

# Sedbergh & District **LOOKAROUND**

November 2018

Issue 371

Donation £1

Welcome to my penultimate issue which again, is a bumper production. A continued big thank you to everyone for their support and very kind words. The next and last issue will be tinged with much sadness but

with happiness that Lookaround is still continuing. Please do give the new Team all the support that you have given me - and please be patient with them!!!!

Dennis & Jacky Whicker

## Sedbergh **FIREWORKS EVENING**

6pm – 11.30pm

**Friday 2<sup>nd</sup> November 2018**

Sedbergh People's Hall



**Family Disco 6-7pm**

**Fireworks display 7.15pm**

**Live Music with The Moonshine Shakers from 8pm**

**Disco, bar, hot food, stalls and raffle  
throughout the night**



**Tickets for entry after 8pm are £5 each  
available at the usual places in town  
or call 07719 346938**

*A Sedbergh Gala Group fundraising event*

**CLOSING DATE: 15th of every month for everything**

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

Mobile: 07464 - 895425

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Events & Miscellaneous			November Birthdays		
			Day	Name	Age
02 Bonfire Night		1	1	Jackson BROWN	7
03 Garsdale Bonfire Night		5	6	Connor REYNOLDS	8
07 History Society		7	9	Alice DECENT	7
07 Coffee Morning		6	10	Eli SCARR	7
08 Diwali Supper Club		8	11	Logan COWIN	10
09 Charity Night		9	11	Frankie DECENT	10
10 Rummage Sale		10	13	Erik OVERSBY	8
11 Band Concert		11	18	Stanley PARKIN	4
14 Medical Centre		14	20	Samuel DODD	3
17 Big Quiz Night		17	22	Eloise DANDY	7
17 H&M Cookery Demo		17	25	Jasmine PARLEY	8
18 Meditation Centre Events		18	28	Toby GREENSMITH	11
23 The Christmas Angel		23	<b>Nonagenarian &amp; Over</b>		
24 Coffee Morning		24	2	Dereen Elvey	93
24 Scout Post		22			
24 Scratch Show		24			
29 Nutcracker Suite		29			
30 Dent Folk Carols		30			
Coffee Mornings		4			
Parish Council Vacancy		47			
Yoga		14			
Dec Golf Club Xmas Menu		32	<b>USEFUL TELEPHONE NUMBERS</b>		
Dec 02 SS Advent Service		42	<b>Age UK South Lakeland</b>		
Dec 05 Late Night Opening		45	030 300 30003		
Dec 13 Wind in the Willows		53	<b>Electricity in any area</b>		
			105		
			<b>Medical in any area</b>		
			111		
			<b>Pension Service Surgery</b>		
			Stricklandgate House every Tuesday 1400 - 1600		
			01539 795000 or 0845 6060265		
			<b>Police in any area</b>		
			101		
			<b>Sight Advice South Lakes</b>		
			01539 769055		
			<b>South Lakes Citizens Advice Bureau</b>		
			03444 111 444		
			<b>South Lakeland District Council</b>		
			01539 733 333		
			<b>Yorkshire Dale National Park</b>		
			0300 456 0030		
			<i>If you would like to see any numbers listed here, please let us know.</i>		

## Weekly Coffee Morning

Cornerstone Community Church  
Main Street, Sedbergh  
10 am to 12 noon

November  
 7th Royal British Legion  
 14th Ladies NFU  
 21st TBA  
 28th Town Band

## TOWN TWINNING

Zreče wins Gold!

*Susan Garnett*

While Sedbergh's history society group was visiting Zreče, Mayor Boris Podvršnik and his team were somewhat preoccupied with hosting some very important persons. These were the judges for a special competition. This is Entente Florale Europe, involving villages, towns and cities and administered by the international organization Association Européenne pour le Fleurissement et le Paysage (AEFP). It has been in existence since 1975, and currently 9 European countries take part. Each country must pick its entrants from its national competition, and on this basis, thousands of communities in



the 9 countries participate on a regular basis. Entente Florale raises the awareness of the importance of the green environment to the quality of living in participating communities, in residential, urban and industrial areas. This is a matter of importance because as populations grow, the density of urban and living areas within Europe is increasing. The provision of adequate green spaces and landscaping provide the necessary counterbalance required to preserve quality of life.

Two of its principal aims are to encourage and promote environmental awareness and the inclusion of "green issues" in the education of children and young people and the promotion and development of green and environmental policies for the improvement of life and quality of tourism.

We were told that the results would be announced in Ireland (one of the participating countries) on September 22<sup>nd</sup>. The Mayor and his team would be attending.

**Zreče won GOLD!** This was a great triumph for them and a tribute to all that the town does for the green environment. We congratulate our twin on its well-deserved success.

Garsdale

## BONFIRE & FIREWORKS

Saturday 3rd November

Garsdale Village Hall



7pm: Fire Lit

7:15: Fireworks

*Refreshments available*

Pumpkin Competition for u12's

Adults £2.50 ~ Children Free



ROYAL BRITISH LEGION

# COFFEE MORNING

Wednesday 7th November

10am to 12 noon



Coprnerstone Community Church, Main Street

Tea ~ Coffee ~ Cakes ~ Raffle

For more Legion information, visit our website:  
<http://branches.britishlegion.org.uk/branches/sedbergh>



## THE ROAD TO NOWHERE

*Philip Johns*

### The Official Bit:

The September parish council meeting in Garsdale proved to more extensive than normal. Yorkshire Dales National Parks' Sustainability manager, Angela Burden, had been to do an official presentation of the grant cheque for the restorations carried out at the village hall. Generally, she was impressed with the quality of work undertaken but the restorations had exposed another problem: there were some leaks in the roof. A further application for funds will therefore be required. Council had also been advised of a 4-week road closure at 'The Street'

starting 24<sup>th</sup> September but was only given 3 days' notice. No signs had been put out and no proceedings put in place for any services, including the school bus run. As these works had been in the planning since November last year, council thought that the organisation by Highways lacked any consideration for local residents, school buses, tour companies, haulage firms etc. In fact, the works were delayed for a week to allow some diversionary measures to be put in place, but the road was to be officially closed overnight and opened only at weekends. B4RN were making great strides forward and, as I write this report, the ducting had reached the

EST. **SEDBERGH • MARKET** 1538

EVERY WEDNESDAY ON JOSS LANE CAR PARK

*Regular stalls: fruit, veg and plants • artisan bread • fish  
farm fresh meat • eggs • cakes • bric-à-brac  
hot Thai food • goat milk, goat cheese and goat milk soap*

From 8.30 til lunchtime. Got a business idea or something to tell people about?  
Try our stall plus gazebo deal - £11. Contact the Info Centre on 015396 20125.

village hall from Sedbergh. However, until all the links had been put in place from Milthrop and Sedbergh, residents will have to wait a little longer before becoming live. The new police community officer, Maz, introduced herself and was quizzed in depth over the scourge endured by residents of some inconsiderate bikers during summer weekends. Whilst she sympathised with our plight, she unfortunately had little to offer due to lack of recourses and procedures. Finally, council approved the commissioning of a bench to commemorate the soldiers from Garsdale who fell in WW1. This will be unveiled on Thursday, 11<sup>th</sup> November, the 100th anniversary of the ending of 'The Great War', in the

village hall, with an evening of music and poems, along with free refreshments. Council hoped that there will be a large attendance.

Philip Johns, Clerk to Garsdale Parish Council,  
[ps.johns@btinternet.com](mailto:ps.johns@btinternet.com) 015396 22170  
[www.garsdaleparishcouncil.com](http://www.garsdaleparishcouncil.com)  
The unofficial bit:

Cumbria County Council never fail to astound me. Work on the retaining walls along Clough River have started. A note was pushed through my door on Friday 21<sup>st</sup> September to say that the road would be closed from Monday 24<sup>th</sup> during the day but open after 5.00pm and at weekends. Apart from a few residents, nobody else had been informed. Panic calls

## SEDBERGH & DISTRICT HISTORY SOCIETY

**Wednesday 7th November**  
Yards of Kendal  
*Trevor Hughes*  
**7:30 pm Settlebeck School**

**Wednesday 21st November**  
Railway for Sedbergh  
*Robert Western*  
**7:30 pm Settlebeck School**

**Friday 30th November**  
Annual Dinner  
7 for 7:30 pm  
Sedbergh Golf Club

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

Members £1 ~ Non-Members £2

[www.sedberghhistory.org](http://www.sedberghhistory.org)

Chairman: Graham Dalton 25436  
Secretary: Karen Bruce-Lockhart 015396 34603  
Treasurer: Adrian Braddon 21025  
Membership Secretary: Adrian Braddon 21025

## Osteopathy in Dent

Suffering with any of the following?

Muscle, Ligament & Joint Pain  
Back and Neck problems  
Sciatica  
Headaches  
Shoulder Problems  
Arthritic Pain  
Foot, Leg, Hip & Arm Pain  
Sports related Injuries  
Pelvic Pain

Osteopathy Could Help You!

Regular clinics at The Methodist Chapel (GP Surgery) in Dent from 8th November

Appointments strictly by prior booking only!

For Appointments or Enquires:

Call the Osteopath; **Ed Snaod** BSc(Hons) D.O on

**07899 657 058**

from school bus companies resulted in a delay of a week but no new notice was issued. Talking to the contractors elicited further information, the road would, in fact, be closed all week and overnight, but they would endeavour to open it at weekends. Residents in Garsdale pay a huge amount of council tax in comparison to the benefits received yet we get treated as if we didn't exist. Never mind that these works should have been carried out over the summer when the river was at an historic low, never mind we have 4 sets of "temporary" traffic lights delaying our every move, we just have to give thanks to the fact that the contractors are working extremely hard and efficiently. If the CCC

themselves had undertaken the work, I don't think I would still be alive to see the end of it, just look at the farce that is the New Bridge repairs in Sedbergh. Another unthought out task is the repair of Scarfoot Bridge further up the dale. This was started before the works along The Street commenced but due to the snail pace of council workers, it wasn't finished, meaning that work has stopped due to the road closure and the ridiculous and totally unnecessary "temporary" traffic lights are still there, racking up the cost by £250 per week along with the scaffolding hire. Further lunacy has occurred in Grisedale. Some pothole repairs were due to be undertaken, and although some have been done, the curse of PHB (pothole



THE MALABAR



THE MALABAR

## Diwali Supper Club

7:30pm

Thursday November 8<sup>th</sup>

£25 per head

*Honesty bar stocked with craft beers and wine*

Please call 015396 20200 or email [info@themalabar.co.uk](mailto:info@themalabar.co.uk)  
to book your place

The Malabar, Garths, Sedbergh, LA10 5ED

blindness), one of the many medical conditions that routinely affect council workers, has struck again. How can they repair one hole, walk past another and leaving it, to repair another one, a few yards away? But for sheer lunacy, signs were put up warning of "Temporary Road Surface" and "Please Find Alternative Route". As Grisedale has only one single track road to get you there and back, and comes to a complete stop after about 4 miles, what alternative route can they mean? Anyone have a spare helicopter handy? You really can't make it up.

On another note, can I commend the fantastic effort put in by the B4RN volunteers, numbering nearly 30 in total, who have been beavering away

over the last 3 weeks. Virtually everyday, rain or shine, a work party has been out assisting Tony Middleton with his mole-ploughing and depending on when the B4RN 'civvies' can do their bit, Garsdale is very close to getting the fastest domestic broadband in the world.

Traffic light update: the cost is now over £26,000 and still rising. 

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## SEDBERGH PARISH COUNCIL

*Janey Hassam  
Clerk to the Council*

This report covers items from the Parish Council meeting on the 11<sup>th</sup> October 2018. The next meeting is on Thursday 8<sup>th</sup> November 2018 at 7.30pm in the Committee Room, The People's Hall, Howgill Lane,





# RUMMAGE SALE

11 am to 3 pm

Saturday November 10th

Cornerstone Church Rooms

New Street, Sedbergh



Come and have Lunch

Home-Made Soup with a roll £3



*Plant Stall ~ Cake Stall ~ Tea & Coffee ~ Home Made Scones ~ Bric-a-Brac*

Proceeds go towards Messy Church Group & other children's events

Sedbergh.

Notice of Vacancy – Please see the Parish Council's separate notice in relation to the current vacancy on Sedbergh Parish Council.

### Maryfell play park and parking

Members noted that verbal confirmation of sufficient funds to progress the proposed refurbishment of the play park at Maryfell had been received. It was hoped that further progress of this project will take place over the winter. Parking at Maryfell continues to be problematic and was discussed again by Members. It was noted that South Lakes Housing were hoping to progress a solution to assist parking and details would be available soon to Members and residents.

### Projects

Members noted that the rebuild of the retaining wall at The Bowling Green was now underway, and that the resurface and replacement

perimeter fencing at The Tennis Club at Guldrey was now almost complete. Formal thanks were noted to The Tennis Club for their significant input into this scheme. Both Joss Lane car park and Loftus Hill car park continue to be discussed in relation to current lease for Loftus Hill and surfacing/ enhancement at Joss Lane car park.

### Other Matters

Various other matters were discussed, including: Planning, Amenities and Queen's Garden, where Members hope to instruct a tree survey. Varying fallen branches/ trees in the area, hedge cutting on the Dent Road, Highways matters, such as persistent flooding/raised grates etc, HGV's on residential streets and financial matters were also discussed. Members also noted the South Lakes Housing Independent Living scheme – details available directly from South Lakes Housing, a service to help people to

remain living in their own homes.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions.  
**Public Participation is at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend from 7.30pm.**

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](mailto:clerk@sedberghparishcouncil.org.uk)

Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office and online at [www.sedbergh.org.uk](http://www.sedbergh.org.uk)



*"Excellence through endeavour"*



Sedbergh Town Band

## Remembrance Day Concert

7:30 pm  
Sunday 11th November  
St Andrew's Parish Church

Admission £5 ~ U16 £3  
*Pay on the door*

All proceeds to the British Legion



Sponsored by Stramongate Press 01539 720448  
Sedbergh Town Band is a Registered Charity No. 1086817

## TIM FARRON MP

Well the stupidly long summer recess is over and MPs are back in Parliament and we can get back to the job of holding this Government to account.

I am taking the opportunity to present a some motions to Parliament. A key one for me is calling for the Government to introduce a statutory responsibility for local authorities to ensure that students aged 16 -18 get free transport to school or college if they need it. It is unfair that free transport is provided for children until they do their GCSEs but not when more of them in places like Sedbergh actually need it because the local school does not have a sixth form. I really cannot

## CHIROPODIST

HCPC Registered

### Kay Whittle

MSSCh DipPodMed MBChA MInstChP

Pedi-Care House, Howgill Lane,  
Sedbergh LA10 5AD

Tel: 015396 22122



Open 09:00 - 4:30

Please phone for appointments  
Closed on Mondays

Supplier of  
HJ Hall "Softop" socks  
Argan oil & cream; Arnica gel & Aloe Vera

understand how the Government can increase the school leaving age to 18 – as they have done – and not put in place the transport facilities needed to enable students to keep studying to this age.

What makes it worse is, because of Government cuts, many local authorities have been forced to make savings by cutting back on their local bus services. Over the past 10 years the levels of bus services across the North West of England have fallen by nearly a quarter. We all know how limited the bus services are in rural areas like around Sedbergh. We are lucky that there is still the 502 bus running once a day to and from Kendal. But if you miss that are stuffed and if you need to be in school early at any time then your poor parents just have to sort things out for you.

I have also written to the Education Secretary, Damian Hinds, to ask him how he can justify this discrimination

of students. But he is MP for a constituency in Hampshire and so I have little confidence that he can even understand the issues we are talking about let alone want to do something about them.

Whilst on the subject of writing to ministers, I have written to the Secretary of State in the Home Department to ask him to sit down with Cumbria's Chief Constable to discuss policing of Appleby Fair. After this year's fair I sat down with a number of officers in Kendal to discuss the cover they were able to provide and it was clear that due to the cuts in funding things were most definitely slipping. Something we have all noticed.

Finally, during my Summer Tour a lot of people raised the issue of a tax on tourists visiting the area to provide money to spend on our local services. I thought this was an interesting idea and wanted to find out what other people thought. So I have been

# George Newton

## Horse Logging

Specialist Felling & Timber Extraction

Seasoned Firewood For Sale

Fully Insured

References available

E-mail: [horselogger70@gmail.com](mailto:horselogger70@gmail.com)

Mob: 07818 802659

Tel: 015396 21392



running a survey which anyone can contribute to. It is very short (4 questions) if you are interested please search on “Tim Farron Tourist Tax Survey” and follow the links. I have had about 700 responses so far and of those nearly two thirds have been in favour. There have been lots of suggestions for how it could be managed and what the money should be spent on but I am still open to more ideas.

As ever if I can help with these or any other issues please drop me an email at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk) or call us on 01539 723 403. Or you can come and see me at my surgery in the People’s Hall on the 9<sup>th</sup> November.

Thanks for your support.



#### COUNCILLORS CORNER

*Kevin J. Lancaster  
Sheila Capstick*

To what extent should councils be run as businesses ? One view says

they are for the common well-being and there is no place for commercial incentives. The other extreme argues they must be run solely on providing best value at all times. Until the 1980s the former view held sway and there is no doubt that the services offered were generally expensive and very poor value. Since then ever more stringent capping of council tax, regardless of the colour of the Westminster government has meant that all councils must at least try to provide good value for money.

Locally this devolves down to the question as to whether we should continue with two-tier local government (expensive) or move to unitary local authorities (supposedly cheaper). There is then an assumption that that in turn must mean a unitary Cumbria. I have little enthusiasm for this, a previous north county based leader could not pronounce “Sedbergh” and refused to believe there were two “k”s in Kirkby

# George Newton

## Traditional Stonework

Restoration ~ Re-builds ~ Re-pointing

Landscape Design & Construction

Est: 1996, References available

E-mail: [horselogger70@gmail.com](mailto:horselogger70@gmail.com)

Mob: 07818 802659

Tel: 015396 21392



Lonsdale. Now he was undeniably stupid but there is very little understanding of our area from the north of the county. There are however other alternatives. If we do eventually move to unitary local government we really must consider either a Morecambe Bay Authority or a north / south split of the existing Cumbria.

On the assumption that such a change is unlikely to happen in the near future South Lakeland is well on the way to transforming the way its services are delivered. Although there is much unease about the fine detail there is general agreement on all sides of the council that this new method of working called "Customer Connect" must be implemented.

