk/apply-blue-badge. If she can't do this herself, you can apply on her behalf.

You'll need a recent digital passport-style photo, proof of her identity,

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address, details of any benefits she receives, her National Insurance number, and evidence of how her non-visible disability or condition affects her mobility.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We can give detailed advice over the phone – telephone 03444 111 444. For email see our website: www.southlakescab.org.uk. We have various outlets across South Lakeland if an appointment is required. For Money Advice and for on-going enquiries please call 015394 46464. South Lakes Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee, No: 6113551. FRN: 617574

SIGHT ADVICE SOUTH LAKES

Dennis J Whicker

By the time you read this, the Sedbergh Group will have had it's September Meeting in the People's Hall on Tuesday 17th when David Beare will be giving a presentation; full report next month.

The group is run in Sedbergh by volunteers and there is an open invitation to everyone with any form of sight problem. You are most welcome to attend any of the meetings which are always fun, educational and enjoyable and runs from 2 – 4pm on the Third Tuesday September, October and November then January to June in the People's Hall. November and June involve having a Lunch out at a venue to be arranged. Transport is arranged for those that need it for the meetings. Tea, Coffee & Biscuits is provided at every meeting.

At each meeting, there is a speaker on many diverse subjects which are never boring. The October speaker will be Sarah Woof.

If you would like any more information, please contact me or Susan Harper on 20613.

Dates for Diary:

15th October

19th November (Christmas Lunch)

21st January

18th February

17th March

21st April

19th May

16th June (Lunch)



**KILLINGTON W.I.
The Afternoon W.I. for the Entire
District
August**

Valerie Cann

Susan Sharrocks, President welcomed those present, especially two of our members who live a way off and cannot always attend meetings. She then thanked our Garden Party hostess, Sally Cragg, for graciously hosting this event. For the first time in five years, Sally had not prayed hard enough to the sun god and it rained that afternoon. We didn't worry as Sally gave us the run of her home and we could still enjoy the views, when the weather eased up.

After a busy July meeting, this month's business was quickly dealt with. Mainly because the WI News last month covered July and August, therefore, a matter of checking that members who said they wished to attend various events then, were still able to go to them and perhaps decide to go to an additional event.

Would members please note that our Christmas lunch has been brought forward a week to 3rd December.

The business being concluded, we enjoyed our refreshments before settling down to our "Chat and Craft" session. Three of our members read to us, one a passage from the book she read in the "Reading Aloud" competition, next we were treated to a lovely little poem and finally a piece written for WI group called "Writers Inc".

Whilst Sarah was getting ready to show us how to make a small notebook, our raffle was drawn and Sally Cragg was the lucky winner.

Sarah had brought cardboard, fabric, glue, thread and, plain paper for the inside. Soon following her instructions, fabric was being glued on to the cardboard, plain paper cut to size to fit inside the books. Those of us who didn't manage to finish our books are asked to bring them along to our September meeting as well as those who did, so that those who were absent could see what they missed. Those of our members who didn't want to make a book, enjoyed watching the antics of the others and enjoyed chatting to friends.

We look forward to seeing members in September when Lynne Pritchard will speak about "The Fascinating World of Family History".
(apologies that this was not published in the Sept issue – Editor)

**KILLINGTON W.I.
September**

Wendy Fraser-Urquhart

"Season of mists and mellow
fruitfulness,
Close bosom-friend of the maturing
sun;
Conspiring with him how to load
and bless
With fruit the vines that round the
thatch-eaves run;
To bend with apples the moss'd
cottage-trees,
And fill all fruit with ripeness to the
core."

Well! I certainly learn something every day. Until checking, just now, I would have sworn that those lines were by Browning, but they are not. Keats must lay claim to them! My apple trees are definitely bent down to the ground by the weight of fruit. Gardener's Question Time would certainly admonish me for not having thinned them out. There are lots of blackberries too, and the rowans and hawthorns are also prolific though you would be lucky to find a single hazel nut. The autumn slashing season cuts off all the already formed next year's catkins, so Tough Luck squirrels. Last week I took a trip to Arnside and walked up onto the Knott. The hazel trees were laden. It was a delight to see them. The

nursery rhyme, "Here we go gathering nuts in May", is considerably inaccurate!

This diversion is my way of saying, "Hasn't Autumn come quickly?"

It was good to be back with friends for our September meeting in the Peoples' Hall and Susan Sharrocks welcomed us all. However, for our group it was a meeting with great sadness. Our dear friend and former President, Shirley Richardson, had died the previous weekend. Shirley had been at the heart of our community for many years, always capable, generous, and loving. She had served as President for 11 years. We shall miss her sorely and send our deepest sympathy to her family.

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All members of the team are DBS checked, have public carers liability insurance and have completed numerous courses in connection with older adults such as first aid and dementia awareness.

Minutes of the last meeting were read and signed before moving on to future matters. The date for our Christmas Lunch at the Sedbergh Golf Club has been confirmed as Tuesday 3rd December. All members please note that this is a change from the date printed in your programme.

Margaret Denton, our money lady, gave us a healthy financial report and the meeting voted to donate £250 from our charity fund to the Kirhaule Education and Community Project in the Everest Region of Nepal. Some months ago Lhakpa Sherpa and his wife Pat spoke to us about the work they do and we know that every penny will be used for its intended purpose.

A carload of us arranged to go to a meeting at Dentdale WI to hear Graham Fletcher take us for An Underwater Safari of Morecambe Bay. We had a most interesting time with a speaker to be highly recommended, followed by a super supper.

SHEEPFEST – 21st & 22nd September. This year's theme being 'rubbish sheep', Sally Cragg and Nancy Smith had worked with enthusiasm to make "shaggy" out of old wood, sheets, duvet filling, socks, wool, and a tennis ball. Sally brought Shaggy to our gathering to meet everyone. Members thanked them both and they were given a hearty round of applause for their wonderful creation!

Then it was time to welcome our speaker, Ellie Archer. The title of her talk, "Busy Bee and Lemon Grass", had had us wondering what exactly the subject was going to be. We were

treated to a delightful talk on the anatomy and life cycle of the humble, honey bee. She showed us a wonderful selection of magnified images of this amazing and valuable insect. Ellie, who is a real enthusiastic, cares for 14 hives of bees in Dentdale and the surrounding areas. She had a selection of honey, soaps and other bee derived products for sale. Dilys Evans gave the vote of thanks saying how much we had enjoyed her talk.

Tea followed -luscious. This month the raffle winner was Alison Siddall, and Susan Sharrocks won the competition for a soap dish so now she can have a nice, clean face,

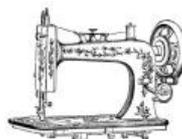
Our next meeting will be on Tuesday 8th October at 2-00pm in the Peoples' Hall when Lynne Pritchard will lead us into "The Fascinating World of Family History". Do come, and bring your family with you.

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SEDBERGH WI REPORT

Moria Folks

Our autumn programme began with our fundraising coffee morning in St Andrew's Church on September 4th, bringing together members of the wider community as well as WI members on Sedbergh market day for a friendly occasion. Many thanks go to all our helpers, as well as those who supported us.

'A Little More Art' was the title of our main meeting on September 11th, when we welcomed back Ruth Clayton and Stuart Gray of Wickerfish Arts Studio at Farfield Mill, who introduced us to the joys of landscape painting using acrylic paint, a first for most of us I think. After whizzing through the history of landscape painting by showing us early

examples from John Constable and William Turner, via the townscapes of Lowry to the present day, Stuart presented us with small examples of a beach and cliff scene which he then showed us, step by step, how to build up on a small piece of card using dollops of acrylic paint in 5 colours on another bit of card which acted as our palette. With varying degrees of success in our own eyes, Stuart and Ruth seemed well pleased with our efforts at this first attempt. What is certain, however, is that we all enjoyed the experience! Thank you, Ruth and Stuart, for making us look at landscape painting with new eyes!

Many of you will already know their beautiful work from seeing it at Farfield Mill or the Sedbergh Craft Workshop, where greetings cards



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based on their paintings are also available: for anyone who hasn't seen their paintings before, I urge you to go along and be impressed at their skill!!

The book club's recent read, 'Cousins' by Salley Vickers, is an intense family saga relating the stories of three generations of cousins linked by a tragedy involving one of the youngest, but impacting on the lives of all, as well as reviving memories of yet another cousin from a previous generation. The story is told in the voices of three of the women characters – one from each generation of the family - highlighting their own personal feelings and memories. A problem experienced by most members of the book club was that it was difficult to remember who was who, especially as each character was known not only by his or her given name but also by a nickname which didn't necessarily

resemble the given name! We looked in vain early on in the book for a family tree to help us. It was only when I had read the whole book and the author interview at the end that I discovered a family tree giving the birth dates of each character on the inside back cover! If that had been at the beginning it would have saved us a lot of confusion and resulted in a higher score than the average 7/10 we gave it!

Our next meeting, on Wednesday 9th October at 7.30pm in the committee room at the People's Hall, looks forward to the Season of Remembrance in November with the subject of 'Women in War', which will be presented by our own talented WI member, Sandra Gold-Wood. Visitors and new members can be sure of a warm welcome: we would love to see you there!

DENTDALE WI

Thelma Belfield

September is the month we hold our Open Meeting and we were pleased to welcome a number of visitors to our meeting. Our speaker for the evening was Gordon Fletcher. Gordon is no stranger to us and Sue gave him a warm welcome. We were all looking forward to his talk entitled Underwater Safari in Morecambe Bay.

As is our usual practice we began with Jerusalem and on this occasion we were accompanied by Marjorie at the piano.

Business began with Kate our Treasurer announcing that the refreshments we served at the Dent Gala had made the magnificent sum

of £776 and a cheque had been sent to the Memorial Hall committee. Sue gave a special thank you to all members who had given freely of their time, providing cakes, buns, biscuits, tray bakes, quiches and sandwiches and had worked long and hard on the day. We then went on to hear about our next fund raising event which is to be a Family Quiz Night with a Hot Dog supper. The event is being held in the Dent Memorial Hall on Friday 25th October. Tickets cost £5 for adults and £3 for children and are available from the Dent Village Stores. Proceeds from the event will be shared between the charities for Unsupported Ex-servicemen and the Homeless and Rough Sleepers. This

will be a popular event and one for your diary.

Sue then announced that given the high level of recent activities and the forthcoming fund raising event our regular Dining Club outing will be temporarily suspended until the new year when hopefully someone will be free to make the arrangements. A little disappointing maybe, but the next item discussed was (dare I say it) our Christmas Party lunch. This year the favoured venue is The Pheasant at Casterton and Jackie was given the green light to formalise the booking.

Two final items in our business section, firstly November is rapidly coming closer when we hold our AGM and Rita our secretary had circulated

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nomination slips for members to complete in preparation for the election of next year's committee. Sue encouraged anyone interested to seek nomination.

The final item was for Sue to explain that our October meeting will be in the form of a Craft Workshop when our speaker for the evening will be Jenny Wheeler who will guide us all through making jewellery with a Christmas theme. As this process will take rather longer than the time usually given over to presentations we will commence the workshop promptly at 7.15pm and the business will be discussed towards the end of the meeting.

Rita reminded us of several items of interest on the Information table including the Federation Quiz Night on 4th November, the launch of the 2020 Federation Calendar (with the photograph of the Lune Valley group on the front page) an Invitation from Martin Coombes to meet the Head of the Amassango Community School in

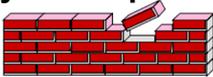
South Africa and a Rag Rugging workshop with Pam Bolton. As always so many events and opportunities happening within the WI.

