

Sedbergh & District **LOOKAROUND**

November 2015

Issue 338

Donation £1

As we are getting very close to the Festive Season, please ensure that we have your Event details in our Diary for the benefit of your organisation and the community.

Another 3 new Advertisers this month. Kilvington Solicitors, On A Roll & Simon Parkin Carpet Cleaning. Please give them your support. *Dennis & Jacky Whicker*

GARDASALE **Bonfire & Fireworks**



Garsdale Village Hall
Friday 6th November

Lighting of bonfire 7:00pm



Fireworks 7:15pm
Under 12 Pumpkin/lantern
Competition



Entry £2.50
Under 16's free

Refreshments Available

Sedbergh Gala Group's

BONFIRE & FIREWORK DISPLAY

The Peoples Hall Field
Sedbergh
7th November
6.00 PM



Admission

Adults £3
Children -
Under 16 FREE

Pumpkin Lantern
Competition

Night Games & Tombola

Fibre Optics, Glitter Tattoos

Thai food & Burgers

Cakes and pastries

Mulled wine, tea & coffee

6.00 Gates open & bonfire lit

7.00 Judging of Pumpkin
Lanterns

7.30 Firework display

CLOSING DATES: NEW ADVERTS - 15th; OTHERWISE - 19th

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD Telephone 015396 - 21960
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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November Birthdays

Day	Name	Age
1	Stanley PARKIN	1
1	Jackson BROWN	4
6	Connor REYNOLDS	5
9	Alice DECENT	4
10	Eli SCARR	4
11	Logan COWIN	7
11	Frankie DECENT	7
13	Erik OVERSBY	5
18	Lia LEWIS	9
18	Adam SEN	9
22	Eloise DANDY	4
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Nonagenarian & Over		
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Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
1000	Every Sunday	Free Entry to Locals	FM	Bowling Green, Queens Gardens
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch Nature Area, Busk Lane
1330	Every Monday	Knit 'N' Natter	DHC	Cautley Spout, A683 towards Kirkby Stephen
1400	1st Monday	Bridging the Gap	MC	Community Office, 72 Main Street
1930	1st Monday	Dent Parish Council	DMH	Cumbria Wildlife Trust, Community Office
1930	1st Monday	People's Hall	PH	Dent Heritage Centre, Laning, Dent *
1900	3rd Monday	Chamber of Trade	PH	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1300	Every Tuesday	Howgill Toddlers	HVH	Friends Quaker Meeting House, Brigflatts.
1300	Every Tuesday	Knit & Natter	FM	George Fox's Quaker Pulpit, Firbank
1830	Every Tuesday	Cub Scouts	SHQ	Golf Club, Catholes, Sedbergh *
1930	Every Tuesday	Bridge Club	WHC	Information Centre, 72 Main Street
1930	Every Tuesday	T'ai Chi	URCR	History Society, Community Office
1330	1st Tuesday	Age UK Games	GH	Holme Working Farm, Middleton *
1400	2nd Tuesday	Killington WI	PH	Holy Trinity Church, Howgill
1400	3rd Tuesday	Sight Advice Group	PH	Jubilee Wood Nature Area, Castlehaw Lane
1930	3rd Tuesday	Ladies NFU	PH	Langstone Fell, A684 Garsdale Foot
1000	Every Wednesday	Coffee Morning	URCR	Methodist Church, New Street
1315	Every Wednesday	Art Society	PH	Motte & Bailey Castle, Castlehaw Lane
1315	Every Wednesday	Zebras	SMCR	Pepperpot Folly, Busk Lane
1730	Every Wednesday	Sedbergh Juniors	PH	Picnic Site, Ghyllas, Cautley Road
1730	Every Wednesday	Brownies (term time)	SMCR	Picnic Site, Settlebeck New Bridge
1730	Every Wednesday	Beaver Scouts (Term Time)	SHQ	Play Ground, Dent Village
1900	Every Wednesday	Sedbergh Town Band	SSBR	Play Ground, People's Hall
1930	Every Wednesday	Sedbergh Seniors	PH	Play Ground, Maryfell
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT	Queen's Gardens, Station Road
1915	2nd Wednesday	Dentdale WI	DMH	St. Andrew's Church, Dent
1930	2nd Wednesday	Sedbergh WI	PH	St. Andrew's Church, Main Street, Sedbergh
1400	3rd Wednesday	Age UK South Lakes	Library	St. Gregory's Church, Vale of Lune
1400	1st & 3rd Thursday	Child Health/Baby Club	PH	St. John's Church, Cowgill
1930	1st Thursday	Howgill WI	FCH	St John's Church, Firbank
1200	2nd Thursday	Lunch Club	Red Lion	St. John's Church, Garsdale
1915	2nd Thursday	Royal British Legion	WHC	St. Mark's Church, Cautley
1930	2nd Thursday	Sed. Parish Council	PH	Sedbergh Embroidery, StAS
1800	Every Friday	Cub Scouts	SHQ	Tennis Courts, Guldrey Lane
1930	Every Friday	Scouts & Explorers	SHQ	United Reformed Church, Main Street
1330	1st Friday	Age UK Dentdale Club	DMH	Winder Fell, above Sedbergh

See Group Page for contact details & Diary Page for Keys

* = Entry Fee Applicable

Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
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	09/14	Mr Morrison	Sed:	20209
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
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Dent	01/09	Mr Hyde	Dent:	25503
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent Primary School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907

Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Labour Supporters Group	10/15	Mr Cross	01539	634139
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall	08/15	Sleepy Elephant	Sed:	21770
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	09/15	Mrs Palmer	07584	285923
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
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
Settlebeck High School P.T.F.A.	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	10/15	Mrs Thexton	07752	748929
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club *	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 supply details to the Lookaround Office.

LOOKAROUND INFORMATION

This page has been updated due to a few (welcomed) suggestions from readers. Other suggestions are always invited.

The Sedbergh & District Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker and is printed by Stramongate Press. The content of The Lookaround does not reflect the views of the Editors.

Whilst every effort is made to ensure that information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions.

Copies are available from Sedbergh Information Centre, Premier Store, Post Office, Spar, Dent Stores & Barbon and by Post (please enquire).

All items for Lookaround must be sent to the Sedbergh Information Centre at 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to

editor@sedberghlookaround.org.uk

ADVERTISING

For the benefit of advertisers, the following information will assist you.

If you wish to place an Advert in Lookaround, please include the correct money or cheque with the details and place it in the Post Box. A receipt will be issued and left in the Lookaround Tray in the Office for collection or include a SAE.

Our distribution area is the LA10 Postal District which is Sedbergh and the surrounding villages, but it is sent all round the country and 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 is in full colour. All copies have a full colour cover to indicate a new issue and photographs are requested from our readers who will be credited.

We do not have whole page adverts but will allow two half page adverts opposite each other.

The Front Page is given priority to Event Adverts relevant for the appropriate month.

You can supply the information and we can create an advert for you. You can supply an example in hard copy and we will reproduce it (please mention if a particular Font is required). You can supply an original using Microsoft Publisher, a Word File, a jpg File or as a PDF.

If you order numerous adverts, the content can be the same every month or it can change if you are seasonal.

The closing date for new Adverts is 15th of every month. Renewed adverts and articles are 19th of every month.

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999.
(over 16 years ago.)

PERSONAL MESSAGES

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

wanted items.

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

Please submit legible writing as many mistakes have been made in the past due to not being able to read properly.

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event and 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. 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 and can only be included in a boxed Advert.

If you are a new advertiser in Lookaround and you order 3 or more adverts, you will receive one free advert and 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).

We respectfully request payment with ordering. Please make cheques payable to "Sedbergh & District Lookaround".

Payments by BACS can also be made.

Account: Lookaround

Account Number: 30940267

Code: 20-45-28

Reference: Invoice Number or your name or reference.

An e-mail is requested to confirm payment has been made by BACS which will be acknowledged.

Any receipts issued for Adverts will be left in the Lookaround Tray in the Information Centre for collection.

CHILDREN'S BIRTHDAYS

Children's Birthdays are included free on the Birthday page until their 11th Birthday.

Every month, a randomly selected child will receive a £10 gift Voucher from Lookaround who will receive it by post. For this reason, we require the postal address of each child. If we have no address, they are unable to receive it. Please furnish us with the relevant information asap.

If anyone or any business would like to Sponsor the monthly Birthday Gift, please contact us. Full credit will be given.

Dennis J Whicker

PERSONAL & SMALL ADS £1

NORMAN & LILIAN CAPSTICK

Norman and Lilian. Congratulations Mam and Dad on your **65th Wedding Anniversary** on 4th November.

With all our love Rob and Sylvia xxx

NORMAN & LILIAN CAPSTICK

Norman and Lilian. Happy **65th Wedding Anniversary** Nana and Grandad. We hope you have a lovely day. Lots of Love Hayl, Chris, Sophie and family xxx

NORMAN & LILIAN CAPSTICK

Norman and Lilian. Congratulations Nana and Grandad on an amazing **65th Wedding Anniversary**. You are an amazing couple. Lots of Love Michael, Cathy, Sam and Amy xxx

NORMAN & LILIAN CAPSTICK

Norman and Lilian. To Nana and Grandad. Wishing you both a wonderful **65th Wedding Anniversary**. Looking forward to celebrating with you both soon. Lots of Love Jo and Chris xxx

DEREEN ELVEY

On Monday 2nd November, mum Dereen will be **90 years young!** She says she wants no fuss – but I'm sure friends and family in the area would love to make a bit of a fuss anyway!! Many congratulations mum and a very happy birthday! It's time to get out the Baileys!! We all love you very much. Love from Mike, Richard and Jane and Frankie. XXXX

STANLEY PARKIN

Happy **First Birthday** to Stanley on November 18th 2015. Love You! Nana & Grandad P.

THANK YOU

The **Sedbergh Creative Writing Group** who meet at the Cottage, Settlebeck, would like to express their thanks and appreciation to the staff of Stramongate Press for the guidance and advice provided in the compilation of the anthology "The Collection". We wanted our project to be locally produced and could not have received better support. Thank you Stramongate.

THANK YOU

I would like to thank Paul Williams of Kendal for the excellent job he did on repairing my car, including a paint job, after minor damage was caused to my car recently. A very professional job very well done. Mandy Stavely.

LOST

Single door key on unadorned chrome key ring between the People's Hall and Spar. If found please call 07989 081 141

WANTED

Medium to large Chicken Coup. Can pick up in the Sedbergh area. Please Tel: 015396 20686.

WANTED

Your Lookaround Christmas Greetings for December and your Valentine Messages for February.

SEDBERGH GOLF CLUB

120 YEARS ON !

2016 will see the 120 anniversary of the forming of Sedbergh Golf Club, originally by seven masters of the Hostel of Sedbergh School. In 1896, these gentlemen created the first course, over common land, The Riggs, on ground described in The Field magazine as "ideally suited to the playing of golf. In reality, it was very rough and excessively sloped, also grazed by sheep and cattle, eventually needing fenced greens.

Around 2000 golf clubs and societies were established in the UK between 1890 and 1900 as the game became fashionable with the late Victorian middle classes. Several made way early for building development land, and others fell foul of the financial difficulties associated with two World Wars.

Many, including Sedbergh, survived, and the primitive course on The Riggs, with its tiny wooden pavilion, provided social golf for local residents and the students, staff and parents of Sedbergh School for close on 100 years, until the move in 1991 to the present beautiful location at Catholes, Abbot Holme, the result of an

The Haddock Paddock

Takeaway & Café

015396 20468

Facebook us - The Haddock Paddock



Every Monday - Fish & Chips £4

Every Wednesday - Jumbo Sausage £2

Sunday Night Chippy

1st November ~ 5 - 7pm

initiative by two neighbouring farmers.

Twenty plus years on, and the current course really is " ideally suited to the playing of golf"! Set in undulating parkland, with mature oak, ash & birch, the course is on the confluence of the rivers Dee and Rawthey. Both feature prominently over the opening five holes!

Bill Squires, the course architect, created a fine test of golf for all ability levels, memorable par 3's, inviting par 4's, and a couple of seriously challenging par 5's. Manicured fairways and excellent USPGA spec greens facilitate golf in majestic countryside in this most beautiful corner of the YDNP.

The long relationship with Sedbergh School persists. Students play regularly and inter-school matches are hosted. Going back to its origins, The Hostel Cup, first presented by those seven Masters in 1896, is still the prize for the Match-Play Champion every year.

In putting together this article, I am obliged for significant help and information from Mr John Pearson, of the British Golf Collectors Society.

David Lord

Fish Express, Kendal

Takeaway & Café



Facebook us - Fish Express

Pensioners special/light bite

Fish & Chips, bread & butter

Tea or Coffee

To eat in £3.99

Every Monday

Fish & Chips Takeaway

£4.00

Many more daily offers

PEOPLE'S GYM & FITNESS CENTRE

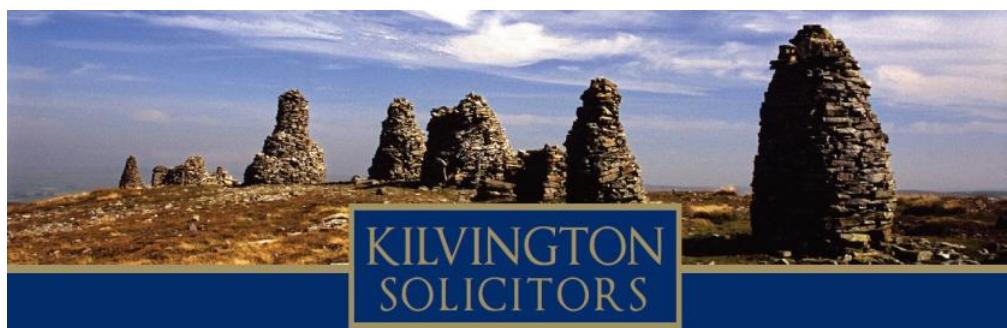
YES – we are now open!

As mentioned previously we applied for two grants. They were both successful. We received £1,250 from Sedbergh Community Fund and £1,000 from Cumbria Community Foundation. This went a long way to covering our shortfall but we also had a very generous anonymous donation which tipped us over the edge and meant we could at last open.

We held a very successful and FUN Quiz Night in September. In tandem with the Quiz Night Sandra had compiled a quiz sheet which was sold prior to the evening of the quiz. This proved to be a great success and we

raised just over £300. Thank you everyone who bought quiz sheets or who came on the night.

We were also incredibly fortunate that Stuart Wetherell decided to move to Sedbergh just before we opened. Stuart has had a career in the fitness industry and has been invaluable with his advice and suggestions, but more importantly has been carrying out our inductions on a voluntary basis. As has Joe Robinson who currently works and lives in Sedbergh after completing his Sports Science degree. We are really lucky to have them both and are very grateful for their help. Everyone has to have an induction to satisfy our insurance requirements and so we could not



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have opened without them.

We would also like to express our gratitude to the many people who supported the gym prior to opening by taking out advance memberships. Virtually all of them have now had their inductions and are benefitting from their free memberships.

We are also now getting a steady stream of people joining up to take advantage of the lovely building and facilities that are on offer, and currently have nearly 50 members, after just 3 weeks. If you want to join you need to collect a joining pack from No6 Finkle Street. This contains full instructions for joining, but basically there are certain forms you need to complete. You can return the completed forms either to No6 Finkle Street or to 15 Guldrey Lane. Once the forms have been processed you will be emailed to arrange your induction and collection of your key fob, and then you will have free access to the gym and your road to

increased health and fitness!

We would like to hold a Grand Opening ceremony to mark this massive achievement that is the result of a lot of hard work. We would like to invite someone from the sporting world to cut the ribbon. The committee has discussed possible candidates but we would also like to hear from the membership. If you know anybody who would fit the bill and who would like to perform the ceremony please let us know. If we have several names we will have a vote!

The management committee would like to thank all its supporters many of whom came to the Gym Aid Quiz night held recently. We raised more than £400 and the winner of the quiz sheet was Ann Barber who won a £10 voucher for No6 Finkle Street. Thanks also go to everyone who contributed to the raffle and/or supplied quiz prizes especially Jackie Baines whose generosity enabled the

ROYAL BRITISH LEGION

Annual Poppy Collection



A poppy collector volunteer may call on you on or soon after 24th October and poppies should be available in retail outlets about the same time.
Regular collectors and new volunteers please call 20536 to confirm your assistance.

We will prepare a collecting tray for you.

On behalf of veterans in need, sincere thanks to all involved.

COFFEE MORNING

10am Wednesday 4th November
United Reformed Church Rooms



Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.

You do not need to have served in the Armed Forces to be a member.

Membership costs £16.00 - call 21575 or 20536 or email: jd@djfa.co.uk or dmparratt@gmail.com for a form.

For more information, visit our website:

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

THE ROYAL BRITISH
LEGION



children attending to go home delighted with their prizes.

Our next event is going to be **The Howgill Masked Ball on Saturday 28 November 2015**. This is going to be a great evening. We have a live Band 'Jump the Gun' who are a ceilidh band. There will be some fun ceilidhs for everyone to join in with, but in honour of St Andrew's Day on 30 November there will also be some Scottish jigs and reels.

We are holding dance practices on Friday evenings at the People's Hall from 7.30pm, and combined with these practices there will be some mask making workshops. If you would like to supplement your gym workout then try coming along on a Friday evening – dancing –

particularly English and Scottish folk dancing – is a fun way to burn those calories! And if you cannot make the practices then just come along to the Ball.