### *Yoga classes for all in Sedbergh*



*From November 14th*

*Wednesdays 10 - 11.30pm  
Howgill Village Hall*

*Thursdays 6 - 7.30pm  
Sedbergh Primary School*

*Classes are suitable for everybody  
regardless of age, fitness or gender.*

**£32.50 for block of 5  
Drop In £7.50**

*For more information and to book  
contact Lesley Kennedy:  
07816 779238  
e mail: [lahmc@btinternet.com](mailto:lahmc@btinternet.com)*

## **SEDBERGH MEDICAL CENTRE**

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

*Wednesday 14th November  
2019*

*Wednesday 13th February  
Thursday 14th March*



Most recently we have been voting on a "Management Review" and that was passed by Full Council last week, nem con.

If you have any problems please contact either me or Sheila.

District Councillor Kevin J. Lancaster,  
Fellgate, Dowbiggin, SEDBERGH,  
Cumbria. LA10 5LS  
Telephone 07 980 844 695;  
email [Kevin@Sarthwaite.com](mailto:Kevin@Sarthwaite.com)  
District Councillor Sheila Capstick,  
12, Maryfell, SEDBERGH, Cumbria  
Telephone 07 818 221 999  
email [sheilacapstick@hotmail.co.uk](mailto:sheilacapstick@hotmail.co.uk)



## **COUNCILOR CORNER**

*Cllr Ian Mitchell*

It has been yet another busy month, with meetings at South Lakeland District Council, Yorkshire Dales National Park Authority, as well as South Lakes Housing, regarding parking issues and housing developments.

Your Lib Dem team has been out and about in recent months, knocking on doors, with the aim of gaining your views on our area and seeing what improvements we can make to

benefit individuals and the whole area.

If we haven't knocked on your door yet, we have several more door knocking session planned over the coming months and we look forward to seeing you soon.

However if you haven't been able to catch us, please drop me a line with anything you think I may be able to help you with.

Cllr Ian Mitchell -  
ian.mitchell@southlakeland.gov.uk

---

## **YORKSHIRE DALES NATIONAL PARK**

*Andrew Fagg*

Vacancies on the  
Dales Access Forum

An independent group which advises the Yorkshire Dales National Park Authority (YDNPA) on all matters relating to 'open-air recreation' is recruiting new members.

### **CLINICAL MASSAGE AT SEDBERGH MEDICAL CENTRE ON MONDAYS**

Chronic Pain Conditions  
Managing Stress & Tension  
Sports Injuries & Rehab.  
Pre & Post Natal Massage  
Simple Lymphatic Drainage

Scar Tissue Release

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The Yorkshire Dales Access Forum, which meets three times a year in Bainbridge, needs five new members.

Forum members are unpaid volunteers but receive travel expenses, and are appointed for a term of three years. The membership has been staged so that about a third is renewed annually.

Applications are invited from people who own and work the land, and from people who use it for recreation or a variety of other interests. Current

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members include farmers and landowners, people in the tourism trade, as well as keen walkers, cyclists and recreational motor enthusiasts.

Rachel Briggs, the YDNPA's Access and Recreation Officer, said: "The Access Forum has an important role to play in addressing the challenges that regularly crop up regarding public rights of way and open access land. At its meeting today for instance, the forum was debating the tensions caused by unlicensed camera drone operators and by people inappropriately letting dogs off the lead.

"Forum members can put forward ideas for improving open air recreation. People can make a

positive contribution to the Yorkshire Dales by joining the forum."

The deadline for applications to join the Yorkshire Dales Access Forum is 16 November 2018. Anyone who would like to be considered for membership can contact Rachel Briggs by phone, 01969 652363, or by email at [Rachel.briggs@yorkshiredales.org.uk](mailto:Rachel.briggs@yorkshiredales.org.uk). The Yorkshire Dales Access Forum is one of 86 'Local Access Forums' in England, created as a result of the Countryside Rights of Way Act 2000.



## **YORKSHIRE DALES NATIONAL PARK**

Royal Seal of approval

*Andrew Fagg*

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## One Big Quiz

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Yorkshire Dales Millennium Trust (YDMT) is delighted to announce that His Royal Highness The Prince of Wales has accepted their invitation to extend his patronage of the charity.

Sharing an active interest in issues ranging from environmental conservation to opportunities for young people, YDMT is thrilled that His Royal Highness has chosen to continue his patronage.

HRH has been patron of YDMT since the charity became established in 1996. Since then YDMT has recruited more than 15,000 supporters to deliver a range of inspirational projects worth more than £30 million across the region.

The charity's key achievements

HRH meets YDMT staff, partners and beneficiaries near Ribblehead.  
*Photo by Steve Finch*



include:

- Planting 1.4 million new native trees to create hundreds of woodlands
- Restoring more than 700 hectares of degraded wildflower hay meadows
- Co-ordinating life-changing rural apprenticeship opportunities for young local people
- Engaging around 40,000 people



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- in nature and wildflower events
- Giving 13,500 people disadvantaged and young people the chance to learn new skills and feel happier and healthier by connecting with nature in the Yorkshire Dales countryside.

David Sharrod, Chief Executive at YDMT, said: "The ongoing Patronage of His Royal Highness The Prince of Wales means a great deal to the board of trustees and staff here at Yorkshire Dales Millennium Trust. HRH has a wonderful affiliation with this county and his support for wildlife and fauna is greatly appreciated by us.

"We have been very fortunate to secure the support of many individuals and local businesses over



the years who share our passion for the area, but knowing you have the royal 'seal of approval' is really rather special."



#### PROGRAMME FOR NOVEMBER

**Sunday 18<sup>th</sup> 11.00am-1.00pm  
RAINBOW CHAKRA GONG BATH**

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#### **YORKSHIRE DALES NATIONAL PARK**

*Andrew Fagg*

National Recognition  
for Dales Charity

Local charity Yorkshire Dales Millennium Trust (YDMT) has been awarded the Sheikh Abdullah Award for Intercultural Dialogue work at the #NO2H8Crime Awards which celebrate the 'upstanders' in society who tackle hatred, intolerance and prejudice.

Through activities such as conservation, crafts, farm visits, walks and hosting weekends, YDMT is helping to build bridges and break down barriers in the Yorkshire Dales. More than 9,000 disadvantaged people have benefitted so far,

enjoying the chance to learn new skills, and to feel happier and healthier by connecting with nature.

Judy Rogers, Outreach Worker at YDMT, attended the recent awards ceremony in London. She said: "So much of our media highlights the bad things about society but these awards recognise that there is a tremendous amount of fantastic work going on in communities to tackle hate crime and bring communities together. My work is about bringing strangers from different communities together. The groups often find that they have much in common and leave as friends. The calibre of nominees was extraordinarily high, so it was humbling to be recognised on a national level for our work with

refugees and asylum seekers here in the north west."

YDMT believes that everyone should have access to the special Yorkshire Dales landscape, and works with organisations across the region to offer disadvantaged groups the chance to experience something new and positive in the Dales. One such group is the Darwen Asylum & Refugee Enterprise (DARE) who have been a regular partner.

Having visited the Dales with DARE and YDMT, Urmila, originally from Bangladesh, said: "The trip was amazing! We have enjoyed a lot, especially the place is full of peace. Also we have met new people, we shared food, we have chatted and shared our thought and feelings, we

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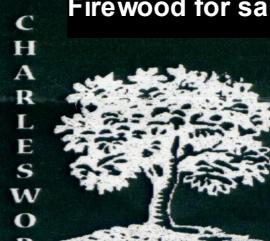
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This Team Leaves It Clean  
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laughed, sang and we have learned about places and making things. I must say it is a blessing being with nature and lovely people. We are very fortunate."

The charity also works with young carers, homeless people, the elderly, and people living with disabilities, mental illness and social isolation. These groups are among the 10% most economically deprived communities in the country, and often lack the ability and confidence to visit the countryside.

Claire, a service user from North Yorkshire Horizons, the drug and alcohol recovery service, visited a farm in the Yorkshire Dales with YDMT. She said: "It's good to be around some very happy smiling

faces. Loved every minute. Thank you very much."



## **YORKSHIRE DALES NATIONAL PARK**

Three new Members for National Park Authority

*Andrew Fagg*

A Hambleton District Council officer, a pub manager from Dent and a farmer from near Appleby and have been appointed Members of the Yorkshire Dales National Park Authority.

The Authority's 25 Members provide leadership, make key planning decisions and scrutinise the work of officers. Typically about four new Members are appointed each year as a result of local elections or a



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Member coming to the end of their term of service.

The new Members are:

- Julie Hutton, 54, a Secretary of State appointee, works in the Business and Economy unit at Hambleton District Council.
- Ian Mitchell, 28, who manages the George and Dragon in Dent, has been appointed from South Lakeland District Council. He said he wanted to work to improve the "connection" between the Authority and residents: "I will be trying to put forward the views of people from the area in which I live – from Dent, Sedbergh and Kirkby Lonsdale. I don't think everyone understands the planning process, so I'll be

working on that and getting the message out that the Authority is here to help people."

- William Patterson, 63, from Coupland Beck near Appleby-in-Westmorland, has been appointed from Eden District Council.

The Yorkshire Dales National Park Authority has also appointed two people to the role of 'Independent Person'. Lynda Fothergill will serve for a term of 5 years to June 2023, while Alex Rocke will serve for a term of 3 years to June 2021. They will be consulted on whether a complaint against a Member should be investigated, and will also be consulted before a decision is made on an investigated complaint.



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## LADIES NFU

Caroline Sandys-Clarke.

After our summer break members were entertained at the meeting on the 18th September by Sue Millard, from Greenholme, Tebay, who talked to us about Fell Ponies. This is particularly topical as the ponies are to be seen roaming the Howgills Fells summer and winter.

Although the Fell Pony Society was only formed 100 years ago, the ancestors of the present day ponies were mentioned as early as the 16th and 17th centuries when they were referred to as 'Galloways'. Fell Ponies, as such, started being mentioned from 1885 onwards. They are now to be found all around the world with over 6,500 registered, but the main

hub remains here in the North West.

With their height not to exceed 14h.h. and the accepted colours to be Black, Brown, Bay and Grey, these sure footed ponies with steady temperaments and good paces make lovely family mounts as well as being ideal for Trekking Centres, Riding for the Disabled and Carriage Driving.

Having in the past been widely used as pack ponies and in collieries and mines they are still used today for logging and for transporting equipment where the terrain is too steep and difficult for vehicles.

Sue was thanked for her most interesting talk by Barbara Escolme.

Tea and Biscuits were followed by a short meeting.

A date for your diary our next coffee



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**15th December**

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morning is on the 14th November and is in aid of North West Blood Bikes. There will be delicious home baking for sale as well as bric a brac.

Our November Meeting, in the Committee Room of The People's Hall, is on the 20th and our speaker will be Laura Rosenweig. Visitors are most welcome.

## SEDBERGH ORCHESTRA ACTIVITIES

*Shirley Smith*

Russia is very much in the news these days and usually for not very pleasant seasons. Sedbergh Orchestra is doing its best to counteract this doom and gloom by delving into Russian music from a past era, not for the first time in recent concerts. Both players and audiences have enjoyed the Russian music that the orchestra has already performed and the new all-Russian programme is proving popular in rehearsals.

There will be just three works in the next concert, all composed within the last sixty years of the 19th century.

Glinka's overture to his opera 'Ruslan and Lyudmila' will get the programme off to a rousing start. He

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6pm

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came from a privileged background, but this interfered with his wish to compose, since he was expected to take up a position in keeping with his station in life. However, the death of his father when he was thirty released him from this straightjacket and he was at last free to compose. He wrote the opera eight years later, inspired by time spent in Italy.

By contrast, Kalinnikov suffered illness and poverty and died in his mid-thirties. But both composers produced music which is easy on the ear and full of vitality and exuberance, although Kalinnikov's Symphony no.1 is very different in style. His inspiration came from the folk music of his homeland.

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# Christmas COFFEE MORNING

at  
St John's Church, Cowgill  
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**Saturday November 24th**  
from  
10am till 12 noon

Coffee      Cakes      Raffle

Books      Xmas Gifts

The second half of the concert programme will be devoted to the well-known and well-loved Nutcracker Suite by Tchaikovsky. He wrote it not long before he died. It is a work which continues to give pleasure to so many people. We hope that the youngsters at Sedbergh Primary School, along with visitors from Settlebeck and Dent and Ryelands Primary Schools, will be amongst that number. Sedbergh Orchestra will visit the school on November 7th. Mr Roland Fudge will be in charge. As well as playing excerpts from the concert programme, the Orchestra members will demonstrate their instruments to the youngsters and offer them the opportunity to try them out.

The Sedbergh Orchestra concert, entitled 'The Nutcracker Suite and more music from Russia', will take place at 8.00pm on Thursday, November 29th, in St Andrew's Church Sedbergh. Roland Fudge will conduct and Val Snelling will be leading the orchestra. Please see the concert advert on Page 29. Tickets cost £8.00 in advance or £10 at the door. the concert is free to anyone aged 18 or less. We look forward to seeing you there!

---

## BOOK TOWN FESTIVAL

Sedbergh Book Town Festival 2018  
*Heather Thomas*  
*Project Manager*

On behalf of Sedbergh Literary Trust and the Book Festival Team, we would like to thank everyone who came and supported our Book Town Festival Weekend at the beginning of October. It was a lovely weekend, enjoyed by many.

From the magical toddler session by Rachel's Storytime, to an evening with the Yorkshire Shepherdess and right through to the celebratory Great





Gatsby inspired festival dinner, the events were thoroughly enjoyed by those who attended and we have had some lovely feedback.

The children's writing competition was a huge success with over 100 entries (see article on Page 64), thank you to everyone who entered.

Thank you to all those businesses and groups who got involved by creating wonderful window displays. They were all fabulous but our winner was Clutterbooks Community Bookshop.

Thank you also to those who hosted events for the weekend, your hospitality was very much appreciated by the authors, artists and attendees.

Our thanks also go to Mike Clarke, Gina Barney, Joanne Withers

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# **SCRATCH SHOW**

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Settlebeck & Primary school  
plus guest players

People's Hall  
**Saturday November 24th**

7:30pm

*Free Entry : Donations Invited*



Photography, Westwood Books, Sedbergh School, Smart Office, The Black Bull, The People's Hall, Farfield Mill, Mind Mental Health Charity, Smatt's Duo, Space2Create, Settlebeck School, Sedbergh Primary School, Sedbergh Public Library and the many other helpers throughout the weekend.





We would also like to thank Sedbergh Parish Council, Sedbergh Chamber of Trade & Business, Sedbergh CIC, the Sedbergh and District Community Trust Fund, and Outlet Publishing for their generous grants to support this event.

Finally, I would like to personally thank the team behind the festival, without whom the weekend would not have been possible.

*else can I do?*

A change in circumstances can often trigger financial problems. Take action quickly so you don't slide into further debt. Try to make savings on your household bills by switching suppliers or contracts. Contact your local authority to see if you can get a council tax reduction. Try to boost your income too. You may be able to apply for benefits jointly with your partner to be paid alongside Carers Allowance.

Contact your creditors and ask if you can reduce your repayments. They can also freeze any interest and charges. Check if you have payment protection insurance that covers becoming a carer. It's important to prioritise paying your council tax and rent or mortgage.

For further help working out your budget, negotiating with creditors or checking which benefits you're entitled to, contact your nearest Citizens Advice.

*Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 03444 111 444 for an appointment and help, 015394 46464 for debt and on-going enquiries.*

*Please note the opening hours at Windermere have been reduced, but contact details remain the same.*

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## **SEDBERGH DENTAL PRACTICE**

*Ben Houghton*

As many of the look around readers will be aware, Ian Dawson retired from clinical dentistry in September. Ian will be greatly missed around the practice by both staff and patients alike. His patient care over the last forty years has been greatly appreciated, and whilst we are very sad to see him leave us, we wish him every happiness in his retirement.

At the practice we have had to make a number of changes to help ensure that we can continue to offer the high standards of care we hope to provide. For a small number of our existing patients this might mean a change of dentist, but we are confident that the team that we have will be able to offer

a high standard of care throughout. We have recently welcomed a new dentist to the team; Katherine is an experienced dentist who has lived and worked in the area for some time, and we are very pleased that she has agreed to join us on a Monday and Tuesday. Katherine is a keen gardener, fell walker and outdoors enthusiast and lives in South Lakeland with her husband and young family.

As in previous years we have retained our status as an approved Foundation Practice and Yasmin joined us in September to start her Postgraduate year. Yasmin initially qualified and worked as a hygienist, but has now completed her full dental training and we are very happy that

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she has chosen to join us this year. Elsewhere in the practice Katie continues her role from Tuesday to Friday. Outside of work she is quietly collecting victories and prizes for her mountain running.

Ben is working full time and over the last few years has developed a secondary care element to the practice, taking referrals from other dentists for endodontic problems.

We are of course very fortunate to have such a great team of nurses and reception staff and have recently welcomed Harriet who is another experienced nurse to strengthen the group. I would like to thank the team for their work and support through these changes, and thank you to all

of our patients for their continued support of the practice.

Best wishes.



### FIRST RESPONDERS UPDATE

*Andy Cobb*

A sincere thank you to those who attended the Coffee Morning in the URC on the 26<sup>th</sup> September which raised £248 for our funds. We are also grateful for the generous contributions made in collection boxes strategically placed in the town.

Please note that if you need urgent medical **advice**, you should call 111. If it is a health **emergency**, you should call 999. Only then will a First Responder and Ambulance be

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## SEDBERGH ORCHESTRA

Conductor: Roland Fudge Leader: Val Snelling

### The Nutcracker Suite

and more music from Russia

Glinka : *Overture Ruslan and Lyudmila*

Kalinnikov : *Symphony No. 1*

Tchaikovsky : *The Nutcracker Suite*

St Andrew's Church Sedbergh  
Thursday 29th November 2018

8.00pm (doors open 7.45pm)

Light refreshments will be available

Tickets £8 in advance, £10 on the door

18 and under Free

Tickets from: Orchestra Members,  
Sedbergh and District Information Centre (015396 20125)  
or Sedbergh Pepperpot Club (015396 21196)

Website: [sedberghorchestra.zenfolio.com](http://sedberghorchestra.zenfolio.com)

Any surplus to the Alison Armstrong Pepperpot Fund  
supporting the Orchestra and young musicians locally.

contacted to assist you. The paramedics in the ambulance are highly skilled and make an assessment of the necessary course of action, which can vary from a journey to hospital or to recommend that you make an appointment to see your doctor.