Then it was time for Gordon to begin his talk. As an experienced presenter with a wealth of knowledge and enthusiasm for his subject we knew we were in for a treat. He began by describing the area we are all familiar with when the tide goes out, revealing a huge expanse of sand with large pebbles or rocks covered with barnacles and periwinkle protruding from the sand. Beyond that tide line is an area of the Bay covering approximately 60/70 square miles of deeper water where many different sea creatures are found. Aided by on screen photographs Gordon described to us the many different species that live off our local coastline. Sponges of varying colours, green, yellow and cream, the Boring sponge which has the ability to bore channels into shells. Another named Mermaids Glove from which Spider crabs make a kind of overcoat for their body. Velvet Swimming crabs, sound very pleasant but are very bad tempered and aggressive. Lobsters that move very rapidly in the water and forage for food during the night. Prawns, shrimps, starfish, mussels, sea slugs, multi-hued sea anemones, octopus, and many different species of fish. Many of these have the ability to change their colouring very rapidly to enable them to be camouflaged against the terrain of the seabed. Jelly fish the size of a traditional dust bin lid, one species called the Lions Mane has a powerful sting whilst others are harmless. We were

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interested to hear about visibility underwater and Gordon confirmed this could be very variable. He also talked about creatures dying from ingesting the plastic waste found in the water. He has come face to face with Sharks, observed Whales, Seals and Dolphins and it is evident from his wide knowledge and his enthusiasm that he enjoys each and every encounter.

Gordon painted a vivid picture of this underwater world and confirmed that although many illustrations found in journals and marine biology exhibitions photography is filmed in tropical waters, the waters around Morecambe Bay and the north west coast of the UK contain equally colourful life. As always Gordon gave us a fascinating, interesting and informative talk.

Our evening continued with a buffet supper. Our competition winner was Chris with her memorable holiday photograph and the 3 raffle winners were two visitors from Killington WI and our own Anne Mason.

Our next meeting is on Wednesday 9th October and as always a warm welcome is extended to all visitors.

FROM HILL SHEPHERD TO MARTHA

Eliza Harrison

During the 80s and 90s, with camera in hand, I accompanied shepherds and hill farmers throughout the year, in all weathers, recording whatever task they were undertaking. My aim was to peel back the layers of tourist veneer and discover what life was really like for those who live and work in the northern hills. I witnessed what few see or know about and, with my ex-husband John, we offered a glimpse of this way of life through a series of photographic books that included Hill Shepherd, Life in the Hills and The Light Within. We were the last people to record what went on inside Honister Quarry.

'See that huge flake of slate above you,' said one of the quarrymen. 'It'll soon fall. Why are you here?'

Brought up in a family where success meant all – my father head of the Cambridge University Press and my mother in the House of Lords – I grew up feeling inadequate and uncertain. To compensate, I sought answers through meditation and discovered there were different states of consciousness that allowed us to experience oneness with everyone and everything around us. Through teaching others, I realised that fears and insecurities are common to all so I decided to write my own story, revealing a more truthful, vulnerable part of myself. In Search of Freedom was published in 1997 and – though not intended – sparked off such an interest in meditation that it resulted in me founding the Meditation Centre

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in Dent. Inherent within its vision was having a place where those of all beliefs and none were able to experience a more truthful, sacred part of themselves.

Back to the shepherds . . .

Moving from London to Dent more than 40 years ago, I sensed that those who live close to nature have a greater sense of respect, awe and gratitude for all that surrounds them. When I accompanied a hill farmer on a gather or watched a sheep lamb, there was an awareness of an intangible, indefinable presence that reveals itself spontaneously.

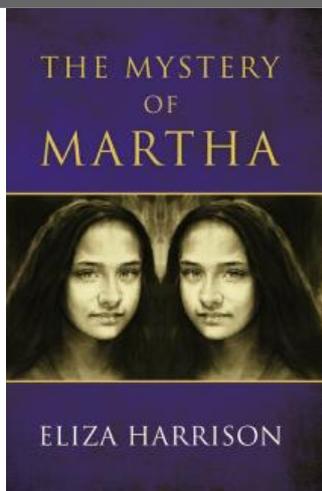
Centuries ago, when we had a much closer relationship with the land and elements, the spiritual and the earthly were inextricably linked. But today, that sense of the sacred has become increasingly elusive. So my mind returned to what life would have been like two thousand years ago when Yeshua, as he was then known, inspired fishermen and farmers to

realise the mystery of love that unites us all. I imagined what it would have been like for Martha of Bethany, who felt uncertain, lacking, more drawn to the practical rather than the spiritual. And realising her dilemma is echoed in many of us today, I decided to parallel her story with another Martha from a farm in Borrowdale. So the two stories mirror one another, as both protagonists encounter issues and challenges that we all face today, but find answers that are timeless and accessible to all.

SEDBERGH LADIES N.F.U.

Caroline Sandys-Clarke

Suddenly it is September, time to start our monthly meetings again and I realise that I have not even done a report for our May meeting, results of our coffee morning or our summer outing in June. We were entertained for our May meeting by Jo Dix who does the most beautiful Silver Forge Jewellery at her workshop in 5



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Church Street, Milnthorpe. Jo was a reflexologist but now does her jewellery full time, 80% of which is commissions. She teaches as well. Customers will come in with ideas and often old bits of jewellery that they want redesigned or copied and with the aid of her husband, who does a lot of the artwork, Jo produces the most fabulous pieces. We all enjoyed a wonderful slide show of her work. She very generously donated her fee to The Bendrigg Trust, for whom we had had a very successful coffee morning in St Andrew's Church on 15th May, raising over £350. Several members went to The Bendrigg Trust to hand over the Cheque and had a very interesting tour of the impressive facilities.

The 18th June was our Summer Outing to Whinyeats Dairy, Hutton Roof, run by Tom and Clare Noblet, who started in partnership with Max

and Jenny Burrow. The 80 strong herd is now a closed herd and many of the cow families go back 25 years. Sexed semen is used as much as possible to avoid too many male calves. They are mostly Holstein Friesian but Jersey cows are being introduced to increase the butterfat content of the milk. In 2014 the milk prices plummeted and in August 2015 Tom and Clare decided to take the plunge and start to make cheese. They now produce a traditional dales farmhouse cheese which has proved very popular but the recipe is a closely guarded secret! Tom has modernised and improved his milking parlour which, being fully computerised, can milk all the 80 cows in an hour. A delicious tea was enjoyed before we were able to watch the evening milking from the viewing gallery. Tom and Clare welcome visits

from groups and do not charge for the visit, but do ask for a donation to MS.

Our September meeting is about Kendal Mountain Rescue and on the 15th October we look forward to a talk about the Sedbergh Red Squirrel Group. Visitors are welcome to our meetings which take place in the committee room of the People's Hall at 7.30pm.

FAMILY MUSINGS

Sarah E Woof

Looking out of the window on the evening of September 2nd it looked very wet and windy and getting dark, a new season most definitely has arrived I decided and almost lit the stove.. we have enjoyed days of warmth and sunshine with kiddies playing out all day and eating meals outside but somehow it is the wet days we talk about. However, we are hopeful for warm, sunny autumnal days and even warm snowy frosty days but just not yet!

New starts are everywhere. Greenhouses to clear out here, the grapes are swelling nicely, what joy to pick and eat our own fruit, the autumn Raspberries are arriving too.

Tomatoes and Courgettes, peas and beans and Broccoli and potatoes, not bad at all. Then the salad leaves and the herbs, now the trips to Hull no longer happen (no she has not died in fact is 101!) I have more time in the garden. Time to buy some tiny baby chickens...

New school and church year and our granddaughter is now officially in the Sunday club she has been in for nearly a year and has trotted off happily to her first day at school.

They ease them in nicely with half a day, we just went and stayed all day. I think I liked the first few days then I wasn't too sure about this "school" lark at all, I was much happier with Grandma at the shop. Going home was the best part of the school day but then at age 11 I went to boarding school and 'going home' only happened twice a term and half term was only Fri to Monday. But I survived! I now have friends not only all over the country but all around the world that I knew at school, we meet up as often as we can, sharing our lives once more. As a family we got together with our sisters and brothers and in-laws and cousins at a recent family wedding and what a lovely day we had. Cake at the church, ice cream at the reception. Then the meal, Then the cake of cheese. When the Best man announced that the Bride and Groom would "walk out and cut the cheese" he said that meant something different to the Americans. I get the "walking out" meaning courting but had to have the "breaking wind" explained to me! Did you know what it means?? Enjoy your cheese folks!

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OCTOBER GARDENING

Elaine Horne

October is the ideal month for giving the lawn some attention, and for laying new turf. The soil should still be holding some warmth from summer days, and there is little chance of a drought, so new turf to replace worn areas or create new lawns should establish quickly with new roots growing down into prepared soil, and new shoots in little danger of drying out.

New turf is fairly expensive, so make sure that the bed prepared for it is well dug over, with any perennial weeds – docks, dandelions, ground elder etc being removed beforehand. The soil should be raked to a fine tilth and any stones – especially sharp edged ones – removed as these tend to work their way upwards and can cause injury if your lawn is destined to be a football/play area. If your soil is thin, stony and poor, you might like to invest in a load of screened (sieved) topsoil from a reliable

source, but do not take the easy option of spreading a layer of builders sand instead. Though this will create a beautiful, cheap, level surface, you will find that the grass roots do not like it, whereas moss and dandelions will, so your new lawn will soon be a disappointment. Choose a dry day, and after digging over and raking, firm the soil down so that it doesn't settle unevenly. This is best done by treading it down with your heels. In order to do a thorough job, you need to walk across the whole surface in close, straight lines, taking short steps and putting all of your weight on your heels. You will feel (and look) idiotic so it's much more fun to do this with a group of friends to help, or, failing that, wait until all the neighbours are out. I once worked on a site with nosy neighbours who went to the trouble of getting out the step ladders to look over the fence and see what I was doing. In these situations, the best thing to do is to ask them to help... they soon go



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If you can spare some time please contact us.

Contact details are on page 4.

away! After treading, another raking will allow you to re-level the soil surface and then your rolls of turf can be rolled out. I always move across the prepared site by walking on planks which are laid on top of each new length of turf as it goes down. This firms the new turf in place, and prevents you from spoiling the smoothed soil with footmarks, and keeps the site and your feet clean.

**FARMING, TREES AND
WOODLANDS – FREE ADVICE
SURGERIES**

Sally Howorth YDNP

We understand the challenges, both physically and economically, that come with farming in the uplands. That's why we want to support farmers and landowners in the conservation of the Yorkshire Dales National Park by providing one-to-one, expert advice from our teams. We can offer help with choosing the most beneficial schemes for your land, applying for funding, and more.

For one of our FREE fortnightly sessions:

Orton - drop in between 11am and 3pm on either the 1st (Trees and woodland) or 3rd (Farming) Monday of the month

Unit 1A, Silver Yard, CA10 3RQ
01539 756610

Kirkby Lonsdale - To make an appointment please ring the numbers below at anytime during office hours.
29 Main Street, LA6 2AH.