Masks are not compulsory, though prizes will be given for the best, but evening dress is a requirement, with a bit of tartan if possible in honour of St Andrew! A chance to dress up AND burn calories – what could be more fun?! Oh and there is a pie, pea & mash supper, all for the price of £22.50. Tickets available from No 6 Finkle Street and Premier Store. Our contact details are below for more information.

Sandra Gold-Wood (Chair) Tel: 21808

Rosemary Lewes (Treasurer) Tel:

20088.

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Dear Editor,

Re: Sheepfest 2015. I had a thoroughly enjoyable day on Saturday 19th September 2015. I knew I would be smiling from the first sight of Notice of the Birthing of the (He or She) Dragon on Level 3 at Farfield Mill.

I didn't take any Dragon's milk. I also congratulate the Dean on his Welcoming Birth Notice. All the shops that joined in were amazing, colourful, interesting and really, surprisingly thought-provoking. Thank you for that.

If you are going to do this again, I hope you include a PLAN in the



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Lookaround, the month before possibly. Also by Saturday times would have been helpful.

I was reminded by your Town Crier that there was a 'whole lot more' of craftspeople in the People's Hall. But I ended up by going on part of the fascinating walk by 'The Shepherdess'. Thank you

for what I heard. Please pass on my enjoyment to her.

Does this type of walk happen on Saturdays? Which would 'tie in' with the Kendal bus. If so would be better prepared.

Thank you again.

Mrs Meakin, Kendal

On A Roll

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SIGHT ADVICE SOUTH LAKELAND

Sedbergh Support Group

Dennis welcomed Daisy (our guest speaker), Elizabeth, Elspeth, Jean, Jennifer, two Jennies, Jessie, Keith, May, Rosemary and Susan to our Meeting on 20th. October.

Absent were Margaret and Winifred who were both feeling a 'bit unsteady and waffy'.

Doris has now taken up permanent residence in Stobars Hall, Kirkby Stephen where she has 'settled in nicely'. We send you our warmest and kindest wishes Doris, and hope your time at Stobars will bring you much happiness and great contentment - we will miss you.

It was decided to have the Christmas Dinner at The Fat Lamb,

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Ravenstonedale on Tuesday 17th. NOVEMBER!!! - 12 for 12.30, cost £10.50. Please make sure - if you haven't already done so - that you give your menu choices to Susan a.s.a.p.

The 'food theme' was continued by our guest speaker Daisy in her talk 'Confessions of an American Food Junkie', which totally gob-smacked me in every conceivable sense of the word, and not least in the samples of American 'food' Daisy had very kindly brought along for us to taste. We had: Twinkies, Marshmallows, Fluff, Skippy, Purple Grape Juice, Golden Oreos, Butterfingers and Buttercups! I will not even try to describe these items, but should you wish to get a real taste of real American 'food', all the products are available from many of the larger stores in Kendal.

Not only did we get to taste, we also 'compared' e.g. Golden Oreos with Custard Creams and American and

English Marshmallows. And if that wasn't enough, Daisy also fed us mountains of statistics about each food's history and the astronomical amounts of it which are consumed - it was almost too much, far, far too much, but I enjoyed every minute of it, apart from the pea-nut butter which has got to be one of the most obnoxiously foul tasting concoctions ever invented. But then, I'm nobbut a monkey who likes his nuts pure and simple, just like the rest of his food!

Dennis thanked Daisy for a most interestingly 'different' afternoon in which we both learnt and ate a lot! Susan presented a small 'inedible' token of our thanks.

If you would like to receive a Large Print or Audio version of Lookaround, please see Dennis.

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If you would like a large print Diary for 2016, please contact VIP Diaries on 01539 726613. or visit their website: www.vipdiaries.co.uk or e-mail: info@vipdiaries.co.uk. (You can also get large print address books and other products from VIP Diaries). If you are thinking of popping in to Stricklandgate House whilst you are in town buying some American Food, give them a ring first to make sure the Information Centre - for aids and equipment - will be open.

George Watson.

SEDBERGH & DISTRICT HISTORY SOCIETY

Despite clashing with the final of "The Great British Bake Off" the first meeting of the winter programme attracted a large audience. The talk was by Thirlie Grundy on "The Men Who Built Carlisle Cathedral". The talk was inspired by the many sculptured stone heads in the cathedral and she produced some most original ideas to explain who they were. As written records do not exist there is no definitive answer and whether correct or not her talk certainly produced the desire to visit the cathedral to view the heads.

The Anglo Saxons had originally built wooden churches with high roofs but later turned to using stone and

some of these contained a stone stating which mason had built the church and when. The Normans did not do this and Thirlie thought the faces in Carlisle Cathedral depicted the masons and were their way of leaving a record of themselves. Because they spoke French the masons and their families would have formed a tight social circle separate from the local people. Building a cathedral was a decades long affair and so families of masons and their descendants would stay for a long time in Carlisle. On reaching the age of 14 a boy would be apprenticed to his father until he was 21 when he would go off to another mason to develop his skills but return when he was 28 to build part of the cathedral.

{Nº6} FINKLE ST.

Remembrance Sunday

8th November



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Bachelors were restricted to decorating their work with zigzag patterns and plain pillars but married men could decorate their work with leaves and berries. When they carved their faces a bachelor had to place his in the centre of the arch but a married man could put the image of himself and his wife at either end of the arch. The married man's head had oak leaves sprouting from it with acorns, the number of which corresponded to the number of children the mason had. If a child died then the acorn was removed. Older masons depicted themselves with a protruding tongue to show that they were still alive and this may have been the origin of the Green Man so commonly found in churches and

cathedrals. If the mouth of the man or his wife was defaced then it was implied they had died. Later in the cathedral's life the Norman masons were replaced by Anglo Saxons and Italians who still carved their own faces but had a different symbolism.

The oldest part of the cathedral is now the Border Regiment Chapel and starting with the faces there and then moving to the east end Thirlie attempted to place the faces in chronological order showing the family tree of the masons. She also thought that the carver of the wooden misericords was the descendant of a mason due to the similarity in some designs. At the end of her talk she answered questions and was then thanked.

Richard Cann

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THE GARSDALE TT

Welcome, one and all, to The Garsdale TT Races, held every weekend throughout the year (and sometimes during the week), featuring Born Again Bikers recreating their youth, harping back to the days of long flowing hair and leather jackets.

1st Prize: Survival

2nd Prize A trip in the air ambulance

3rd Prize Death

Last month, two of our locals were out for a gentle, self-propelled, cycle ride through the dale which came to a messy and abrupt end when an aged biker lost control of his machine and ploughed into them. Despite considerable damage to themselves and their cycles, our two brave locals

put the unconscious biker in a recovery position, flagged down a passing car and phoned the emergency services. However, it took an incredible 30 minutes before the first medic arrived.

Initially fearing the biker had died, they were relieved when he came round and were able to reassure him that help was on the way. His injuries were severe and the air ambulance was called for assistance. Being injured and not just a little shaken themselves, it was a tremendous feat of human endeavour to tend to a badly wounded man for such a long period of time. Garsdale Parish Council would like to commend them on their tremendous act of civil duty. 24 hours later, a further serious



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incident involving yet another biker occurred, causing the road to be closed for a good number of hours and another callout for the air ambulance. What would we do without them?

So Bikers! Congratulations, not only do you shatter the peace and harmony of the dale but you stretch our recourses to the limit.

This issue was the hot topic of debate at the last Garsdale PC meeting held on the 17th September, but the choices of resolving this problem are limited. Imposing speed limits won't help as the present ones are ignored anyway, traffic calming measures such as humps or chicanes every 20 yards? Perhaps not. We could replace all those iniquitous signs saying 'THINK BIKE!' with 'BIKERS THINK!' or we could just stop pestering Cumbria County Council to repair the A684, or cut back tree encroachment, and let nature take over until eventually the

trees meet in the middle or another section falls into the Clough River. The road could be closed, CCC would be pleased as one more road could be crossed off the list for so called maintenance, and blow to the residents, who cares about them anyway? Out of sight, out of mind? Mel Mackie, the new district councillor, has offered to write to the police commissioner on behalf of Garsdale Council and its residents, to see if there are any practical ways of reducing the nuisance of these out of control bikers. Strangely, we are not holding our breaths.

Anyway, rant over, the other main topic that was discussed was the ongoing water risk assessment fiasco. Kevin Lancaster, District Councillor, had tabled a long list of questions at a recent council meeting which has been responded to with very careful, legally vetted answers. A copy can be obtained from the clerk. Garsdale PC, unhappy with the



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reply from an earlier letter, have submitted a freedom of information request to Sean Hall of SLDC regarding the training of the Tobin engineers and the due process that was carried out in their selection and we await their response. Garsdale PC's opinion remains the same: there was no prior consultation and, therefore, SLDC cannot expect residents to allow non-approved contractors onto their land and instigate an assessment which potentially could run up costs into thousands of pounds. Garsdale residents have had these supplies for centuries and in effect do their own 'risk assessments' eg, if the water is brown, do we drink it? No! Not exactly rocket science. In the

meantime, the advice to residents is to hold firm until a suitable settlement is in place.

Tim Farron has also waded into (sorry!) the water assessment scandal, also, the lack of maintenance on the A684 and the lack of public transport for our post16 students. Although SLDC tried to fob him off with a load of nonsense about subsidizing water rate payers, Tim now has been fully briefed. He is also pursuing CCC for extra funds for the A684 and for them to fund rural transport for our 16 to 18 year olds to their compulsory places of education.

Garsdale now heads towards the winter months which give partial relief from the Garsdale TT races but given a dry, sunny weekend, the roar of the

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bikes is back and lo and behold, there goes the sirens and you can just make out the 'thump, thump, thump' of the blades of the air ambulance.

Welcome, one and all, to the Garsdale TT.

The next meeting is on Tuesday 17th November, Garsdale Village Hall, 7.30pm.

All welcome.

*Philip Johns. Clerk to Garsdale Parish Council. 015396 22170
ps.johns@btinternet.com*

SEDBERGH PARISH COUNCIL

This report covers items from the monthly meeting held on the 8th October 2015. The next Parish Council meeting will be on Thursday 12th November 2015 at 7.30pm in the

SEDBERGH & DISTRICT HISTORY SOCIETY

Wednesday 4th November

The Great Wall of China

Dr Raynor Shaw

Friday 13th November

Annual Dinner at Thorns Hall

7 for 7:30pm

Wednesday 18th November

North Craven
in the early Medieval Period

Dr David Johnson

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PROPOSED BMX/SKATE PARK

Sedbergh Parish Council has now recently received reports from Yorkshire Dales National Park and Environmental Health at SLDC and will discuss these at the meeting in November.

PLANNING & TOWNSCAPE

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

Enhancement Works to the Gardens at 72 Main Street are underway (an application to the Yorkshire Dales Sustainable Development Fund for grant assistance has been successful).

QUEEN'S GARDENS

Following a meeting of the Committee, it had been agreed that early in 2016 a public meeting would be held to seek opinions and discuss the future of the Gardens.

The Water Diviner

Starring Russell Crowe
Jai Courtney, Olga Kurylenko
Certificate 15

14th November
film starts 7.30pm
Sedbergh People's Hall
Flicks in The Fells

BROWN 'WESTERN' DALES SIGNS

Following a request to give financial support to the name change on the current brown signs at the M6 motorway, it was agreed to defer decisions until after the National Parks Conference in October (when a ministerial announcement on proposed Park boundary changes might be made) and would be discussed, therefore, at the November meeting.

Other matters included the increased concern over dog fouling waste around town; a request for opinions on possible means of controlling misuse of the lay-by at New Bridge, Settlebeck from the Respect Group in relation to the annual Appleby Horse Fair; and concerns over ownership and maintenance responsibility for some yards/paths in the town.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions at 8.30 pm. 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.

Janey Hassam – Clerk

COUNCILLOR CORNER

Is there ever a 'best' time to resurface main roads? The A684 at the west end of Sedbergh was recently resurfaced and this has made a massive improvement to a road that seemed to be as much patches as original road. Cumbria Highways chose to carry out the work overnight for five nights as a way of minimising disruption during the day for school traffic, commuters and deliveries but clearly this still caused problems for people travelling in the evening to and from Kendal (and on some days, to and from Kirkby Lonsdale).

Within an area such as that surrounding Sedbergh where the fells rise to 2000ft and there aren't that many roads, a small section of resurfacing can create massive detours if you have to follow diversions via roads of a similar category. The alternative is to use



shorter but very adventurous routes on tiny lanes if you choose to use local knowledge. The problem with the latter option is that some of the lanes around Sedbergh are so narrow (and occasionally gated) that a traffic jam can occur in next to no time - two vehicles towing trailers meeting on the steep gradients of Slacks Lane would do it pretty easily.

The Highways engineer in charge did all he could to keep the A683 / A684 junction open for the maximum time so that there was an alternative via Four Lane Ends and Black Horse but officially the detour needs to be on roads of a similar category, so some of the detours seem bizarre in the extreme. To get to Sedbergh from Kirkby Lonsdale the diversions

suggest you would need to go via Hawes or Tebay!

Minimising disruption has much to do with good communication by Highways to Parish Councils and forward planning by residents to see if they can change their plans to avoid the worst of the diversions. Apologies to all who were inconvenienced but let us hope that the new surface survives a while before it is dug up by utility companies and that Cumbria Highways can come back next year to finish the remaining stretch of Station Road into the centre of town.

Nick Cotton

*(Editors Note: Thank you Nick.
Another problem that did arise was
the ambiguous signs that were
erected which confused everybody -*



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including me. Two different dates and two different times which also contradicted the Official Letter most of us received from Highways. Lessons to be learnt?

COUNCILLORS CORNER

The prolonged fine weather has come at last. It has been too late for me to get my crop as I settled for quantity rather than quality by the end of August – not that I had much option. In spite of its lateness the dry weather is always welcome and the ground is now in much better heart to stand the winter.

All councillors on all authorities have received substantial email correspondence concerning the biggest story on television news for many nights, Syrian refugees. Some of these emails are from concerned constituents but sadly those have been drowned out by some creepy sort of a spamming campaign. That the parishes will support the districts

and the county in doing whatever is desirable might have gone without saying but it is good that all authorities have passed resolutions strongly to confirm that fact. As the issue has progressed its complexity has been developed. I for one am totally behind the stance taken by the national government – this is too concerning for populist stunts and gesture politics.

If the government is to achieve its recently re-iterated aim of making a difference here in South Lakeland as well as the rest of the nation then it will have to tackle the issue of housing which local people can afford. The barn conversion policy outside national parks is one I have alluded to many times. However, whilst that is good for self-build it can never provide the significant numbers of houses which will be needed. Some extended version of the exception policy will be essential if houses are to be made available for



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the people who live here now, let alone some of those who will want to come to live here in the future.

George Osborne has made it clear that arcane debates as to whether land is adjacent to existing development will no longer be tolerated and that must be good in our area where settlement has been dispersed as well as nucleated for well over a thousand years.

As yet there has been no word as to whether the extensions to the two national parks will go ahead or not. That the work of Natural England when the extensions were considered three or four years ago was completely biased and totally worthless goes without saying.

Yorkshire Dales seems to expect confirmation eventually, why other naivety is difficult to say. Certainly there are some with significant reservations whose voices are unlikely to go unheard. My view remains as it always was. Without a yes vote in a genuine plebiscite of the entire electorates of the affected parishes and part parishes no change can have any legitimacy.

*District Councillor Kevin J.
Lancaster, Fellgate, Dowbiggin,
SEDBERGH, Cumbria. LA10 5LS
Telephone 07980 844 695;
email Kevin@Sarthwaite.com*
*District Councillor Mel Mackie,
Beech Cottage, High Casterton, Via
CARNFORTH, Lancashire LA6 2SD*

**Telephone 015242 71644,
07957868256
email mel.mac@uwclub.net**

TIM FARRON MP

The Government has announced it is planning to change the way that it allocates money to police forces. Their new proposals will take about £10 million from the money that Cumbria Police have to fund their services. Cumbria is one of the top three forces in terms of how much money it is losing. This comes after the force has already had to find savings of £20 million over the past 5 years and before any further cuts are imposed on them as a result of the Chancellors' plans to speed the reduction of the budget deficit.

There is no way that our local police can find all of these savings without making massive changes to the service they provide us in South Lakeland. There is some talk that all they will be able to do will be respond to emergency situations. The work that we all value in actually preventing crimes and keeping us safe will simply have to be stopped. I think that the police will struggle to provide a presence in more rural locations like Sedbergh and Lane Farm at Crooklands in the face of these cuts. In fact as far as I understand it much of the approach to the new funding formula punishes big rural areas like Cumbria. I cannot believe that the Government has thought through these plans properly



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We also provide Bespoke Outside Catering**

and I plan to meet up with the Home Secretary as soon as possible to demand that she reconsiders her plans.

This comes shortly after the Government announced plans to close the courts in Kendal and I wonder whether they think that rural crime really doesn't exist. I only wish this was true.

We are just passing the first anniversary of the introduction of "temporary" changes to the staffing at the Helme Chase maternity unit at Westmorland General Hospital. These changes meant that the overnight and weekend cover for the unit was provided by on-call midwives so if you want to give birth at the unit during the night you effectively have

SEDBERGH MEDICAL CENTRE

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

Thursday 19th November
2016

Thursday 21st January

Wednesday 24th February

Thursday 17th March



to wake the midwife and get her to come to the hospital. These changes were introduced without any consultation with patients because they were said to be "temporary" but how long is temporary? I have contacted the hospital trust to insist that they tell us what their plans for the unit actually are. Continuing to claim that the changes are "temporary" is treating us like fools. My biggest worry is that they are seeing these changes as the first step towards closing the unit entirely. Something they know that local mothers do not want but they feel that if they run the service down then popular support for the unit might decline. If this is true it really is very cynical behaviour on the part of the trust.