As winter approaches, those readers over 65 are reminded to get a flu injection from the Sedbergh Health Centre.

So, what is the role of the First Responder? We are a small team of trained, local volunteers who are technically employed by the North West Ambulance Service (NWAS) to get to the patient before the ambulance arrives, to make an early

assessment of patient needs and, if necessary, to assist the paramedics when they arrive. We are trained to respond to cardiac arrest and other critical illnesses. New members are always welcome.

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## PEOPLE'S HALL NEWS

Dr Gina Barney  
Hon Secretary

At the October 1st meeting of the People's Hall Committee the agenda item concerning Flicks in the Fells was moved to the beginning of the meeting saving them the trouble of sitting through the ordinary business of the PH committee.

There has been some difficulty in resolving Health and Safety issues with F/F showings at the People's Hall. A few suggestions were made at the October meeting which F/F will be discussing and looking into. The possibility of getting an independent assessor to give an objective opinion is also being considered.

The PH committee look forward to working with F/F and getting the film show back on the road as soon as possible.

## SEDBERGH WI

*Moira Folks*

The Sedbergh Artisan Market on September 15<sup>th</sup> gave us a double opportunity: to combine in a joint venture with Killington WI to promote the WI in our own area (a more widespread venture was being held in Kendal) and at the same time to raise money for Sedbergh Primary School's building scheme. Thanks to support from both WI groups, our president Sue Kernahan and Sue Sharrocks from Killington WI attended a school assembly when they were able to hand over a cheque for £200 towards the building project, which was gratefully received.

On September 20<sup>th</sup> the walking group met at Anne Symons' home at Docker Park Farm and set off on what proved to be a more energetic expedition than they'd expected with lots of ups and downs and stiles to clamber over. Six miles later, they ended up in the pub at Whittington to refresh themselves!

With a view to contributing to the handmade Stream of Poppies planned to link St Andrew's Church to the War Memorial for Remembrance Sunday on November 11<sup>th</sup>, we

KILLINGTON CHILDREN'S PARTY

# DOMINO DRIVE

Killington Village Hall

7:30pm

**Friday 30th November**

Entry £2

*Including Refreshments*



booked the committee room for a workshop at the People's Hall on the afternoon of 27<sup>th</sup> September. We made 41 poppies that afternoon, some knitted, some sewn, and will be adding to that number soon.

The speaker at our monthly meeting on 10<sup>th</sup> October was a 'vertical transport consultant', better known to Sedbergh residents as Dr Gina Barney! That was the description given to her when she was asked to appear on the Jeremy Vine Show in

## DENT FOLK CAROLS WEEKEND

**November 30th to - December 2nd**

**Friday 30th** Concert with Muldoon's Picnic. 7:30pm Memorial Hall

**Saturday 1st & Sunday 2nd** workshops 10am Meditation Centre

**Saturday 1st** Ceilidh 8pm Memorial Hall

**Sunday 2nd** Singing walk 1:30pm Memorial Hall

Plus festive meals etc.

Join us for the weekend or for individual events.

[www.lakelandvoice.co.uk](http://www.lakelandvoice.co.uk) David Burbidge 015396 21166



2010 following 80-year-old car-racing legend Stirling Moss's unfortunate fall 3 floors down a lift shaft in his Mayfair home. Gina reckoned he had probably fallen 15ft whereas a newspaper article I saw said 50ft! It's unlikely he would have survived with only 2 broken ankles if it had been the latter. Presumably safety issues had been overlooked in the Moss home (not something Gina would have allowed!) because the lift was designed in such a way that the user had to step into the lift in order to switch on the light. On this particular occasion the lift doors opened when the lift itself had stopped at the floor above, meaning that the intrepid Stirling stepped into the dark void with no light switch to press. Luckily,

he made a good recovery and made sure the same thing couldn't happen again by employing specialists to replace the lift. Despite this event and some other scary ones that Gina showed us in film clips, lifts are the safest form of transport. Over decades she has written many books about lifts which are frequently cited on Google Scholar, showing the true impact of her work internationally. She still takes part in international video conferences from her home – allowing her the freedom to do so much good work for the Sedbergh community. Thank you, Gina, for sharing aspects of your career with us in such an entertaining way, as well as for all you do for the community as a whole.

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Pam's lovely new home at Farfield was the meeting point for book club this month. After admiring the amazing view of the Howgills from the lounge windows we got down to discussing sculptor David Thompson's first novel, "Beyond this Horizon". The initial horizon we find is that of the landscape around Winton, Kirkby Stephen and Appleby, where the author was a pupil himself at the Grammar School. The hero of his novel, the youngest son in a farming family, starts life there too, during WW1, and then moves to new horizons in London as a law student, making friends with students at the Slade School of Art, one of them a former pupil at Sedbergh School. We liked some of the local interest but

most found the romantic love story unbelievable and the book overall too long. We won't be looking out for the sequel! Average score given was 5.5 to 6. Pam's tea and delicious cakes scored much more highly! It was a very enjoyable afternoon. Thank you, Pam!

On November 14<sup>th</sup> we'll be meeting in the committee room at the People's Hall at 7.30pm for our Annual General Meeting and Jacob's Join supper so we hope all members will be able to meet us there.

## DENTDALE WI

*Thelma Belfield*

The days are getting shorter and for our October meeting early dusk was falling as we made our way to the

*Christmas at Sedbergh Golf Club*

*Starters*

Sweet Potato, Carrot and Thyme Soup served with a warm bread roll

Wild Mushroom and Blue Cheese Arancini served with a tomato salsa

Chicken Liver Pate served with melba toast and a seasonal chutney

Panko Breaded Prawns and chilli jam

*Main Course*

Roast Turkey and Seasonal Trimmings

Braised Beef Brisket, Bubble and Squeak and Honey Roasted Carrots

Salmon and Tiger Prawn Risotto with Crispy Chorizo

Butternut Squash, Brie and Caramelised Onion Wellington served with New Potatoes and Salad

*Desserts*

Christmas Pudding and Brandy Sauce

Sticky Toffee Pudding served with Double Jersey Vanilla Ice Cream

Chocolate and Baileys Mousse served with Honeycomb

Selection of Cheeses (£2 supplement)

*Coffee and Mince Pies*

£19.95 for 2 courses / £22.95 for 3 courses

We are now taking Christmas Party bookings from the 1st December onwards. Please call 015396 21551 or message us on our Facebook page (@SedberghGolfClub) for more details.

venue.

There was extra enthusiasm as we arrived for we were looking forward to a presentation from our own member Dorte-Lis Stephenson who was going to tell us all about 'Julehygge' or 'A Danish Christmas. More of that shortly as first our President Sue Owen welcomed members and visitors to the meeting and the formal business was dealt with.

Firstly we heard about a recent visit a group of our members had made to the charity 'Growing Well' followed by lunch at Sizergh Barn

The charity had been one of our chosen recipients for our 2017 fund raising events and we had been invited to an organised tour of the site to help us understand the work they

do to help sufferers with mental health problems regain their health.

The project focusses on growing plants and vegetables from seed, nurturing them to produce food and then learning how to prepare and cook the food and benefiting from the understanding of the nutritional value of home grown produce. Within the process the group are using a system of planting seeds in small compacted amounts of compost using a specially designed tool which looked very similar to a 'waffle iron'. This avoids the use of plastic pots which in light of the current battle against plastic waste is commendable.

The visit nearly did not happen, as the members travelling to the site were beset by a number of incidents



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starting with one member going 'missing' and could not be located. Then, en route to pick up another member, a road traffic incident delayed their progress and finally several other members 'got lost' en-route. Despite the stresses of getting there our members had a very interesting and enjoyable visit and the retelling of the eventful journey caused great hilarity for those of us not able to be there.

We then heard the final details of the planned Fashion Show to be held on Friday 19<sup>th</sup> October. The clothes will be provided by the Kitty Brown boutique of Carnforth and modelled by three of our own members. There will be the opportunity to buy fashion items and refreshments will be

available. Proceeds will be donated to the Air Ambulance and Blood Bikes.

The final item on our business agenda were details of our Christmas Party lunch which this year will be at The Old Dairy, Widdale. A copy of the mouth watering menu was available for us to select our meal.

Finally it was over to Dorte-Lis to tell us all about Christmas in Denmark. To set the scene Dorte-Lis first told us little about customs and culture in Denmark including how the Lutheran Church and the State were united in governing the country with their Queen as head of the church and the State. This form of government ensured an equality of care and support for the nation's population.



## M.O.Ts

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Whilst taxation was considerably higher than in our country the people were happy to pay for the standard of living they enjoy. Dorte-Lis said this nurtured a generally happy and contented people.

This led her on to the main focus of her talk which was Christmas. The main activities all take place on December 24<sup>th</sup> or Christmas Eve when a special meal is prepared usually roasted pork, goose or duck, served with 'Brown' potatoes which are cooked , peeled and then finished in a sweet and spicy sauce. Served with piquant red cabbage and not a Brussels sprout in sight. Dessert is a type of rice pudding dish and to help digest all this, lots of Schnapps.

The meal preparation is done by the mother and daughters whilst father sets up the Christmas tree and decorates it. This is done behind closed doors and is kept hidden until later in the day when real candles are lit and the family see the tree in all its glory. Gifts are exchanged but in a very orderly manner with each recipient opening one gift each in turn. No tearing paper off to check if Father Christmas has brought your much yearned for gift. Friends and neighbours visit and enjoy hot chocolate and special little cakes in an atmosphere of happiness, contentment and goodwill. Christmas is a public holiday as here in the UK and family activities continue on the following day but the main Christmas

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event is on Christmas Eve. Dorte-Lis went on to tell us about the little people, a type of imp of mischief called Nissa, who if you do not keep them happy, play naughty tricks on people. As a small girl Dorte-Lis was very careful to keep on the right side of them.

The translation of 'julehygge' jule is the equivalent of our Yule and hygge means people meeting together for drinks, food and sharing company and conversation. We all thought that this was something we could copy and enjoy.

Our evening ended with tea and special Danish biscuits made by Dorte-Lis, a Games Quiz and the raffle draw, won on this occasion by Gill and Christine.

We meet on the second Wednesday of each month when visitors and new members are always welcome. 

### KILLINGTON WI

The afternoon WI for the entire district  
*Valerie Cann*

After welcoming those present, and introducing our guest speaker, the Revd. Paul Sweeting, we sung our song. Apologies for absence were noted, then we settled down to listen to our speaker first as Paul has to attend Sedbergh School later on, where he teaches, as well as being School Chaplain.

Paul had spoken to us a few years back about his time as a Parish Priest in the Falkland Islands. It was whilst he was there he got to know some of



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the service people based there and the seed was planted in his mind of becoming a Reservist RAF Padre. Ministers of Religion, regardless of whichever faith they represent, are all known as Padre. He attended RAF Base 611 on Merseyside for his training, which was very similar to any other recruit. He explained he had to know what to do in dangerous situations to save his own life and assist others if he ever finds himself in a conflict or hazardous situation. By the Geneva Convention he is not allowed to bear arms, but he can make a weapon or any other dangerous piece of equipment safe, so he had to learn that to do in this context. He told us he always carries a pack of "Haribos" sweets, his

equivalent of the cigarettes "Woodbine Willie" carried in WW1, as a means of chatting to service people who may not like to make the first move. He told us he is off to the Falkland Islands for a four month tour of duty and is looking forward to meeting up with old friends there. Sarah Woof gave the vote of thanks saying how much we had enjoyed Paul's talk.

We then proceeded with the business part of our meeting. Two birthday girls this month – Dilys Evans and Peggy Robinson. Susan reported on the successful Artisan Market, which was a joint effort with Sedbergh WI. A cheque for £200 was delivered to Sedbergh Primary School by a delegation from both



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WI's at a School Assembly. Our members had been busy catering for various events recently, which were grateful for our efforts. £250 was raised for the First Responders.

Our accounts are in the excellent hands of our Treasurer and the members agreed to a suggestion that we send £100 to the Indonesian Disaster Appeal from our Charity Account.

Names were taken for the WI Quiz, which will be held in The White Hart Club next month and members were invited to think about going on a "jolly" to Bay View Garden Centre at Bolton-le-Sands, on Wednesday 7<sup>th</sup> November. Susan is responsible for taking names. Whilst on the subject of outings, menus for our Christmas

Lunch, to be held at the Sedbergh Golf Club, were also distributed to members, so that they may decide what they would like for lunch. Mention was made of the Fashion Show being organised by Dentdale WI on Friday 19<sup>th</sup> October. What a busy lot we are, and also finding time to knit or crochet poppies for the "Streams of Remembrance".

We then enjoyed an excellent tea provided by this month's hostesses, during which our raffle was drawn and the winner was Joyce Swann. The competition "A humorous birthday card" had two first place members – Peggy Robinson and Sarah Woof.

Our next meeting will be on Tuesday 13<sup>th</sup> November at 2.00 pm in the



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Committee Room of The People's Hall. Our speaker will be Malcolm Smith, who will also demonstrate the art of wood turning on a small portable lathe – we are all intrigued to watch what he does.



### **HOWGILL/FIRBANK WI**

*Audrey Hoggarth.*

#### **SEPTEMBER**

Bridget Postlethwaite welcomed members and our visitor Lesley Kennedy. At the beginning of the meeting Carole Nelson a committee member from Farfield Mill gave a brief talk on the present situation at the mill and their hopes for the future we wish them a successful outcome.

November 2018 brings a special remembrance as it is the centenary of

W.W.1 as the poppy is a emblem of remembrance we are to support the community and display our poppies. We are to relaunch our fundraising magazine swap boxes can be found in Firbank and Howgill Halls. Three members enjoyed a musical evening hosted by Dent WI followed by a lovely buffet supper

We now look forward to forthcoming federation events in the calendar. The fashion show at the town hall , the council meeting ,Girls at the Lowry in Salford, pub quiz night , plus our fundraising domino drive.

Following the business Bridget introduced our speaker Anne Urquharts a volunteer with u.k. based charity PHASE. Working in Nepal in remote areas with scant resources,

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no transport links or basic services there aim is to make a difference to train nurses , support children and improve their quality of life especially following the earth quakes that shook the country in 2015.

Bridget thanked Anne for sharing her experience with us. The competition for a good health tip was won by Jackie Hooley with Sarah Syred second. The evening was brought to a close with refreshments and get together.

## OCTOBER

The Annual General Meeting was held at Firbank Church Hall .earlier in the day Liz , Norma, and Anita braved the wind and rain to visit the archeological dig taking place at

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Lowborrow Bridge in the lune valley. The present dig is coming to an end and will be resumed in the spring.

Bridget introduced W.I advisor Anne Timmings .The competition cup for most competition points throughout the year was presented to Pauline Robson. Our treasurer reported our finances are healthy. The secretary,s report stated a busy and successful year. The President thanked officers and members in helping In whatever job they do to keep us running

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smoothly.

Bridget has decided to stand down after six years she feels it's time to see someone new at the helm. Moving on to the all important vote for president and Anne's job of guiding us through the prosses Sarah Syred was nominated and aptly elected as our new president. Pauline thanked Anne for dealing with matters arising telling us how she became federation treasurer a job she loves it has taken



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her around the country and she has learned a lot. Sarah won the competition for a photo of a beautiful sunset. Social time Memory quiz was won jointly by Bridget and Liz. Bringing the meeting to a close.

We meet again on November 1st. at Howgill village Hall when Gordon Fletcher will be speaker "Morecambe Bay Safari".

Visitors and new members welcome.



#### WI ARTISAN STALL

Susan Sharrocks



Sue Kernahan from Sedbergh WI, Lorraine Middleton and Susan Sharrocks from Killington WI presenting the cheque for £200 to Sedbergh Primary School, the proceeds from our joint stall on the September Artisan Market.



#### St JOHN'S HOSPICE

*Sara Brown*

On Wednesday 19<sup>th</sup> September, Doris Haworth very kindly welcomed St John's Hospice in to the Cornerstone church rooms for not only our final Coffee Morning of 2018, but as it became apparent, what was to become our final event at the rooms as we know them due to the impending sale of the church.

I am very pleased to inform you that we raised £241.30 that morning and I can assure you that all of the funds raised go directly to the hospice, providing specialist palliative care in your local community.

As always it was a great morning, thank you to everyone who came along and to all those who helped. Very special thanks to Doris, and to the two Sandra's for their help with the raffle and their chat!

In the last two years the Coffee Mornings in Sedbergh have raised £1181.56 for St John's Hospice and we very much hope we can return to the town in the near future.

With grateful thanks, Sara Brown, Community Fundraiser at St John's Hospice.



# Advent Service



5:00 pm

## Sunday 2nd December

Sedbergh School Chapel  
Loftus Hill

*Everyone Welcome*

### DEMENTIA IN WINTER

Are dementia symptoms  
worse in winter?

*MP Ripley*

A new study published in September concludes that the changing of the seasons has a significant impact on cognition in older adults. According to the findings, winter may cause a measurable drop in mental ability.

A new study looks at winter's effect on the mind. The four seasons are already known to hold some power over our brains, perhaps most famously in the form of seasonal affective disorder. This is a type of depression that predominantly occurs during the winter months. Similarly, some studies have concluded that the

onset of schizophrenia is most likely to occur in winter, while other studies have demonstrated seasonal variation in memory and attention performance.

This month, the temperatures dropped and we begin to think of winter. I had a call from an old school friend whose mother is affected by dementia. Agnes doesn't live with her mother Diana, but she worries about her all the time.

Older people don't adjust well to heat or cold. Because of her dementia Diana may not notice that her temperature is falling. The danger of hypothermia is acute in those circumstances and needs medical attention.



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Here are five hints that might help anyone who is worried about a person with dementia in winter.

## **Get the Temperature Right**

Start by understanding how warm anyone needs to be. My husband goes about in a T-shirt and shorts when I'm swathed in jumpers, so we demonstrate perfectly that not everyone has the same comfort zone. That's partly because he is always rushing about being physically active and I'm often sitting at my desk writing reports.

Older people are sometimes less active and more sensitive to low temperatures. When people talk about "room temperature" that is technically between 20 and 23

degrees centigrade (68 to 74 Fahrenheit) but for older people that is likely to be higher. If it drops below 18 (64) in your living room, and you are old and frail, you may be getting too cold.