Farming - ring 01756 751654
Trees & Woodlands - ring 01756 751606

farming@yorkshiredales.org.uk
trees@yorkshiredales.org.uk

MEMORIES 80 YEARS AGO

Audrey Wilson (nee Greenbank)

80 years ago today on 3rd September 1939, my father Tom Greenbank drove me aged 3 ½ years old and my baby sister Joan aged 6 months, from our home in Liverpool to the refuge of his sister Mary's home at 2 Fairholme in Sedbergh. Mary Hall (nee Greenbank) live there with her husband George Hall and their two daughters Peggie and Joan, and two sons, Ronnie and Gordon. A loving family which remains very precious to me. When Dad drove through Lancaster we passed some marching soldiers and one knocked on the car window "Hi Tommy". He had worked for my Dad on building sites in Liverpool until recently volunteering for the army. War had been anticipated for months. Dad had served his apprenticeship with Bill Potter, Kirkby Stephen and worked for his own Dad, a builder in Sedbergh eg they worked together to build the public toilets in Main Street.

Fritz Hrynyk

LIGHT TOUCH THERAPIST

~~~~~

Combines  
CranioSacral techniques with Reiki  
to help release tension &  
restore body-mind balance

~~~~~

Treatments in Millthorp, Sedbergh
& Barbon Village Hall by appointment
07817 665662 / 015396 21303

~~~~~

We only stayed for 3 months in 1939. Dad returned us to Liverpool as war was quiet at the time, but the city May blitz storm soon followed. Houses on the newly built estates were hit by bombs as German planes flew homewards after causing devastation in Liverpool docks and the city residents.

Dad created a solid air raid shelter in the foundations of our house which he had built in 1937. Further building halted in 1939 because the young builders joined the Armed Forces, including Dad but he was discharged due to weakness from a Potts Fracture suffered when playing teenage football in Sedbergh. He worked repairing bomb damage and as an ARA.

I spent a long WWII "refuge" stay at the home of Mary's sister, Lizzie, at Moorcroft Farm in Hollingworth, as printed on my identity bracelet. However Sedbergh has remained a lifelong destination for annual holidays, some at 2 Fairholme, then at Pinfold Caravan site, and from late 1980s at my small cottage No.3 which has welcomed scores of relatives and friends too over the years. Dad loved being with us.

So I retain a foot in Liverpool and Sedbergh, including a little grandchild, my Great Grandchild, who is almost the age I was in 1939!  
PEACE BE ON SEDBERGH!

---

### THE 'NICK CROSS POTPOURRI'

*Nicholas Cross*

On an infrequent basis, Nick Cross has been giving talks in St Andrew's Church in aid of the local branch of the Royal British Legion funds. These funds are then available for use by the Branch in helping distressed former Servicemen/women and their families.

Nick has so far given illustrated talks on D Day, The Eastern Front in 1944 and Ireland 1919-69 and has received a good deal of encouragement to do more. It is planned that the next talk to be given will be entitled, 'The Life and Death of Major General A G Wauchope: The High Noon of the British Empire' and will take place on Friday 8th November 2019. The entrance fee of £5 includes a 'half time' cup of tea and a biscuit with all monies going directly to the RBL Poppy Appeal.

2020 will see something of a move away from military historical topics during the Summer with talks covering subjects in the Fine Arts, focusing less on period and genre but more on the artists and the work that they produced. 'Well known and lesser known artists of the Impressionist School'; 'English Romanticism, artists and critics'; 'Fresco Painting during the Italian Renaissance'; 'Art and Architecture in late medieval France'; 'Spanish Painting from La Epoca de Oro'(The

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Golden Age); 'How Quantum Physics and War transformed 20th Century Western Art'. All monies from these talks will go to the upkeep of St Andrew's.

Given that 2020 is also the 75th anniversary of VE day there will be a talk on 'The Fall of Berlin and the division of Germany'. This talk will take place on or around the 8th of May with the receipts going to Hells Fells/Rawthey Project.

A more detailed list will be produced in due course. The success of these talks and the money that they raise for Charity depends upon level of interest and participation of the Community; the signs so far are very encouraging, and it is hoped that 2020 will be a successful year.

## SEDBERGH & DISTRICT HISTORY SOCIETY

*Graham Dalton, Chair*

Members will know of the change of lecture venue starting in October 2019 from Settlebeck School to St. Andrews Church. The Society has been very well looked after at the school for decades, but it has now become impractical to continue. The new venue has level disabled access. The first meeting there will be Wednesday 2nd October at 7:30 p.m. when well known popular speaker Andy Lowe will be discovering Lakeland Villages and their history. Non-members are welcome at all talks, entry fee £2 including refreshments at the end. Please consider coming.



### USEFUL TELEPHONE NUMBERS

#### Age UK South Lakeland

030 300 30003

#### Electricity in any area

105

#### Medical in any area

111

#### Pension Service Surgery

Stricklandgate House every Tuesday 1400 - 1600  
01539 795000 or 0845 6060265

#### Police in any area

101

#### Sight Advice South Lakes

01539 769055

#### South Lakes Citizens Advice Bureau

03444 111 444

#### South Lakeland District Council

01539 733 333

#### Yorkshire Dale National Park

0300 456 0030

*If you would like to see any numbers listed here, please let us know.*

## DENTDALE - HEAD TO FOOT

*Mike Steele*

Our 6th September meeting unfortunately had to be cancelled due to a bereavement, but Freda Meakin will be giving her talk on Friday 1st November entitled: "What did you do in the war, Granny?" which promises to be a very interesting afternoon.

The 4th October meeting is: "From garden to dents and dints and everything in between" with Tony Playfoot. Knowing Tony, this will be a complete miscellany moving from one thing to another in that immortal style of his, so do come and have an enjoyable afternoon!

For further information call Mike Steele on 015396-25054, m: 07813-806209 or e-mail [mds@hallbankcott.co.uk](mailto:mds@hallbankcott.co.uk)

## PERSONAL MESSAGES

### MARGARET TODD

Maggie's family would like to thank family, friends and neighbours for their cards and messages of sympathy following their sad loss. Thank you to all who attended the funeral and also for giving so generously to St Andrews Church and North west air ambulance amounting to £796.

Thank you to Eddie and Brian of JJ Martins for all their help and guidance.

Special thank you to Kay, Helen and the wonderful team of carers at PPA for looking after Maggie so well.

=====

### CHRISTINE JOHNSON

Announcing the death of Christine Johnson. Former sub-postmaster of Sedbergh (2000-2013) who passed away at home following a short battle with cancer on Thursday 19th September.

A caring wife and Mother of three boys, who her family and friends will miss every day.

=====

### BILL DOBSON

Happy 90th Birthday to our very special and wonderful Dad, Grandad, Great Grandad on the 2nd October 2019 with all our love, Janet and Michael, Linda and Chris, Chris and Keith, and all your grandkids and great grandkids.

### BILL DOBSON

Happy Birthday – Bill Dobson – 90th Birthday – October 2nd  
=====

### ERIC AND MARGARET MAJOR

THANK YOU - for the cards, flowers and good wishes for our Diamond Anniversary. Also family and friends who helped make our day very special from Eric and Margaret Major  
=====

### COFFEE MORNING/GREAT NORTH RUN.

The total amount raised from the Coffee Morning held at Waterside on 3rd August and Liz's Sponsors for the Great North Run on 8th Sept amounted to £1686 which will be divided between Mencap and Muscular Dystrophy. Thank you to everyone who supported us with your generosity. William, Mary, Joyce, Liz and family.

=====

### WANTED

Helper/Cleaner part time required for General Domestic Duties by Elderly Lady. Tasks such as cleaning, food preparation and shopping. Car Driver . Flexible hours. £9 per hour. Please contact May on 07908 666332  
=====

### FOR SALE

. Loft ladders not used. Cost £89. For sale £20. Tel 015396 21931

### Joss Lane & Loftus Hill Car Parking Charges

|                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1 hour = £1.00                    | 4 hours = £4.00                   |
| 2 hours = £2.00                   | 5 hours = £5.00                   |
| 3 hours = £3.00                   | One week = £10.00                 |
| Annual Resident Permit, Day = £40 | Annual Resident Permit, 24h = £60 |

Both available from the Information Centre only,  
renewable annually on 1<sup>st</sup> September.

PUZZLE (SOLUTION ON PAGE 82)

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
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| 14 |    |    |    | 16 |    | 14 |    | 16 |    | 19 |    | 21 |    |    |
| 11 | 26 | 6  | 26 | 15 | 26 | 9  |    | 8  | 19 | 10 | 8  | 12 |    |    |
| 12 |    | 25 |    | 25 |    | 14 |    | 15 |    |    |    | 25 |    |    |
| 11 | 25 | 15 | 12 | 23 |    | 19 | 21 | 19 | 7  | 26 | 2  | 6  |    |    |
| 15 |    | 15 |    |    |    | 2  |    | 11 |    | 5  |    |    |    |    |
| 16 |    | 25 | 11 | 3  | 16 |    | 9  | 24 | 14 | 8  |    | 17 |    |    |
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| 8  |    |    |    |    | 11 |    | 18 |    | 19 |    | 1  |    |    | 21 |
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| 25 |    | 26 |    | 19 |    | 14 |    | 11 |    |    |    |    |    | 16 |
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| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

A VIEW FROM THE FELLS



**SEDBERGH SHEEPFEST: The Worship of the GREAT RAM OF WINDER**  
Mutton Pies and Woolly Cardigans are sacrificed to the Great Ram

Police enquiries are continuing.

## LOOKAROUND DETAILS

### **LOOKAROUND INFORMATION**

The Sedbergh & District 'Lookaround' is edited, published and distributed monthly by the 'Lookaround' editorial team of volunteers and printed by Stramongate Press, Kendal.

The content of 'Lookaround' does not reflect the views of the editors and whilst every effort is made to ensure that information is correct, the editors cannot accept any responsibility for inconvenience caused through errors or omissions; if there is an error in your article or advert, please contact the editor as soon as possible.

The current issue is available from Sedbergh Tourist Information Centre, Sedbergh Mini Market, Sedbergh Post Office and Spar. Also from Dent Stores, the Barbon Churchmouse and by post (please address enquiries to the editor). Back copies are available to read at the History Society Archive at 72 Main Street or online at [www.lookaround.org](http://www.lookaround.org)

Items for the 'Lookaround' should be emailed to:

[editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk) posted to 'Lookaround' c/o 72 Main Street, Sedbergh, LA10 5AD or deposited in the 'Lookaround' post box at the same address.

### **ARTICLES**

Articles and reports are inserted for free and photographs may be included (depending on space). Articles should ideally be submitted as a word attachment to an email

addressed to the editor rather than as the text of the same email.

The font should be 'Arial', 11point and the piece should be single spaced and with as few 'hard returns' or paragraphs as possible. This is to make the job of proofing and formatting easier and also to ensure that all articles have the same impact and appearance.

Please put the title on the first line at the top of the article and the author's name on the second line. If you include images with your article please indicate where you feel they would be best placed. Conforming to these requests very much helps the proofreaders/formatters in getting your article to the compiler for printing in good time.

We are very happy to accept handwritten or typed pieces, if handwritten please use capitals to help us transcribe the article accurately and again, please place the title on the first line and the author's name on the second line.

### **CALLING ALL ADVERTISERS**

To any regular advertisers who haven't yet renewed their contracts for 2019—please do! We'd love to have you back, and we depend on you.

New advertisers are of course always welcome too.

### **PUBLICATION DETAILS**

Our distribution area is the LA10 Postal District which is Sedbergh & the surrounding villages, but it is sent all round the country & the world.

We are published on the 1st of every month (except January).

February to November is printed black ink on white. The December/

January issue may be in full colour. All copies have a full colour cover by a local photographer.

The closing date for everything is 15th of every month.

### **ADVERTISING**

Please see page 4 for the main points on advertising in Lookaround. Further details can be found below.

### **PERSONAL MESSAGES**

These are £1 each & are for sending Good Wishes, Thank You's, Birthday Greetings, Anniversaries & any other celebration or congratulation. You may also sell personal items but not on a business basis, & also make an appeal for wanted items.

*Details with respect to people Passing Away are inserted for free.*

Please ensure your submission is legible. We want to make sure we publish what you want us to publish.