Finally I had a lovely time at Grayrigg Primary School the other day opening their new facilities and generally having a look around the school and finding out what is going on there. They have really done an amazing job in improving the quality of the learning that they provide to their pupils there over the past few years. I know it must have been hard

SEDBERGH ORCHESTRA

Conductor: Peter Crompton Leader: Sue Armstrong

Orchestral Contrasts

J S Bach - Double Violin Concerto

Soloists: Kasia & Monika Davies

Joachim Raff - Vivace & Taneyev - Andante
for 10 wind instruments

Beethoven - Symphony No 1



St Andrew's Church Sedbergh
Thursday 19th November 2015

8.00pm (doors open 7.45pm)

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

Tickets from: Orchestral Members
Sedbergh Pepperpot Club (015396 21196)

Sedbergh and District Information Centre (015396 20125)

Any surplus will go to the Alison Armstrong Pepperpot Fund supporting the work of Sedbergh Pepperpot Club with the Orchestra and young musicians locally.

work but it really has been worth it to see what they have achieved.

As ever if I can help you with anything please do get in touch by emailing tim@timfarron.co.uk or calling 01539 723 403.

Thanks for your support

Tim Farron MP

SEDBERGH LABOUR GROUP

We're Labour! We're Local! We're Here!

At our last meeting it was decided to take our message out into the town. So, come to our Market Stall on Wednesday morning, 4th November, share with us your concerns about local issues and we will explain what Labour can do for Sedbergh.

For more information about your local Labour Party, contact Nick Cross on 01539 634139 or email: catotheelder@mail.com.

LIBERAL DEMOCRATS

The Sedbergh and Kirkby Lonsdale Liberal Democrats were in good heart, the loss of the May district council election by a mere 3 votes notwithstanding, at a gathering in the Sedbergh Business Hub on the 26th September. Our MP was not only returned for a third term, but locally our membership has doubled since the General Election.

It was a good opportunity to welcome the new members and to hear a frank evaluation from Tim Farron of the present political situation. He brought his daughter, Grade, with him, now in her third year at Dallam. She has come with Tim on canvassing forays to Sedbergh since she was 5.1 remember knocking on

doors on Fairholme with Tim, an auburn haired little girl perched on Tim's shoulders.

Our ward is one of the largest in the country, with lively communities stretching from Sedbergh to Kirkby Lonsdale and all points in between. There are 3 district councillors and one county councillor representing the ward; this means an election each year. Next May the Liberal Democrat District Councillor, Nick Cotton, is defending his seat.

The Sedbergh and Kirkby Lonsdale Branch of the Westmorland and Lonsdale Liberal Democrats will hold their annual AGM on November 14th, at 10.30 am, at Sarum House, Biggins Lane, Kirkby Lonsdale.

Anne Metcalfe



RED SQUIRRELS

It was a real pleasure to attend Jackie Foot's excellent talk on red squirrels at the first of the Cumbria Wildlife Trust Sedbergh Autumn Talks. The talk reminded us all of the significance of the red squirrel population and why we need to promote and encourage their survival in the Sedbergh area. Of course the *biggest threat* to the red squirrels are the grey squirrels.

The most fatal threat posed by greys is that they carry squirrel pox virus which does not harm them but will lead to ill health and death of any reds (within 15 days]. Secondly, greys are opportunistic feeders and will try and eat anything; including your garden bulbs as well as birds nests and even crops. According to the European Squirrel Initiative, grey squirrels cause the UK timber Industry some 14 million pounds damage each year due to stripping the bark of trees. Moreover, greys reduce the amount of available food for reds (mainly seeds, ripe nuts, berries and fungi). Third, greys live in much higher numbers and closer together than red squirrels can; it is estimated that up to 15 grey squirrels

can coexist in one hectare whilst only 2 reds could live there. **So as Red Squirrel Northern England make clear, greys have a competitive advantage.**

Judging by the wonderful photos that Jackie showed us many people in Sedbergh and the surrounding areas regularly see red squirrels in their gardens or on their land. If you would like to know more about how to attract red squirrels into your garden then please do phone or e-mail me. And many thanks for the photos people have sent me so far; some great shots.

Emma Palmer

Sedbergh Red Squirrel

Co-coordinator

amberlilygold@yahoo.co.uk

Tel: 07584285923

Sedbergh Wanderers Junior Football Club



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with A1 Audio

Saturday 21st November

10.00pm till late

People's Hall, Sedbergh

Strictly over 16's Only



Come & Support our local teams

Cowgill Church

Pre-Christmas Coffee Morning

Saturday November 21st

10:00 - 11:30

Refreshments * Cakes

Raffle * Xmas Gifts

Books * Bric-a-Brac

All welcome



SEDBERGH YOUNG FARMERS

Please note that the new Secretary and contact person is now Clare Thompson and is available on Mobile 07590 115844 or e-mail clare-93@hotmail.co.uk

SEDBERGH SCOUTS 1

Please note the amendments of times for the Meetings for the Beavers, Cubs and Scouts and contact details.

Beavers - Wednesday 5.30-6.45 (no change) - Contact Bill Mawdsley

Cubs - Friday 6.00 - 7.30 -

Contact Bill Mawdsley

Scouts - Friday 7.30 - 9.30 -

Contact Bill Mawdsley

Explorers - Friday 7.30 - 9.30 -

Contact Annette Colton

PROGRAMME FOR NOVEMBER



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Sunday 1st

"LIVING FROM ESSENCE"
SEASONAL MEDITATIONS
WITH THE CELTIC HARP

Sunday 22nd

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11-1pm
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DENTDALE CHRISTIAN FELLOWSHIP

Sunday 22nd November

7pm

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New Life Christian Centre, Hull

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WALK WITH GOD

including their trip to Romania

Buffet Supper

All Welcome

Dent 25212

The Annual Scouts Christmas Post will provided again this year and run from 27th November till 18th December. Each Card/envelope is 25 pence which goes towards the Group for the benefit of the youngsters so your support will be greatly appreciated. Please ensure that the correct address (for Sedbergh) is legible

Many thanks and a very early Happy Christmas!!
Toby Hubbard

SETTLEBECK NEWS

In September we held our Open Day and Evening for children who are currently in Year 6 at primary school. If you missed the opportunity to come, or you would like to see us again, please call to arrange a visit.

Our new Year 7 students have just returned from another very successful residential stay at Windermere Youth Hostel. They have had a great few days, meeting the challenge of some

activities they may not have done before such as canoeing and climbing, as well as getting to know each other and cementing new friendships. Their behaviour was exemplary and was complimented by staff at a number of the places we visited. Well done Year 7!

On Friday 25th September, Settlebeck School, along with thousands of others across the country, held a coffee morning to support Macmillan Cancer Care. We were inundated with donations of cakes, and school was open to members of our community to come and enjoy a cuppa and homemade cakes served by our students. Cakes were also sold to students in school and to pupils at Sedbergh Primary

WALKING & CYCLING GROUP

Cycling The Coast of Britain

by Dave Smith

7:30pm

Monday 23rd November

The People's Hall.

Free Entry

www.sedberghgateway.org.uk/events



STOBARS HALL Care Home



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

STOBARS HALL RESIDENTIAL HOME

If you would like further details, or simply a chat about life at Stobars Hall, please telephone Shane or Beryl on

017683 71291

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

School. Thank you very much to all those who sent in cakes. We made over £400 in total for Macmillan – a great achievement.

Rugby fever has hit Settlebeck this term. Our new science teacher, Mr Greenwood, who plays rugby for Kendal RFC has taken on the role of rugby coach and is enjoying training the boys and girls for forthcoming fixtures. It's great to see so many children enjoying rugby in their free time.

With the Rugby World Cup being hosted in the UK, we took advantage of this and were fortunate enough to have tickets for the Australia v Uruguay match. 13 students had a once in a lifetime opportunity to go and experience world cup fever at Villa Park in Birmingham.

The Super League Grand Final once again was a fantastic opportunity for the students to not only see high quality rugby but also experience a well organised and highly entertaining rugby match. 13 students went to Old Trafford to witness Leeds Rhinos beat (just) Wigan to complete their hat trick of cups for the season.

Being able to offer so many

opportunities for our students to watch world class sport is just one of the reasons why Settlebeck is such a great place to be.

The autumn term is a busy one for fixtures, having yet again been successful at County Cup matches and The English Schools Cup for boys football. We have also been winning netball matches against other schools much bigger than ours and also seen fantastic examples of cross country running in the recent Sedbergh Prep School Race - we are looking forward to more success throughout the winter months.

Some of our students have been selected to attend county trials in their sports; Maisie Gough and Sophie Waller are still enjoying their Cumbria

Netball training, Kate Thompson is looking to continue her county hockey position and Cj Middleton is looking to join her in her success. Kate Thompson, Lauren Charnley and Lydia Haigh are about to undertake their county rugby trials. The boys trials will be taking place after half term and we look forward to having some more success stories.

Juliet Proctor

SEDBERGH SCHOOL NEWS

The 1st XV entered the newly formed Champions Trophy Competition meeting the much fancied Bradford Grammar. The first half was disastrous and Sedbergh were 15-0 down. However, the second half reversed the situation and they won

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**November 24 and December 1,
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Creche & Carol Singers (December 1 only)

Free gift-wrapping service – if you buy your wrap from Country Harvest

(service only available on Tinsel Tuesdays)

Party food to order

Hamper service

Coffee Shop open to 8pm

(last orders for hot food 7pm)

Back by popular demand, Burton Singers

Christmas Concert

Friday, December 11, 7pm

£12, includes mulled wine & mince pie

32-20. Their next game against RGS Newcastle resulted in a win 70-14 (and most of the younger teams won in similar fashion.) At Merchiston they won 19-17 and against Durham 38-14. They have beaten Millfield , last year's champions, in the Champions Trophy quarter finals and now progress to the semi-finals

The hockey teams were equally successful against RGS Newcastle with a clean sweep for all teams. The U16 netball team won The South Lakeland tournament and qualified for the County Finals in November.. But the major triumph for the girls was winning the U16 National 6-a-side hockey competition beating all the favourites comprehensively in eight

matches.

The sailors have been taking part in the CCF regattas at Southport and Portsmouth, and Charlie Cowan has been picked for the GB U19 Shooting Squad 8 of whom will tour South Africa in 2016

Carus House entered a sheep for the Sheep Fest and also held a Macmillan cancer coffee morning. The new Brackensghyll building, which forms their diningroom and social area, was opened on 11th October by the Lord Lieutenant of Cumbria, and was preceded the night before by a ball.

The School hosted an Oxbridge conference for Cumbrian Schools on 22nd September. Nicky Millington, the Commercial Manager, has joined the



This year the Scouts' Christmas Post will begin collections on the 27th November with the final collection on the 18th December. 25p per card.



Post Box Locations

Sedbergh Health Centre
Morphets
Steadmans
The Green Door
Smart Office
Powells
Premier

Chamber of Trade to try and help encourage parents to visit the Town. Ben Collins, a former Wilson Run winner, has joined Nigel Horsfall in the Old Sedberghian office. The scaffolding has come off the Pepperpot— thoughts are turning to a possible formal opening. Last year's Wilson Run winner, Johnny Campbell, is Head of School, and his deputy is Emilia Tyser. Johnny comes from the wolds of Lincolnshire but his father was at one time a GP in Kirkby Stephen

The prospectus for next year's summer courses will shortly be available. Additional courses will include modern pentathlon, golf and computer coding. A most enjoyable evening was held in Powell Hall for A

Pudding and Wine Evening



*Are you a lover of puddings?
Then why not join us for a tasty, tantalizing treat?*

Friday 27th November

8 pm

The Spooner Room - Sedbergh Playgroup

£5 a Ticket

Ticket includes the tasting of 12 different puddings and a glass of wine.

Available from Playgroup or Nisa Newsagents.

Everyone is welcome and we look forward to seeing you there!

*To raise funds for our outdoor area
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Now also on Wednesdays!

Night at the Opera. On 10th October 15 pupils studying German headed to Bayreuth in Germany on an exchange trip to Graf-Munster Gymnasium. Pupils from that school will visit Sedbergh in March 2016

At the Prep School Louis (year 8) joined the Sedbergh School team at the Northern CCF Regatta and was placed 2nd in the Topper class. Local boy Fraser Sproul became the "English Schools' Fell Running Champion 2015" in the Year 7 race with a field of over 100, and Freddie Hill came 18th. James Corrigan, Year 6, won the Under 11 Cumbria Squash Championship. On 8th October they had a Cross Country Day for U9, U11 and U13 when over 360 children took part. Fraser Sproul again won well, and in the U13 Maddy Harrison ran a well-paces race to win comfortably from Sedbergh's India Haydon-Wood. Scarlett (year 8) gave her pigtails to The Little Princess Trust to make

wigs for children who have lost their hair, and raised £1000 for the charity. Each wig costs £300 to make. The Prep School are very pleased with their listing by the Good Schools Guide as one of ten “best value prep schools” in the United Kingdom.

Sedbergh School itself has meanwhile won two Good Schools Guide awards for out performing all other English school for boys taking Religious Studies Philosophy and Ethics at AS Level and for girls taking Geology at A Level. The Editor of the Good Schools Guide says “Our awards give individual teachers and departments where teaching is at its very best the recognition they deserve.”

By the time this is published half

term will be over, and the second half of the term starts on 2nd November. Half term for the first time will last two weeks. But half term will have been busy with the 3000 Sailing Nationals at Rutland, the Sedbergh School Shoot, a Running tour to Spain to run at height in the Pyrenees, Hockey matches v Hymers and Barnard Castle, and rugby against Barnard Castle, a Classics trip, the National Schools Equestrian Championships at Addington in Buckinghamshire, and a scenery building weekend for *Les Misérables* as well as a band rehearsal for that event. There will also have been a talk on Brendan Bracken in the School Library (which he refurbished in memory of Churchill).

SETTLEBECK CHRISTMAS FAIR

Friday 27th November 5pm-7pm

Come and do your
Christmas shopping for
quality produce, gifts and crafts
from local businesses

Enjoy supper prepared by
our GCSE Catering students in their
pop-up diner: homemade curry,
shepherd's pie and lasagne

Ring to book a stall - it's free!
Tel. 015396 20383

Santa's Grotto ~ Raffle ~ Tombola

Christmas Craft Workshops ~ Games

During November the only home 1st XV match will be against Lancaster RGS on 7th November. There will be a French play "Camus" in the Arden Theatre on 4th November. The School Fireworks take place on 8th November at 7 pm in the field below Busk Lane. The St Cecilia Day Concert will take place in the School Chapel at 8.30 pm on 19th November. The Rawthey ball is on Saturday, 28th November. And, of course, the three performances of *Les Misérables* will be at 7.30 pm on Wednesday 25th, Thursday 26th and Friday 27th November. These are all events to which everyone is welcome. Tickets for the latter two events can be obtained via the box office on the School website.

The Prep School will hold a Christmas Fayre from 10.00 am to 12 noon on Saturday 28th November. There will be a mixture of traditional stores but also some external companies selling their wares. All

monies raised will go towards the Prep School's garden project. A good place for Christmas presents!

Karen BL

SETTLEBECK & ME

I came to Settlebeck shy, nervous, and lacking in confidence, a timid year 7 student; five years later I left as an outgoing, confident, popular student, ready to face the next chapter in my life.

I left Settlebeck feeling I could do well in whatever I chose. I left with GSCE grades over and well above my predicted grades. How did I do this?

It was because the staff at Settlebeck School focus on every individual student. I felt I could be "Me" and the focus was all on me being helped to do my very best. Every teacher, every member of the support staff and admin staff knows your name, your character, your ability, your goals, your achievements



HOWGILL MASKED BALL

Dancing to

JUMP THE GUN

7 for 7:30pm

Saturday 28th November

People's Hall

Tickets £22.50

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Scottish Dancing

Licensed Bar ~ Auction ~ Raffle

Everyone Welcome



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and potential within the school and out of school. They know you personally, so they really care that you do as well as is possible and will go out of their way to help you.

Also it's because every student has the opportunity to get involved with school events, sport matches, drama productions, trips, competitions, community events and activities, playing instruments and achieving numerous awards. If I wanted to be involved with something, I was. Just like any other student, everyone is given equal opportunities.

That is why I've grown in confidence and achieved excellent GSCE results.

At Settlebeck you are an individual. Every student is encouraged to achieve above their average, get involved, make the impossible, possible. When things are tough, support is given to get you through. No one gives up on you when you want to give in.

At Settlebeck I've learnt lots of important "lessons in life", preparing me for the next chapter of my life.

I am 16 and know I still have lots to learn, but Settlebeck has taught me, don't give up, no one fails, failure is a

chance to learn and succeed and when you really want to achieve your goal, you will, you can. I did.

I am proud to have been a student at Settlebeck School, proud to have represented the school, (Gala Queen, Deputy Head Girl, Cumbria Junior Chef of the year 2015) pleased I was encouraged not just to settle for doing as expected but was encouraged to want better and therefore I achieved better than I ever expected.

*Annabelle Brewer.
Former student who left in June 2015*



The logo for GJBaines & Son building contractors features a stylized yellow and black swoosh graphic. The company name 'GJBaines' is written in a bold, sans-serif font, with '& Son' in smaller letters below it. The word 'building contractors' is written in a smaller, bold, sans-serif font below the main name. At the bottom of the logo, the words 'plant hire • ground works • plant sales' are listed in a smaller font.