And you need to know their preference. Some people prefer to wrap up warm in a cooler room and others find it easier to move about if they are not too bundled up in clothing, especially if they are already slow moving.

# Be Prepared

Without stating the obvious, I talked to Agnes about watching out for weather forecasts. She didn't realize that you can get cold weather alerts on a smart phone. Not only that, but she can also control her mother's heating system from the same phone. On cold days she can set the heating to go on earlier and switch off later. That might work better than turning up the thermostat and might be less expensive in the long run.

## **Deal with Fuel Poverty Anxiety**

"I found Diana weeping over an electricity bill. It looked reasonable to me, but to her it looked like six months' salary – now that her

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memory is playing tricks she doesn't realize how much things cost, or how much money she has in the bank. She's really very well off and doesn't need to worry."

This is a common problem, and one that is difficult to fix because even if you explain it all away today, the person with dementia will get the same shock the next time a bill comes. Agnes has power of attorney for her mother so she is getting all that sort of correspondence diverted away from Diana's mail into her own.

Agnes has set up standing orders and direct debits for fuel bills and when Diana asks about them, she diverts her attention somehow. There are lots of good practical reasons for getting a power of attorney sorted as early as possible and this is one. However, if Diana were short of money there are schemes to help older people with fuel costs and it would be really important to make sure that she is getting all the allowances that she is entitled to.

### **Helping a Dementia Patient to Stay Safe**

Some dementia patients worry about economizing on the water

heating bills. Home safety is a nightmare if people use hot water bottles and electric blankets in the same bed and drape their washing too close to the fire to save using the electric dryer. Winter is definitely home safety territory.

Step one is to try to get rid of the fuel poverty anxiety.

Take the benefit of alarms and if the householder doesn't really understand what it means when the carbon monoxide alarm or smoke detector sounds. There are systems out there that can be linked to a central monitoring agency.

### **Common Sense PLUS**

Simple things like eating nourishing warm meals and wearing the right shoes and clothes are dead obvious ways of dealing with cold weather, but the problem in dementia is that your loved one will not always do what is obvious.

The most powerful thing is to know them well and to learn from each incident. The first time they return after getting lost outside in the cold, hire or purchase a GPS system. When they wear the wrong coat, hide it in your own house and leave them with only their warm one.



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## FAMILY MUSINGS

Sarah

Musings .. Thoughts .. possibilities. ... remembrances ... certainly those this month. From rivers to cascades of poppies, through to wartime recollections , and then to remembrances of our own immediate family and friends. We draw comfort from each other, from those who walk the same path or go through same circumstances. From our faith and from stepping out bravely and boldly into whatever is ahead.

Autumn turns to winter, clocks change, days are shorter, we need more layers of clothes and think twice of nipping to the garage in our slippers. Yet also Christmas is coming, we pass the 'shortest' day

and spring will come again!

Life throws challenges at us often unexpected. My fall onto concrete didn't just break and dislocated my left wrist it turned my life upside down. .thankfully out of plaster and heading for physio but still pain and so much I can't do..yet..but one day I will...be able to crack eggs, open tins, bake a cake, open a packet..drive! Meantime I can still pray and write and do "some measure" of cleaning and talk, so all is not lost.

We spent a delightful few days with some of our relations in beautiful Warwickshire with an outing into lovely Gloucestershire, walks along the country lanes and part of the canal, a trip to an antique centre and one to a garden centre with a day

# Sedbergh Christmas Late Night Opening



*Wednesday 5th December 2018*

*6.00 – 8 p.m.*

Father Christmas

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visiting charity shops. Two dogs and 3 cats to cuddle, wonderful hospitality. .and we came back relaxed and ready for the next challenges. Write .. write .. write for me at the moment, making the most of my "enforced captivity"! Fun of course with the grandchildren, such lovely yet at times challenging personalities . . now who do they remind me of??

Enjoy your family times they will help thru the challenges

Thanks folks x



### DENT FOLK CAROLS WEEKEND

November 30th to December 2nd

*David Burbidge*

We will be singing again in Dent

over this weekend - with our local Cowgill Folk Chorale, Dent children, and others singing with visiting singers from around the country. The acapella folk harmony group Muldoon's Picnic are singing in the concert on Friday - and will be joined by Lakeland Voices (recently returned from successful tours in London and Slovenia) and Jul3ia Richard (she says: "The 3 is silent.") who is coming with her clones from San Francisco to sing with us (Google her fabulous videos where she and her clones sing in 3 and 4 part harmony.)

We've been doing this weekend for almost 20 years, gradually moving down Dentdale from the youth hostel in Cowgill into the village - with

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harmony singing in the Dent Meditation Centre, and concert, ceilidh and meals in the Dent Memorial Hall. Everybody is extremely welcome to join us - we have a wonderful time in weather which has included deep snow, gale force winds, and one year, floods which effectively turned the village into an island.

The songs are drawn from folk traditions around Britain (including the pub carol traditions from villages around Sheffield) and the rest of the world (including our twin town Zrece in Slovenia.)

Tickets are available from Dent Stores, Sedbergh TIC or David Burbidge at Farfield Mill, 015396 21166 [www.lakelandvoice.co.uk](http://www.lakelandvoice.co.uk)

## CLUTTERBOOKS BOOKSHOP

*Richard French*



Thank you Tony, for your article in the Octobers issue. I have been volunteering at Clutterbooks for Jane on Thursday afternoons since she became ill. I really look forward to meeting and talking to both foreign and local visitors, plus, on cold wet days the place is warm and cosy and what's more, the till is dead easy!

I can fully recommend it as an enjoyable and interesting four hour 'volunteer'. I have also bought some wonderful books there, it's a treasure trove for booklovers!

### SEDBERGH PARISH COUNCIL **INTERESTED IN HELPING YOUR LOCAL COMMUNITY?**

We currently have a casual vacancy on Sedbergh Parish Council and, as no election has been requested, we wish to co-opt a new councillor.

The Council may co-opt any person who is legally qualified to hold such office, and who is willing to serve provided they are a British citizen, or a citizen of the Commonwealth or the European Union, and are neither the subject of a bankruptcy restriction order or interim order

or have, within five years before the day of the election,

been convicted in the United Kingdom of any offence and have had a prison sentence (whether suspended or not) for a period of over three months without the option of a fine.

Provided you also satisfy at least ONE of the following you may apply:

- You are registered as a local government elector for the Parish
- You have during the whole of the preceding twelve months occupied as owner or tenant, any land or premises in the Parish
- Your principal or only place of work during the preceding twelve months has been in the Parish
- You have during the whole of the preceding twelve months resided in the Parish or within 4.8 km of it

You must also be 18 years or older on the day you become nominated for election.

Written expressions of interest from persons wishing to serve as a Councillor need to be submitted to the Clerk to the Council 72a Main Street, Sedbergh LA10 5AD to be received by **Friday 30<sup>th</sup> November 2018**

It would be helpful if your letter (preferably on one side of A4 paper) could provide some details of your background, any experience you feel is relevant, and a statement explaining why you would wish to serve as a Parish Councillor.

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

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

## NEWS FROM THE PEWS



Your Parish Church  
*Susan Sharrocks*  
*Tony Reed Screen*  
*Churchwardens*

### Poppies galore!

This year being 100 years since the ending of World War One poppies have caught the imagination all around the British Isles. From north to south people have been making poppies, some in very simple styles, some more ornate, mostly knitted, some in other materials, some to wear as brooches, others to decorate pillars, posts, war memorials and

buildings.

Sedbergh is no exception. So many of you have taken to making poppies of all shapes and sizes. The response has been overwhelming; people have been hooked on knitting poppies ready for our display, each one made with lots of TLC (tender loving care). In some cases there has been a target of so many poppies to be made in an evening before bedtime. Such dedication.

St Andrew's churchyard is to be the setting for Sedbergh's "Streams of Remembrance" from 2<sup>nd</sup> until 12<sup>th</sup> November. The opening of the display is planned for Saturday 3<sup>rd</sup> November at 11am when Lady Anne Kerr who has recently moved to Sedbergh from Barbon will be

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officiating. Lady Anne's husband, Admiral Sir John Kerr was a member of the War Graves Commission from 1994 until 2001 including vice chairman for 3 years of that time.

Should you still have poppies you have made they can be put in place after the opening.

Tea/coffee and biscuits will be served in the church afterwards.

Coinciding with "Streams" the History Society will have a special display in the church plus "The Story of the Poppy".

The day before Remembrance Sunday the church is always given a good going over with brush and dustpans, dusters, polish etc. We call this our "Boon Day". To keep the "busy bees" busy we serve soup and rolls at lunchtime. Reaching into tricky corners is getting rather precarious for many of our cleaners now, knees and hips having taken their toll over the years. If we could appeal for some help on the day,

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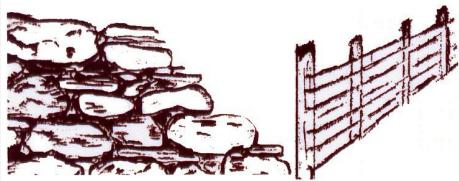
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even for an hour it would be very much appreciated.

The bells will ring half muffled as usual at 10am on Remembrance Sunday. Then the muffles will be taken off and at 12.30pm we shall ring loud and clear as happened 100 years ago to joyfully mark the end of WW1.

The Town Band at their annual Remembrance Concert will play music of quite a different kind in the evening at 7.30pm...cushions provided!

At 11am on Saturday 24<sup>th</sup> November Father Christmas will be present at the Christmas Fair in his red finery waiting to greet one and all, especially the children who cannot resist the chocolate coins he brings for them.

These are all events to look forward to. Whichever one you choose to attend we hope it will be memorable for all the right reasons.





## SEDBERGH PRIMARY SCHOOL

*Matthew Towe*

On Friday 21st September, Sedbergh Primary School launched their big year of fundraising with a 'Garden Party'. It was great fun! We had a fun dog show, emergency service vehicles, BBQ, bar, dance performance by Dance Atikk, big raffle and even gunged two of the teachers! This academic year, Sedbergh Primary School are aiming to raise £60,000 to improve and re-structure our infant area. 'SPS The Big Build' has got off to a great start and has already raised over £12,000!

Thank you for your continued support.



## SETTLEBECK NEWS

*Juliet Proctor*

The Autumn Term is well under way and our Year 7 students have had another successful residential trip to Windermere, where they cemented new friendships and challenged themselves to try new and exciting activities. Huge thanks to Lynsey

Goodyear and all the staff who helped to make it a trip to remember.

Once again, our Macmillan Coffee Morning and student non-uniform day was hugely successful, raising £656 for this wonderful charity. Thanks to Mrs Waring and her team of student bakers, everyone who donated cakes and Settlebeck musicians who entertained at the coffee morning. We look forward to seeing you all again next year!

Sport has got off to a great start with a stunning 30 - 0 victory over the



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Lakes School in netball on our newly refurbished courts. Five of our students competed at the invitational cross country at Sedbergh School, all with performances to be proud of, particularly Grace Wells, who finished 4<sup>th</sup> in her category. Well done to everyone.

As most of you will be aware, Storm Callum led to us postponing our sponsored wagon pull on 14<sup>th</sup> October. We are now planning to do it in March and will publish the new date as soon as possible. We will be looking for volunteers to help with the pull, shake collection buckets, sponsor us or get involved in any way you can to raise funds for essential work to our school field – please watch this space!



## SEDBERGH SCHOOL NEWS

KBL

### November 2018

*This article covers two months  
September's article did not get  
published last month*

The School is delighted with its GCSE results following the successful A Level results. In Grades 7, 8 and 9 (equivalent of A and A\* under the old system) a figure of 43.5% was achieved, and the pass rate overall was 92%. For anyone who thinks Sedbergh pupils spend their time playing games and not particularly achieving academically, it is worth noting (among others) Freddie Cade (national target shooting champion) and Fraser Jones (national rugby 7s winner) who both



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got six grade 8 and 9, and Holly Dale, who represented the School in national finals at hockey and netball, achieved two grade 9s, five grade 8s and a grade 7. Local pupils Elizabeth Sloss, Morgan Robertson and Rosie Clifford all got five or more grades at 8 or 9.

Andrew Fleck and Dan Harrison are now in their new posts as Principal and Headmaster. The school numbers are now bulging at 560. The school in China has opened its doors to the first pupils

The second "Opening" of the new Hirst Sports Centre attended by Old Sedberghians and invited guests from the Town etc took place on Saturday 22<sup>nd</sup> September. There were

speeches from the Chairman, the Principal, the Bursar and Sara Hirst, and an opportunity to see the facilities provided in the new building.

Afterwards lunch was provided in Powell Hall. In the evening an Old Sedberghian sports dinner was held in the Black Bull. Then on the Sunday various matches in assorted games against the Old Sedberghians were held, and record numbers of Old Sedberghians attended

The School and the Prep School had a stand at the Westmorland County Agricultural Show – with delicious eats provided by the School executive chef, Jonathan Hailey

The Prep School held a Macmillan Cancer Coffee Morning on 28<sup>th</sup>



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September as part of the "World's Biggest Coffee Morning"

Year 7 at the Prep School spent the week beginning 16<sup>th</sup> September in France taking part in many activities and visiting various sites including war cemeteries..

The Prep School also did a Whole School 11 Mile Sponsored Walk on 13<sup>th</sup> September to raise money for the Holy Trinity Church Maintenance Fund. The Harvest Festival food donations went this year to the Bendrigg Trust, Morecombe Bay Foodbank, Manna House and Springfield Hostel.

The Prep School attended the rededication by Bishop James of the Casterton War Memorial in Holy Trinity Church. Five Casterton men

lost their lives in WW1

The Conservation group have started clearing rhododendrons away to beautiful waterfalls in Dentdale.

The Old Sedberghian Club held a 1<sup>st</sup> XV Rugby Reunion Dinner in the Black Bull on 13<sup>th</sup> October

Old Sedberghian Fraser Precious premiered his film A Precious Life at the Cannes Festival – a story of his life from the streets to performing with the Symphony Orchestra in Sydney Opera House.

The Prep put a team of 8 pupils in the Prep School Academic Challenge and came 3rd out of 9 teams

School House held a Cheese & Wine evening with an auction and raised £6,000 – including £50 for a sack of potatoes!



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**Saturday 15th December 2:00pm and 7:30pm**



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Tickets available from TIC from early December

## Music

Ella Seymour (15), the daughter of John Seymour Housemaster of Powell House, has "wowed" examiners by achieving the highest marks in the North West in her piano tests at Grades 6,7 and 8

The Scholars' Concert was held on 7<sup>th</sup> October and was voted "brilliant" on twitter. On Friday 12<sup>th</sup> October there was a concert of music from the USA in Powell Hall. ( The Choir are practicing for their planned tour to the

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USA next year)

The Prep School sang at the Harvest Festival in Trinity Church, and will have held a concert on 19<sup>th</sup> October there also.

### Shooting

At the hotly contested North West Cadet Skill at Arms meeting Sedbergh won eight out of the ten trophies and were crowned "Champion Team" and "Top School". The meeting seeks to emulate

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military shooting, with rapid fire, unpredictable targets and physical challenges. Freddie Cade was the overall top shot in the competition and also won in the Pairs with Daisy Armstrong. Rhiannon Piper won the Attack & Reorganisation match with a near-perfect display of marksmanship, and Henry Nicholson go a silver medal in the Defence match.

Max Pybus has been named in the twelve-shooter squad for GB U1p tour to South Africa at Easter

### Sailing

The now annual participation in the West Lancs Yacht Club 24 Hour Endurance Race took place on 8/9<sup>th</sup> September. The School boat was

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crewed by 8 pupils 2 staff and 4 Old Sedberghians. All was well with the race until the last 4 hours when the wind and tide got up and chaos ensued, and there were boats upside down all over the place. But the crew could proudly say they were the Winning School (getting over the finish line with jib only) – as they were the only one!

The School came 3<sup>rd</sup> and 4<sup>th</sup> in the National CCF Regatta

#### Cricket

Sedbergh won the right to represent Cumbria, and then the Northern Schools in the National Schools T20 competition. They went to Arundel Castle for the semi finals and final, and beat Bromsgrove by 32 runs to get into the final, but lost to Kings

College, Taunton, by 39 runs.

There is an article on recent leaver Harry Brook in the summer issue of The Cricketer magazine. George Hill has been picked to play for the Young Lions (U18) against India.

#### Rugby

The 1<sup>st</sup> XV beat RGS Newcastle 31-18 and Wilmslow 52-0 which apparently did not reflect Wilmslow's endeavours. They also beat the Old Sedberghians in a match played on a glorious autumn day. And Durham lost 34-10. The game against St Peter's York was won 38-14. The result of the Kirkham game on 17<sup>th</sup> October will have to wait for next month

The Prep School held a rugby development afternoon for local

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schools on 19<sup>th</sup> September  
Equestrian

Alicia is the British Riding Club National Champion after beating over 100 riders who qualified (and her Lakes Riding Club won the Team National title too)

Two Prep School children competed in their first ever event at the Wheelton Pony Club Hunter Trial on 16<sup>th</sup> September in horrendous conditions and were placed first.

#### Running

During the holidays Fraser Sproul won the U17 fell running trials at Arncliffe. He gained his England Mountain Running vest after being selected for the England U17 British & Irish Junior Mountain Running Championships in Ireland on 8<sup>th</sup> September.

The Prep School held a cross-country for years 3-8 for schools from all over the North in which some 520 runners took part on 8<sup>th</sup> October

Girls' Teams from Years 10/11 and 12/13 won at the English Schools Fell Running Championships at Giggleswick, and the 12/13 Boys their team race. Fraser Sproul came second in the Year 10/11 race. Alicia Newing contributed to the Girls' 10/11 win despite losing a shoe halfway round

Sedbergh hosted the first round of the English Schools Athletics Association Cross-Country Cup on 11<sup>th</sup> October.

#### Hockey

The U13 girls have qualified for the Ewart Cup final and the Girls brought back the trophy from the UK School Games just before term started. A good start for a young team of 11

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team debuts, 4 of which about to start Year 10. Both the U16 and U14 are Country Champions. And the U19 have reached the Area finals

### **Tennis**

James Griffen played in the Road to Wimbledon U14 Junior Tournament and although very narrowly beaten in his games (5 tie breaks in one) was invited to attend early morning squad sessions by the Wimbledon Head Coach. He also won the David Lloyd Manchester North men's event – yes, I did say *men's*.