### **GROUPS AND ORGANISATIONS**

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable (for the last 18 years). All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

### **BUSINESSES**

Adverts for the Rent or Sale of property are not Personals & can only be included as a boxed Advert.

If you are a new advertiser in Lookaround & you order 3 or more adverts, you will receive one free advert & can also include some text explaining who you are, what you are, where you are, etc (which can not all go into an advert) up to about 550 words for free.

If you have more than 3 months of advertising, we will automatically send a renewal reminder should you wish to continue. If you order 10 months, we give you one free (making one whole year). See page 4 for information on how to pay.

### **CHILDREN'S BIRTHDAYS**

Children's Birthdays are included free on the Birthday Page. Please send us the date, name and age of your child before the submission date (15th of the month) of the issue when the birthday should appear.

### **COVER PICTURES**

If you have any pictures to go onto the cover of Lookaround, please send a high definition copy with the location and your name, and you will be credited. If the interest of the picture is in the centre it will be difficult to use as the centre is on the spine. Each half of the picture needs to work as one cover (back is the left hand side, front is the right).

### **LOOKAROUND BY POST**

We will post Lookaround to you in the UK at a cost of £2.00 per issue, or anywhere in the world for £6.00.

### **CONTACT DETAILS**

See page 4.

*Lookaround Editorial Group*



## BED & BREAKFAST

| Proprietor          | Address                                                                                                                                                                                                        | Phone (015396) |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Mrs J Postlethwaite | Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09)<br><i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i><br>e-mail:- <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>              | 21529          |
| Miss S Thurlby      | 15 Back Lane, Sedbergh LA10 5AQ (2012/12)<br><i>1D; 1T; TVL; CH; DW; P; DR; VB</i><br>e-mail:- <a href="mailto:wheelwright.cottage@homecall.co.uk">wheelwright.cottage@homecall.co.uk</a> Free Wi-Fi available | 20251          |
| Mrs A Bramall       | Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11)<br><i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i><br>e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>             | 20360          |

## CAMPING, CARAVANNING & SELF-CATERING

|                                                      |                                                                                                                                                                                                                                                                              |       |
|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| Mrs S Capp                                           | Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN<br>Boskins: <i>Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i><br>Speight Cottage: <i>Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i><br><a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a> | 34032 |
| Mr E Welti                                           | 8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT<br><i>Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS</i><br><a href="mailto:Ed_welti@btinternet.com">Ed_welti@btinternet.com</a>                                                                                                     | 20770 |
| Mrs A Bramall                                        | Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11)<br><i>Self-Catering Sleeps 6</i><br><a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>                                                                                                                     | 20360 |
| Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04) | <i>Sleeps 4 people; D; T; CH; L; P; NS</i>                                                                                                                                                                                                                                   | 21175 |
| Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)    | <i>Sleeps 4 people; D; T; CH; L; P; NS</i>                                                                                                                                                                                                                                   | 21175 |

### 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

| <b>Organisation</b>                  | <b>Updated</b> | <b>Contact</b>   | <b>Tel:</b>                 | <b>015396</b> |
|--------------------------------------|----------------|------------------|-----------------------------|---------------|
| Age UK South Lakeland                | 07/18          | Helpline         | 030 300                     | 30003         |
| Aglow International                  | 04/15          | Mrs Armitstead   | 015242                      | 71062         |
| 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               | 04/19          | Mrs Alison       | jen.alison10@gmail.com      |               |
| Badminton - Sedbergh                 | 10/08          | Mr Wheatley      | 07816                       | 437500        |
| Beekeepers Association               | 04/15          | Mrs Pauley       | 015242                      | 51549         |
| Bell Ringers (StAS)                  | 02/14          | Mrs Sharrocks    | Sed:                        | 20754         |
| Book Group                           | 01/09          | Mrs Dodds        | Sed:                        | 20308         |
| Bowling Club - Sedbergh              | 09/14          | Mrs Killops      | Sed:                        | 20279         |
| Bridge Club                          | 09/19          | Mr Alison        | Sed:                        | 24666         |
| Bridging the Gap                     | 05/14          | Mr Richardson    | 01772                       | 561323        |
| British Legion                       | 12/15          | Mr Parratt       | Sed:                        | 20964         |
| 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         |
| Christian Aid                        | 11/17          | Mrs Thompson     | Sed:                        | 22023         |
| Citizens Advice Bureau               | 12/16          | Kendal           | 03444                       | 111444        |
| Community Orchard Group              | 06/16          | Mrs Parratt      | Sed:                        | 20964         |
| Cobweb Orchestra                     | 04/19          | Mrs Blackwell    | Sed:                        | 20056         |
| Community Swifts (Sedbergh)          | 03/16          | Mrs Hoare        | 01539                       | 824043        |
| Conservative Association - Sedbergh  | 01/09          | Mr Beck          | Sed:                        | 20336         |
| Cricket Club - Sedbergh              | 02/15          | Mr Hoggarth      | 01539                       | 583793        |
| Cumbria Wildlife Trust               | 01/09          | Mrs Garnett      | Sed:                        | 21138         |
| Dementia Friendly Community          | 10/18          | Dr Ripley        | mylesripley@btinternet.com  |               |
| Dentdale Choir                       | 04/17          | Mr Feltham       | Dent:                       | 25689         |
| Dentdale Head to Foot                | 04/17          | 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         |
| Dog Training - Sedbergh              | 01/09          | Mrs Robertshaw   | Sed:                        | 20316         |
| Sedbergh Environmental Group         | 02/19          | Mr Chapple       | 07891                       | 908025        |
| Farfield Mill Arts & Heritage Centre | 10/18          | Mrs Mowbray      | Sed:                        | 21958         |
| Firbank Church Hall                  | 09/11          | Mr Woof          | Sed:                        | 21343         |
| First Responders - Dent              | 01/09          | Mrs Pilgrim      | Dent:                       | 25589         |
| First Responders - Sedbergh          | 02/15          | Mr Cobb          | Sed:                        | 22541         |
| Football Club - Dent                 | 01/09          | Mrs Mitchell     | Dent:                       | 25432         |
| Football Club Junior - Sedbergh      | 11/17          | Mr Todd          | 07979                       | 569428        |
| Football Club Senior - Sedbergh      | 07/14          | Mr Parkin        | Sed:                        | 20585         |
| Garsdale Village Hall                | 11/16          | Mrs Labbate      | Sed:                        | 22114         |
| Golf Club                            | 12/08          | Mr Gardner       | Sed:                        | 21551         |
| Good Companions - Dent               | 04/16          | Mrs Woof         | Dent:                       | 25212         |
| Grief Share                          | 02/19          | Duty Team Member | 07498                       | 870267        |
| 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                     | 03/17          | Mrs Houghton     | admin@howgillharriers.co.uk |               |
| Howgill Village Hall                 | 01/09          | Mrs Stainton     | Sed:                        | 20665         |
| Kent Lune Trefoil Guild              | 12/13          | Mrs Giffellon    | 01524                       | 781907        |
| Killington Parish Hall               | 08/13          | Mr Mather        | 015242                      | 76333         |
| Killington Sailing Association       | 10/18          | Dr Ripley        | mylesripley@btinternet.com  |               |
| Labour Supporters Group              | 12/17          | Mr Cross         | Sed:                        | 22566         |

|                                   |       |                                            |        |        |
|-----------------------------------|-------|--------------------------------------------|--------|--------|
| Ladies National Farmers Union     | 12/11 | Mrs Sandys-Clarke                          | Sed:   | 21246  |
| Liberal Democrats                 | 12/08 | Mrs Minnitt                                | 015242 | 72520  |
| Little People                     | 04/19 | Mrs Lidiard                                | 07734  | 699723 |
| Lunch Club                        | 03/18 | Mrs l'Anson                                | Sed:   | 21757  |
| Lunesdale Archaeology Society     | 11/18 | Committee lunesdale.archaeology@gmail.com  |        |        |
| Meals On Wheels                   | 04/19 | Mr Cowperthwaite                           | 07961  | 925003 |
| Messy Church                      | 09/14 | Mrs Raw                                    | Sed:   | 20542  |
| Methodist Church Hall             | 04/14 | Mr Allen                                   | Sed:   | 20194  |
| Orchestra (Sedbergh)              | 11/11 | Mrs Smith                                  | Sed:   | 21196  |
| Parent Support Group              | 01/09 | Mrs Goad                                   | Sed:   | 20402  |
| Parish Council - Dent             | 04/17 | Mr Thornley                                | Dent:  | 25185  |
| Parish Council - Garsdale         | 12/14 | Mr Johns                                   | Sed:   | 22170  |
| Parish Council - Sedbergh         | 08/16 | Mrs Hassam                                 | 07966  | 134554 |
| People's Gym                      | 02/19 | Mrs Gold-Wood                              | Sed:   | 21808  |
| People's Hall                     | 07/19 | Tourist Info Centre                        | Sed:   | 20125  |
| 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  |
| Red Squirrel Group - Sedbergh     | 09/19 | Mr Hopps sedberghredsquirrels100@gmail.com |        |        |
| Residents Association - Sedbergh  | 01/09 | Mrs Capstick                               | Sed:   | 20816  |
| Rose Community Theatre            | 08/15 | Mrs Gold-Wood                              | Sed:   | 21808  |
| Schools                           |       |                                            |        |        |
| Dent Primary                      | 03/13 | School                                     | Dent:  | 25259  |
| Dent Primary - Friends of         | 03/13 | School                                     | Dent:  | 25259  |
| Sedbergh Primary                  | 01/09 | School                                     | Sed:   | 20510  |
| Settlebeck                        | 01/09 | School                                     | Sed:   | 20383  |
| Settlebeck PTFA                   | 04/15 | Mr Hartley                                 | Dent:  | 25317  |
| Sedbergh School                   | 01/09 | School                                     | Sed:   | 20303  |
| Scouts - Beavers                  | 11/15 | Mr Mawdsley                                | Sed:   | 20723  |
| Scouts - Cubs                     | 11/15 | Mr Mawdsley                                | Sed:   | 20723  |
| Scouts                            | 01/09 | Mr Mawdsley                                | Sed:   | 20723  |