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DENTDALE CHRISTIAN FELLOWSHIP

In September we held a weekend event to celebrate Tabernacles and God's GLORY. In the old testament God gave instructions for celebrating this feast, they were to build shelters or tabernacles and live in them for 7 days feasting and praising God. This celebrated God living amongst His people. God's glory is the tangible manifestation of His presence and in His presence everything changes, we find salvation, healing, repentance, provision and fulfilment and in the new testament we read of Jesus celebrating this feast in John ch 7.

We met on the Fri eve and the Shofar (trumpet) was blown to herald

the presence of God and the opportunity for us to step aside from the normal to have time with God, following our worship and prayer we shared a bring and share supper. On Sat late afternoon we met outside in a large shelter and concentrated on the Day of Atonement and all had a quiet time with God to repent and be restored and then sat out on the patio eating and praying until it got too dark to see, a bonfire and the warm evening kept us comfy. On Sunday evening 21 of us sat down under a large gazebo and enjoyed a hot meal before going inside for worship and prayer. A tremendous time of blessing.

In October we have held our FFWF



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(Fri Food & Fellowship) with a prayer time after supper for various aspects of local life ie farming, local business & the School, we were very blessed to have our friend Nico Saaiman who came to the Festival with us again, he shared a little of his work in Israel, and will be meeting as always on the 4th Sunday evening.

In Nov we welcome friends back to Dent from Hull (please see advert on Page 32 and as always everyone will be warmly welcomed to join us.

*John & Sarah E Woof.
"Rhumes" Dent. Tel; 25212.*

MISSION COMMUNITIES

On Sunday 29th November the Western Dales Mission Community will be launched. This is a first for Cumbria!

Mission Communities are a new way of churches working together where we can share people, resources and ideas. It's a huge step forward in faith that we are better together.

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Dent 25334

So please come along and celebrate with us. Whether you usually go to church or not for this is the start of something new and exciting.
Sunday 29th November 10.30am at St Andrew's Church, Sedbergh.

Rev. Carole Marsden

CHURCHES TOGETHER News from the Pews



The dry weather, blue skies and sunshine in October will have given us all a boost to cope with winter when it comes. From what we hear is going to be a "proper" one; frosty and cold.

Autumn is my favourite season, seeing the colours of the trees and flowers changing as they lose their summer apparel. We also have the joy of the Harvest, not only the produce of our gardens and allotments but also the singing of Harvest hymns at full voice during our church services. To keep in step with

the needs of those less fortunate than us congregations nowadays give non-perishable goods to food banks instead of the fresh produce that was once shared to those in need in parishes. Gifts from our recent Harvest Festival Service were taken to the collection point in the County Offices. In the foyer there are two wheelie bins, one for packets and the other for tins. A well-loaded car took the gifts from St Andrew's to the collection point and in due course The King's Food Bank will oversee their distribution. Every week throughout the year contributions of food, which have been left in St Andrew's are taken into Kendal. Anyone is welcome to pop a packet or a tin into the grey box and be

assured it will reach those in need. A cordial invitation is extended to everyone to join a choral service of contemplation and remembrance on Sunday 1st November at 6pm. The service will comprise prayer and readings and the singing of Faure's Requiem.

A little later in November we (hopefully, the men that is) shall be climbing into high places in search of cobwebs and dust having our annual Boon Day before welcoming everyone to the Remembrance Day Service on Sunday 8th November at 10.30am.

Creeping ever closer is Christmas and plans are being made for St Andrew's Christmas Fair in November. The exact date is

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Saturday 14th November where between 10am and 3pm we shall be hosting Father Christmas plus lots of tempting goodies we hope to sell. Should shopping not be your thing perhaps come along to hear the children's section of the Town Band whilst enjoying a coffee/and or lunch.

As always we have a welcome on the mat.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

St Mark's Church, Cautley



On a beautiful October day, fourteen walkers and four dogs gathered at St Mark's Church to begin our Cautley prayer walk. Following the bridleway to Cautley Spout, we stopped at

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significant points to hear snippets of scripture and join in prayer. After a delicious lunch at the Cross Keys, we set off with renewed energy, following different footpaths back to the church.

This poem was written by one of the walkers on returning home.

"October Foxglove

Proud, alone, high on a hill
a purple foxglove stands like a
sentinel.

Left when others have gone,
watchful over a fusion of green gold
leaves

and glistening river.

From the grounds of ruined stone
remnants of a homestead
it stands guard and witness
on our road to Emmaus."

On October 18th we welcomed Bishop Cyril Ashton to preach at our ecumenical Healing Eucharist. Anyone who wished was able to receive the laying-on of hands, together with healing prayer, or to be anointed with oil. As the Bishop reminded us, healing has always been an essential part of Christian ministry.

Rosemary Marsden

Chapmans Chimney-Vac Service

*Ring me
when it
"Soots"
you!*

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DIGNITY IN DEMENTIA

The Sedbergh Songsters - a singing group, founded by Age UK and Dignity in Dementia and led by David Burbidge, who meet every Monday morning at 10.30am in Gladstone House in Sedbergh, where they sing a number of well known songs together.

Everyone is welcome to come and join the singing - and on occasion the group have been treated to one or two songs from visiting singers

including the Singing Cyclists who dropped in en route from Whitehaven to Whitby, the Singing Walkers who came by en route from Farfield to Brigflatts, and a couple of Welsh speakers who sang their national anthem.

Dear Editor,

I wish to point out to people that I am trying to protect the rights of the working people in our community. In the October edition of the *Lookaround*



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Ingleton Industrial Estate, off A65 near Tooby's

the volunteer bus drivers of the Western Dales Bus are talked about.

To obtain a Public Service Vehicle Licence it costs between £2000 and £2,500 to complete and pass this course. This entails 35 hours of training for a Certificate of Professional Competence, together with full Medical Certificates so you come up to the standard of the D.V.L.A. of Swansea. Add to that all the driving hours rules and the Working Time Directive that the Government requires. Whereas volunteers in any walk of life pay no contributions to the state, like taxes and National Insurance. Unlike a working person who has to contribute to the State Pension so they can get their pension when they retire.

At the birth of the Western Dales Volunteer Bus Service, which was a Dent project not a Sedbergh project the Community Centre gave them £2,500 which would have gone a long way to paying somebody's wages in the private sector to do the services. The Parish Council gave them their own parking space on Joss Lane Car Park which clutters everything up on Wednesday's Market Day.

I personally would like to see a register of all volunteers in any sector, so the working person is not getting penalised. In all walks of life the 'big picture' must be looked at, not through blinkers. I think the public should know who these drivers are and what qualifications they have. Also if they have medical

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examinations the same as we have.

I welcome comments from the public of the community whether I am right or wrong. I am only trying to protect the wage earner who has to put food on the table for their family. There are 12 people in Sedbergh who rely on wages from the private sector bus service.

*J. W. Metcalfe
Proprietor Braithwaite's Coach's*

PEOPLE'S HALL NEWS ENTERTAINMENT FOR A WINTER'S NIGHT

The Baghdaddies will be performing in the People's Hall on 4 December. See elsewhere in Lookaround for details. And visit:
<http://www.highlightsnorth.co.uk/whats-on-info.aspx?sid=539>
HALL REDEVELOPMENT

By the time you read this the last section of the Hall's external walls, facing Highfield Villas, will have been upgraded to improve appearance and insulation. This part of the Hall is hardly noticed but had begun to deteriorate badly. We had some funds "left over" from a previous fundraising and donations from a

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certain birthday party (with Giftaid), but not enough. Fortunately the Yorkshire Dales, Sustainable Development Fund has awarded the Hall just over half the cost. If we add some general funds to this we can meet the cost.

We hope you enjoy the Hall's new clothes.

In retrospect it is good thing that the Hall Committee did embark on improvements in 2013 or else the Hall could have suffered a serious disaster. Readers will remember that we reported that when the changing rooms were extended and the new toilets were built that we discovered that the 1956 foundations were almost non-existent resulting in 85

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metres (280 ft) of metal piling being required to hold the Hall up. We succeeded and only a quarter inch crack can be seen in the Hall. Then in 2014 we found that the purlins at the front of the Hall were hardly holding up the canopy. This was fixed by additional piers and joinery. Worse still was the discovery that the Hall had sunk three inches into the car park on its northern corner, resulting in more concrete having to be poured under the Hall. The bar still is two inches higher at one end to the other! Then this year we found that the main foul drains had collapsed in places and they had to be re-laid.

C'est la vie!

SPONSOR WANTED

Readers will know the problem of new clothes. At home a new carpet makes the curtains look shabby so they need changing. And then the bedspread is not right. And so it goes on. We now have a splendid looking



Hall, but the front access paths and steps are very uninviting.

Is there a Sponsor (private or business) out there who could help?

PHOTO

On the Sedbergh Market Town website you will find many photos of the Town and around. An aerial view of the Hall by Janet Packham is well worth looking at. Go to:
<https://www.facebook.com/sedberghtown/posts/1500874666902699>

DIARY DATES

People's Hall Old Time Dances:
16 April 2016, 18 June 2016, 22 October 2016.

*Dr Gina Barney,
Hon. Secretary (20790)*

Daphne Jackson

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DENT, SEDBERGH & DISTRICT ORAL HISTORY SOCIETY

First, a big thank you to everyone who helped to make the two launches of our book, 'Telling it like it was', such happy occasions. The events were held on 12th September in Dent and 19th September in Sedbergh and well over a hundred people came to hear our speakers talk about the book and about the Oral History Project. On both occasions we were particularly happy to welcome contributors who gave such vivid accounts of their past lives, and also the relatives of those contributors who are no longer with us. We're most grateful to Caroline Francis for playing lively traditional fiddle tunes - part of our local heritage. Thanks also to Monica Cleasby for her garden flowers and to all the committee (and their partners) for their hard work in setting up the events – and their delicious biscuits! Just one little thing I need to mention: how was it that our estimable Town Crier yelled his loudest "O Yeah! O Yeah!" right outside our venue, just as our editors were speaking - was it a Crier Crime Crisis? (*Editors Note:- Answers on a*



Postcard not required!!!)

Now for our puzzle: the cover of 'Telling it like it was' features two children walking down the Dent - Deepdale Road, pushing a barrow load of apples or potatoes. Does anyone know who the children are and anything about them? A free copy of the book to anyone who can solve the mystery!

Anthea Boulton
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WALKING & CYCLING GROUP

Cycling the Coast of Britain

Following the success of his illustrated talk earlier this year, Dave Smith will be giving another one this month, this time about cycling around the coast of Britain on Monday, 23rd November, 7:30pm, at The People's Hall.

In 2010 Dave set out to cycle the coast of Britain — over 5,500 miles in 5 stages. Camping all the way, he visited over 200 lighthouses and wore through a back wheel rim, 3 back tyres and all of his gears, but without a single puncture. This is the pharologist's story.

The talk is part of the ongoing series of free public talks entitled 'Talking the Walk – Adventures on Foot at Home and Abroad' that has been organised by the Sedbergh Area Walking and Cycling Group. For details of future talks, please see

www.sedberghgateway.org.uk/events.

ROYAL BRITISH LEGION

At Remembrance time we never attempt to glorify war. Rather we remember its failure and its tragic cost and recommit ourselves to seek, make and defend peace and justice



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for all the people of our planet, even it will cost us everything.

I do hope that you can join us at 10.30 am this Remembrance Sunday on November 8th, in St Andrew's Church, Sedbergh and/or at the War Memorial in the Churchyard after the Church Service, to remember those who paid the ultimate sacrifice in wars past, and re-commit yourself to Peace.



There will also be a short ceremony at the War Memorial at 11 O'clock on the 11th Day of the 11th Month to remember the 97th anniversary of the signing of the Armistice at the end of the First World War.

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KILLINGTON WI THE AFTERNOON WI FOR THE ENTIRE DISTRICT

WOW! What an afternoon! Our feet hardly touched the ground so I must write it all down before I forget. (or should I write it **up**? One scribbles lecture notes **down** and later writes them **up** neatly. That was how it was in my day). We intended to hasten through the routine part of the meeting so that we had time to deal with the many other items on our agenda. However our start was delayed by everyone's delight in seeing, on arrival, the case for the defibrillator mounted on the wall of the People's Hall (Thank you, Steve Longlands, for doing that).

When our meeting finally started, we

were pleased to welcome Barbara Mauder as a prospective member and to extend birthday wishes to Dilys Evans. We were sad to note that José Waller, one of our founder members has died, and extend our sympathies to her family. José had a fund of stories and loved nothing better than to talk and eat a good cake, a piece of which was often taken home for her husband, Billy.

Plans for various activities were considered and menus selected and listed for our Christmas Lunch. (Have I said before that I am voting for a biennial Christmas?) Food was very much on our minds, stimulated by the tantalising aromas wafting from the back of the room where a Lean Mean Grilling Machine about 18 inches

Jude Jackson Dip Mus., CT Abrsm



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square was quietly smoking away under the control of a handsome local farmer.

Business completed, we all turned our chairs round and faced the back. Stuart Lambert from Kittridding Farm near Kirkby Lonsdale was our chef and speaker for today. Stuart talked about the development of his Farm Shop and its relationship to the changes in farming brought about by environmental conditions and changes in consumption patterns of food. His conversational manner kept us all involved and at regular intervals tasters of his own varied, farm-made sausages were passed around. Chomping sounds and appreciative noises were to be heard. My own favourite was Pork and Black

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Pudding which is remarkable as I have never eaten black pudding in my life. Spicy Moroccan Lamb was another hit but they were all delicious. I enjoy savoury things even more than cakes! I shall certainly be heading for Kittridding Farm Shop and will be sure to drop in at their Tea Room. Sausage Making Day at Kittridding is Wednesday so Killington WI will probably make Thursday their day for a little 'jolly'.

A quick tea followed and then we were ready to listen to our **second** speaker. Yes! Good value here! Earlier in the year we had had contributed to the funds which Rachel Hopkins had raised to go to the World Scout Jamboree in Japan this summer. Clearly, Rachel had enthusiastically made the best of every opportunity which presented itself; seeing the mad busy city of Tokyo; seeing the countryside; staying with a family in their own

home; enjoying the communal life with other scouts from countries all over the world. Well done, Rachel, and thank you for coming to tell us all about it.

(I still can't get used to girls being "Scouts". We were "Guides", and found that title in no way demeaning.)

The competition was won by Margaret Denton and the raffle prize of some chutneys by Dilys Evans. The very last act of our meeting (apart from the dishes!) was finally to place the defibrillator inside its case outside the People's Hall. And my wish for you all, **MAY YOU NEVER NEED TO USE IT!** Then we all went home bearing a complimentary packet of sausages

Our next meeting will be on Tuesday



10th November at 2-00pm in the committee room of the People's Hall. This will be our AGM when we review all the happy times we have enjoyed this year. Why don't you join us for

SEDBERGH LATE NIGHT SHOPPING

Wednesday 2nd December

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



Come and join in the fun at Sedbergh's very own Late Night Shopping

**Buy your Christmas presents in our local shops
and**

Bring the children to see Santa in his Grotto



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

Ringing of the Church Bells ~ Santa ~ Singing of Carols

Town Band ~ Hog Roast ~ Mulled wine ~ Street music

Face painting ~ Raffle ~ Mini market in URC

Church organ recital ~ Town twinning event

Flower festival in St Andrews



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

Lots of fun for all the family

the fun next year?

Wendy Fraser-Urquhart

SEDBERGH WI

There was a marked autumnal chill in the air when we gathered to hear Chris Bibby's talk on October 14th. 'Bibby's in a Nutshell' was his subject, and it proved to be a much bigger and meatier nut than we had expected!

We've all seen the Bibby's buses transporting school teams around Sedbergh and coach tours beyond, but none of us knew that the company had grown out of a fruit and veg business started by Chris's great-grandfather Clem Bibby in the 1950's, buying produce from Bradford market and delivering it around the Ingleton

area to start with, then opening 2 shops. When Grandfather Fred took over, he abandoned the veg in favour of buses and the company grew from strength to strength. Nowadays the company takes tours mainly to Scotland and Ireland but also shorter trips to places like York, as well as theatre trips. The continental coach tours to Austria, Switzerland and Norway (Chris's personal favourite) are very popular. There has been a growth in popularity for their Battlefield Tours to Belgium, mainly but not exclusively for schoolchildren. They work with an educational company based in Edinburgh and last year did 100 of these tours! The drivers love doing them because the children are so committed to the



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subject and gain so much from what they learn and experience.

Chris not only told us the history of his firm, he gave us short musical interludes on the euphonium to get us in the mood for his coach destinations: 'Edelweiss' and 'Danny Boy', for example. To conclude, he told us a shaggy dog story concerning a WI coach trip he had once taken to Denman College in Oxfordshire which was beset by troubles personal, circulatory and meteorological: I will say no more, other than that Chris's prowess as a comedian came to the fore and left us in stitches and tears of mirth! Invite him to talk to your organisation and help him to support his charity of the year, currently 'Hope for Justice',

DENT FOLK CAROLS FESTIVAL

December 4th - 6th

Friday: Concert with One Accord, Lakeland Voices and others.

Saturday: Folk carols harmony workshop, carols ceilidh, festive meals.

Sunday: Carols from afar workshop, and singing walk.

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which works to stop human trafficking.