### **Golf**

Archie Davies, who comes from Brampton, won the Junior Irish Open and played for the successful Great Britain and Ireland U18 team against Europe

### **Local Young People's Fund**

I would remind residents of Sedbergh and the surrounding parishes (under the age of 25) that applications to this Fund for assistance with educational

endeavours (of almost any kind) should be made before the next meeting of the Committee on 9<sup>th</sup> November. Details and application forms can be obtained from the Information Centre or Sedbergh School Bursary.

### **Future Events**

The Prep School Director of Music, Anastasia Micklethwaite, organises Sing Joyfully! A vocal ensemble which meets each Tuesday at Casterton Church to have fun singing. Anyone who would like to join this community choir would be welcome

The School fireworks will take place on the evening of 5<sup>th</sup> November in Busk Lane.

The scholarship assessments will be during the week beginning 5<sup>th</sup> November

The School Remembrance service will take place at the Cloisters on Sunday 11<sup>th</sup> November and there will be a Concert of Remembrance in the evening. There will be two



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performances of this to enable as many people as possible to come and the one at 6 pm will be open to everyone. It will be a mixture of music, imagery and words to commemorate the 100<sup>th</sup> anniversary

There will be a Tea Time Concert on 15<sup>th</sup> November at 5 pm and the performers love to have an audience so all are welcome.

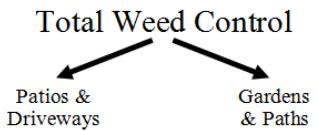
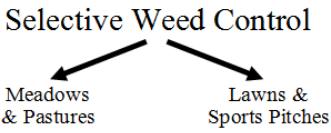
The School will give three performances of A Midsummer Night's Dream in the Brewery Art Theatre in Kendal on 27<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup> November (note: not 28<sup>th</sup>)

The only 1<sup>st</sup> XV home match in November is against Warwick on Saturday 17<sup>th</sup> November, but the game against Millfield is on 5<sup>th</sup> December at 2.15 pm

The Advent Carol Service this year will be on Sunday 2nd December, to which all are welcome. (See Advert on Page 42)

Term ends after the Carol Service on 12<sup>th</sup> December.

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## NOVEMBER GARDENING

Elaine Horne

October storms have put paid to most of the autumn leaf colour on the trees in my garden, but the sunshine has meant that, amongst the odd late Dahlia and gladiolus bloom, the fruits and berries on trees and shrubs are providing a wealth of glowing colour.

Cotoneasters provide the most reliable crop. *C. horizontalis*, probably the most commonly grown species (in cultivation for the last 150 years or so), covers part of the house wall and the shed and, as long as cold weather doesn't bring an influx of hungry blackbirds, these berries should last well into the winter. *C. microphyllus*, a dark leaved evergreen shrub, which also clothes part of the shed wall has a sprinkling of larger red berries, singly born.

A tour of autumn gardens will hopefully provide examples of some of the larger shrub and tree species. *Cotoneaster 'Cornubia'* is one of the most reliable for quality and quantity of berries. They are born in large, weighty clusters on the outward spreading branches of this small tree. *C. frigidus* is similar in habit, with the crimson red berries being born amidst the large, semi evergreen leaves. This species has given rise to several hybrids with differently coloured berries. 'Fructulutea' has creamy yellow fruits, 'Inchmary' and 'Pink Champagne' have yellow fruits maturing to salmon pink, and those of *C. 'Exburiensis'* are apricot yellow, becoming pink tinged in winter.

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## SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare

Only four of the African swift species migrate to Europe to breed, the others are resident year-round in Africa. 'Our' swift is the Common Swift (*Apus apus* is its scientific name), and the others are the Pallid Swift (*Apus pallidus*) which breeds extensively throughout southern Europe, the larger Alpine Swift found mainly in more mountainous regions of Europe, and the rare White-rumped Swift found in Southern Spain.

If you have been to cities in southern Europe in summer and enjoyed watching swifts hurtling around, they will be likely to be a combination of both common and pallid swifts. But if any of you were in southern Europe in September or October, after the common swifts have departed, you may well have seen lots of swifts still flying around. These would have been the pallid swift which stays later, is paler in colour and has a lower-toned call – although it's very difficult for most people to tell them apart.

A major difference with pallid swifts is that they can have two broods, unlike the common swift which only has one. Rearing the second brood is why pallids are still found later in the year. One of our Spanish swift colleagues has frequently reported pallids in his area as late as November. Pallid swifts commonly nest in caves, just as our common swifts probably did thousands of years ago. One summer, on a beach in the Algarve in southern Portugal, while everyone else was busy surfing

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and sunning themselves, we were fortunate to see some entering a large cave entrance in the cliff and negotiate their way to the nest on a crevice. What a shame that no-one else seemed to notice. Pallid swifts have a wide range of nesting habitats, as well as caves they breed in the nooks and crannies of buildings and even in industrial units and bridges.

The Latin name for swift (*Apus*) literally means 'no feet'. In fact they do have feet, and sharp claws, but extremely tiny legs. This means they cannot perch - so a bird on a wire is never a swift - and can only shuffle around their nest sites when they land to breed. If grounded it is very difficult for them to take off, and this can be fatal. The sharp claws however allow them to cling to walls briefly which is what the 'bangers' do: they are the immature swifts that are prospecting for new nest sites for future years and practising their technique as they approach buildings, looking for suitable crevices.

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## FARFIELD MILL

Why we need to bring Farfield Mill back into the community -

Dave Smith

I've lived in Sedbergh now for 24 years and I came here to take up the post of deputy head in Settlebeck School.

I was attracted to the post partly because of the school (I was immediately won over at interview) but also because I'd visited the town twice before and loved it. As a walker the call of the hills was irresistible, added to the beauty, the sleepy easy-going atmosphere and of course the interesting climate!

Soon after I arrived it didn't take me long for me to realise that I'd really

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fallen on my feet. There was the huge added bonus of a wonderful friendly community and my wife and I quickly decided that we had to live here in the town. We've never regretted it and we will almost certainly see out our final days here.

To give you an example of why Sedbergh is such a wonderful place:

In 2004 the BBC decided to make a 12-part TV series about Sedbergh and its search for a twin town on the continent. But why Sedbergh? The

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Contact KEVIN BATEMAN

TV team had researched a number of towns, also in the first throes of looking for a twin, but they told us that Sedbergh easily came out on top of the list. They felt that they had found the perfect place – a self-contained beautiful little town. They liked that fact that you could comfortably live here and never have to travel out of town for shops or essential services (we had three banks then!). There are a wide variety of leisure and

entertainment activities (104 separate organisations!), and outstanding state primary and secondary schools. But right there at the top of the list was that Sedbergh is an active, dynamic, friendly, caring community. We residents all recognise that they were absolutely spot on. It is a joy and a privilege to live in this wonderful little town.

Another aspect of the community of Sedbergh is that it has a long history, rooted in its environment and in those people who can trace their lineage back, in some cases, hundreds of years. Many local people's surnames live on, untouched by time, owned by their ancestors, many of whom laboured on the land and whose labour was focused on sheep and

wool! You see it most clearly on Farfield Mill's heritage floor in a wonderful giant photograph of men, women and small children who worked in the mill in times long past. One local lady mentioned, at our open day, that she was directly related to four of those mill-workers.

Personally I have always loved Farfield Mill and have visited it countless times since I moved to Sedbergh. It has been a place to walk to, or to include in a walk, for a cuppa and cake. A place to bring visitors and buy presents. A place to learn about Sedbergh's past, to watch artists and makers at work, and to visit some outstanding exhibitions. And so I've been saddened to watch the mill struggle to survive, to see it lose its

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connection with local schools and with the town in general.

I joined the new board of trustees nearly two years ago, to try to put the Mill back on a secure footing with a bright future but most importantly to give it back to the community. For 20 years the mill has been run by the charitable Sedbergh and District Arts and Heritage Trust but it hasn't felt like it was Sedbergh's, more like a tourist destination up the Garsdale Road. Now is the time to return it to its rightful place.

There is a long history of the Sedbergh community taking action to protect its assets. In the 1980s Settlebeck school faced closure by the local authority but the Sedbergh community rose up to save it, with the

rallying call of 'Don't Settle Back, Back Settle Beck'. The Yorkshire Dales National Park decided to close the tourist centre but the community saved it and it is now run by 18 volunteers with a part-time manager. Then, when the Yorkshire Dales National Park decided to sell the building, people from the town raised the money to buy it lock, stock and barrel. It is now not only a tourist information centre but has grown into a dynamic local community centre. The community rallied round to make the People's Hall what it is today, a venue for a wide variety of community activities and now even has a small gym. The community runs a charity shop (all proceeds to community ventures) and this has now expanded

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to include a separate second-hand book shop – all run by volunteers. The town has gained the status of England's Book Town, an initiative which arose within the community, after the foot and mouth disease left the town's economy badly damaged. In fact it was the community, back in 1992, that saved the mill from closing in first place. I could go on ...!

So the time has come to rally support from the town again. This time it is to bring the Farfield Mill back into the town to enable the Mill to properly belong to the community of Sedbergh and District. To take the Mill back from the bank and let the members of our community become owner-members of the Mill, with a voice and a stake in its future direction. The Mill may well be a mile outside of the town but in our hearts and minds it deserves to take its place, once again, as a significant asset to our community, owned by the community for the community. That is why the new organisation that has been formed to take the Mill forward is called a Community Benefit Society - that is a Society run for the Benefit of the Community.

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And so we appeal to the residents of Sedbergh and District to invest in the Mill. To save the Mill from imminent closure, with the loss of local jobs, local trade, local businesses, and a significant blow to the town's economy with many of its 14,000 visitors (this year) going elsewhere – our plans will take this up to 20,000 in the next 3 years. We will become, once again, a valuable resource to our schools and young people. We will be owned by the town and will strive to serve the needs of the town.

I want Farfield Mill to belong to Sedbergh. I hope that you do to – enough to buy some shares and like me become an owner-member.

There is so much more to say about our plans and the benefits accruing from investing in the Mill but not enough space here. So please find out more from:  
<https://www.ethex.org.uk/FarfieldMill>

## **BOOK TOWN FESTIVAL**

*Creative Writing Winners*

*Heather Thomas*

Applicants were asked to choose one of the lettered photographs that appeared on Page 52 in the August issue of Lookaround. Applicants were then asked to write a fictional short story (1,000 max word count), or a poem based on their chosen photograph. Prizes were awarded to one winner and one highly commended piece from each age category. Due to the type and volume of entries, age categories were amended slightly to; 6-9 year olds, 10-13 year olds and 14-16 year olds.

*A word from the judges.*

The judges would like to thank everyone who took the time to submit

an entry to our 'Write a Poem or a Short Story Competition 2018' as part of Sedbergh's Book Town Festival, and for helping to make it a great success. There were almost one hundred entries to go through and selecting only two from each of the three age categories was a very difficult task. The judges were genuinely impressed by ambition, grasp of descriptive language, imagination and emotion in all pieces. Everyone without exception had strong points to their work and the judges would like to congratulate everyone who took part.

*(The stories can be read on the Sedbergh Website at [www.sedbergh.org.uk](http://www.sedbergh.org.uk). Although they were very good, they took up many*

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pages. Ed)

The Winning entries were:

- The Mystery of the Green Door by Max Whitehead (aged 9) Photograph D
- Thunder, Thor and Zeus by Jonathan Steven Dunkinson (aged 11) Photograph B
- Recreation by Matthew Lewin (aged 14) Photograph E

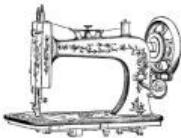
The Highly Commended entries were:

- A short story by Sam Stevenson

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(aged 6) Photograph C

- Forgotten by Molly Partington (aged 12) Photograph A
- Melting Moments by Harry Dawson (aged 15) Photograph F

The judges would like to give special thanks to the applicants below. It was a close-run contest. The short stories and poems that very nearly made it to the winning and highly commended spots were (in no particular order):

- The Mysterious Sheep of Turnip

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Farm by Olivia Hubbard (aged 8)  
Photograph A

- Charlie's Transformation by William Coke (aged 9) Photograph C
- Sledging In The Snow by Sasha Whitehead (aged 6) Photograph F
- The Night Sky by Fred Norman (aged 11) Photograph B
- The Poem About The Bike Ride by Myles Stainton (aged 11) Photograph E
- You and I by Sienna Middleton (aged 13) Photograph B
- The Summit by Cai J F Pennington (aged 12) Photograph B
- Starlight by Isla Gordon (aged 11) Photograph B
- Farming by Josh Barnes (aged 13) Photograph A

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Josephine Lade LCSP (Phys)

- Mountain Biking by Isaac Brewer (aged 13) Photograph E
  - Through my window by Luke Troughton (aged 13) Photograph C
  - Earth's Destroyers by Edward Thomas (aged 14) Photograph B
  - Dark Hills by C J Middleton (aged 15) Photograph B?
  - Some things never heal by Millie Barnes (aged 14) Photograph B
  - Talk to my heart by Skye Smith (aged 14) Photograph B
  - You can be lonely, but not alone... by Edie Johnson (aged 14) Photograph F
- Judges Decisions and comments
- Winner:  
Max Whitehead (aged 9) Photograph 'D'  
*The Mystery of The Green Door*

Congratulations Max Whitehead, the judges were impressed with the bizarre creatures and magical, hidden world you created right underneath The Green Door Sweet Shop in Sedbergh. The young narrator allows for an easy and smooth transition from reality to a surreal world.

Highly Commended:

Sam Stephenson (aged 6)  
Photograph C

*Short Story*

Congratulations Sam Stephenson, the judges were impressed with your imaginative short story and the idea of two chickensheep. It is a funny little tale about two chickens and two sheep outwitting a fox.

Winner:

Jonathan Steven Dunkinson (aged

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**11) Photograph B**

*Thunder, Thor and Zeus*

Congratulations Jonathan Steven Dunkinson, the judges were impressed with the humorous and imaginative story that you told through your poem. It is a charming and funny, rhyming poem about a battle between the Gods, Thor and Zeus, being witnessed by a young person.

**Highly Commended:**

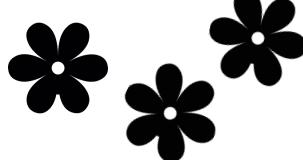
Molly Partington (aged 12)

**Photograph A**

*Forgotten*

Congratulations Molly Partington, the judges were impressed with your beautiful and nostalgic short story. The narrator looks back on a bygone age which creates a deep sense of

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longing and warmth for happier and simpler times. This is a well-written, emotional story woven with lovely descriptions.

**Winner:**

Matthew Lewin (aged 14) Photograph E

*Recreation*

Congratulations Matthew Lewin. The Judges were very impressed with the clever use of the title and poem in your piece. The narrator and friend create a sense of fear, excitement and awe. The move from the physically real to the surreal is handled neatly for such a small story. Powerful use of descriptive language and a well-crafted, intriguing story.

**Highly Commended:**

Harry Dawson (aged 15) Photograph F

*Melting Moments*

Congratulations Harry Dawson, the judges were impressed with your use of emotive and descriptive language throughout your poem. You can almost feel the cold and dampness of the snow as if you were actually there witnessing the scene. The clever use of the title and the past in the last two lines creates a sense of nostalgia and a cyclic nature to the piece.

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## LOCAL YOUNG PEOPLE'S FUND

*Karen Bruce Lockhart, Chairman.*

This Fund is provided by the Governors of Sedbergh School for the benefit of all young people (under 25) resident within the parishes of Sedbergh, Dent and Garsdale, as well as Killington, Dillicar, Firbank, Howgill, Lambrigg and Middleton for educational purposes

The grants are not means tested and applicants are required simply to

justify why they should be awarded a grant and to give some idea of the cost of the purpose for which the grant is required. It should be borne in mind, however, that only two such grants can be awarded to any one person. It may not be sensible to apply for a comparatively small grant for a primary child, who may need a much more substantial sum later in their educational career. For instance, a talented musician aged 8

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To assist with the purchase of a laptop for studies in Textiles	£350
To assist with the purchase of a laptop for A level studies	£350
To assist with tuition fees	£350
To assist with the purchase of a laptop for A level studies	£350
To assist with the cost of flights to Africa and accommodation there as part of studies	£500
To assist with the cost of participating in a volunteering project abroad in the summer	£500 subject to proof of booking
To assist with the cost of participating in a foreign language speaking and activity camp	£300
To assist with the cost of a two year extra-curricular language progression course in a foreign language	£200
To assist with the cost of books, equipment and uniform for a Therapy course	£400

might need a violin, but later in his or her career may require a very much more expensive instrument, or even two, over the years. The purpose must, of course, be educational but this covers sports training, music, and travel abroad as well as purely academic purposes.

At a recent meeting of the Trustees it was felt that it might be helpful to those considering whether to apply for a grant to know the types of grant that have been awarded recently, and accordingly the following is a list of the grants awarded in the last year:

The awarding of a grant and the amount thereof depends very much on the justification put forward in the application. One applicant might want a laptop simply for ordinary use,

another may be embarking on an extremely technical electronic university course which requires an very expensive computer. Another may be going on a two week course in Europe, while yet another may be going for six months to work with a charity in a third world country. It is also helpful to know what other steps the young person has taken to raise funds.

The next consideration of applications will be early in November, and the Trustees hope that young people of the district will give early consideration to applying for such grants. Application forms can be obtained from the Information Centre or from Sedbergh School Bursary.



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## ROYAL BRITISH LEGION

If you or yours have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way, please call 0808 802 8080 (free phone).



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 £17.00 - call 20536 or 20964 or email: [jd@jdifa.co.uk](mailto:jd@jdifa.co.uk) or [dmpparratt@gmail.com](mailto:dmpparratt@gmail.com) for a form.

For more information, visit our website:  
<http://branches.britishlegion.org.uk/branches/sedbergh>

## ROYAL BRITISH LEGION REMEMBRANCE SERVICE

*David Parratt*

The Royal British Legion do hope that you can join us at 10.30 am on Sunday 11<sup>th</sup> November in St Andrews Church for the Remembrance Service and afterwards at the War Memorial in the Churchyard to remember those who paid the ultimate sacrifice in wars past and re-commit ourselves to peace.

There will be a short ceremony at the War Memorial at 11.00 am on the 11<sup>th</sup> November to remember the centenary of the signing of the Armistice at the end of the First World War.