| Scouts - Explorers                | 11/15 | Mrs Colton                                 | 07789  | 906421 |
| Sedbergh United Charities         | 09/19 | Mr Sykes                                   | 07786  | 384917 |
| Sight Advice South Lakeland       | 04/15 | Miss Harper                                | Sed:   | 20613  |
| Sing Joyfully! (Casterton)        | 09/16 | Mrs Micklethwaite                          | 07952  | 601568 |
| South Lakeland Carers Association | 01/09 | Mrs Woof                                   | Dent:  | 25212  |
| Spellbound Theatre                | 11/17 | Miss Pakeman                               | Sed:   | 21279  |
| Squash Club                       | 10/15 | Mr Bannister                               | Sed:   | 21664  |
| Swimming Club                     | 09/19 | Andrea Burden                              | 07811  | 887273 |
| Swimming Group for Over 50's      | 09/18 | Mr Beare                                   | Sed:   | 21339  |
| Tennis Club                       | 04/19 | Mr Lewes                                   | Sed:   | 20052  |
| Town Band                         | 01/09 | Mrs Waters                                 | Sed:   | 20457  |
| Town Twinning Group               | 09/14 | Mrs Garnett                                | Sed:   | 21138  |
| Voluntary Car Scheme              | 11/18 | Mrs Skomp                                  | Sed:   | 20305  |
| Walking & Cycling Group           | 08/14 | Miss Nelson                                | Sed:   | 21770  |
| Westmorland Gazette Correspondent | 07/19 | Mr Welti                                   | Sed:   | 20770  |
| White Hart Sports and Social Club | 01/09 | The Committee                              | Sed:   | 20773  |
| Women's Institute - Dentdale      | 06/14 | Mrs Smith                                  | Dent:  | 25607  |
| 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                | 11/15 | Miss Thompson                              | 07590  | 115844 |
| Young Kidz                        | 01/09 | Mrs Baines                                 | Sed:   | 21287  |

\* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect, please let us know.

## PUZZLE SOLUTION

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 18 | 19 | 23 | 16 | 21 |    | 22 | 19 | 10 | 16 | 15 |    | 8  |
| B  | O  | X  | E  | R  |    | V  | O  | W  | E  | L  |    | D  |
| 14 |    |    |    | 16 |    | 14 |    | 16 |    | 19 |    | 21 |
| I  |    |    |    | E  |    | I  |    | E  |    | O  |    | R  |
| 11 | 26 | 6  | 26 | 15 | 26 | 9  |    | 8  | 19 | 10 | 8  | 12 |
| C  | U  | M  | U  | L  | U  | S  |    | D  | O  | W  | D  | Y  |
| 12 |    | 25 |    | 25 |    | 14 |    | 15 |    |    |    | 25 |
| Y  |    | A  |    | A  |    | I  |    | L  |    |    |    | A  |
| 11 | 25 | 15 | 12 | 23 |    | 19 | 21 | 19 | 7  | 26 | 2  | 8  |
| C  | A  | L  | Y  | X  |    | O  | R  | O  | T  | U  | N  | D  |
| 15 |    | 15 |    |    |    | 2  |    | 11 |    | 5  |    |    |
| L  |    | L  |    |    |    | N  |    | C  |    | P  |    |    |
| 16 |    | 25 | 11 | 3  | 16 |    | 9  | 24 | 14 | 8  |    | 17 |
| E  |    | A  | C  | H  | E  |    | S  | K  | I  | D  |    | Q  |
|    |    | 21 |    | 25 |    | 8  |    |    |    | 21 |    | 26 |
|    |    | R  |    | A  |    | D  |    |    |    | R  |    | U  |
| 14 | 2  | 8  | 26 | 15 | 20 | 16 |    | 5  | 15 | 25 | 13 | 25 |
| I  | N  | D  | U  | L  | G  | E  |    | P  | L  | A  | Z  | A  |
| 8  |    |    |    | 11 |    | 18 |    | 19 |    | 1  |    | 21 |
| D  |    |    |    | C  |    | B  |    | O  |    | F  |    | R  |
| 16 | 2  | 4  | 19 | 12 |    | 21 | 16 | 25 | 11 | 7  | 19 | 21 |
| E  | N  | J  | O  | Y  |    | R  | E  | A  | C  | T  | O  | R  |
| 25 |    | 26 |    | 19 |    | 14 |    | 11 |    |    |    | 16 |
| A  |    | U  |    | O  |    | I  |    | C  |    |    |    | E  |
| 15 |    | 20 | 16 | 2  | 26 | 9  |    | 3  | 19 | 22 | 16 | 15 |
| L  |    | G  | E  | N  | U  | S  |    | H  | O  | V  | E  | L  |

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| F  | N  | H  | J  | P  | M  | T  | D  | S  | W  | C  | Y  | Z  |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| I  | L  | E  | Q  | B  | O  | G  | R  | V  | X  | K  | A  | U  |

### PEOPLE'S HALL HIRE RATES

#### Main Hall

| Session      | Z   | A   | B   | C      | D   | All day |
|--------------|-----|-----|-----|--------|-----|---------|
| Local Hirers | £10 | £20 | £20 | £15    | £36 | £90     |
| Other Hirers | £15 | £30 | £30 | £22.50 | £54 | £136.50 |
| Commercial   | £20 | £40 | £40 | £30    | £72 | £182    |

#### Committee Room

|              |  |        |        |     |        |        |
|--------------|--|--------|--------|-----|--------|--------|
| Local Hirers |  | £15    | £15    | £10 | £15    | £55    |
| Other Hirers |  | £22.50 | £22.50 | £15 | £22.50 | £82.50 |
| Commercial   |  | £30    | £30    | £20 | £30    | £110   |

# DIARY OF EVENTS

Dates are held up to 11/07/2020.

Dates in **BOLD** are start & finish events.

Numbers in Brackets indicate Advert/Article on a Page.  
Month in Bracket relates to issue that details last appeared.

## OCTOBER 2019

|    |      |                                                |          |
|----|------|------------------------------------------------|----------|
| 01 | 1000 | Grief Share (15)                               | CCCN     |
| 01 | 1130 | Over 65s Flu Vaccination Clinic (22)           | DMH      |
| 02 | 1000 | Coffee Morning - Christian Aid (3)             | StAS     |
| 02 | 1400 | Killington WI - Family History (60)            | PH       |
| 02 | 1930 | HS - Discovering Lakeland Villages (1)         | StAS     |
| 04 |      | Tim Farron "Surgery" (9)                       | SIC      |
| 04 | 1400 | DHTF- Tony Playfoot (74)                       | DMH      |
| 04 | 1400 | Dentdale Head To Foot (Jun)                    | DMH      |
| 05 | 1000 | St Andrew's Church Dent Coffee Morning         | DMH      |
| 06 |      | Sedbergh Tennis Club Coaching (49)             | STC      |
| 06 |      | Howgill Harvest Festival service               | HTH      |
| 06 | 1930 | Appleby Hall Z. Vyazovskaya flute, piano, harp |          |
| 08 | 1400 | WIK - Fascinating World of Family History      | PH       |
| 09 | 1000 | Coffee Morning - Christian Aid (3)             | StAS     |
| 09 | 1915 | WID - Jewellery Making with Xmas Theme         | DMH      |
| 09 | 1930 | Women in War - Sedbergh WI (63)                | PH       |
| 09 | 1930 | WIS - Women and War                            | PH       |
| 10 |      | Medical Centre Closed For Training (Jul)       | MC       |
| 10 | 1200 | Age UK - Sedbergh Lunch Club (Jun)             | Dalesman |
| 10 | 1400 | Tea and Chat (52)                              | GH       |
| 10 | 1930 | Sedbergh Parish Council (10)                   | PH       |
| 11 |      | SPS Promise Auction "Big Build" (Sep)          | SPS      |
| 11 | 1330 | Sedbergh Art Society "Portrait in Oils"        | CCCN     |
| 11 | 1900 | Sedbergh Primary Promise Auction               | SPS      |
| 11 | 1930 | Italian Evening                                | FCH      |
| 12 | 900  | Over 65s Flu Vaccination Clinic (22)           | MC       |
| 12 | 1000 | Sedbergh Environmental Market (55,12)          | StAS     |
| 12 | 1400 | Jumble Sale for Multiple Sclerosis (12)        | PH       |
| 12 | 1845 | Tabernacles DDCF At Rhumes                     | Dent     |
| 13 |      | Sedbergh Tennis Club Coaching (49)             | STC      |
| 13 | 1430 | St Marks Harvest Festival (13)                 | StMC     |
| 13 | 1930 | Dentdale Live on Stag                          | DMH      |
| 13 | 1930 | Fallen Fruit - Rural Highlights play           | DMH      |
| 14 | 1830 | Cheng Hsin - start of new weekly lessons       | StAS     |
| 15 | 1000 | Grief Share (15)                               | CCCN     |
| 15 | 1400 | Sight Advice South Lakes - Sarah Woof (59)     | PH       |
| 15 | 1930 | Ladies NFU - Red Squirrels (68)                | PH       |
| 15 | 1930 | Ladies NFU Meeting                             | PH       |
| 16 | 1930 | HS Windermere's Lake Shore Houses (1)          | DMH      |
| 16 | 1000 | Coffee Morning (3)                             | StAS     |
| 18 | 1300 | Sedbergh School Half term starts (23)          | SS       |
| 19 |      | Dentdale Choir Concert (Sep)                   | StJCC    |
| 19 | 1030 | MS Coffee And Chat (Sep)                       | FM       |
| 19 | 1930 | Olde Tyme Dance - Roe Valley                   | PH       |
| 20 |      | Sedbergh Tennis Club Coaching (49)             | STC      |
| 20 | 1100 | Space for Stillness                            | MCD      |
| 20 | 1600 | Messy Church (26)                              | CCCN     |
| 22 | 1130 | Over 65s Flu Vaccination Clinic (22)           | DMH      |
| 23 | 1930 | Cumbria Wildlife - Icelandic Volcanicity       | StAS     |
| 23 | 1000 | Coffee Morning (3)                             | StAS     |
| 25 | 1900 | Dentdale WI Fundraising Quiz (64)              | DMH      |
| 26 | 1000 | Sedbergh Orchard Group Apple Day (29)          | PH       |
| 26 | 1130 | Rummage Sale - Messy Church (17)               | CCCN     |
| 27 |      | Clocks Fall Back                               |          |
| 30 | 1000 | Coffee Morning - Bowling Club (3)              | StAS     |

31 Halloween

## NOVEMBER 2019

|    |      |                                               |         |
|----|------|-----------------------------------------------|---------|
| 01 | 1400 | DHTF- What did you do in the war,Granny?      | DMH     |
| 01 | 1400 | Dentdale Head To Foot (Jun)                   | DMH     |
| 01 | 1900 | Domino Drive                                  | HVH     |
| 02 | 1000 | St Andrew's Church Dent Coffee Morning        | DMH     |
| 03 | 1900 | Sedbergh School Half term finishes (23)       | SS      |
| 04 |      | Sedbergh Junior School Open Day               | SPS     |
| 04 | 1900 | WI Federation Quiz Night (64)                 | WHC     |
| 05 |      | Sedbergh Junior School Open Day (23)          | SPS     |
| 05 | 1000 | Grief Share                                   | CCCN    |
| 06 | 1930 | HS - A closer look at Ulverston (1)           | StAS    |
| 07 | 1930 | Howgill Firbank WI Handbell Ringers           | HVH     |
| 08 |      | Community Trust Grant Deadline (53)           |         |
| 08 | 1330 | Sedbergh Art Society Linda Hollingshead (CCCN |         |
| 08 | 1930 | High Noon of the British Empire - (73)        | StAS    |
| 08 | 1930 | Howgill Firbank WI Domino Drive               | HVH     |
| 09 | 1000 | Art Society - "Light in the Trees" (42)       | CCCN    |
| 10 | 1930 | Appleby Hall Fenella Humphreys solo violin (6 |         |
| 11 |      | Drama/Music Art showcase - Settlebeck         | SSAT    |
| 11 | 1930 | "Night at the Movies" (23)                    | SS      |
| 12 | 1400 | WIK - AGM and Over the Shop Counter           | PH      |
| 12 | 1930 | Domino Drive                                  | FCH     |
| 13 |      | Medical Centre Closed For Training (Jul)      | MC      |
| 13 |      | World Kindness Day (Sep)                      |         |
| 13 | 1915 | WID - AGM                                     | DMH     |
| 13 | 1930 | WIS - AGM, Jacob's Join & Games               | PH      |
| 14 | 1200 | Age UK - Sedbergh Lunch Club                  |         |
| 15 | 1930 | Middleton Annual Dominoes & Potatoe Pie       | BVH     |
| 17 | 1100 | Space for Stillness                           | MCD     |
| 19 |      | Settlebeck Year 11 Presentation evening       | SSAT    |
| 19 | 1000 | Grief Share                                   | CCCN    |
| 19 | 1930 | Ladies NFU Meeting                            | PH      |
| 20 | 1930 | HS - Viking Longhouses in Cumbria (1)         | StAS    |
| 22 | 1930 | Domino Drive                                  | FCH     |
| 24 | 1930 | Boy Who Cried Wolf - Rural Highlights Play    | DMH     |
| 26 |      | "Oliver" by Sedbergh School- Evening          | Brewery |
| 27 | 1930 | Cumbria Wildlife - Turtle Doves               | StAS    |
| 28 |      | "Oliver" by Sedbergh School- Evening          | Brewery |
| 29 |      | "Oliver" by Sedbergh School- Matinee          | Brewery |
| 29 | 1900 | HS - Annual Dinner (1)                        | GC      |
| 30 |      | St Andrew's Day                               |         |
| 30 | 1000 | Painting Day - Christmas Cards (42)           | CCCN    |

## DECEMBER 2019

|    |      |                                  |      |
|----|------|----------------------------------|------|
| 03 |      | WIK Xmas Dinner - NEW DATE (60)  | GC   |
| 03 | 1000 | Grief Share                      | CCCN |
| 04 | 1800 | Sedbergh Late Night Opening (44) |      |

All entries in the Diary are free and helps other organisations to make their own plans for events. If you have it in your Diary, please put it in ours.

**COVER PHOTO**  
**Autumn Cobwebs**

*Mags Hall*

### Regular Events and Meetings

|      |                     |                        |          |
|------|---------------------|------------------------|----------|
| 1000 | Every Sunday        | Free Entry to Locals   | FM       |
| 1600 | 3rd Sunday          | Messy Church           | CCCN     |
| 1030 | Every Monday        | Sedbergh Songsters     | GH       |
| 1730 | Every Monday #      | Brownies               | CCCN     |
| 1400 | 1st Monday          | Bridging the Gap       | MC       |
| 1930 | 1st Monday          | Dent Parish Council    | DMH      |
| 1930 | 1st Monday          | People's Hall          | PH       |