Sue Bateman's home was the venue for the book club the following day. Only seven of us were present but we made up for the missing five (who had sent us their own comments and grading) as there was no shortage of discussion of our best-loved book yet, 'The Help' by Kathryn Stockett. The 'helps' who are the stars of this novel set in racially-torn 1962 are the black women of Jackson, Mississippi, whom prejudiced wealthy white women entrust with the care of their children and cooking their food, but treat them as 'unclean' and disease-prone so will not allow them to use the house bathroom. They are about to get a public voice, however, through Miss Skeeter, a white trainee journalist who was herself brought up by a black 'help' whom she loved dearly and who mysteriously disappeared when Skeeter was away at college. While investigating this, Skeeter gets drawn in to the world of the 'helps' and decides to write a potentially dangerous book about their experiences of working for whites,

THE BAGHDADDIES

**FRIDAY
DECEMBER 4TH
SEDBERGH
PEOPLES HALL
DOORS OPEN 7:30PM**

Tickets available from TIC

Adults £8 Children £4

Familys £20

With the summer festival season over, The Baghdaddies have moved inside for a series of village hall performances and are calling in at The People's Hall, Sedbergh for an uplifting evening of infectiously danceable music from around the world.

highlights

rural touring scheme

both good and bad. The result is poignant, heart-breaking at times, but there are some very funny episodes too. The consensus was that the book deserved 9.5 points, but only because we're English and a book can't really be perfect, can it?(!) It would certainly have deserved 5 stars on a star- rating system!

We heard this week about the visit last month of eight of our members to the Bowes Museum near Barnard Castle which was running an exhibition of Yves St-Laurent costumes, an outing they thoroughly enjoyed: many thanks go to Ellen for arranging it.

Our next meeting will be held at 7.30pm on November 11th in the committee room at the People's Hall. Prior to our AGM and Jacob's Join supper we will have a short talk from Mary McPherson to tell us about a scheme she hopes will be set up in Sedbergh to help befriend people with Alzheimer's. As always, visitors will be welcome.

Moira Folks

DENTDALE WI

Our October meeting began with all of us singing 'Jerusalem'. We were accompanied on the piano by Catherine as Rita our usual pianist could not be with us this meeting.

The main topic of the evening's business was focused on the forthcoming Family Quiz Night which we are holding to raise funds for Manna House in Kendal and a full report of this event will be included in next month's report.

On 16th September three of our members had attended a WI

Centennial photo shoot in Kendal to honour W.I. Day as it was 100 years since the first W.I. meeting in the UK was held. It was a beautiful sunny morning and more than sixty W. I. members from the Westmorland Federation stood and sang 'Jerusalem' accompanied by the sounding of car horns passing along Stricklandgate in Kendal. A once in a lifetime experience.

Although it is only October, Christmas is rapidly approaching and this year we have chosen The Old Dairy in Widdale as our venue. Our Dining Club is a popular event with many members and our outing this month will be lunch at the 'Two Sisters' café.

Next year our Institute has been invited to send a delegate to the National Federation of Women's Institutes AGM which is being held in Brighton. This will be an exciting experience for one of our members as it is both an honour to be selected

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Sittings to be held on

Sunday 6th December
in Settlebeck School Hall

and carries responsibility to provide feedback of the event to our local Lune Valley Group of W.I.s

Once the business part of our meeting was over Marion welcomed Claire Asplin our speaker who then demonstrated her artistic talents turning simple dry oasis into beautiful replica fruits. Pears, Apples Bananas and lemons all looking good enough to eat. Claire also showed decorated fruits in Christmassy style using gold leaf. Then it was time for all of us to 'have a go' with much fun and laughter at the sometimes very strangely shaped pears and apples we produced. In all too short a time the evening came to an end with tea and homemade biscuits (delicious chocolate covered ones) baked by our also very talented Marjorie Haygarth.

Our next meeting on November 11th is our AGM when as usual all visitors are welcome.

Thelma Belfield

HOWGILL W I

The Annual General Meeting was held at Firbank Church Hall on 1st October.

September 16th was W.I. Day celebrating 100 years of Women's Institute. A good reason for a celebration we took ourselves to the Midland Hotel in Morecambe where we enjoyed a lovely high tea in the relaxed setting of the Sun Terrace Restaurant enjoying sea views across the Bay on a beautiful day. A memorable occasion.

We now look forward to forthcoming events. The next walk will be led by Sheelagh Denniss in the Hest Bank

area. The Quiz at the Bull Hotel on 2nd November and our Domino Drive on 6th November.

Moving on it was time to look back on activities and events over the past year. We have enjoyed excellent speakers covering many interesting topics.

In turn the various reports proved positive. Our President thanked committee and members for their support in whatever way they help the W.I., to function. Bridget commented the highlight for her was the Centenary A.G.M., at The Royal Albert Hall which she attended as delegate for Howgill and Dentdale W.I.'s.

The Secretary reported on a busy and successful year and felt

Advent Service

Sunday 6th December

5.00pm Sedbergh School Chapel

Everyone welcome



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undoubtedly that Howgill W.I., will continue to flourish. The Treasurer reported that our finances are satisfactory with figures similar to last year. We then proceeded to the vote for President and the Committee for the coming year. Bridget was re-elected and is happy to continue in the role of President in the coming year. The Committee remains the same.

We would like to thank Lesley Hennedy for printing our posters. We wish her success with her Yoga classes. Liz Moore has agreed to be our poster lady and outing organiser. We would also like to thanks Helen Price who is to lead our Singing Group at the Carol Service in Howgill Church on 20th December.

The Appleby Cup was presented to Liz Moore for most competition points throughout the year. The competition for the best handwritten first verse of Jerusalem was won jointly by Bridget and Audrey. The social to name the meat dishes from the anagrams was won jointly by Liz and Bridget. Anita Carey went home with the raffle prize. Jacky Hooley entertained us with a humorous account of the time she worked in a zoo. Tea and cake brought the evening to a close.

The next meeting will be held at Howgill Village Hall on 5th November when Susan Oliver will be giving us a Gift Wrapping Demonstration. Visitors and new members are welcome to join us.

A.H.



Our opening times

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NATIONAL PARK NOTES

I have quite a bit to report on this month. Every year the Yorkshire Dales National Park Authority holds "Authority Days" when Board members of the Authority and its officers go off together on a day's outing to learn more about particular National Park projects and to allow members and staff to get to know each other better and thus facilitate better collaborative working between their respective functions of strategic overview and practical work on the ground. There is a considerable choice of "days out" and I chose the one which went first to the beautiful Dales village of Austwick and then climbed up onto Austwick Scar to visit Oxenber and Wharfe Woods in the company of the Authority's Parish Wildlife Officer and its Senior Trees and Woodland Officer. Both of these woods are unusual in that they are also common land with a right for the commoners to graze livestock on

them and for all the villagers to collect fallen sticks and kindling. We were graced with a sunny day to appreciate our surroundings at their best. We then walked on to Feizor (where there is an award winning tea shop!) before returning to Austwick by a different route. I was particularly keen to do this woodland trip because I have recently been appointed by members of the Authority as Member Champion for the Natural Environment responsible amongst other things for biodiversity, farm conservation, trees and woodland, the Yorkshire Peat Partnership and working closely with the Conservation and Community Directorate and particularly its Land Management division comprising Farm Conservation Officers, Wildlife Conservation Officers, Tree and Woodland Officers and the administrative support team. This is a dream role for me with my strong interest in wildlife and the natural



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world and one that I have had my eye on for some time but had to wait until the present incumbent retired! There will be considerable challenges not least the threatened curtailment across Europe of the EU Habitats and Birds Directives (known collectively as the Nature Directives) which provide the framework within which our present national and local Biodiversity Action Plans are based and currently provide some of the strongest protection in the world for vulnerable species and habitats. They are presently under review by the European Commission and so far over half a million concerned people have responded to the EC consultation. No less important an item on my agenda is the current

"reform" of the environmental farming subsidy schemes.

This last week I was also lucky enough to be one of the Authority's delegates to attend the two yearly National Parks Conference, this time held on Dartmoor, which hosted representatives from all fifteen National Parks in England, Wales and Scotland. This was an absolutely fascinating three day event which included talks by environmental activist and "rewilder" George Mombiot, Jonathon Porritt, the Under Secretary of State at DEFRA Rory Stewart MP and an "Any Questions" style debate chaired by the one and only Jonathan Dimbleby. I also spent a day out on the moor itself where our group learned from the Marine

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- Full time

Bus Driver: must have a full driving licence. This role will require medical screening

- Hours: morning and/or late afternoon/early evening; £7.51 per hour
- Part time/ Term time only; 33 weeks per year

This position may suit someone who is looking for a second job or working in retirement

Pastoral Care and Housekeeping Assistant: to assist Matrons with the pastoral care and housekeeping at School's boarding houses

- Flexible hours
- Term time only

This position will suit an individual with a caring or nursing background

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If you require an application pack please e-mail HRrecruitment@sedberghschool.org or telephone 015396 20303.

Commandos how they balanced their training requirements with the need to conserve the environment. We also took part in a training exercise when commandos "took out" a machine gun emplacement, behind which we were grouped, on top of one of the granite Tors. Very exciting. I'm glad the Marines are on our side! It's a long time since I was in the Army and things have changed a lot over the last thirty five years. There was, of course, also the opportunity to network with delegates from all of the other National Parks and to hear about what they were doing and how we in the Yorkshire Dales might learn from them and improve and refine our present ways of working.

As always, please do not hesitate to contact me on 015396 20648 or at ianmcpherson24@hotmail.com if you have any National Park related issues that you would like to talk to me about. Best wishes.

Ian McPherson

YORKSHIRE DALES NATIONAL PARK

New look to National Park planning

New guidelines have been introduced that will change the way some planning decisions are made in the Yorkshire Dales National Park.

Among them is a new policy that allows residential conversion of some of the many roadside barns.

The guidelines make up the Yorkshire Dales National Park Authority's new Local Plan, which has been written to boost the development needed to keep the National Park as a thriving place for people, wildlife and heritage.

While the Plan won't be formally adopted until next year, the National Park Authority has decided to start giving it weight in decision-making on planning applications from now on.

Peter Stockton, the Authority's Head of Sustainable Development, said: "This marks a turning point for planning policy in the National Park.

"For example, until now, the National Park Authority has only permitted the conversion of barns inside towns, villages and farmsteads. However, public funding for the repair of the thousands of traditional stone field barns has disappeared, so the Authority's planning strategy has had to change in an attempt to conserve the distinctive and unique barns landscape, as well as releasing more

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opportunity for urgently-needed local housing.

"The new policy will enable the conversion of dozens of roadside barns to new homes or businesses, subject to appropriate criteria. The outcome will gradually be noticeable over the 15-year Local Plan period."

Other significant changes to policy include the identification of 12 business opportunity sites across the National Park where a wide range of new economic uses are being encouraged to support job growth and create additional spending.

In terms of tourism, which is so important to the local economy, the Plan will support a wider range of visitor accommodation to encourage more people to stay overnight. Other

policies will permit new indoor and outdoor facilities to attract and encourage visitors to stay in the National Park and enjoy its many special qualities.

Carl Lis, the National Park Authority's Member Champion for Sustainable Development, said: "This is a locally-tailored response to issues about the viability of our communities. The Plan will help to deliver the development objectives we agreed with our partners in the National Park Management Plan, and the Government's national growth agenda.

"We want to see the conversion and re-use of more roadside barns and encourage more business development and more local

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affordable housing. But we want to do this without sacrificing the environment that makes this area so special – and on which a multi-million pound tourism industry depends.”

On the conservation side, the Plan includes a new map of the extraordinary network of important wildlife habitats. There is also a new policy that will require simple, inexpensive wildlife enhancements as a standard part of most new developments.

“Not all aspects of the new Local Plan can be implemented immediately,” Mr Lis said. “Some will have to wait until after examination next year by a planning inspector. Nevertheless, the Authority’s decision to start using

some of the new policies now is a very positive step forward for sustainability in the National Park.”

Nick Oldham

YORKSHIRE DALES NATIONAL PARK

New members wanted for National Park Authority

Members of the public are being invited to apply to join the Yorkshire Dales National Park Authority (YDNPA).

Two existing Members of the Authority who were appointed by the Secretary of State will reach the end of their four-year terms of office early next year (2016).

Chairman Peter Charlesworth said: “This is an excellent opportunity for

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someone committed to the concept and value of one of the country's outstanding landscapes.

"The job of a Member is to use their individual expertise and knowledge to help look after this fragile and precious landscape and the communities in it.

"The appointments are for four years, with the possibility of re-appointment for a further four years, and appointees are expected to commit to two to three days a month – most of which is within normal working hours.

"We are looking for candidates from a broad range of backgrounds who can provide a strong national perspective on the Authority on

strategic issues around conservation, recreation, planning, access, land management and resources."

Further details on how to apply can be obtained on the Cabinet Office website at <http://publicappointments.cabinetoffice.gov.uk/appointment/national-park-authorities-members>.

Applications must be submitted to Natural England sosappointmentsinbox@naturalengland.org.uk by the deadline of noon on November 2.

Further information is available by contacting Lesley Knevitt at the Yorkshire Dales National Park Authority on 01969 652326.

Nick Oldham

FAMILY MUSINGS

How does time go so fast? I can hardly believe that last year when hubby celebrated his 60th birthday we had two grandchildren and by the time he was 61 we had four, maths has never been my strong point, I was chucked out of the maths class after getting 8% for my mock O level .. yes I really am showing my age mentioning "O Levels", but I can add up my grandchildren it is more difficult working out my children's ages but eventually I get there, they all have a 3 in front. Soon, two years to be exact I will join hubby with a 6 in front!

November brings it's own memories, some very happy ones ie the bonfire parties we had at the farm when our children were growing up and the year hubby set fire to a huge very prickly bush in our garden to celebrate the fact we had managed to buy the bungalow. Sad ones with the cancer diagnosis for my brother and



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two years later his death. Yet even then happier memories of the support, prayers and love we received. A friend has spent months in hospital in Bristol this year undergoing major surgery and now treatment for cancer and I have been able to picture the different wards and areas in the hospital, although it is 10 years since I was there. This summer hubby and I drove through Bristol and memories came flooding back, going into the city on the bus and having no idea where to disembark, going to another hospital by taxi and not knowing where to catch a bus back from, ringing for a taxi from the hosp and being unable to understand which exit it would meet me outside, looking for accommodation in a strange city and dancing with one of the workmen outside the hospital when my brother could breathe without the help of a machine! A real mixed bag of emotions and experiences which many of you will relate to.

We have recently acquired new neighbours and what a joy to see the lights on and hear laughter drift over the walls, a few months ago we got

Philip Horner

Fencing Contractor

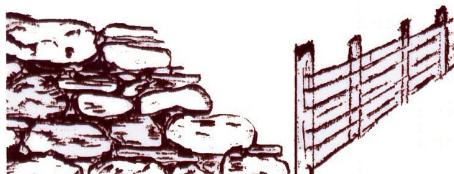
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new neighbours in the other house which has been empty for awhile, our little part of this special village has come to life again and we can begin to unravel the mysteries of the Brambles and Ivy which seems to be growing back and forth between us all.

It was a bit of a shock to learn that the first of my contemporaries from Boarding school are celebrating their 60th birthdays and I had never realised I was one of the younger members of the school year. it was something of a shock when I went along at 11 yrs old to find some of them had come up through the school since the age of 4, those with parents working and living abroad knew the

school as their second home even in some of the holidays. One problem with being at boarding school is that if others are nasty and unkind there is no escape, no going home to Mum at the end of the school day, and I did loose contact for awhile with others my age who I had grown up with. that apart, it was an experience I will never forget and helped build the character I have. Midnight feasts on the hockey pitch, trip to hear Ralph McTell at Barrow, maths lessons with prisms and %'s and 3 years of beginners French.. what a life!

We are still eating Grapes from the greenhouse, what a treat. Find time for a treat they help the world go round. *Sarah*

SEDBERGH ART SOCIETY

The Art Society has plenty to tell you this month about meetings, workshops, the Wednesday group and the portrait group.

'Floribunda' Janette Phillips

Our first workshop on 19th September was led by Janette Phillips who left us gasping as she let lashings of paint flow in her creation of a still life interpretation of flowers and foliage. She showed how it was possible to use different brush strokes and a variety of mixed media to produce a free and vibrant picture. We then created our own with some amazing results, which you can see on our website;

www.sedberghartsociety.org

'Watercolour Landscape based on



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a tonal sketch'

Clive Wylie

On 25th September we had our well attended first meeting of the season in the Committee Room of the People's Hall. We were all highly impressed with the way Clive Wylie was able to keep up such an informative and entertaining commentary as he painted.

He made his method of painting a landscape from a tonal sketch accessible to everyone. We were able to relate to his approach. The result was simply beautiful and can be seen on our website. Many thanks go to Gordon Hosker and Chris Chambers who projected it all on screen as Clive worked.

A Day on Watercolour Landscapes

John Conway

Oliver Higginbotham

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John Conway, one of our members, continued in the vein of Clive Wylie as he led our workshop on the 17th October. We thank John warmly for devoting so much of his time in preparation. He was an excellent tutor, offering a well structured day. After his introductory demonstration, fuelled by two enormous and delicious cakes made by Gill Impey and Helen Shields, we created our own tonal sketches. By lunchtime, as we finished this stage of preparation, we took to the paintbrush. We found that making a tonal sketch before painting enhanced our final results, which you can see on our website. There was a wonderful friendly and mutually supportive atmosphere.