## SEDBERGH TOWN BAND

*Keith Wood*

As you probably know this year November 11, 2018 is the centenary (to the day) of the 1918 Armistice. The end of the Great War. The day the guns fell silent.

For several years now the Town Band in tandem with Sedbergh's own Royal British Legion Branch has commemorated Remembrance

Sunday with a concert. This year the venue has changed to St Andrew's Church, Sedbergh (7.30pm). See the Page 11.

Our regulars already know that we are a fantastic band. Some Lookaround readers may be aware of the band but have not yet been to see us. I always think that this annual concert is us at our very best.

We will be playing some wonderful stuff. This also being the centenary year of the RAF we will be presenting '633 Squadron' and 'The Grand March RAF'.

During the ceremonial part of the concert, the RBL standard will be presented. You will hear 'Sunset' and the 'Last Post'. The finale is always kept as a secret but I'm going to tell you anyway. It's 'Highland Cathedral' featuring our own magnificent piper Tony Playfoot.

This is a concert not to be missed. Proceeds will go to the poppy appeal. So please bring your wallet along.

## WWI EXHIBITION

*Elspeth Griffiths*

From Friday 2nd to Monday 12th November, the Sedbergh & District

History Society in cooperation with the Royal British Legion will display a WW1 Exhibition in St Andrew's, Sedbergh.

Coinciding with the centenary of the Armistice, the exhibition explores the impact of the First World War on the people of Sedbergh and District. It recognises the sacrifices of local men, and those from other countries, who served in diverse locations, at sea, in the air, in Africa, India, Europe and the Western Front and the effects of war at home in the Dales.

The exhibition will draw upon the research carried out for the History Society book *Sedbergh and District 1914-1918, But who shall Return Us The Children?* Following publication, SDHS was asked to contribute

displays at various events and these focussed on different aspects of WW1 locally, nationally and worldwide. Pictures often provide evidence of the experiences that people endured.

This is part of a community event and with the poppies in Streams of Remembrance will provide a backdrop to The Royal British Legion Annual Remembrance ceremony. \*

### STREAMS OF REMEMBRANCE

*Susan Sharrocks & Rev. Christine Brown*

Taking inspiration from Carlisle Castle's recent "Weeping Window" display of poppies, St Andrews in Sedbergh and St Andrews in Dent are planning to host a community event



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called "Streams of Remembrance". The event will be in the two churchyards during the week before Remembrance Sunday - that is Friday 2<sup>nd</sup> November to Sunday 11<sup>th</sup> November.

In Sedbergh it will form a backdrop for The Royal British Legion Annual Remembrance ceremony held at St Andrew's. This year marks the centenary of the end of WW1 when bells rang out spontaneously across the land. Bell ringing is also planned this year and our own church bells will ring at 12.30 to mark the occasion.

We are hoping that in some small way this event will help us remember those who have given their lives so

that we can be here now and that it will also serve to remind us that, whatever our political views, there are service men and women still doing this and still needing our help. Most of us will be aware that veterans leave and have left the service, with little or no help from government and many of them and their families are now facing extreme hardship.

Briefly the outline for the Sedbergh plan is to have a poppy trail or stream through the churchyard representing Sedbergh town with tributaries representing Cautley, Garsdale, Killington, Firbank, Howgill, and Sedbergh School. In Dent a single stream will be decorated with poppies dedicated to the fallen.

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A material backing will represent the water to which standard British Legion poppies will be tied providing a carpet of poppies. Taller special poppies are planned to line the trail, one for each of the named Sedbergh and District individuals who lost their lives in combat.



This is a community event and we would like as many of the organizations or groups in Sedbergh and District to feel able to contribute their own poppies to be "placed" in the grass representing poppy fields.

We would also like to invite any individual who would like to make (or buy) a poppy to come and add it to the "stream". If you would like to dedicate your poppy to a past or current member of the armed forces

or someone who died in combat we will be able to provide labels for you so that you can write a dedication on the label.

We are hoping that some of you will also feel able to sponsor the poppies to raise money to help ex-service men and women facing difficulty. There will be box for collections in each of the churches.

We have poppy patterns for crocheting and knitting. If you would like to have copies we will be putting copies of the patterns in St Andrew Church in Sedbergh, but please come up with your own ideas if you would like to - they will all be welcome and in whatever material you would like. Whatever material is used the main criteria is that it should be able to reasonably stand up to the weather as who knows what it will throw at us in November. So no tissue paper poppies!

We hope this will be a very special Remembrance Commemoration. \*

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## SMART OFFICE

Ann, Andy, Faye and Kate would like to thank everyone who has supported SmartOffice over the past 4 years.

The business has changed during this period and we are pleased to say that the design and print side of the business is thriving but in order to expand further we need to move premises. We are moving the business to Killington and re-branding as Smart, Design & Print

Shop Stationery will be on Sale at 13 Kings Yard until we move at the end of December. In the New Year all design and print orders can be made by phone, email or through the website which will be launched at the end of this year.

Please follow us on FaceBook; [fb.me/smartoffice.org.uk](https://fb.me/smartoffice.org.uk) for updates and offers.

## NEW SOLICITOR FOR SEDBERGH LAW FIRM

*Michael McGarry*

McGarry & Co., who are now based in the old NatWest building at 54 Main Street, Sedbergh, have reported that they have at long last, after much searching, found a solicitor to be resident at the Sedbergh office.

Clare Tamea, a solicitor who has been heavily involved in land matters, conveyancing and Wills and probate, (being an associate member of the Society of Trust and Estate Practitioners, of which Michael

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*Michael McGarry*

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McGarry is a full member) joined the firm on 2<sup>nd</sup> October 2018.

Michael McGarry, Senior Partner of the firm explained that whilst he will continue attending at Sedbergh, as required by clients, Clare will now take on most new work, and will assist with the gradual transfer of work from Graham Dalton.

Clare has expressed delight at joining McGarry & Co., saying how excited she is to be able to practice in such a wonderful location, and will enjoy assisting Michael and his team, building up their growing presence in, and around Sedbergh, Garsdale, Dentdale and towards Kendal.

Michael has said that he is thrilled that Clare has agreed to join the

team, and this will allow the firm to be much more pro-active in the area.

Michael McGarry said that the move to 54 Main Street has been one of the best things that could have happened, allowing the firm to nicely settle right in the heart of the town, in easy walking distance, and with much easier parking facilities for most, on hand. He also joked that "it's also nice to pop across the road for a paper or for a sandwich or a loaf of bread!"

It is clear that Clare is looking forward to meeting old clients of Dalton & Hague and McGarry & Co., and new clients to the firm, and to be able to look after their varied legal requirements.



## LAKELAND VOICES

*David Burbidge*

Slovenian Embassy visit  
by Sedbergh Choir

Our choir Lakeland Voices, who have their HQ in Smithy Cottage at Farfield, travelled down to London in October to a function singing alongside the London Slovene choir Gallus Aeternus hosted by the Slovenian ambassador, His Excellency Tadej Rupel, in the Slovenian Embassy. Lakeland Voices also hosted a Singing Supper on Saturday night in the Ambassadors Hotel near Tavistock Square where we were joined by Slovenians living in London. One gentleman said he had lived in London for 60 years and this had been the first time he had ever heard English people singing Slovenian songs. The Ambassador complimented Sedbergh on our enthusiasm for his country, and for the many exchanges of singers and other groups between our two towns. Both the Ambassador and the Gallus Aeternus choir leader Jasma were impressed to see a photo from Slovenia on the Sedbergh calendar.

Our choir travels to Slovenia every year for a tour where we sing in many places including our twin town Zrece, at the Bohinj Wild Flower festival, and in the capitol where we have made good friends with the Ljubljana



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Waldorf Choir, who sang here in Sedbergh over the New Year and always makes us very welcome at their school near the centre of the city. We now have over a dozen Slovenian songs in our repertoire drawn from the narodni pesmi, the national folk songs, with well known arrangements allowing complete strangers to join us in the singing when we meet them on our many walks throughout Slovenia.

On our visit to London we also sang on a walk across London singing in a variety of places including The British Museum, Trafalgar Square, and the Supreme Court (where we sang Sydney Carter's Sing John Ball: "All shall be ruled by fellowship I say, in the light that is coming in the morning.") We ended at Westminster Abbey where we sang at the grave of Alfred Lord Tennyson in Poet's Corner. We sing a stirring arrangement of Crossing Bar - and as you probably know, October 6 was Tennyson day, the anniversary of his death, when a wreath is laid on his tomb inside the Cathedral.

We had another opportunity to sing with a Slovenian choir when the Smir

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Papir ("Scrap of Paper") ensemble visited us in Sedbergh at the end of September - before coming with us to the island of Jura where we all sang together in one of the Jura Folk Festival concerts. (Google to see videos on Youtube.) This wonderful choir of young singers were visiting Sedbergh and Scotland for the first time - they said they were amazed by how beautiful it is here, and said they were grateful for the warm welcome the received from everyone.

Lakeland Voices draws on singers from the Greater Sedbergh area - but especially welcomes singers from nearer to Sedbergh and Dent. We will be visiting Slovenia again in May, and at the end of January we have a

weekend combining the two national poets Rabbie Burns and France Preseren at a celebration of Slovenian and Scottish song. We have recordings of the songs we sing for home study - and also a weekly Slovenian language class at Smithy Cottage at Farfield Mill on Thursday mornings. Everyone is most welcome to join us.

We will be teaching some of the Slovenian Christmas songs we sing at the Dent Folk Carols festival, as well as singing them in concerts and pub singing sessions alongside our many folk carols from across the UK. We look forward to singing with you soon. [www.lakelandvoice.co.uk](http://www.lakelandvoice.co.uk)  
David Burbidge 015396 21166



## DENTDALE, HEAD TO FOOT

Mike Steele

Our October meeting talk was by Jenny Robinson of Eunomia Research and Consulting, who by special request, talked to us again on plastic waste: "Plastic Fantastic?

The good, the bad and the ugly..." was her topic this time and yes it could be fantastic, but it could also be bad as well as ugly.

It is estimated that there are eight **Billion** tonnes of marine plastic waste, that is waste that has been discarded to the oceans and is now being inexorably swept up onto the worlds bays and beaches. Ocean currents do not cease and neither does the tide of detritus, as I have personally witnessed on a lonely Northern Scottish bay, with no hope of it being collected. And that was the big stuff, not the micro-plastics which continue to enter our food chain,

although the big stuff will unfortunately eventually break down and enter the micro-plastics arena with as yet unseen and unknown results on our environment.

So, what might be the answers?

Some authorities are now running beach collection schemes, so if you see one take part.

Recently in Dorset I collected more than two slack-handfuls of small plastic waste from a beach with such a scheme. Sadly, there was absolutely no provision for this on the lonely Northern Scottish bay.

Then recycle all you can, although some plastics are not recyclable, and many local authorities seem to be very selective in what they take.

Indeed, in Dent the local authority



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have very recently provided us with only one bin for plastics, which was filled, taken away and not replaced. However, we do have a surfeit of glass bins, something like a dozen, so Dent is obviously seen as more inclined towards drinkable liquid container waste rather than the much bigger volume of general plastic waste. I know we are isolated by comparison to Kendal, but not that isolated!

But how do you decide what is recyclable? Look for the recycling marks on the packaging as to whether it is or isn't, (usually a triangular denoter) and do remember that plastic film and black coloured products are not recyclable, neither

are contaminated plastics which need to go into general waste, otherwise the now contaminated bin of uncontaminated waste cannot be recycled.

There seemed to be more questions than answers and from the questions posed by the audience the major problems are:

How do you define what is recyclable?

Why is there no national strategy on this?

Obviously, both are complicated questions, but with the amount of marine waste, never mind the land-based waste from everyday usage, some of which could be burnt in Energy from Waste plants to produce electricity and the need for a national as well as an international strategy seems paramount as the world situation seems to suggest that we are almost on the cusp of an environmental disaster.

Education is needed, worldwide, but

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until an international strategy is defined and implemented and manufacturers are impelled by market forces to reduce packaging, i.e. consumers need to stop buying over-packaged products, the volume will continue to increase. But also, do not forget that the world has changed globally and some plastics are now needed to maintain food freshness, whereas only 20 years or so ago this was not generally the case and things were sourced far more locally.

So, press for replacement wherever possible, badger your elected representatives to seek standardised national change to reduce plastics volume and keep on recycling!

Our next meeting is on November 2<sup>nd</sup> where Helen Corpe will be talking to us about "21 years in Prison," I hasten to add not as an inmate.

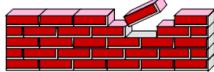
On December 7<sup>th</sup> we have our traditional Christmas Jacobs Join, both meetings starting at 2:00 p.m. in the Sedgwick Room of Dent Memorial Hall, so do come along.

For further information please contact Mike Steele on 015396 25054, 07813-806209 or mds@hallbankcott.co.uk.

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### **SEPTEMBER WEATHER**

Another rather more typical month weather-wise with rainfall registering 6inches (150mm). During this period we only had 5 days when precipitation was not recorded. This returned everywhere back to its muddy conditions. Again it was quite a breezy month with only 4 days not getting gusts into double figures mph. A maximum gust of 23.7mph ( 38.14kph) was recorded. All, bar one, was recorded from the North West. Temperatures were reasonably pleasant for the month with a high of 73.9F (23.27C) but a low of 28.2F (-2.1C) showing that autumn is on the way. Several nights had wind chill

temperatures below freezing.

The beast has been back!! It took my last 3 laying hens in one afternoon before coming back next day to finish off the drakes. I ultimately got revenge trapping a female mink inside a shed where it had chewed a hole to gain access. She wasn't in milk so didn't appear to be feeding a litter. The more disturbing news is that another 3 people have trapped mink nearby and 2 others, one at Fell End and another at Killington, have been visited. It seems strange that after all these years keeping poultry, in my case over 20 years here, we should be attacked in such a way. Why this sudden explosion? It would be interesting to know if anyone else has had problems. We are reduced to buying eggs and they are insipid compared with our own fresh ones as I am left with a pair of geese, who don't lay at this time of year, and an ancient hen who I suspect has been frightened silly and given up.

There are signs of autumn with heavy crops of berries, particularly hawthorn and blackberries, and leaves starting to drop. All the migrant summer visitors have gone and the

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first skeins of geese have been seen flying south. On the nicer days there have been a few butterflies about including a comma. The sheep continue to enjoy windfall apples. We are still without rabbits at present. 

### GARSDALE HARVEST SUPPER

*Mary Airey*

On Friday 5th October, our annual Harvest Supper was held in Garsdale Village Hall, when almost 60 enjoyed a lovely meal provided by local ladies.

After supper, Rev. David introduced his friend Dr. Theo Weston from Great North Air Ambulance. He gave a most interesting talk, accompanied by slides, providing an insight into the wonderful work done by GNAA.

Donations were requested for GNAA

and these amounted to £500.

Grateful thanks to all who supported the evening, and who gave so generously. Thank you all. 

---

### DENT DALE CHRISTIAN FELLOWSHIP

*John & Sarah. 015396 25212.*

Tabernacles or Festival of Shelters was celebrated in the Sedgwick Room at Dent with a temporary shelter, a scrumptious hot 2 course meal by a local caterer and a good sing. As numbers reached double figures the room provided plenty of space with the well equipped kitchen on hand.

Future events : Sunday eve Praise and Testimony evenings are continuing except not in Dec. 6.45 pm starting with bring and share supper. further information on Facebook page/website.

The FFWF evenings where we celebrate Shabbat are changing so if you are interested in these events do contact us.

Next Aug we will be putting on the usual Festival the 1st weekend of Aug to which all are welcome.

Meantime we are here should you need our help in any way. ..listening ear...prayer... do get in touch. Everything is free.



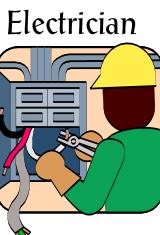
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### TEARFUND

*Janice Rusling*

Founded in 1968, Tearfund (The Evangelical Alliance Relief Fund) is a Christian relief agency working to provide humanitarian aid and practical support in disaster areas, as well as longer term development projects. Today Tearfund is one of

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the UK's leading relief and development agencies, commanding a respected reputation built on good practice and years of experience helping people in some of the world's most challenging places. It is a partner in the Disaster Emergency Committee. According to their website they were heavily involved with supporting those fleeing from the Rwandan genocide, but 'the biggest test for Tearfund's disasters strategy came with the Boxing Day Tsunami in 2004. Together with partner organisations, Tearfund helped 700,000 survivors in Sri Lanka, India, Indonesia, Thailand and Somalia'. No doubt the recent earthquake and tsunami in Indonesia will also be a

major drain on resources.  
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Like all charities Tearfund is always looking for new ways to raise both their profile and their funds. The first Quiz night on 17th November is a national event and is intended to be an evening of fun for all quiz fans (and those who are just dragged along to make up a team!) whilst raising much needed funding at the same time. Tearfund will be keeping track of how many people are taking part on the night on their online dashboard. It is hoped that it will become an annual event - think MacMillan's World Biggest Coffee Morning - so please come and



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support the evening in Sedbergh.  
Further details and where to buy  
tickets are on Page 17.

### DENT GALA/MEMORIAL HALL

*Chair DMH Sarah E Woof. "Rhumes"*

The figure raised was around £2,000 which is absolutely amazing and so necessary for keeping the hire charges for the Memorial Hall static and keeping the property in good repair.

The large main Hall belongs to the school and is leased to the Memorial Hall Trustees for community use out of school hours and school holidays. During the summer the School Governors arranged for the Hall floor to receive a new "shine" and the DMH committee contributed towards the cost. NO sticky tape or "tack" to be used on the shiny floor please, or sticky tape on any walls /windows!

When the new Windows were fitted DMH again contributed towards the

cost and we have our own community rooms to keep clean, warm and in good repair. Sedgwick Room, Haygarth Room, toilets, entrance and kitchen.

We NEED the Gala! We are holding an open meeting in Oct to give the opportunity for people to bring ideas and suggestions of how this much needed, much loved Gala can grow and continue. If you missed it and have positive input do tell us!