| 1900 | 3rd Monday          | Chamber of Trade       | PH       |
| 1430 | Last Monday         | Tea & Company          | CCCN     |
| 0930 | Every Tuesday       | Drop-in & Relax        | MCD      |
| 1000 | 1st and 3rd Tuesday | Grief Share            | CCCN     |
| 1215 | Every Tuesday       | Over 50's Swimming     | SS Baths |
| 1330 | Every Tuesday       | Knit & Natter          | GH       |
| 1830 | Every Tuesday       | Cub Scouts             | SHQ      |
| 1830 | Every Tuesday       | Swimming Club          | SS       |
| 1900 | Every Tuesday       | Environmental Group    | Red Lion |
| 1930 | Every Tuesday       | Bridge Club            | WHC      |
| 1400 | 2nd Tuesday         | Killington WI          | PH       |
| 1400 | 3rd Tuesday         | Sight Advice Sth Lakes | PH       |
| 1930 | 3rd Tuesday         | Ladies NFU             | PH       |
| 0830 | Every Wednesday     | Sedbergh Market        | JLCP     |
| 1000 | Every Wednesday     | Coffee Morning         | StAS     |

See Group Page for contact details & Diary Page for Keys

### Regular Events and Meetings

|      |                     |                          |          |
|------|---------------------|--------------------------|----------|
| 1315 | Every Wednesday     | Art Society              | PH       |
| 1400 | Every Wednesday     | Age UK IT Support        | L        |
| 1730 | Every Wednesday     | Sedbergh Juniors         | PH       |
| 1730 | Every Wednesday #   | Beaver Scouts            | SHQ      |
| 1900 | Every Wednesday     | Sedbergh Town Band       | SSBR     |
| 1930 | Every Wednesday     | Sedbergh Seniors         | PH       |
| 1930 | 1st & 3rd Wednesday | History Society (Winter) | SSAT     |
| 1915 | 2nd Wednesday       | Dentdale WI              | DMH      |
| 1930 | 2nd Wednesday       | Sedbergh WI              | PH       |
| 1830 | Every Thursday      | Swimming Club            | SS       |
| 1400 | 1st & 3rd Thursday  | Child Health/ Baby Club  | PH       |
| 1430 | Every 2 weeks       | Cameo Club               | CCCN     |
| 1430 | 1st Thursday        | Afternoon Cream Tea      | Duo      |
| 1930 | 1st Thursday        | Howgill WI               | FCH      |
| 1200 | 2nd Thursday        | Age UK Lunch Club        | Dalesman |
| 1915 | 2nd Thursday        | Royal British Legion     | WHC      |
| 1930 | 2nd Thursday        | Sed. Parish Council      | PH       |
| 0930 | Every Friday #      | Little People            | CCCN     |
| 1100 | Every Friday        | Mindfulness Course       | MCD      |
| 1800 | Every Friday        | Cub Scouts               | SHQ      |
| 1930 | Every Friday        | Scouts & Explorers       | SHQ      |
| 1330 | 1st Friday          | Dentdale Club            | DMH      |
| 1000 | Every Saturday      | Swimming Club            | SS       |

# = School Term Time Only

**DIARY KEY**

|       |                                         |
|-------|-----------------------------------------|
| AS    | Art Society                             |
| BC    | Sedbergh Bowling Club                   |
| BF    | Brigflatts                              |
| BVH   | Barbon Village Hall                     |
| CCCN  | Cornerstone Community Church, New St    |
| CM    | Coffee Morning                          |
| CWT   | Cumbria Wildlife Trust                  |
| DCMH  | Dales Countryside Museum, Hawes         |
| DCP   | Dent Car Park                           |
| DCS   | Dentdale Chapel Schoolroom              |
| DHTF  | Dentdale, Head to Foot                  |
| DMH   | Dent Memorial Hall                      |
| DMC   | Dent Methodist Chapel                   |
| FCH   | Firbank Church Hall                     |
| FM    | Farfield Mill                           |
| GC    | Golf Club                               |
| GH    | Gladstone House                         |
| GVH   | Garsdale Village Hall                   |
| HS    | History Society                         |
| HVH   | Howgill Village Hall                    |
| HTH   | Holy Trinity Howgill                    |
| JLCP  | Joss Lane Car Park                      |
| KL    | Kirkby Lonsdale                         |
| KPH   | Killington Parish Hall                  |
| L     | Library, Main Street                    |
| LHCP  | Loftus Hill Car Park                    |
| MC    | Medical Centre                          |
| MCD   | Meditation Centre, Dent                 |
| PH    | People's Hall                           |
| QG    | Queens Gardens                          |
| RFC   | Rugby Football Club                     |
| RR    | Rawthey Room, 72 Main Street            |
| SASL  | Sight Advice South Lakeland             |
| SCC   | Sedbergh Cricket Club                   |
| StAS  | St Andrew's Church, Sedbergh            |
| StAD  | St Andrew's Church, Dent                |
| StJCC | St Johns Church, Cowgill                |
| StJCG | St Johns Church, Garsdale               |
| StMC  | St Mark's Church, Cautley               |
| SIC   | Sedbergh Information Centre, 72 Main St |
| SPS   | Sedbergh Primary School                 |
| SS    | Sedbergh School                         |
| SSAT  | Settlebeck School Academy Trust         |
| SSL   | Sedbergh School Library                 |
| STC   | Sedbergh Tennis Courts                  |
| TBA   | To Be Announced                         |
| WHC   | White Hart Club                         |
| WID   | Women's Institute, Dentdale             |
| WIHF  | Women's Institute, Howgill & Firbank    |
| WIK   | Women's Institute, Killington           |
| WIS   | Women's Institute, Sedbergh             |

**PLACES OF INTEREST TO VISIT IN THE AREA**

|                                                                                 |
|---------------------------------------------------------------------------------|
| Bowling Green, Queens Gardens                                                   |
| Bruce Loch Nature Area, Busk Lane                                               |
| Cautley Spout, A683 towards Kirkby Stephen                                      |
| Community Office, 72 Main Street                                                |
| Cornerstone Community Church, New Street                                        |
| Cumbria Wildlife Trust, Community Office                                        |
| Dent Heritage Centre, Laning, Dent *                                            |
| Farfield Mill, A684 Garsdale Road *<br><i>Free to LA10 Residents on Sundays</i> |
| Friends Quaker Meeting House, Brigflatts                                        |
| George Fox's Quaker Pulpit, Firbank                                             |
| Golf Club, Catholes, Sedbergh *                                                 |
| Information Centre, 72 Main Street                                              |
| History Society, Community Office                                               |
| Holme Working Farm, Middleton *                                                 |
| Holy Trinity Church, Howgill                                                    |
| Jubilee Wood Nature Area, Castlehaw Lane                                        |
| Langstone Fell, A684 Garsdale Foot                                              |
| Motte & Bailey Castle, Castlehaw Lane                                           |
| Pepperpot Folly, Busk Lane                                                      |
| Picnic Site, Ghyllas, Cautley Road                                              |
| Picnic Site, Settlebeck New Bridge                                              |
| Play Ground, Dent Village                                                       |
| Play Ground, People's Hall                                                      |
| Play Ground, Maryfell                                                           |
| Queen's Gardens, Station Road                                                   |
| St. Andrew's Church, Dent                                                       |
| St. Andrew's Church, Main Street, Sedbergh                                      |
| St. Gregory's Church, Vale of Lune                                              |
| St. John's Church, Cowgill                                                      |
| St. John's Church, Firbank                                                      |
| St. John's Church, Garsdale                                                     |
| St. Mark's Church, Cautley                                                      |
| Sedbergh Embroidery, StAS                                                       |
| Tennis Courts, Guldrey Lane *                                                   |
| Winder Fell, above Sedbergh                                                     |
| * = Entry Fee Applicable                                                        |

# BUS SERVICES

| Sedbergh to Blackhall Rd, Kendal via Oxenholme |        |       |      |     | Blackhall Rd, Kendal to Sedbergh via Oxenholme |          |       |      |     |
|------------------------------------------------|--------|-------|------|-----|------------------------------------------------|----------|-------|------|-----|
| Depart                                         | Arrive |       |      |     | Depart                                         | Arrive   |       |      |     |
| 0754 (C, L)                                    | 0838   | M - F | 502  | SCC | 1030                                           | 1056 (L) | M - F | 564  | W   |
| 0940 (L)                                       | 1010   | M - F | 564  | W   | 1300                                           | 1330 (L) | Wed   | 564A | W   |
| 1015 (L)                                       | 1045   | Wed   | 564A | W   | 1330                                           | 1356 (L) | M - F | 564  | W   |
| 1240 (L)                                       | 1310   | M - F | 564  | W   | 1705 (C)                                       | 1745 (L) | M - F | 502  | SCC |
| Sedbergh to Kirkby Stephen                     |        |       |      |     | Kirkby Stephen to Sedbergh                     |          |       |      |     |
| 1749 (L) (C)                                   | 1819   | M - F | 502  | SCC | 0728 (C)                                       | 0754 (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 to Sedbergh                               |          |       |      |     |
| 1330 (L)                                       | 1345   | Wed   | 564A | W   | 1000                                           | 1015 (L) | Wed   | 564A | W   |
| Last Update: May 2018                          |        |       |      |     |                                                |          |       |      |     |

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

*Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.*

For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)

## Western Dales Bus S1 Kendal Shuttle Saturdays from 25th May 2019 ufn

### Dent Station Connecting Trains (see full timetable next page)

| Dent Station      |  |       |  |  |       |       |
|-------------------|--|-------|--|--|-------|-------|
| Train to Carlisle |  | 09.15 |  |  | 18:15 | 19:44 |
| Train to Leeds    |  | 09.09 |  |  | 17:32 | 19:38 |

### Buses From Dent to Kendal

|                               |       |       |       |       |       |       |        |
|-------------------------------|-------|-------|-------|-------|-------|-------|--------|
| Dent Station                  |       | 09.35 |       |       |       | 17.39 | 19:21R |
| Dent Village                  |       | 09.50 | 12:15 |       | 15:29 | 17.54 | 19:36R |
| Sedbergh Maryfell             | 08.00 | 10.05 | 12:30 | 13.49 | 15.46 | 18.09 | 19:51R |
| Sedbergh Library              | 08.02 | 10.07 | 12.32 | 13.51 | 15.47 | 18.11 | 19:53R |
| Killington M6 Bridge          | 08.12 | 10.17 | 12.42 | 14:01 | 15.56 |       |        |
| Oxenholme Station             | 08.22 | 10.27 | ..    | 14.11 | 16:06 |       |        |
| Kendal K Village              | 08.27 | 10.32 | ..    | 14.16 | 16:11 |       |        |
| Kendal Blackhall Road Bus Stn | 08.33 | 10.38 | 12.57 | 14.22 | 16.17 |       |        |
| Kendal Morrisons              |       | 10.43 | 13:02 | 14.27 |       |       |        |

### Buses From Kendal to Dent

|                                 |       |       |       |       |       |        |  |
|---------------------------------|-------|-------|-------|-------|-------|--------|--|
| Kendal Morrisons                |       | 11.18 | 13:07 | 14.32 |       |        |  |
| Kendal Blackhall Road Bus Stn G | 08.35 | 11.23 | 13:12 | 14.37 | 16.22 |        |  |
| Kendal K Village                | ..    | 11.28 | ..    | 14:42 | 16.27 |        |  |
| Oxenholme Station               | ..    | 11.33 | ..    | 14:47 | 16.32 |        |  |
| Killington M6 Bridge            | 08.50 | 11.43 | 13:27 | 15:57 | 16.42 |        |  |
| Sedbergh Dalesman               | 09.00 | 11.53 | 13.37 | 15.07 | 16.52 | 18.44R |  |
| Sedbergh Maryfell               | ..    | 11.55 | 13.39 | 15.09 | 16.54 | 18.46R |  |
| Dent Village                    | 09.15 |       |       | 15:24 | 17.09 | 19:01R |  |
| Dent Station                    | 09.30 |       |       |       | 17.24 | 19:16R |  |

R= calls on request to the driver earlier in the day only

The 0935 from Dent Station will wait up to 10min beyond the scheduled departure for a late running train from Leeds.