'Pen Line and wash: the Blot'

Technique in Watercolour' Ben Haslam

Our next meeting is on the 6th November in the People's Hall Committee Room, 1.30 – 3.30. The topic will be: '**Pen Line and Wash: the Blot Technique in Watercolour'**. The Artist is Ben Haslam from Hexham.

Ben describes this as a liberating method of transferring paint (Watercolour Acrylic or Oil) on to a painting surface using what is basically a mono painting technique. To continue in his words, "Depending on consistency and colours used, it can be an exciting technique to give the impression of foliage, craggy mountains and stonework.

Of course it can be used to great

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effect to imitate many surfaces depending on the skills used, and how the artist can interpret the effects.

It is liberating because it is chaotic and unpredictable, forcing us to be more creative, and to get away from imitation and copying.

This informative demonstration will include my colour mixing approach, best papers suited, brush control and making and completing a picture. Artists such as Turner used the technique, but it was put first to use by an artist called Alexander Cozens, who influenced Turner amongst many".

The Wednesday Group.

Now we move to the Wednesday Group. This group of members meets in the PH Committee Room every Wednesday from 1.15 to 4pm. Numbers have fluctuated in the past, but there are now 9 regular members. People work for the most part independently, but once a month a topic or theme is decided upon as a focus.

This is an excellent opportunity for members to paint in a friendly informal atmosphere, where painters can share skills and techniques. This

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is an ideal atmosphere for anyone just starting out. If you would like to know more about it you are welcome to contact John Conway on 015242 41254, or email him at conway44@btinternet.com .

The Portrait Group

Finally, we remind you that the portrait group will be meeting for the first time this season at 1.30 pm. on Thursday November 5th. This will be led by Hilary Moore at her home, High Langstaffe, Joss Lane, Sedbergh LA10 5AS. We remind members to ring Hilary at least by the day before if they wish to take part. Her number is: 015396 20352.

Enjoy painting the autumn colours!

Jenifer Alison

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mild skin problems
eating healthily
improving sleep
replacing unhelpful habits

SEDBERGH COMMUNITY SWIFTS

One of the most remarkable things about swifts is that until they breed they spend all their time on the wing. It is only our breeding birds that land in their nests during the 3 months that they are in this country, from May to early August. The juveniles and non-breeders will be airborne for anything up to 4 years before they breed.

Evidence for this continual flight has recently been demonstrated in the Alpine Swift, a slightly larger swift that migrates from Africa to other parts of Europe. (The swift that visits our shores is the Common Swift – (*Apus apus*). The Alpine Swift is big enough to carry a special type of geolocator that incorporates an accelerometer, which records movement every few seconds. Results showed conclusively that these swifts do indeed remain airborne, without landing, all the time they are not breeding. The common swift is not



large enough for this device, but by association it is reasonable to assume that they behave the same.

Such amazing birds deserve our help! While our swifts are in Africa, once again we urge you to consider putting up boxes for them and help make Sedbergh a swift-friendly town. If you live in a 2-storey house it may be possible to fix them under the eaves from ladders – it is a simple job to install them, especially if you are having decorating or building work done. Buildings that are scaffolded present an ideal opportunity. We have a stock of UK-made boxes and are happy to call and discuss possibilities with you,



so don't hesitate to get in touch.

3 swift boxes under the eaves

For more information, see these websites: www.swift-conservation.org.uk and <http://actionforswifts.blogspot.co.uk/>.

Why not put up swift boxes, before the swifts return at the beginning of May.

If you are doing building work, especially if you have scaffolding, consider installing external or internal swift boxes.

If you already have swifts, avoid doing building work while the swifts are here (May-August).

Please contact us for advice at ta.hoare@btinternet.com or ring 01539 824043. *Tanya Hoare*

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THE BAGHDADDIES

With the summer festival season over, The Baghdaddies have moved inside for a series of village hall performances and are calling in at The People's Hall, Sedbergh for an uplifting evening of infectiously danceable music from around the world.

The Baghdaddies play world music with a British knees-up sensibility. Balkan numbers, Caribbean grooves and Middle Eastern rhythms are played alongside the Roma wedding, brass band and gypsy music of Eastern Europe. They then throw into the mix influences such as ska, jazz and Klezmer with some Geordie touches and serve it up with blistering brass, rousing 5 part vocal harmonies and a driving rhythm section.

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Nigel Kirkpatrick:

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Festival favourites, The Baghdaddies have been touring the world for 19 years – from Moscow to Madrid and Beijing to Barrow in Furness. They have played at venues as diverse as The Royal Festival Hall and The Bell public house in Bath and everything in between – including

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

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with the guitarists dentist! This year saw their 15th appearance at the Glastonbury Festival. They are also regulars and favourites with village hall promoters and make a welcome return to **Cumbria** with Highlights Rural Touring Scheme.

Date/ Time: Friday 4th December at 8 p.m (doors open at 7.30 p.m)

Venue: The People's Hall, Sedbergh

Tickets: Adults: £8 Children: £4
Family ticket: £20

Bookings: For tickets contact Sedbergh Information Centre on 015396 20125 or buy them online at www.highlightsnorth.co.uk

For more information contact Gillian Rea on 079 62113284

Highlights Rural Touring Scheme

Highlights work in partnership with a network of promoters in village halls and community venues across Northumberland to provide professional touring performances, workshops and exhibitions. The scheme currently supports promoters in 20+ village halls across Northumberland and a further 50+ venues across Cumbria, and parts of Durham. Highlights' promoters are mostly voluntary and work hard to bring quality performances to the heart of their village for the enjoyment of their communities. Highlights is supported by Northumberland County Council and The National Rural Touring Forum and is an NPO client of Arts Council England.



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WALKING & CYCLING GROUP

Walkers are Welcome & the “Big Pathwatch”

Sedbergh has recently been granted recognition as a "Walkers are Welcome Town". To qualify for this status, with the aim of attracting both day visitors and holiday-makers who would bring trade to the area's businesses, it was necessary to demonstrate support from the community for promoting Sedbergh as a great centre from which to go walking. We also had to show that the footpaths and other rights of way around the town were in good condition and that there were arrangements in place for dealing with any problems which were reported.

We are very fortunate in that the great majority of routes around Sedbergh are within the Yorkshire Dales National Park, where the Rangers and the Dales Volunteers do a great job in inspecting, maintaining and improving the paths for the benefit of both locals and visitors. Reports from local people about any problems they encounter when walking the rights of way are

welcomed, and experience has shown that these are dealt with more promptly than might be the case outside the National Park.

Recently a project was launched by the Ramblers, the national organisation which protects rights of way and access to the countryside, called "The Big Pathwatch". The ambitious aim is to encourage people to re-inspect all the rights of way around the country, and to report both negative and positive experiences – on the one hand paths with problems such as a broken stile, and on the other those with attractive views or points of interest. People can either feed in their findings *en route* by using an "app" on their mobile phone or, for

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those of us less up-to-date with our technology, by entering them on line when we get home.

The idea is that we “adopt” a 1km square on an OS map, and undertake to walk all the rights of way within or crossing that square within the next month and to record our findings. I have found this a fascinating experience. I thought I knew most of the paths, but I was forced onto some I had never used or not walked for years – and had to go onto adjacent squares to complete routes. The result has been that, having set myself to cover a number of squares, I have already done many times more.



It does not matter if a square has already been adopted by someone else: you can still feed in your findings. If you are interested in taking part, to whatever extent, in this project, go onto the Ramblers website: www.ramblers.org.uk/bigpathwatch The instructions are easy to follow, even for someone not so IT-oriented as me.

There is more information about walking in the area on the website at www.sedberghgateway.org.uk/walking

Malcolm Petty
Chairman Sedbergh Area
Walking & Cycling Group

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ZREČE SLOVENIA

We have had some sad news from our twin town - Zdravko Ivacic who was Zreče's main cultural coordinator has died. Zdravko had a keen interest in Sedbergh and the many events which take place here - and was always very welcoming to the many choirs which have visited Zreče over the past ten years. Those who don't know Zdravko may know his son, Samo who came to Sedbergh with his youth choir Vladko Mohoric almost 10 years ago, and on other occasions including the filming of the Town that Wants a Twin. Zdravko's death is a sad loss to his family and many friends in Zreče in Sedbergh.

I spent part of the summer living in Zreče and attended another funeral -

for Zdrenka Kejzar's father who was a leading figure in the local fire service. The funeral was a very grand affair with all the firemen and women (many of whom came to Sedbergh led by Zdenka when the Firemen's Choir did concerts here 9 years ago,) as well as many others from Zreče who have become friends of Sedbergh. Naturally I conveyed to Zdenka the condolences of those in Sedbergh who were unable to attend.

While staying in my cabin in the woods on the hill above Zreče I also spent time visiting Vojko Korosec in his vineyard near the parish church in Zreče. Vojko's wine was very popular in Sedbergh when he provided several crates to help our summer celebrations of a decade of town

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twinning, so you will be delighted to hear that we are having discussions about importing the wine to Sedbergh - apparently it is easier to do than importing spirits like the blueberry brandy. Our esteemed editor will testify to the quality of this delicious wine!

Vojko has also taken responsibility for the Sedbergh Apple Tree of Friendship which grows so vigorously in the centre of Zreče thanks to his careful pruning and feeding of the tree. Like the label on the tree expresses a hope in both Slovenian and English which I believe has come true on many occasions: "May our friendship always be fruitful."

I also met with the mayor and some artists in Zreče who are hoping to visit Zreče next year. Mayor Boris Podvrsnik was very much taken with the beauty of the countryside around and near to Sedbergh when he visited in the summer, and was keen for artists in his community to come and paint it. If there are artists in Sedbergh who would be interested in hosting a visit like this, and perhaps making a return visit to Zreče, please get in touch.

We are also making plans for the Strmcek family singers from Zreče to visit Sedbergh and Scotland next year, as well as some other places in the north of England.

We are fortunate that several singers from the Greater Sedbergh area have joined our tours to Slovenia, and many of them have made Zreče visitors very welcome in their homes and communities in the past, including singers who hosted Slovenian students in their Edinburgh

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homes for the summer, and provided a warm welcome for the Zreče choir when it toured Scotland two years ago, singers in Northumberland who hosted the Zreče dancers when they visited Alnwick, and singers from Ambleside and Kendal who have made countless Zreče visitors welcome when they visited while staying in Sedbergh. My personal belief is that town twinning is a verb rather than a noun, and that it is what one **does** that is important, not just **having** a twin town, and I have always been astonished at the practical kindness which people from Sedbergh and beyond have shown to our visiting singers.

David Burbidge

PEPPERPOT CLUB

How a Pepperpot violin shaped the programme for Sedbergh Orchestra's November concert

The story begins in 2011 when a violin teacher in the Carlisle area read about Sedbergh Pepperpot Club and its collection of orchestral instruments available to borrow, all kindly lent or donated. She made contact on behalf of several of her pupils who were in need of bigger or better violins as they grew. It was explained to her that instruments were normally lent out only in the Sedbergh area but, since the collection had grown and there were instruments available, it was decided that there was no harm in lending some out further afield; in fact, stringed instruments are better

being played than lying fallow. It was made clear that they must be returned if ever there was a need in Sedbergh. So it was that several violins went in the Carlisle direction. This trend has continued, with a clarinet lent out elsewhere for a while and currently there is a cello in Liverpool and a violin in Corbridge. The latter was found at the back of a wardrobe in a poor state but it has been beautifully restored and is being much enjoyed by its new borrower.

Amongst the instruments lent to youngsters in the Carlisle area, a $\frac{3}{4}$ size violin went to Kasia Davies, then aged 11. Later she borrowed a full-sized instrument which her younger sister Monika is now playing since Kasia is the proud owner of her own



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violin. When the family came to visit in the summer, we discovered that Kasia (15) and Monika (13) had both gained distinctions in Grade 8, no mean achievement. We invited them to provide the musical interlude at the Pepperpot AGM and Summer Party in July. The Members were delighted with their playing and thought it would be a shame if they were not heard in Sedbergh again. It was then that we invited them to perform with Sedbergh Orchestra in the forthcoming concert, entitled 'Orchestral Contrasts'. This will be on Thursday, November 19th at St Andrew's Church. Further details are to be seen on Page 29 in this edition of Lookaround.

It is unusual for a concerto to be

performed as the first item in a concert programme, but this will give young budding string players the chance to come and hear Kasia and Monika playing the Bach Double Violin Concerto, described as his 'star' concerto, with the strings of the orchestra - and be inspired! This will be followed by two very attractive pieces, both by little known composers, played by the wind players, an opportunity for young budding wind players to be inspired too. There is no charge for youngsters, so they could come only to the first half with school the next day, though it would be a pity not to stay on for the rest of the concert, when the whole orchestra comes together to play Beethoven's 1st

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symphony. The audiences of Beethoven's day really enjoyed this new symphony, just as audiences do today.

We look forward to seeing you there. Getting your tickets in advance costs less!

Shirley Smith

VOLUNTARY SOCIAL CAR SCHEME

Volunteer Drivers needed in Sedbergh"

The Voluntary Car Scheme provides transport to members of the community of any age (under 16's must be accompanied by an adult) who cannot make their journey by public or private transport. Volunteer Drivers use their own car to provide journeys which are co-ordinated

locally and expenses are reimbursed.

Volunteering has many advantages including being fun and helpful,

getting to know people in your community, experience to help get a job and a hobby for when you retire.

Anyone interested in driving for the scheme and would like an informal chat can contact Tony Dodgson on 015396 20869.

The Voluntary Transport Officer at Cumbria County Council can be contacted on 01228 226721 or at intergrated.transport@cumbria.gov.uk



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Guarantor lending as damaging as payday loans

More than 50,000 people a year are taking out guarantor Loans, these are aimed at people with a poor credit history, they can be repaid over periods as long as five years, and they carry high interest rates of up to 46% per year. Family members or friends act as a guarantee for this loan, if the borrower fails to pay off the debt. Guarantor loans can be damaging as they are not covered by the interest rate cap that was imposed on Payday loans in January this year.

Many Guarantors are unaware they are signing up for large debts and can be legitimately pursued by debt

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collectors, even in cases where the borrower has died. Of the cases investigated by Citizens Advice, 43% of guarantors were unsure of the extent of their responsibilities.

Citizens Advice wants the Financial Conduct Authority to make sure that Guarantors and Borrowers are given adequate information before signing up to such loans, and are calling for:

- Guarantors to be given a letter of agreement and a cooling off period
- Liability warnings to be added to marketing material, and
- Lenders to direct borrowers to free independent debt advice.

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

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SEDBERGH & DISTRICT CHAMBER OF TRADE & BUSINESS

The Last Chamber meeting was held on the 21st September in the small committee room in the People's Hall. It was good to welcome Nicky Millington back who will be representing Sedbergh School at our future meetings.

We are hoping that two of the Chambers initiatives will bring additional footfall into the town benefiting local business. They are:

- The organisation of the Sedbergh Cycling Festival to be held next year on the 18th & 19th June is well under way under the lead of Jacky Baines of No.6 Finkle

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Street. The cycling group has several leading UK cyclists, a cycling journalist as well as the representatives from British Cycling on the sub committee and are being hugely supported by Sedbergh School so it should prove to be a crowd drawing event that will have the potential to benefit many Sedbergh and District businesses.

- The proposed Heritage Trail based on a static but rotating exhibition is in the process of gathering information and deciding which historic events will be included. Once the research began it became obvious that Sedbergh is full of history and the issue was not what we can include but what bits we will have to edit – there being so much! The idea is to have a heritage museum within the old British School at Farfield Clothing (and many many thanks to Jean for being so supportive and helpful) and then to have a heritage trail with interpretation boards within businesses around the town as well as further afield.

We hope that you have now all seen the Sedbergh Video which can be viewed at the TIC or on the towns Youtube channel and are supporting Sedbergh.org.uk as well as the Chamber Facebook and Twitter accounts "Sedbergh Market Town". The TIC has told us that these social media initiatives are already bringing new people into Sedbergh.

Our next meeting is on the 17th November at 7.00pm in the Peoples Hall and it's the AGM. We will be having a speaker (to be confirmed soon) and the Three Hares are going to provide food. The cost will be £10.00 and everyone will be welcome. New members are always welcome – and you don't have to run a business to become one – just an interest in seeing the town and the surrounding area thrive.

SEPTEMBER WEATHER

A very pleasant month weather-wise! September was our second driest month of the year, after June when we had 1.64 inches, with 1.92 inches in total. In fact we had more dry days than June with 10 days, 6 days, 3 days and finally a 9 day spell

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without rain so the total rain fell in only 4 days!! With reasonable temperatures and sunny days it was very pleasant! A maximum of 72.4F (22.5C) was recorded. The minimum was 35.2F (2C) but no wind-chill below freezing was recorded. We did have several ground frosts. A maximum gust of 18.6mph was recorded so it wasn't a very windy month and on only 10 days did the wind speed not reach double figures.

The pleasant weather at last produced some butterflies! Although the buddleia was past its best on the sunny days it was covered with coloured butterflies. "Frenchies" as we used to call them as kids. This no doubt came from the fact that on

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certain years some butterflies, such as the Painted Lady, did in fact, migrate over the channel. There were good numbers of Peacocks, Red Admirals, Small Tortoiseshell and a lone Comma. I have seen very few of these since we moved here 20 years ago. We are probably reaching its northern limits. We also had bats flying on the pleasant, though insect strewn evenings. With these signs of summer, although a bit late, we also had signs of autumn with flocks of young swallows feeding in the evenings before moving on. I also saw my first skein of geese flying over. They will be unlucky at Leighton Moss this year because they have drained much of it to try and grow more reeds before re-flooding it to try and encourage more bitterns to come. Let's hope it works and that those birds displaced will eventually return. The red deer rut has started there apparently.