Thanks folks



### ZERO WASTE SEDBERGH

*Suzie Pye*

October saw Sedbergh's very first Repair Café take place at the People's Hall. I am extremely grateful to Sedbergh Community Trust, who funded this as a one-off event. The fix-it group Simply Repair South Lakes brought their sewing machines and toolkits, and we spent an enjoyable afternoon repairing items once destined for the bin. Included in the day's successes were a set of bathroom scales, two winter coats, a toy battery-powered train, and some jeans with a bust zip. The session was attended by many more people than I was expecting, demonstrating the support such a group might enjoy on a regular basis. Which is what I envisage happening in Sedbergh: I





would like to make this a bi-monthly event, where people can come along, enjoy a brew and a catch up, repair a broken vase, and maybe even learn a new skill (I can now darn my own socks!). And, whilst

it was wonderful to have the Simply Repair team come and show us how to run a repair workshop, I don't see any need to hire in an external group another time. I believe Sedbergh must have enough skilled people right here. So this is very much a call to action! I need sewers, fixers, electricians, handymen and

handywomen to contact me and volunteer their services. They don't need to be professionals or hold qualifications, but they must be experienced and confident in most small tasks within their specialism. They will also be able to refer clients to professional fixers if they deem that a more appropriate action for a particular item. I am contactable via the website: zerowastesedbergh.com or by phone 0783 3534 710

Huge thanks must go to the team who helped with refreshments, both contributing towards them, and serving them! If you would like to help with refreshments at future events, or with setting up the room, please also get in touch.

Thank you.



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### BOXES OF HOPE CUMBRIA

*Pam Dent*

**THANK YOU** to all those who have already contributed in one way or another to the 2018 Shoebox campaign, especially to the amazing lady who covered in excess of 80 boxes for our benefit. Once started, she seemed unstoppable!



A reminder that the deadline for shoeboxes is, as ever, **12<sup>th</sup> November**, although the first batch will be collected from Sedbergh on Saturday 10<sup>th</sup> November. The rest, including schools' boxes, will be taken up to Kirkby Stephen the following weekend.

I've had a wonderful time this autumn doing shoebox presentations

in both primary and secondary schools, backed up by pictures from the 2017 distribution trip. It makes such a difference when people can see for themselves what life is really like in some of the poorer parts of Romania.

I look forward to reporting back in the new look (?) Lookaround on this year's appeal. Meanwhile, thank you for your ongoing care and concern for this valuable work.



### **SEDBERGH COMMUNITY TRUST**

*Dr Gina Barney, Hon Secretary*

### **ANNUAL GENERAL MEETING**

The AGM of the Sedbergh Community Trust (CIO) was held on 8 October 2018 in the People's Hall. The Annual Report and Accounts were agreed.

Jim Atkins was elected as a new Trustee.

The Trustees now in office are: Jim Atkins, Dr Gina Barney (Hon Secretary), Prof Andy Cobb, Mr Stuart Manger, Mr Mike Morrison, Mrs Ann Parratt, Kim Parry, Mr Tony Reed Screen (Chair), Mrs Ann Reed Screen, Dr Myles Ripley, Miss Faye Waters (Treasurer)

**There is still one vacancy.** If anyone would like to be a Trustee please contact the Chair or Secretary.

**CALL FOR ORDINARY MEMBERS OF THE TRUST**

Trusts have ordinary members, who generally play no part in running a charity. They however have a duty to oversee the management of the Trust and offer help or challenge, as appropriate. When the Community Trust was founded in 2013 it had about 65 ordinary members. There

are now about 50. The numbers have fallen for the usual reasons, of moving away or passing on.

### **Please consider being a member.**

There is no fee – **it is free.**

Forms are available at the Information Centre at 72 Main Street.



### **DIGGING FOR BRITONS**

in the Lune Valley

*Graham Hooley & Jan Hicks*

Lunesdale Archaeology Society and around 50 volunteers have spent 16 days excavating the settlement at High Carlingill as part of a 2-year project supported by the Heritage Lottery Fund. During the dig we had visits from several local groups, including 35 budding archaeologists from Orton school who had a lovely time in the mud!

We had our setbacks, including the theft of a trailer and equipment from the site, the demise of the gazebos in a gale, and often challenging weather

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conditions. But under the patient and expert guidance of archaeologists from Solstice Heritage, the apparently random mass of stone revealed on removal of the turf gradually resolved into the foundations of a series of round buildings and walls and a later cobbled trackway, complete with wheel ruts.

The site has previously been surveyed and shown to be a series of roughly circular structures surrounded by a bank, with extensions on the outside. The construction of the bank had involved the movement of vast amounts of earth and stone: the tons that we removed was a fraction of the original construction. The trench opened inside the main enclosure contained several overlapping small

buildings, constructed at different time, but no material finds other than a couple of pieces from quernstones and some whetstones. This suggests an early date for occupation. A building excavated in what is thought to be a later annex to the enclosure contained a few sherds of Roman pottery, and a hearth. The hearth has been sampled and we hope that carbon dating will be possible.

It seems that the site has been occupied at least since the Iron Age, around 500BC, and that later occupants had some interaction with the inhabitants of Low Borrowbridge fort.

A second excavation will take place in May/June next year.

We would like to extend our grateful thanks to David and Christine Knipe for allowing us to dig up their land, and to HLF for providing the means to employ professional archaeologists and analyse the finds.



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## SIGHT ADVICE SOUTH LAKELAND

*Susan Harper*

We met again in October. After Tea and Biscuits, Dennis welcomed new member, Pauline Hughes, to our group.

Rowan Worsmann had kindly agreed to come from her home near Lancaster to talk to us about the work of the Hedgehog Preservation Society, of which she is a member.

These engaging and surprisingly complex creatures are becoming endangered. Their numbers have decreased due to climate change and other factors.

They are at risk from badgers, dogs and people. They often suffer cuts

from tin cans, wire and other refuse left lying about. They can also be poisoned by slug bait and sadly are frequently run over.

Hedgehogs have litters of between three and five hoglets, which are born without spines, which appear within 24 to 36 hours. They grow quickly. They eat slugs, worms and caterpillars. Contrary to popular belief, they cannot digest bread or milk which should never be left out for them.

If you want to put out food for them, dog or cat food are fine and dried mealworms are a favourite. They are a nocturnal creatures and tend to be solitary. They are now protected by law.

After Rowan's fascinating talk, we decided on the menus for our pre-Christmas meal at the Fat Lamb on Tuesday 20th November at 12.30pm.

The Group is open to all members of the community who have Sight Problems.



## SEDBERGH TENNIS CLUB

*Martin Lewes,*

*chairman, Sedbergh Tennis Club*

The resurfacing and new fences on the Guldrey courts are now complete, and we're sure anyone who has seen the results will be as impressed as we are. They look brilliant.

A lot of people deserve our thanks, starting with Sedbergh Parish Council, Sport England, the Hadfield Trust and the Sedbergh Community Trust for their generous contributions to the cost.

The parish council clerk Janey Hassam and members of the council have worked hard and provided all

the support we could wish for.

And our contractors, Sport Surfacing Solutions, have worked extremely hard to get it all done – just – before the weather really broke for winter.

But if there is one person without whom it would not have happened, it is club committee member David Parratt, who has been hands on and deeply involved at every step, from preparing grant applications to daily visits to the site while the work was taking place. Thank you especially to David.

As soon as the new surface has settled we will put some nets up – probably old ones through the winter, and save the new ones for next season - but at that point, anyone will be welcome to play tennis. These

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are the town's public courts.

But it would be really nice if we had more members in the club, to join in playing generally, maybe some coaching sessions (we're hoping to lay on some for youngsters next season), make up more teams to play in the local league and perhaps even enjoy a few social events. We will be putting some forms behind the counter in Sedbergh Information Centre for next year's season, it's the cheapest tennis club in the area, and for our money has the finest views!

One final point though: That lovely new surface will only last if it is treated properly. We must ask children to make sure their parents don't go cycling or roller skating on the courts, and not to do these

activities there themselves either - tennis only! If the courts are misused, we may have to find a way to restrict access to tennis players only, and we would really much rather not make it difficult to play such an excellent game!



## WESTERN DALES BUS 1

Jock Cairns

*Chair, Western Dales Bus*

### Winter timetable

The present timetables for all Western Dales Bus (WDB) services will not be changing this autumn because there has been no significant change to the rail timetables. All WDB timetables, which can be found at the back of this edition of Lookaround, will remain as they are present; we will review them again in the New Year when we know what will be happening with next summer's rail timetables.

### Become a Driver

We currently have 18 active volunteer drivers on our books, but are always looking for more. If you have a D1 driving licence and would like to find out what's involved in joining them, please contact our volunteer coordinator, Liz Nuttall, on 015396 25571.



## SEDBERGH PARISH COUNCIL

*Janey Hassam, Clerk to the Council  
(07966 134554)*

### INTERESTED IN HELPING YOUR LOCAL COMMUNITY?

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who is legally qualified to hold such office, and who is willing to serve provided they are a British citizen, or a citizen of the Commonwealth or the European Union, and are neither the subject of a bankruptcy restriction order or interim order or have, within five years before the day of the election, been convicted in the United Kingdom of any offence and have had a prison sentence (whether suspended or not) for a period of over three months without the option of a fine.

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You have during the whole of the preceding twelve months resided in the Parish or within 4.8 km of it

You must also be 18 years or older on the day you become nominated for election.

Written expressions of interest from persons wishing to serve as a Councillor need to be submitted to the Clerk to the Council 72a Main Street, Sedbergh LA10 5AD to be received by **Friday 30<sup>th</sup> November 2018**. It would be helpful if your letter (preferably on one side of A4 paper) could provide some details of your



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*I hold an enhanced DBS Certificate*

background, any experience you feel is relevant, and a statement explaining why you would wish to serve as a Parish Councillor.

Should you be interested in serving as a Councillor you are encouraged to contact the Clerk to the Council who will be able to explain the nature of the role, the time commitment likely to be required and the training which is available for new Councillors.

Please visit the Council's website [www.sedberghparishcouncil.org.uk](http://www.sedberghparishcouncil.org.uk) for more information about the work of the Council.

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

---

### **neighbourhood alert**

Cumbria Trading Standards are warning residents in South Lakeland to be on their guard after several residents reported getting hoax calls from Her Majesty's Revenue and Customs (HMRC).

The call (which is usually left as an answerphone message), warns householders they will be sued by HMRC unless they contact a specific number and hand over a large sum of money. This scam is becoming widely reported and seems to be targeting older people.

Trading Standards advice is: If you cannot verify the identity of the person making the call you should not disclose your personal details.

Consumers should be extremely cautious when contacted by any cold callers. They can often use persuasive or aggressive tactics to



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Chris 07920 771 170  
[a1audio@djmail.net](mailto:a1audio@djmail.net)

get you to hand over money. Trading Standards advice is to ignore any cold callers demanding money.

For advice on such issues or to report an incident call the Citizens Advice Consumer Helpline on 03454 04 05 06 or visit [www.adviceguide.org.uk](http://www.adviceguide.org.uk) or you can contact the Police on 101.

You should report these incidents on the Action Fraud website, or you can call them on 0300 123 2040 (Please note this number will be charged at your normal network rate). They are open Monday to Friday 09:00 - 18:00.

Follow us on Twitter at [www.twitter.com/cumbriats](http://www.twitter.com/cumbriats) or join us on Facebook for up to date information on reports such as these and all the latest scams at [www.facebook.com/cumbriats](http://www.facebook.com/cumbriats)

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### **WESTERN DALES BUS 2**

*Jock Cairns*

*Chair, Western Dales Bus*

### **Garfield Weston Foundation gives funding to Western Dales Bus**

Western Dales Bus, which runs scheduled bus services between Sedbergh, Kirkby Stephen and Kendal, has been awarded £77,000

from one of the UK's largest charitable funders. The funding will enable the charity to replace the older of its two minibuses with a new one.

The Garfield Weston Anniversary Fund was launched earlier this year to mark the Foundation's 60th year, and has awarded funding to charities to improve their existing facilities or provide new ones. After receiving over 2,300 applications, its £5m fund was increased to over £11m so it could support over 150 charities and community organisations across the UK. We're delighted that Western Dales Bus is one of them.



---

### SCOUT POST 2018

*Bill Mawdsley*

The 1<sup>st</sup> Sedbergh Scout group are

once again running a Christmas post delivery service, with our post collection boxes in-situ from 24<sup>th</sup> November to 15<sup>th</sup> December 2018. The cost remains the same at 25p per card.

The delivery area this year will cover SEDBERGH ONLY, from 'Toll Bar' to Baliol, and Millthrop to Lockbank.

Please make sure that all envelopes have a name and full postal address on them, otherwise it makes it very difficult to deliver items.

All post will be delivered shortly after the 15<sup>th</sup> December.

Post boxes will be located in the following businesses, to whom we are very grateful:

Powell's greengrocers  
Green Door sweet shop



**SEASONED FIRE WOOD**

**BIG BAG AND  
SMALL BAGS FOR  
SALE**



**CONTACT WESLEY BREWER  
ON:  
MOB: 07432632643  
TEL: 015396 20668**

Sedbergh Health Centre  
William Peat Butchers  
Sedbergh Mini Market  
Morphet's Garage



### TRAVEL ASSIST

Would you like to make a real difference to the lives of local disabled or elderly people?

Do you have time to become a volunteer driver with Travel Assist to help get even more vulnerable members of our community out of their homes.

If you have your own car, have a clean driving licence and you want to enjoy using your time making a difference to the lives of vulnerable members of our community?

Please contact us on 01539 756534 or [travelassist@btconnect.com](mailto:travelassist@btconnect.com).



### CUMBRIA WILDLIFE TRUST

Amazon Rain Forest Conservation  
*MP Ripley*

Faced with human interference extracting minerals, fossil fuels, deforestation for palm oil and timber it is sometimes surprising that the Amazon rainforest still exists. But there are stories where successful

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liaison between indigenous populations, ecologically sound tourist companies and some parts of the government allow a successful conservation of some areas of the forest. One such example is the Cocama people of the Peruvian Amazon who inhabit the Pacaya Semiria National park where they provide tourist guides and park rangers as well as, in many cases, being the village elders in their communities. This park is an example of Varzea rainforest which is seasonally flooded and even in the dry season has wet areas amongst the forest. Recent climatic perturbations seem to have exaggerated the highest floods and the lowest droughts which are all stressing this system.

Visualise, if you will, the rainforest as a supermarket. If people buy all the milk in stock there will be none on the shelves for the next person to buy – but unlike our own supermarkets, there will not be a new delivery tomorrow to replace the shelves because the animals in the rainforest are only replaced by successful breeding. So not only do we have to

leave some milk on the shelves to breed but it would be good if it were milk old enough to breed AND we need to leave some juvenile milk to grow up to replace the adult milk! In other words don't overexploit the jungle because the population will be irreversibly ruined. Take too many Caiman for handbags and shoes and there won't be any top predators in the ecosystem to keep it in balance. Take too many tapir or brocket deer and there won't be any food for the carnivores like the Jaguar or Ocelot.

Fundamazonas is a major player in Peruvian Amazon conservation and it works with the local people and government to ensure that all involved understand and buy into the necessary conservation measures. As part of this even the Oil companies have been persuaded to donate to funding these initiatives and colleges to train ecotourist guides and health professionals have been set up. Fundamazonas have also funded restoration of buildings and boats from the "Rubber Baron" era when Europe exploited all the rubber resources until they stole the rubber tree seeds and exported the whole trade to plantations in SE Asia.

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for a complimentary coffee  
with your lunch (once per person)*

What can we do to help (in the Amazon and in other endangered ecosystems)? We should look into the "green" antecedents of any holiday/tour company that we engage with to see if we are contributing to a sustainable use of the ecosystem. While there, try and engage with local people and find out more about the ecosystem and spread the word to others. Nb Don't forget UK conservation as well! We have our own exploitation of the seabed, geological resources, timber extraction etc all of which can be influenced by knowledgeable input. \*

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## SEDBERGH RED SQUIRREL GROUP

*Karen Hopps*

We are seeking a new treasurer!  
Not too much work involved, very few meetings (we mainly use emails to each other).

Please contact if interested  
[sedberghredsquirrels100@gmail.com](mailto:sedberghredsquirrels100@gmail.com)

---

## GRACE ROSE

*Dennis Whicker*

On the Back Page of the Cover of this month's Lookaround is an Inset

of a traditional rose named 'Grace'

This Rose was planted in the Flower Bed by the Bus Shelter on Main Street in memory of Norris Chamley by the Sedbergh in Bloom Team with a Donation made from the Sedbergh Royal British Legion.

Norris was a very keen and enthusiastic member of the Sedbergh Branch for many years.



## TOWN CRIERS

*Myles Ripley*

As long as there has been news to share, there have been messengers to deliver it and Town Criers were the original 'newsmen' finding their origins in the early Greek Empire as Spartan Runners. In fact Stentor an ancient Greek God was said to have the voice of 50 men and some men with a loud voice may be known as having a voice of a Stentorian. Town Criers in Britain are thought to have come to the fore in 1066 when news of William of Normandy's invasion was known. Men employed to remind everybody of Harold's authority passed information from town to town. These individuals were specifically employed to call out the King's proclamation. As the literacy of Britain's population remained low well into the late 19th century, people came to rely on criers and heralds as a useful way of hearing about proclamations, edicts, laws and news, as books and newspapers were generally only accessible to a small percentage of the English population. Proclamations, edicts, laws and news may well have been written on paper, however they were usually passed on to the general public by the Town

Crier - the first (talking) newspaper. Oyez, Oyez, Oyez (roughly translated from Old French, as "Hark" or "Listen") became a familiar call in town squares, markets and public meeting places all over Britain, a summons for the townspeople to gather and listen to news of the plague, victories in far off lands, royal births and deaths by execution. The Town Crier would read a proclamation, usually at the door of the local inn, then nail it to the doorpost of the inn. The result of this tradition has been the naming of newspapers as "The Herald and Post", the expression "posting a notice", the "post office" and "posting a message" on the Internet. Their position became so important that harming a Town Crier was turned into a treasonable offence and even in the 21st Century, these ancient laws are supposed to guard them against heckling. As literacy spread, the Town Crier's role was eventually

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superseded by newspapers and modern media, but there are lots of Towns that still retain the service of its Town Crier to enhance the traditional character of their Town and promote tourism. The inaugural meeting of the Loyal Company of Town Criers, which celebrated its 25th anniversary in 2017, was held on Saturday 16th October. I would like to encourage all fellow town criers throughout the world to participate A Cry for Peace Around the World on 11th November 2018. Yours Aye.