# BUS SERVICES

## Western Dales Bus S3 Dent/Sedbergh Tuesdays Summer 2019. From Tuesday 21st May 2019 ufn

### Buses From Dent to Hawes

|                                      |  |       |       |       |       |
|--------------------------------------|--|-------|-------|-------|-------|
| Dent Village                         |  | 09:51 | 11:41 | 14:09 | 15:59 |
| Sedbergh Spar                        |  | 10:06 | 11:56 | 14:24 | 16:14 |
| Sedbergh Dalesman                    |  | 10:07 | 11:57 | 14:25 | 16:15 |
| Sedbergh Maryfell                    |  | 10:09 | 11:59 | 14:27 |       |
| Farfield Mill entrance               |  | 10:11 | 12:01 | 14:29 |       |
| Garsdale Street                      |  | 10:20 | 12:10 | 14:38 |       |
| Train to Carlisle                    |  | 10:54 | 12:22 | 14:48 |       |
| Trains to Leeds                      |  |       | 12:05 |       |       |
| Coal Road (Garsdale Station turning) |  | 10:25 | 12:15 | 14:43 |       |
| Moorcock Inn                         |  | 10:26 | 12:16 | 14:44 |       |
| Hawes Creamery                       |  | 10:37 | 12:27 | 14:55 |       |
| Hawes Market Place                   |  | 10:39 | 12:29 | 14:57 |       |
| Hawes Dales Countryside Museum       |  | 10:41 | 12:31 | 14:59 |       |

### Buses From Hawes to Dent

|                                      |       |       |       |       |  |
|--------------------------------------|-------|-------|-------|-------|--|
| Hawes Dales Countryside Museum       |       | 10:46 | 13:14 | 15:04 |  |
| Hawes Market Place                   |       | 10:48 | 13:16 | 15:06 |  |
| Hawes Creamery                       |       | 10:50 | 13:18 | 15:08 |  |
| Moorcock Inn                         |       | 11:01 | 13:29 | 15:19 |  |
| Coal Road (Garsdale Station turning) |       | 11:02 | 13:30 | 15:20 |  |
| Train to Carlisle                    |       | 10:54 |       |       |  |
| Trains to Leeds                      |       |       |       | 15:59 |  |
| Garsdale Street                      |       | 11:07 | 13:35 | 15:25 |  |
| Farfield Mill entrance               |       | 11:16 | 13:44 | 15:34 |  |
| Sedbergh Maryfell                    |       | 11:18 | 13:46 | 15:36 |  |
| Sedbergh Library                     | 09:30 | 11:20 | 13:48 | 15:38 |  |
| Sedbergh opp. Morphets               | 09:31 | 11:21 | 13:49 | 15:39 |  |
| Dent Village                         | 09:46 | 11:36 | 14:04 | 15:54 |  |

## Western Dales Bus S4 Dent/Sedbergh - Kirkby Stephen/Brough Friday Summer 2019. From Fri 24 May 2019 ufn

### Buses From Dent to Kirkby Stephen/Brough

|                            |  |       |       |       |       |
|----------------------------|--|-------|-------|-------|-------|
| Dent Village               |  | 10:21 |       | 14:28 | 16:28 |
| Sedbergh Spar              |  | 10:36 | 12:46 | 14:43 | 16:43 |
| Sedbergh Dalesman          |  | 10:37 | 12:47 | 14:44 | 16:45 |
| Sedbergh Maryfell          |  | 10:39 | 12:49 | 14:46 | 16:46 |
| Cautley, Cross Keys        |  | 10:46 | 12:56 | 14:53 |       |
| Fat Lamb                   |  | 10:53 | 13:03 | 15:00 |       |
| Kirkby Stephen Station arr |  | 11:00 | 13:10 | 15:07 |       |
| Train to Carlisle          |  | 11:06 |       | 15:01 |       |
| Train to Leeds             |  | 11:46 |       | 15:46 |       |
| Kirkby Stephen Station dep |  | 11:07 | 13:10 | 15:07 |       |
| Kirkby Stephen Town        |  | 11:12 | 13:15 | 15:12 |       |
| Kirkby Stephen Co-op       |  | 11:14 | 13:17 | 15:14 |       |
| Brough Clock               |  | 11:22 | 13:25 | 15:22 |       |

### Buses From Brough/Kirkby Stephen to Dent

|                            |       |       |       |       |  |
|----------------------------|-------|-------|-------|-------|--|
| Brough Clock               |       | 11:27 | 13:30 | 15:27 |  |
| Kirkby Stephen Co-op       |       | 11:35 | 13:38 | 15:35 |  |
| Kirkby Stephen Town        |       | 11:37 | 13:40 | 15:37 |  |
| Kirkby Stephen Station arr |       | 11:42 | 13:45 | 15:42 |  |
| Train to Carlisle          |       | 11:06 |       | 15:01 |  |
| Train to Leeds             |       | 11:46 |       | 15:46 |  |
| Kirkby Stephen Station dep |       | 11:07 | 13:45 | 15:47 |  |
| Fat Lamb                   |       | 11:54 | 13:52 | 15:54 |  |
| Cautley, Cross Keys        |       | 12:01 | 13:59 | 16:01 |  |
| Sedbergh Maryfell          |       | 12:08 | 14:06 | 16:08 |  |
| Sedbergh Library           | 10:00 | 12:10 | 14:08 | 16:10 |  |
| Sedbergh opp. Morphets     | 10:01 | 12:11 | 14:09 | 16:11 |  |
| Dent Village               | 10:16 |       | 14:24 | 16:26 |  |

# BUS SERVICES

**S4/S5Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green**  
**Thursday Only commencing Thursday 21<sup>st</sup> June 2018 until further notice**

|                                      |              |              |              |
|--------------------------------------|--------------|--------------|--------------|
| Dalesman                             | 09.00        |              |              |
| Sedbergh, Maryfell                   | 09.02        |              |              |
| Cautley, Cross Keys                  | 09.10        |              |              |
| Fat Lamb                             | 09.18        |              |              |
| Kirkby Stephen Station entrance      | 09.24        |              |              |
| Kirkby Stephen Market Place          | 09.29        |              |              |
| Kirkby Stephen Co-op arr             | 09.30        |              |              |
| Kirkby Stephen Co-op dep             | 09.35        | 11.45        | 14.35        |
| Kirkby Stephen, Market St            | 09.36        | 11.46        | 14.36        |
| Kirkby Stephen Station entrance      | 09.41        | 11.51        | 14.41        |
| <i>Trains from Leeds to Carlisle</i> | <i>09.34</i> | <i>11.06</i> | <i>15.01</i> |
| <i>Trains from Carlisle to Leeds</i> | <i>09.20</i> | <i>11.46</i> | <i>14.31</i> |
| Ravenstonedale, Kings Head           | 09.47        | 11.57        | 14.47        |
| Newbiggin on Lune                    | 09.50        | 12.00        | 14.50        |
| Tebay roundabout                     | 09.58        | 12.08        | 14.58        |
| Killington M6 bridge                 | 10.08        | 12.18        | 15.08        |
| Kendal, Castle Green                 | 10.17        | 12.27        | 15.17        |
| Kendal, Blackhall Road               | 10.22        | 12.32        | 15.22        |
| Kendal, Morrisons                    | 10.27        | 12.37        | 15.27        |
|                                      |              |              |              |
| Kendal, Morrisons                    | 10.38        | 13.28        | 15.38        |
| Kendal, Blackhall Road               | 10.45        | 13.35        | 15.45        |
| Kendal, Castle Green                 | 10.50        | 13.40        | 15.50        |
| Killington, M6 bridge                | 10.59        | 13.49        | 15.59        |
| Tebay roundabout                     | 11.09        | 13.59        | 16.09        |
| Newbiggin on Lune                    | 11.17        | 14.07        | 16.17        |
| Ravenstonedale, Kings Head           | 11.20        | 14.10        | 16.20        |
| Kirkby Stephen Station entrance      | 11.27        | 14.17        | 16.27        |
| <i>Trains from Leeds to Carlisle</i> | <i>11.06</i> | <i>15.01</i> | <i>17.04</i> |
| <i>Trains from Carlisle to Leeds</i> | <i>11.46</i> | <i>14.31</i> | <i>15.46</i> |
| Kirkby Stephen, Market Place         | 11.33        | 14.23        | 16.33        |
| Kirkby Stephen Co-op arr             |              |              | 16.34        |
| Kirkby Stephen Co-op dep             |              |              | 16.35        |
| Kirkby Stephen Market St             |              |              | 16.36        |
| Kirkby Stephen Station entrance      |              |              | 16.41        |
| Fat Lamb                             |              |              | 16.48        |
| Cautley, Cross Keys                  |              |              | 16.55        |
| Sedbergh, Maryfell                   |              |              | 17.03        |
| Sedbergh, Library                    |              |              | 17.05        |

## DENT RAILWAY STATION TIMETABLE

*Valid until 14th December 2019*

| Northbound to Carlisle<br>For Garsdale times, add 5 minutes |       |        | Southbound to Leeds<br>For Garsdale times, subtract 5 minutes |       |         |
|-------------------------------------------------------------|-------|--------|---------------------------------------------------------------|-------|---------|
| M-F                                                         | Sat   | Sun    | M-S                                                           | Sat   | Sun     |
| 06 48                                                       | 07 52 | 10 34  | 07 05                                                         | 09 09 | 10 40   |
| 09 16                                                       | 09 15 | 11 01* | 09 38                                                         | 10 41 | 14 05   |
| 10 48                                                       | 10 48 | 13 55  | 12 10                                                         | 12 10 | 16 18 ~ |
| 12 17                                                       | 12 17 | 15 52  | 16 04                                                         | 16 04 | 18 41   |
| 14 43                                                       | 14 43 | 17 48  | 17 32                                                         | 17 32 | 19 03 * |
| 16 46                                                       | 16 46 | 20 20  | 19 38                                                         | 19 38 | 20 27   |
| 18 15                                                       | 18 15 |        |                                                               |       |         |
| 19 44 #                                                     | 19 44 |        |                                                               |       |         |

\* = To From Blackpool North—runs until 8th September

# = Runs 3 minutes later on Friday

~ = From Nottingham

# BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect  
from Friday 22nd June 2018 ufn R = Request only

|                                      | Fri   | Fri   | Fri   | Fri   |
|--------------------------------------|-------|-------|-------|-------|
| Dent                                 |       | 10.25 |       | 14.25 |
| Sedbergh, Spar                       |       | 10.39 | 12.44 | 14.39 |
| Sedbergh, Dalesman                   |       | 10.40 | 12.45 | 14.40 |
| Sedbergh, Maryfell                   |       | 10.41 | 12.46 | 14.41 |
| Cautley, Cross Keys                  |       | 10.48 | 12.53 | 14.48 |
| Fat Lamb                             |       | 10.54 | 12.59 | 14.54 |
| Kirkby Stephen Station arr           |       | 11.01 | 13.06 | 15.01 |
| <i>Trains from Leeds to Carlisle</i> |       | 11.06 | 12.35 | 15.01 |
| <i>Trains from Carlisle to Leeds</i> |       | 11.46 | -     | 15.46 |
| Kirkby Stephen Station dep           |       | 11.07 | 13.08 | 15.03 |
| Kirkby Stephen Town                  |       | 11.12 | 13.13 | 15.08 |
| Kirkby Stephen Co-op                 |       | 11.13 | 13.14 | 15.09 |
| Brough, Clock                        |       | 11.21 | 13.22 | 15.17 |
|                                      |       |       |       |       |
|                                      |       |       |       |       |
|                                      | Fri   | Fri   | Fri   | Fri   |
| Brough, Clock                        |       | 11.26 | 13.27 | 15.21 |
| Kirkby Stephen Co-op                 |       | 11.34 | 13.35 | 15.30 |
| Kirkby Stephen Town                  |       | 11.35 | 13.36 | 15.33 |
| Kirkby Stephen Station arr           |       | 11.40 | 13.41 | 15.38 |
| <i>Trains from Leeds to Carlisle</i> |       | -     | -     | -     |
| <i>Trains from Carlisle to Leeds</i> |       | 11.46 | -     | 15.46 |
| Kirkby Stephen Station dep           |       | 11.47 | 13.43 | 15.48 |
| Fat Lamb                             |       | 11.54 | 13.50 | 15.55 |
| Cautley, Cross Keys                  |       | 12.00 | 13.56 | 16.01 |
| Sedbergh, Maryfell                   |       | 12.07 | 14.03 | 16.08 |
| Sedbergh, Library                    | 10.05 | 12.08 | 14.04 | 16.09 |
| Sedbergh, opp. Morphets              | 10.06 | 12.09 | 14.05 | 16.10 |
| Dent                                 | 10.20 | -     | 14.19 | -     |

Fri = Friday Only

## Lookaround Editorial Team

|                          |                                 |                     |                                      |
|--------------------------|---------------------------------|---------------------|--------------------------------------|
| <b>Myles Ripley</b>      | <b>Team Leader and Chairman</b> | <b>Jane Fisher</b>  | <b>Proofreading</b>                  |
| <b>Susa Ellis</b>        | <b>Treasurer</b>                | <b>James Palmer</b> | <b>Proofreading</b>                  |
| <b>Philip Johns</b>      | <b>Secretary</b>                | <b>Ed Welti</b>     | <b>Compilation and Vice Chairman</b> |
| <b>Elsbeth Griffiths</b> | <b>Proofreading</b>             | <b>T.B.A.</b>       | <b>We hope!</b>                      |

All Editorial Team members are also Trustees.  
Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation

# 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

**Parish Priest Kendal
Tel: 015397 20063**