NOVEMBER GARDENING

It has been an excellent year for autumn colour, with glowing red, orange and yellow tints on many of my garden shrubs and on the trees in

the countryside. Most of the colour is seen on broad leaved deciduous trees but there are a few conifers which give a pleasing contrast in shape and texture to the autumn scene.

I first met the "Dawn Redwood" when I was in charge of the Arboretum at Harlow Carr at Harrogate, and it quickly became one of my favourite trees. "Dawn Redwood" (*Metasequoia glyptostroboides*) has the typical conical shape of other conifers, but the leaves are soft and feathery and maintain a fresh green colour through the summer, turning to rusty red in autumn. When they fall they leave the twisted trunk of shaggy, cinnamon

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brown bark in full view for the winter. This is an easy tree to grow and has become fairly wide spread since its discovery in Central China in 1941.

Very similar in appearance, the "Swamp Cypress" (*Taxodium distichum*) turns foxy brown in autumn. This tree will thrive in a wide range of soils, but is perhaps best known for its tolerance of wet ground. In very waterlogged soil it needs to be planted up on a mound of earth, but once established the roots adapt by growing along and then up and down into the ground to give a series of "knobbly knees" through which the plant's roots can breathe. Swamp Cypress comes from western North America and is the predominant tree

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A third interesting tree, classed as a conifer, but which actually bears yellow, plum shaped fruits rather than cones, is the Ginkgo or "Maidenhair Tree". This is an ancient plant whose family is shown from fossil records, to have been present in many parts of the world about 160 million years ago. *Ginkgo biloba* has distinctive, flattened leaves which are a light green in spring and summer, and turn to buttery yellow in autumn. The foliage is rather light and airy giving the tree the overall appearance of a giant Maidenhair Fern – hence the common name. The tree prefers well drained soil with some shelter and growth can be rather erratic, with trees taking a year off from time to time, and not putting on any new growth at all. Though more frequently planted in the south of the country there is a superb large specimen in the topiary garden at Levens Hall.

Elaine Horne

Oliver Higginbotham

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FLOWER & PRODUCE SHOW

As many readers will know the Flower and Produce Show that should have taken place on the 29th



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August was cancelled. Although the Show was promoted on a regular basis as far back as March, the lack of entries meant that the Show was not viable. Because of this, the organisers have decided not to run the show next year.

Many thanks to those few who did enter. We only hope that you enjoyed your produce even if you couldn't show it!

The organisers would also like to take this opportunity to thank the Community Trust and the Parish Council for their support and enthusiasm, and would like to offer their best wishes to other organisations who are planning exciting new events in Sedbergh.

Barbara Hartley

COGS

Community Orchard Group Sedbergh Grants

Good news for the Community Orchard! We are delighted to have received two further grants, one from Sedbergh and District Community Trust [whose funds are generated by the Clutterbooks Charity shops] and the other from Cumbria County

Council Community Fund.

Many thanks to both organisations for their support and enthusiasm. The money will be go towards fencing, gates and fruit trees.

We are also working closely with Sedbergh School, who have kindly offered a lease for a triangle of land between Back Lane and Winder Drive.

Tree planting

We hope to have a tree planting day in either in late 2015 or early 2016. If you would like to be involved, please contact Jacqueline Smith on 015396 20760.

Future ideas for the Community Orchard include bird feeders, bird boxes, bug hotels, wild flowers, butterfly and bee beds, herbs and

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Membership

Although the Community Orchard will be open to all, you and your family can become members of the Group for £5 (single) or £7 (family). Membership allows you to attend pruning and grafting courses at no extra cost, so if you have a fruit tree in your garden that needs some Tender Loving Care, give one of us a call and sign up for this exciting new community project.

The contact people for COGS are: Ann Parratt Chair 015396 20964; Jacqueline Smith Treasurer 015396 20760 & Shirley Lawrie Secretary 015396 21816.

FOLK CAROLS

... and Lep Pozdrav iz Sedbergha

It's that time of year when we start planning for the festive carol season.

One of the advantages of Folk Carols is that the music often has an all year purpose allowing the songs to turn into carols at Christmas. Dentdale, the tune which accompanies the folk song Tarry Wool from Dent, we sometimes sing as "Hark how all the wellkin rings." Cranbrook, which was originally a

psalm tune and perhaps better known as Ilkley Moor Bah 'At - with the adding of "While Shepherds Watched their flocks by night" instantly becomes a carol. Even the Miller of Dee becomes a carol which visiting Morris dancers have danced to, and which Roger Bush has written a four part arrangement for the Cautley Carolers to sing.

So even if you don't like to mention Christmas until at least the beginning of December - you can learn many of these songs and some harmonies to go with them and then you'll be all ready to sing them as carols when the time comes.

You are welcome to join us here on the banks of the river Clough at Farfield on Monday evenings to learn them, and then sing them on our many activities in December - at the Folk Carols festival in Dent on the first weekend in December, on the trains and stations of the Settle Carlisle railway on the second weekend in December, on a star-lit walk through the winter landscape and in some local caves on the second Tuesday, and in several pubs around the region leading up to Christmas.

Our Lep Pozdrav iz Sedbergha singers are also continuing with plans for more visits to Zreče as well as local concerts - we are learning Slovenian carols to be sung at the Dent Folk Carols festival and on the Settle Carlisle Carols day the weekend after. Do please let me know if you would like to learn these carols and sing them with us - they are delightful and easy to learn. Contrary to what many people say,

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Slovenian is not a difficult language to learn - and even without learning the language, the words of the songs are not difficult to pronounce, none of them use any sound which isn't heard in the English language, and I can provide recordings and phonics to make it easy.

If you can't make a regular commitment to join a choir, come and join us on one or more of the sessions at the Folk Carols festival. You can join workshops to learn them, or I can send recordings, words and written music so you can learn the songs at home in advance - and then come along and join in the fun.

*David Burbidge, Sedbergh 21166
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WESTERN DALES BUS

New Western Dales Bus launched

The arrival of the new Western Dales Bus was celebrated with a launch ceremony in Sedbergh last month.

Passengers, representatives of the funders, volunteers and local councillors gathered at Sedbergh on market day, and after an introduction by Jock Cairns, the Western Dales

Bus Chairman, one of the bus's regular passengers, Sandra Longlands, cut a ribbon to mark the launch.

Most of the finance for the bus has come from the Reaching Communities Fund of the Big Lottery. Because the bus is based in the Yorkshire Dales National Park, and its services connect with trains at Dent Station, the remaining money has come from the Sustainable Development Fund of YDNPA's Millennium Trust, and from the Friends of the Settle Carlisle Line.

The vehicle is a 16-seater Mercedes minibus, but unlike the average minibus it has both a low floor and a fold-down access ramp, which means it can more easily carry wheelchair-bound passengers and pushchairs.

It will be used on the two routes that Western Dales Bus is currently running. On Saturdays, it makes four trips between Sedbergh and Kendal, some of which extend to Dent and Dent Station. On Tuesdays, its route connects Sedbergh and Dent with Hawes. On both these routes, passengers are charged a normal fare, or travel for free if they have a bus pass.

Comments from passengers have been very favourable, as it gives a much better ride compared with the previous vehicle, and one of them summed up their feelings after riding in it for the first time with the comment, "Eh, it's a right comfy bus!"

Full timetables are available on the bus, at the Sedbergh Information Centre and on the Western Dales Bus website

www.westerndalesbus.co.uk.

SEDBERGH COMMUNITY FIRST RESPONDERS

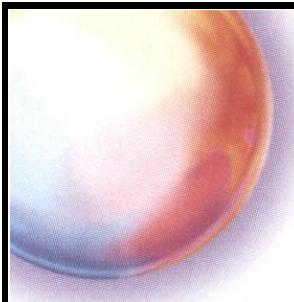
The amount of just over £288 was raised from the Coffee Morning. Thanks to all who attended in the lovely atmosphere of the URC rooms and to those who gave so generously in the way of donations of homemade biscuits, raffle prizes and bric-a-brac stall articles. Also, to the cheerful band of helpers who made everything go with a swing. This money is vital for the provision of equipment for our growing number of volunteers who continue to attend call-outs in our community.

Sedbergh CFR

DENT GALA/ MEMORIAL HALL

We welcomed some members of the public to our open meeting about the annual gala and others were very helpful in giving ideas and opinions both beforehand and then the trustees at the meeting, thank you all. It is obvious there are some much loved aspects of the day, coconut shy, children's sports, pillow fight, dog show WI teas to mention a few, and others which are not as popular. Sadly we cannot control the weather but do always have a plan B, it's hard when the rain comes part way through and everything is set up outside.

The Trustees will meet again on Nov 9th to complete the matters on the agenda as I brought the meeting to a close at 9.45pm, personally I feel 9.30pm is late enough for meetings to finish so on that date we will again discuss the Gala. Meantime any ideas or comments can come to the Chair, me, Sarah at 25212. Thank you.



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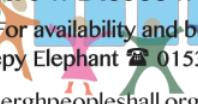
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MACMILLAN COFFEE MORNING

Thank you so much to everyone who supported our MacMillan Coffee Morning held on Friday 25th September at No. 6, Finkle Street.

To those who donated cakes, made donations, came for a cuppa and a natter we are extremely grateful. All your efforts meant that we have raised a magnificent £333.19.

Jacky Baines

KNOTT WALKS

As part of the fund-raising needed towards the joint redevelopment project being planned by the Methodist and URC Churches in Sedbergh, members of the congregations who enjoy fell walking are being given the chance to find sponsors.

There are 11 places in the Howgills whose names include the word 'Knott'. The idea is to walk [or run!] to the top of all eleven Knotts before the end of September next year [2016]. The money finally raised will be shared equally between the project and Christian Aid.

For further details about the sponsored walking, contact Martin

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Dodds

For further details of progress with the Redevelopment Project, please contact the local church leaders.

Martin Dodds 20308

MACMILLAN CANCER SUPPORT

As part of the World's Biggest Coffee Morning, a Coffee Morning was held in Dent Memorial Hall on Friday 25th September.

Together, we raised £480 at the so many, many thanks to everyone who supported the event by baking and/or buying cakes, supplying prizes & buying tickets for the raffle and everything else involved – I certainly could not have managed without you!

Dorothy Vernon

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GARSDALE FUN DAY

We would like to thank all the people/business that donated prizes for the raffle.

It was a great day and everyone commented what great prizes were on offer.

The day was a huge success with the duck race, games and raffle enjoyed by all ages.

The money raised will be used to supply fireworks for the annual village bonfire which will be at 7pm on Friday 6th November.

Thanks to everyone from Garsdale Sports Committee

COMMUNITY OFFICER REPORT

22/9 – Burglary at a residential property, a wallet was stolen

24/9 – An intoxicated male was reported refusing to leave a

licensed premises.

27/9 – A suspicious incident was reported on Main St, a vehicle was seen to slow down while passing a young female.

28/9 – Caller reported being knocked down outside the Post Office and suffered minor injury.

10/10 – Theft of money from the collection box at Vale Lune Church

15/10 – Suspicious vehicle driven by a male, seen frequenting area around schools.

15/10 – Theft of a purse from a home address while house was unattended.

Halloween and Bonfire night are fast approaching, can we remind residents when out and about enjoying the festivities to lock and secure their homes and outbuildings.

REMEMBER, REMEMBER, THE FIFTH OF NOVEMBER..

BONFIRE NIGHT, AND SEDBERGH, ONCE AGAIN, REMEMBERS THE GUNPOWDER PLOT OF 1605.....



CHRISTMAS POST DATES

The last dates for Postal Service for Christmas are as follows:-

International Economy

NOVEMBER

3rd - Cyprus; Eastern Europe;
Greece; Iceland; Malta &
Turkey.

17th - Western Europe

International Standard

27th - International Standard to
Operational HM Forces Mail.

DECEMBER

4th - Africa & Middle East

7th - Asia; Far East; Cyprus; Japan;
& Eastern Europe

8th - Caribbean; Central & South
America

10th - Australia; New Zealand &
Greece

11th - International Standard to
Static HM Forces Mail

14th - Czech Republic; Germany;
Italy & Poland

15th - Canada; USA; Finland &
Sweden

16th - Austria; Iceland; Ireland;
Portugal & Spain

17th - France

18th - Belgium; Denmark;
Luxembourg; Netherlands;
Norway; Slovakia &
Switzerland

United Kingdom

19th - 2nd Class & Royal Mail Signed
For 2nd Class

21st - 1st Class & Royal Mail Signed
For 1st Class

22nd - Parcelforce Worldwide
express 48

23rd - Royal Special Delivery
Guaranteed & Parcelforce
Worldwide express 24

New - Wordsearch. How many words can you find?

E	L	A	D	P	E	E	D	T	K
L	T	M	G	E	I	X	B	I	S
A	F	I	F	G	E	E	L	G	E
D	R	D	A	U	L	L	I	X	D
S	O	D	T	W	I	A	Z	P	B
R	S	L	O	N	H	D	P	G	E
A	T	E	G	M	B	T	T	X	R
G	R	T	Q	W	B	N	R	C	G
Z	O	O	G	S	B	E	L	A	H
N	W	N	A	I	X	D	I	K	M

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

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

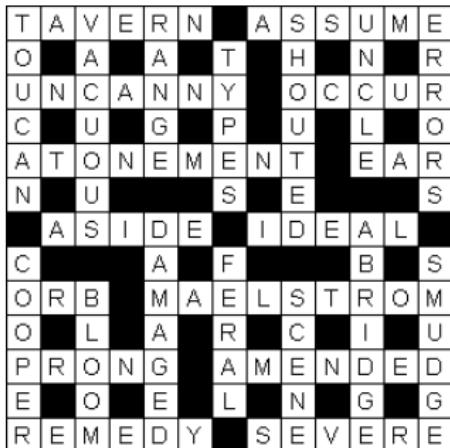
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1	2	6	5	3	8	4	9	7
4	3	8	9	7	6	1	2	5
5	8	4	6	1	7	2	3	9
6	9	1	3	2	5	7	8	4
3	7	2	8	9	4	6	5	1
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9	4	7	2	5	3	8	1	6
8	1	3	4	6	9	5	7	2

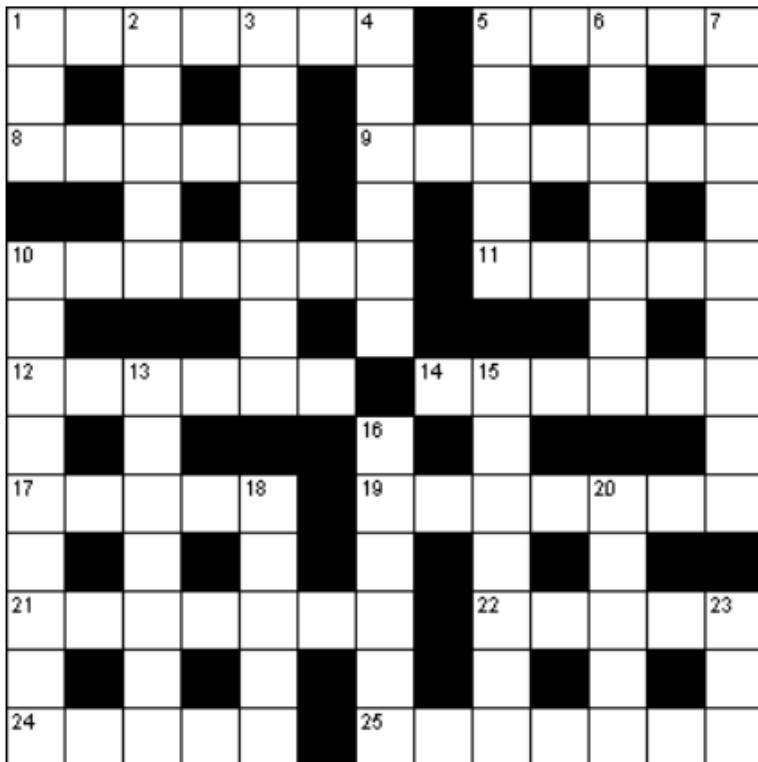


3	9	7	4	2	5	8	6	1
8	2	1	6	3	9	7	5	4
4	6	5	8	7	1	3	9	2
5	3	8	9	4	7	1	2	6
1	7	9	2	6	8	5	4	3
6	4	2	5	1	3	9	7	8
7	1	6	3	5	4	2	8	9
2	8	3	7	9	6	4	1	5
9	5	4	1	8	2	6	3	7



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



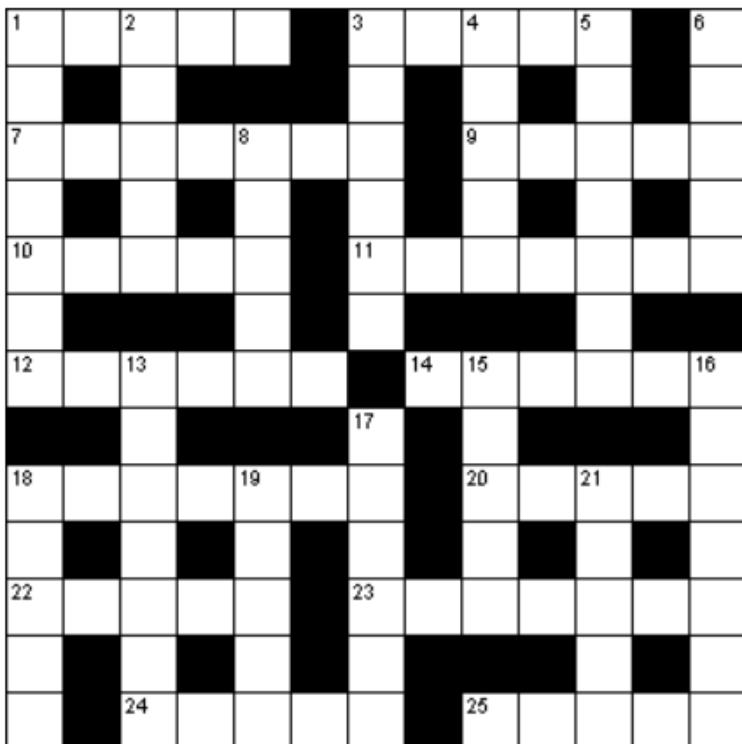


Across

1. Assortment (7)
5. Group of insects (5)
8. Large herbivorous mammal (5)
9. Pagan (7)
10. Unfeigned (7)
11. Ledge (5)
12. Lifted (6)
14. Appraise (6)
17. Notions (5)
19. Fruit (7)
21. Direction (7)
22. Taut or rigid (5)
24. Days of the month (5)
25. Embroiled (7)

Down

1. Chart (3)
2. Inert gas (5)
3. Dissimilar (7)
4. Reverberated (6)
5. Photos (5)
6. Attain (7)
7. Public declaration (9)
10. Decorated food (9)
13. Imprecise (7)
15. Abridge (7)
16. Captured (6)
18. Secret agents (5)
20. Invalidate (5)
23. Conclusion (3)

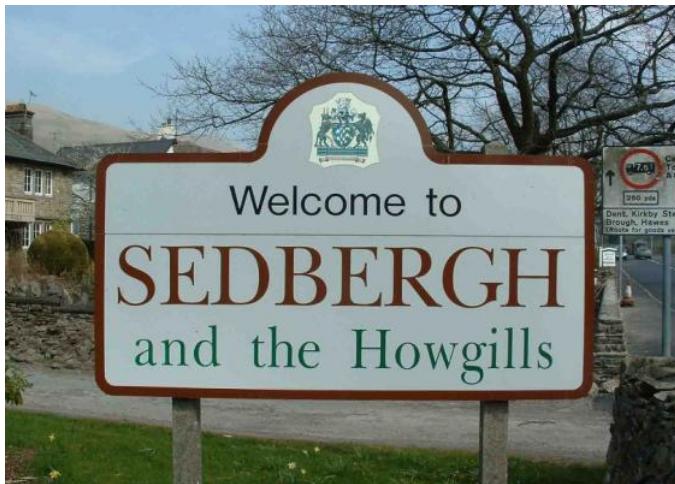


Across

1. Utensil (5)
3. Path (5)
7. Disregarded (7)
9. Send out (5)
10. Military command (5)
11. Mythical beast (7)
12. Taste (6)
14. Movie house (6)
18. Bet (7)
20. Deduce (5)
22. Awkward (5)
23. Roamed (7)
24. Finished (5)
25. Small boat (5)

Down

1. Mariners (7)
2. Possessed (5)
3. Boredom (6)
4. Legal excuse (5)
5. Svelte (7)
6. Beer mug (5)
8. Relating to country life (5)
13. Tycoon (7)
15. Dialect (5)
16. Condense (7)
17. Worshipped (6)
18. Forgo (5)
19. Graded (5)
21. Criminal (5)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) 1D; 1T; TVL; CH; DW; P; DR; VB e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	20251
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB* e-mail: enquiries@theoldjoinery.com	20309
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) 1D/ES); 2D/F(ES); TV; CH; P; NS; VB; CW	21789
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) 1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB;; Free Wi-Fi e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellcottage.co.uk	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) 1D; 1T; 1S; TVL; CH; NS; NP*; P; DR Web Site: www.holmecroftbandb.co.uk	20754
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB e-mail: ali@interact.co.uk	20360

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	01969 667356
Sleeps 2; D; CH; TVL; P; NS; DW	
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) 20360 Self-Catering Sleeps 6-8

KEY

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

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	0900	0935 (L)	Sat	564A	WDB
0820 (L)	0855	Sat	564A	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1250	1325 (L)	Sat	564A	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1125	Sat	564A	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (L)	Sat	564A	WDB
1340 (L)	1415	Sat	564A	WDB	1615	1650 (L)	Sat	564A	WDB
1530 (L)	1605	Sat	564A	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0935 (L)	0950	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (L)	1510	Sat	564A	WDB	1930 (R)	1945	Sat	564A	WDB
1650 (L)	1705	Wed	564A	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	564A	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	564A	WDB
0950	1005	Sat	564A	WDB	1515	1530 (L)	Sat	564A	WDB
1705	1720	Sat	564A	WDB	1805	1820 (L)	Sat	564A	WDB
1855 (R)	1910	Sat	564A	WDB	1945 (R)	2000 (L)	Sat	564A	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: December 2014				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1040	1732	1920						

L = Sedbergh Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

R = Request Only

WDB = Western Dales Bus

*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)

NOVEMBER CHURCH SERVICES					
St. Andrew's	1st	8th	15th	22nd	29th
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
10.30 am	HC	Remembrance Service	HC	Family Service	Mission Communities
6.30 pm	EP	EP	EP	EP	EP
Wednesday	4th	11th	18th	25th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
St. Mark's Cautley	1st	8th	15th	22nd	29th
9.30 am		No Service	HC		MP
2.30 pm	HC			Prayer & Meditation	
St. John's Garsdale	1st	8th	15th	22nd	29th
9.30 am	HC Extn	MP	HC	MP	
LUNE PARISH SERVICES					
	1st	8th	15th	22nd	29th
Holy Trinity Howgill	No Service	10.30 am Joint Remembrance Service St Andrew's	2.00 pm HC Howgill	2.00 pm HC Firbank	10.30 am Mission Communities St Andrew's
St John's Firbank					
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	1st	8th	15th	22nd	29th
St. Andrew's	10.30 am HC	10.30 am HC	10.30 am HC	10.30 am HC Joint Communion	
St. John's	9.00 am HC		2.30pm EP		
worship@peopleshall					
	1st				
People's Hall	1030				
HC = Holy Communion		SS = Sunday School			
BCP = Book of Common Prayer		MP/EP = Morning Prayer/Evening Prayer			
CW = Common Worship		P&M = Prayer & Meditation			
PC = Parish Communion		Taize = Modern Chants & Choral			
MP NC = MP with Northumbrian Community		NSV = New Sedbergh Version			

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
Sunday 08.00, 10.30 & 18.30
Wednesday 11.15

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00
Holy Days 19.30

Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30

Rev. H. Stuteley Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. C. Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS
Brigflatts
Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. A. McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

& Jean Dixon 20435

Howgill: Mary Stainton 20426
& Dorothy Parker 20493

Killington: Jennifer Thornley 20444

& John Mather 015242 76333

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrow

Rev. H. Stuteley 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am 1st Sunday each month

Beth & Sandy Roy Tel: 20785

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Wednesday 19.30

Rev. G. Jones Tel: 01539 722079

Lookaround Advertising Rates

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
Postal per month to Britain	= £2.00
Postal per month Overseas	= £4.00

All information to
72 Main Street, Sedbergh LA10 5AD
New Adverts by 15th of every month.

*Can all adverts please be
accompanied with the correct money
at the time of submission.*

All else by 19th of every month

Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 7th December 2016

NOVEMBER		DECEMBER		
1	Living from Essence (32)	DMC	28 1000 DMC Coffee Morning 28 2000 Masked Ball (38 & 12)	DMC PH
3	1900 Aglow International	KLI	30 St Andrew's Day	
4	1000 Coffee Morning - British Legion (13)	URCR		
4	1000 Grand Opening (14)	No. 6	1 Scouts Post till 18th (35 & 32)	Sedbergh
4	1930 HS Great Wall of China (23)	SSAT	1 1600 'Tinsel Tuesday (34)	CHI
5	1330 Dignity in Dementia (15 & 44)	GH	1 1900 Aglow International	KLI
5	1930 WIH - Gift Wrapping Demonstration	HVH	1 1930 Town Band Christmas Concert (51)	SIAS
6	1330 Age UK - Gardening for Bees	DMH	2 1000 Coffee Morning - TBA	URCR
6	1330 Art Society Blot Technique (66)	PH	2 1800 Late Night Opening	Sedbergh
6	1900 Garsdale Bonfire & Fireworks (1 & 89)	Gvh	2 1930 HS Manorial Courts (23)	SSAT
6	1930 WIH - Domino Drive	HVH	3 1930 WIH - Christmas Party	TBA
6	1930 Africa Evening	MCH	4 1330 Age UK - Christmas Party	DMH
7	1000 StAD Christmas Bazaar (17)	DMH	4 Dent Folk Carols (85 & 54)	Dent
7	1830 Sedbergh Bonfire Night (1)	PH	4 1930 Baghdaddies (54 & 70)	PH
8	1930 Town Band Remembrance Concert (18)	URC	5 Dent Folk Carols (85 & 54)	Dent
10	1400 WIK - Film Show of Old WI Photos	PH	5 1900 Flicks in the Fells (24)	PH
10	1930 FC Domino Drive	FCH	6 Dent Folk Carols (85 & 54)	Dent
11	1000 Coffee Morning - Ladies NFU	URCR	6 Family Portraits (55)	SSAT
11	1100 Memorial Service (49)	War Memorial	6 1700 SS Advent Church Service (56)	SS Chapel
11	1915 WID - AGM & Sing Along	DMH	6 1930 Appleby Concerts (Oct)	APH
11	1930 WIS - AGM & Jacobs Join	PH	8 1200 WIK - Christmas Lunch	TBA
12	1200 Lunch Club	Red Lion	8 1930 Domino Drive & Mince Pies	FCH
12	1915 Royal British Legion (13)	WHC	9 1000 Coffee Morning - TBA	URCR
13	1900 HS Annual Dinner (23)	Thorns Hall	9 WID - Christmas Lunch	TBA
14	1030 FM Christmas Free Entry (25)	FM	9 WIS - Christmas Lunch	TBA
14	1900 Flicks in the Fells (24)	PH	10 1200 Lunch Club	Red Lion
15	1030 FM Christmas Free Entry (25)	FM	10 1915 Royal British Legion	WHC
15	1600 Messy Church (24)	SMC	11 1900 Christmas Concert (34)	CHI
16	1930 Domino Drive	Gvh	16 1000 Coffee Morning - Town Band	URCR
17	1930 Garsdale Parish Council (20)	Gvh	18 Scouts Post Ends (35 & 32)	Sedbergh
18	1000 Coffee Morning - The Bells	URCR	22 1930 Christmas Domino Drive	HVH
18	1930 HS North Craven (23)	DMH	25 Christmas Day	
19	1300 Medical Centre Closed for Training (29)	MC	26 Boxing Day	
19	2000 Sedbergh Orchestra Concert (29)	StAS		JANUARY 2016
20	1830 Dent Promise Auction (30)	DMH	12 1930 Domino Drive	FCH
20	1930 Domino Drive	MCH	13 1930 CWT Kalahari & Okavanga	URCR
21	1000 Cowgill Coffee Morning (31)	StJCC	17 1930 Appleby Concerts (Oct)	APH
21	1030 New Exhibition (25)	FM	19 1400 Sight Advice South Lakes	PH
21	2200 Wanderers Football Club Disco (31)	PH	20 1930 HS Evacuation from Burma (23)	SSAT
22	1900 Dentdale Christian Fellowship (32)	DMC	21 1300 Medical Centre Closed for Training (29)	MC
22	1930 Appleby Concerts (Oct)	APH		FEBRUARY
23	1930 Roof of Europe	SMCR	3 1930 HS Sedbergh in the Past (23)	SSAT
24	Age UK Walk (Oct)	Farfield Mill	9 1930 Domino Drive	FCH
24	1600 'Tinsel Tuesday (34)	CHI	10 1930 CWT Wildlife in Sacred Places	URCR
25	1000 Coffee Morning - TBA	URCR	16 1400 Sight Advice South Lakes	PH
25	1930 CWT Cave Conservation	URCR	17 1930 HS Austrians & Germans in Cumbria (23)	PH
27	Scouts Post Begins (35 & 32)	Sedbergh	21 1930 Appleby Concerts (Oct)	APH
27	1700 SSAT Christmas Fair (37)	SSAT	22 1930 FCH AGM	FCH
27	2000 Pudding & Wine Evening (36)	Spooner Room	24 1300 Medical Centre Closed for Training (29)	MC

*The S & D Lookaround is edited, published & distributed monthly by
Dennis & Jacky Whicker and is printed by Stramongate Press.*

The content of The Lookaround does not reflect the views of the Editors.

Whilst every effort is made to ensure that information is correct, the Editors cannot accept any responsibility for any inconvenience caused through errors or omissions.

*Copies are available from Sedbergh Tourist Information Centre,
SmartOffice, Premier, Post Office, Spar, Dent Stores & Barbon.*

COVER PICTURE
Autumnal Sedbergh
by Stuart Manger

MARCH

- | | | |
|----|--|------|
| 1 | St David's Day | |
| 2 | 1930 HS Telling it Like it Was (23) | DMH |
| 8 | 1930 Domino Drive | FCH |
| 9 | 1930 CWT Arnhemland to Vanuatu | URCR |
| 13 | 1900 Mozart's Requiem | SSPH |
| 13 | 1930 Appleby Concerts (Oct) | APH |
| 16 | 1930 HS Highland Clearances (23) | SSAT |
| 17 | St Patrick's Day | MC |
| 17 | 1300 Medical Centre Closed for Training (29) | SSAT |
| 19 | 1900 HS Annual General Meeting (23) | PH |
| 22 | 1400 Sight Advice South Lakes | |

APRIL

- | | | |
|----|-------------------------------|----|
| 16 | 1930 Olde Time Dance | PH |
| 19 | 1400 Sight Advice South Lakes | PH |
| 23 | St George's Day | |

MAY

- | | | |
|----|-------------------------------|----|
| 17 | 1400 Sight Advice South Lakes | PH |
|----|-------------------------------|----|

JUNE

- | | | |
|----|-------------------------------------|----------|
| 18 | Sedbergh Cycling Festival (Nov) | Sedbergh |
| 18 | 1930 Olde Time Dance | PH |
| 19 | Sedbergh Cycling Festival (Nov) | Sedbergh |
| 21 | 1200 Sight Advice South Lakes Lunch | TBA |

JULY

- | | | |
|----|--------------------------------------|------|
| 13 | 1000 Coffee Morning - British Legion | URCR |
| | AUGUST | |

SEPTEMBER

- | | | |
|----|--|------|
| 9 | 1000 Coffee Morning - Talking Lookaround | URCR |
| 20 | 1400 Sight Advice South Lakes | PH |

OCTOBER

- | | | |
|----|-------------------------------|----|
| 18 | 1400 Sight Advice South Lakes | PH |
| 22 | 1930 Olde Time Dance | PH |

NOVEMBER

- | | | |
|----|--------------------------------------|------|
| 9 | 1000 Coffee Morning - British Legion | URCR |
| 30 | St Andrew's Day | |

DECEMBER

- | | | |
|---|--------------------------|----------|
| 7 | 1800 Late Night Shopping | Sedbergh |
|---|--------------------------|----------|

DIARY KEY

APH	= Appleby Public Hall
BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CHI	= Country Harvest, Ingleton
CO	= Community Office, Main Street
CTIS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Chapel
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLL	= Kirkby Lonsdale Library
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
MCH	= Mansergh Community Hall
PH	= People's Hall
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
StJCC	= St Johns Church Cowgill
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SIO	= Sedbergh Information Office, Main St
SSPH	= Settlebeck School Academy Trust
URC(R)	= Sedbergh School Powell Hall
WID	= United Reformed Church (Rooms)
WIH	= Women's Institute, Dentdale
WIK	= Women's Institute, Howgill
WIS	= Women's Institute, Killington

SEDBERGH MARKET 1538
Est.  **EVERY WEDNESDAY**
ON JOSS LANE CAR PARK

Stalls from 8.30am. Contents may vary! but currently include fruit & veg, fish, bread, Farm fresh meat & eggs, cakes, take-away/heat-at-home food and walking boots & socks.

Try your retail idea with a pitch & stall deal - £11 a week. Car Boot Pitches from £3.
 Contact Sedbergh & District Community Office 015396 20504 or office@sedbergh.org.uk

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

01539 718191 (Option 1) 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.00am
(No appointment necessary)
Late Morning – 10.30am -12.30pm
(By appointment only)
Afternoon – 2.30pm – 6pm
(By appointment only)

Surgery by appointment only –
Early Morning Tuesday & Thursday
Late evening Monday & Tuesday

Dent Surgery by appointment only - Monday

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm
(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday afternoons **(By appointment only)**
Dressings Clinic – Friday afternoons
(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm
(By appointment only)

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

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

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

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Wendy Thompson,
Katie McKay & Sarah Boum (Hygienist)
Monday to Friday 0900 - 1700
Saturday *

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900
Wednesday 1000 - 1230 1400 - 1700
Friday 1400 - 1700
Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900
Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464

www.cumbriaruralcab.org.uk

PENSION SERVICE SURGERY

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

Age UK SL @ Community Office

1st Wednesday every month

10 am to 12 noon

01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

www.sedberghcdc.org.uk

POLICE

101 or 999

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

MARKET DAY

WEDNESDAY

HALF-DAY CLOSING

THURSDAY