~~~~~

## CORNERSTONE COMMUNITY CHURCH

New Street  
Sunday 10.30

**Rev. David Crouchley Tel: 20329**

~~~~~

worship@peopleshall

1st Sunday each month 10:30 am
Rev David Crouchley Tel:20329

~~~~~

## SOCIETY OF FRIENDS

### QUAKERS

Brigflatts  
Sunday 10.30

**Pam Coren (Clerk) Tel: 22586  
Sally Ingham Tel:07939 569559**

~~~~~

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*

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## CHURCH OF ENGLAND

Cautley & Garsdale

**Rev. Andy McMullon Tel: 20018**

*Church Wardens:*

Cautley: Judith Bush 20058  
& Maureen Hinch 20843  
Garsdale: Rosemary Lord 20993  
& Bill Mawdsley 20723  
Firbank: Colin Wilson 20952  
& Jean Dixon 20435  
Howgill: Helen Hoggarth 20805  
& Pauline Marshall 21651  
Killington: Jennifer Thornely 20444  
& John Mather 015242 76333

Dent & Cowgill

**Rev. Andy McMullon Tel: 20018**

**Rev. Christine Brown Tel: 25418**

**Email: christinelucy2014@gmail.com**

~~~~~

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Garsdale Street;
Garsdale Low Smithy; Hawes Junction
Rev. David Crouchley Tel: 20329

~~~~~

## SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday  
**Tel: 28151**  
www.sedberghchristiancentre.co.uk

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UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Amanda Reynolds Tel: 07545 375721

Combined plans for Western Dales Mission Community - October 2019					
	Time	6 th	13 th	20 th	27 th
St. Andrew's, Sedbergh LA10 5BZ	8am	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP
St. Andrew's, Sedbergh LA10 5BZ	10.30am	United Service Andy McMullon HC	Andy McMullon HC (NIV)	Andy McMullon HC	Andy McMullon and Judith Bush FS 6pm In Memoriam
Cornerstone Community Church, Sedbergh LA10 5AF	10.30am	United Service at St. Andrew's or People's Hall	Chris Fawcett	William Allen 4pm- Messy Church	David Crouchley
People's Hall Sedbergh LA10 5DQ	10.30am	Andy McMullon			
St. Mark's, Cautley LA10 5LZ	2.30pm	Andy McMullon Healing Service	Bishop James Harvest	At Sedbergh	Judith Bush P&M
Cautley Methodist Chapel LA10 5LY	11am	Ralph Penny-Larter	Pam Dent HC	Own arrangement	William Allen
St. John's, Garsdale LA10	10am	At Low Smithy United Service	Bill Mawdsley SW	At Garsdale Street United Service	Bill Mawdsley SW
Garsdale Low Smithy Methodist Chapel LA10 5PF	2pm	2 & 6.30pm Mollitt Harvest Festival United Service	Own arrangement	At Garsdale Street United Service	David Crouchley HC
Garsdale Street Methodist Chapel LA10 5PQ	6.30pm	United Service At Garsdale Low Smithy	Philip Nolan	United Service Chris Fawcett	Anne Petyt
All Saints, Killington LA6 2HA	2pm	At Howgill	At Firbank	At Sedbergh	Gary Wemyss HC
Holy Trinity Howgill LA10 5JD	2pm	Harvest	At Firbank	At Sedbergh	At Killington
St. John's Firbank LA10 5EF	2pm	At Howgill	Christine Brown Harvest	At Sedbergh	At Killington
St. Andrew's, Dent LA10 5QL	10.30am	Christine Brown HC	Christine Brown HC	Christine Brown HC	Christine Brown HC
St. John's, Cowgill LA10 5RJ		2.30pm Christine Brown Harvest Festival	At Dent	9am HC	At Dent
Dentdale Methodist Chapel LA10 5QJ	2pm	Martin Dodds	At Dent Foot	June Allen	Brian Park
Dent Foot Methodist Chapel LA10	2pm	At Dentdale	Longton Family Harvest Festival	At Dentdale	June Allen
	Wednesday	2nd	9th	16th	23rd & 30th
St. Andrew's, Sedbergh LA10 5BZ	11.15am	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP	Andy McMullon HC-BCP
HC- Holy Communion (HCx- Extended Communion) SW- Service of the Word FS- Family Service HS- Healing service P&M- Prayer & Meditation			Ecu- Ecumenical CM- Choral Matins (BCP) MP-NC- Morning Prayer- Northumbrian EP- Evening Prayer		

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

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

Monday by appointment only

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday
afternoons

(By appointment only)

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

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

See our website

www.sedberghmp.nhs.uk

for further details

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane

Fire Station, Long Lane

*Access Codes to the Defribs are supplied
on contacting Ambulance Control on 999*

POLICE

101 or 999

Crimestoppers 0800 555 111

Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Miss Katie McKay,
Katherine Parrott-Edwards & Sarah Boom
(Hygienist)

Monday to Friday 0900 - 1700

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

Tel: 015396 20125/20504

www.sedbergh.org.uk

If you are an event organiser or accommodation
provider and you would like a listing on the
website, or if you are a local organisation and want
the website to carry information about your
activities, please email the Information and Book
Centre on office@sedbergh.org.uk."

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 *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

MARKET DAY

Wednesday

Last Page Update:

March 2019