## SPECIAL SEDBERGH

*Maureen Lamb*

Some Special and Unusual things about Sedbergh

- The wooden dogs on Station Road near Busk Lane
- The 'Thomas Crapper' drain cover near Kings Yard
- The Book Shelter
- The best secondhand bookshop in England
- The large number of organisations for such a small settlement - over 100 listed in the Lookaround
- The amazing Sheepfest
- The view from the top of Black

Horse Hill

- The "Don't Settle Back, Back Settlebeck" slogan used to save Settlebeck school from closure.
- A main street of tarmac, that was ripped up and replaced by cobbles that were then (almost immediately) ripped up and replaced by tarmac
- The Lookaround - does any other small town have such a wonderful publication?



*I quite agree Maureen, many good things about Sedbergh. Has any readers got their own favourite 'Special and Unusual things about Sedbergh'? Ed*

## COMMUNITY OFFICER REPORT

*Marion Jeffery*

Here are the crime figures for September in Sedbergh

- 1/9/18 - Assault  
3/9/18 – Anti Social Behaviour  
3/9/18 – Anti Social Behaviour  
5/9/18 – suspicious males on land (checked and all in order)  
13/9/18 Fraud by deception

We are becoming increasingly aware of fraudulent phone calls, where people phone you up (cold call) claiming to be from HMRC (tax office), Microsoft (computers) and even the Police. They then try a number of different methods to try and obtain money from you. Methods I have become aware of are: there is a warrant out for your arrest, your computer has a virus, you've won the lottery, your bank account has been comprised and your due a tax refund. The scammers then ask you to 'confirm' your bank details or purchase itunes vouchers from a shop. NEVER EVER DISCLOSE

YOUR BANK DETAILS OVER THE PHONE even if they say they have the details and you are just confirming them. If they ask you to purchase itunes vouchers from a store such as WHSmiths or Argos, don't. The scammers get you to read out the barcode and use this to spend the vouchers at your expense.

If you are lucky enough to receive a tax refund, HMRC will automatically send a cheque to you via the post not credited straight into your bank and if there is a warrant out for your arrest – we won't phone you up and tell you!

Should you receive a fraudulent or cold call my advice is simple - Hang up the phone immediately.

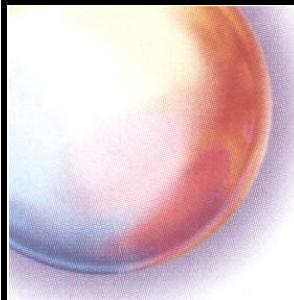
As ever, my contact details are below, please don't hesitate to contact me or stop and chat when you see me around the town and villages.

Many thanks, Maz - Marion Jeffery  
CSO 5383

South Lakeland, Kendal Police  
Station, Busher Walk, Kendal LA9  
4RJ

T: 101, option 2, ext 45383  
E: marion.jeffery@cumbria.police.uk

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

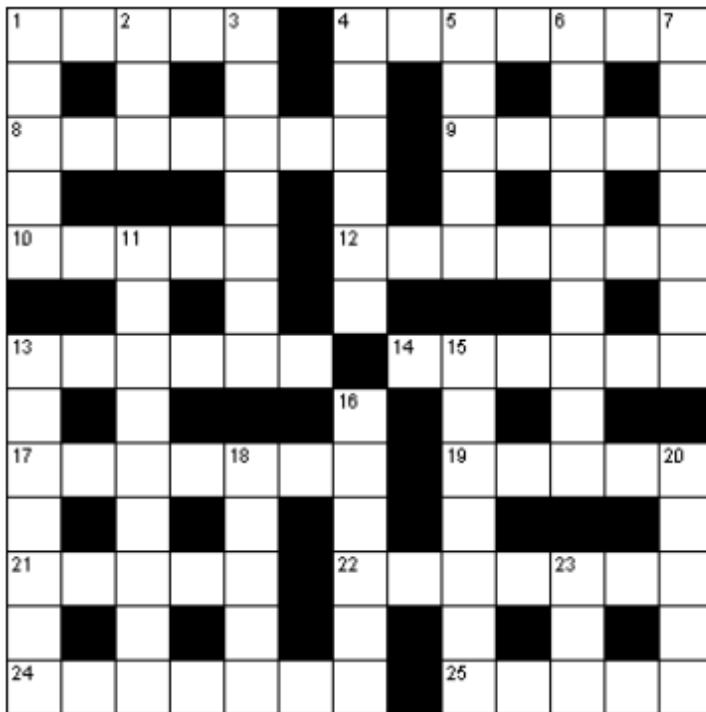


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**Across**

1. Prank (5)
4. Small community (7)
8. Everlasting (7)
9. Accolade (5)
10. Wear away (5)
12. Voter (7)
13. Alter or regulate (6)
14. Refuge (6)
17. Repossess (7)
19. Travel lodge (5)
21. Mound of stones used as a marker (5)
22. Sincere (7)
24. Latticework (7)
25. Herd or flock of animals (5)

**Down**

1. Subject (5)
2. Frozen water (3)
3. Dog houses (7)
4. Smooth fabric (6)
5. Letting contract (5)
6. Flat (9)
7. Senior (7)
11. Target (9)
13. Fruit (7)
15. Stuck (7)
16. Hot fragments from a fire (6)
18. Declare invalid (5)
20. Supple (5)
23. Self (3)

## PERSONAL & SMALL ADS £1

### **JOHN RAW**

Susan, Ann and Simon and family have been overwhelmed by the support we have received during John's illness and subsequent death. Our Medical Centre is second to none. The reception staff, pharmacy, doctors, nurses and all those who have cared so much for John's complex needs, working with the hospital staff to provide the very best care. A special thanks to District nurse Janice, an amazing, dedicated member of the team, who so efficiently put into place the necessary care in his final days. The many Rapid Response nurses who were always so cheerful and caring keeping John comfortable and safe. The family were also cared for with great empathy and nothing was too much trouble. We could never have managed without you all, thank you. Thank you to the pharmacy at Boots the chemist who worked alongside the Medical Centre staff.

To the many visitors, to those who have provided food, written letters and cards and given flowers we say thank you from the bottom of our hearts.

Thank you to Rev. Richard Teal, Rev. David Crouchley, Rev. Ian Humphreys, and all those who took part in the Thanksgiving service. Thank you Brian and Edward, who guided us through the process leading up to the burial and service. Finally, for the wonderful refreshments and the time and care taken to provide it, thank you Julie and Judith, Country Caterers.

### **LOST**

Walking stick with brass handle, left at the Sedbergh Primary School Year 6 leaving party by Anika Burbidge - possibly in pavilion. The brass handle and the stick both unscrew. If you know where it now is, please contact David Burbidge Sedbergh 21166.

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### **CHRISTMAS MESSAGES**

Don't forget to submit your Christmas Messages in good time, which are still only £1 per entry.

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### **EDITORS COMMENTS**

#### **OOOPS!**

No issue would be complete without an error and I made a glaring one last month. In the article that appeared on Page 49, 'Hospice at Home', I regrettably missed my typing error of Christine **BURROW**'s name and also omitted her address of Hacra Farm, Dent. Sincerest apologies to Christine and congratulations on your achievements.

#### **WITH REGRET**

After many years as Town Crier, I have had to stand down due to ill health. Also, Father Christmas will not be able to appear - after 35 years. Enquiries are in hand to fill these roles but if you or you know of anyone that could fill these shoes/boots, please contact me.

#### **NEW PHONE NUMBER**

In readiness for the changeover to the new Team, a Mobile Phone has been acquired which will be easier to monitor than a Landline.

If you type in **0** (zero) **PIN GUY**

**KICK**, you will be entering the number which is 07464 895425. This may be easier to remember.

*With that, 015396 21960 will no longer be used after 1st December.*

### **FUTURE OF LOOKAROUND**

A Meeting was held at 72 Main Street on Thursday 18th October which was attended by the new Team. Various roles have been allocated and the work load for individuals is drastically reduced. Many items were discussed and Lookaround is on track to be handed over after the December issue goes into print. Nothing will change with the new Team apart from:

- the Landline phone number will cease to exist with a Mobile Number available for contact at all times. Details below and on Front Page.
- The Bank Account will have a new sort code and account number *but the name will still be the same.*

The next Team Meeting will be at 9am on **Thursday 8th November** in The Rawthey Room at 72 Main Street. If you would like to know more or would think about helping out with the new Team, just call in or give your details to me.

The December issue will be my last compilation and the new Team will commence from February 2019 so watch this space for future updates and details.

I am not taking any Advertising after December. New Contracts will be made from February 2019 with the new Team.

### **CALLING ALL ADVERTISERS**

We will shortly be contacting all

regular advertisers to invite you to set up new contracts for 2019.

New advertisers are of course always welcome too.

Please see our terms and conditions, prices etc on page ... and our contact details on page ...

Looking forward to working with you in the New Year.

*From the new Lookaround Team.*

### **LOOKAROUND INFORMATION**

The Sedbergh & District Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker & 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. If there is an error with your article or advert, it is your turn this month in amongst hundreds of entries each month.

Current Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by Post (please enquire). Back Copies are available to read at the History Society Archive at 72 Main Street.

All items for Lookaround must be sent to 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to [editor@sedberghlookaround.org.uk](mailto:editor@sedberghlookaround.org.uk)

### **ARTICLES**

All articles and reports are inserted for free and photographs are included pending on space. Could text be submitted either typed out our written in BLOCK CAPITALS as sometimes, it can be difficult to establish what

is written.

## **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 & place it in the Post Box. A receipt will be issued & 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 & the surrounding villages, but it is sent all round the country & the world.

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

February to November is printed black ink on white. The December/January issue is in full colour. All copies have a full colour cover to indicate a new issue & 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 & we can create an advert for you. You can supply an example in hard copy & we will reproduce it (please mention if a particular Font is required). You can supply an original using Microsoft Publisher, a Word, a jpg (preferred) or as a PDF (*although the quality is reduced when importing it*).

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 everything is 15th of every month.

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999  
*(Over 19 years ago.)*

## **PERSONAL MESSAGES**

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

## **GROUPS AND ORGANISATIONS**

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

## **BUSINESSES**

Adverts for the Rent or Sale of

*(Continued on page 101)*

property are not Personals & can only be included as a boxed Advert.

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

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

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

Payments by BACS can also be made.

**CAN YOU PLEASE INCLUDE THE INVOICE NUMBER WHEN PAYING BY BACS?**

**This account is valid from June 2017.**

Account: Lookaround  
Account Number: 90931551  
Code: 20-45-45  
Reference: Invoice Number,  
your name or reference.

**PLEASE NOTE THAT THESE BANK DETAILS WILL CHANGE IN THE NEW YEAR**

**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 to be used in Sedbergh or Dent 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.

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

**COVER PICTURES**

If you have any suitable pictures to go onto the Cover of Lookaround, please send a High Quality copy with the location and your name and you will be credited. Please remember that the picture will be split into two by the Spine so try and get a picture of two halves.

**DECEMBER LOOKAROUND**

When Lookaround first started in March 1986, nobody could have foreseen as to how it would develop



**CONFERENCE & TRAINING SUITES**

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[www.sedberghmhc.co.uk](http://www.sedberghmhc.co.uk)

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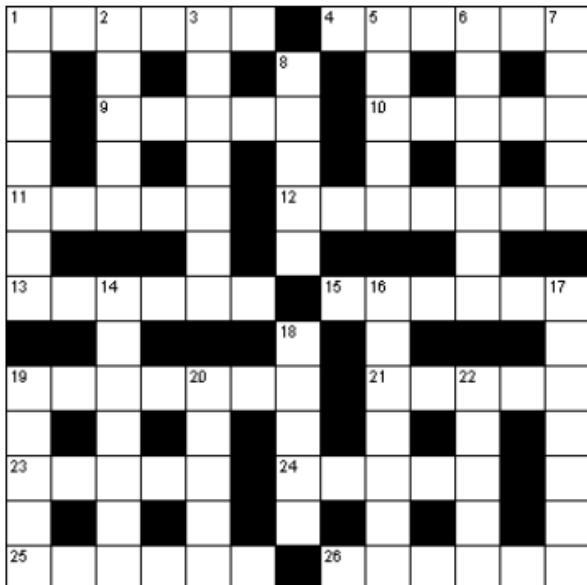
- MEETING ROOM UP TO 8 PEOPLE
- IT TRAINING ROOM UP TO 20 PEOPLE
- LARGE TRAINING ROOM UP TO 40 PEOPLE

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#### Across

1. Venus de Milo versus some Valentine couples (6)
4. Find refuge in easy lumber (6)
9. Plunder with arms (5)
10. Palindrome instrument (5)
11. Decorate a garment (5)
12. Short publication catches attractions (7)
13. Replace pieces of land beginning of February with crops end of July (6)
15. For each child is individual (6)
19. Fidgets with musical instruments (7)
21. Complete range found in mega mutation (5)
23. Some warning given in ideal army (5)
24. More ironic machine (5)
25. Endlessly shake a woody plant, to a greater extent (6)
26. Disoriented hikers shout (6)

#### Down

1. Sounds like clean cut grass, not wet (7)
2. Serve a jumble of poetry (5)
3. Short umpire employed and turned down (7)
5. Some foolish rugged gesture (5)
6. Used with snakes for a game (7)
7. Replace an apple core in public places with a meal starter that makes the grade (5)
8. Supports rays (5)
14. Final stage could lead to checkmate (7)
16. Confused his glen with a language (7)
17. Communicate to catch employment (7)
18. A facet of speaking (5)
19. Find cafe astir, so wine and dine (5)
20. Dance, slim body essential (5)
22. Sounds like clemency in France, thanks (5)

and grow. From those humble 4 pages, this issue has 116 and the double issue December issue will be just as big.

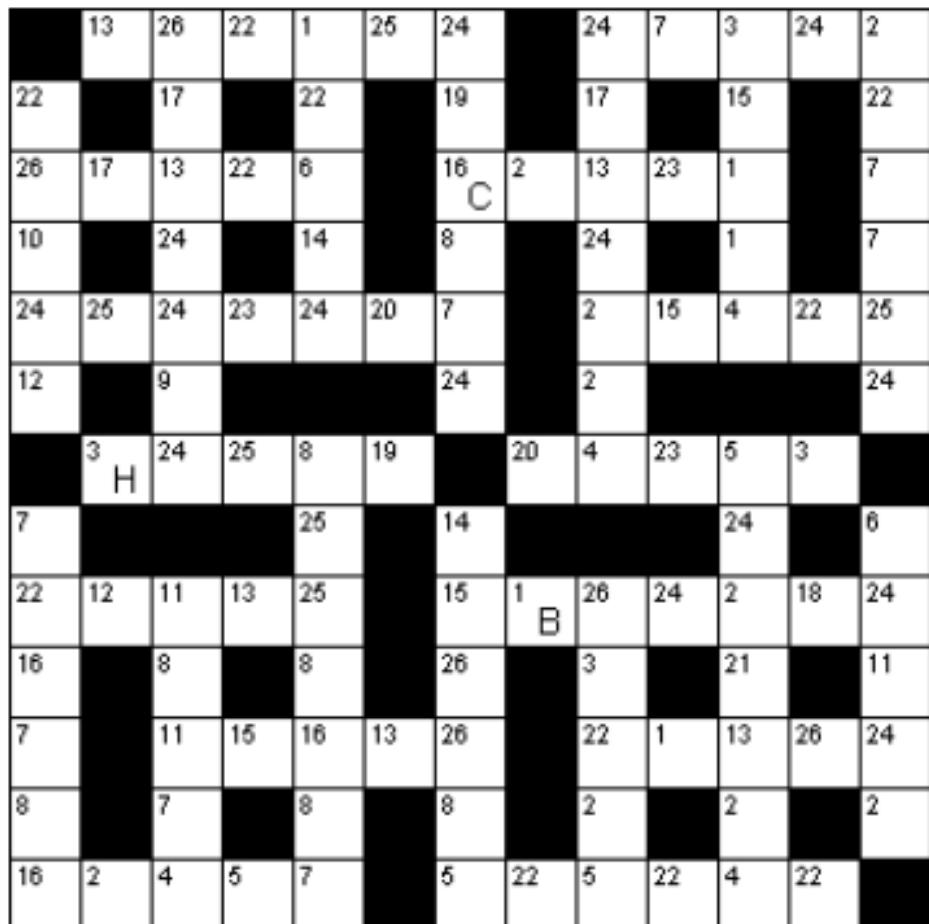
Please remember to get your Christmas Messages, Adverts, Articles & Diary Dates in as soon as

possible. As it will be my last issue, which will again be in colour, I am sure it will be another bumper issue so an early submission would be appreciated.

371 down - one to go.

*Dennis J Whicker*

Each letter in this puzzle is represented by a number 1-26.  
 Can you crack the code and solve the crossword? Every letter  
 of the alphabet is used at least once. Three letters are already  
 in place to get you started.



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

<b>Organisation</b>	<b>Updated</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Age UK South Lakeland	07/18	Helpline	030 300	30003
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	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
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	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cornerstone Community Church Rooms	01/09	Mrs Haworth	Sed:	20428
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	10/18	Dr Ripley	mylesripley@btinternet.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	10/18	Mrs Mowbray	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill 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	10/18	Dr Ripley	mylesripley@btinternet.com	
Labour Supporters Group	12/17	Mr Cross	Sed:	22566

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	03/18	Mrs l'Anson	Sed:	21757
Lunesdale Archaeology Society *	11/18	Committee	lunesdale.archaeology@gmail.com	
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554
People's 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	04/17	Mr Hopps	07870	785322
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Schools	Dent Primary	03/13	School	Dent: 25259
	Dent Primary - Friends of	03/13	School	Dent: 25259
	Sedbergh Primary	01/09	School	Sed: 20510
	Settlebeck	01/09	School	Sed: 20383
	Settlebeck PTFA	04/15	Mr Hartley	Dent: 25317
	Sedbergh School	01/09	School	Sed: 20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	03/16	Mrs Thexton	<a href="mailto:kate574@btinternet.com">kate574@btinternet.com</a>	
Swimming Group for Over 50's	09/18	Mr Beare	Sed:	21339
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
Voluntary Car Scheme *	11/18	Mrs Skomp	Sed:	20305
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
Yoga	11/16	Mrs Hennedy	Sed:	20899
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287

\* = Latest Amendments

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

# BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0754 (C, L)	0838	M - F	502	SCC	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1300	1330 (L)	Wed	564A	W
1015 (L)	1045	Wed	564A	W	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1705 (C)	1745 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0728 (C)	0754 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W
Last Update: May 2018									

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

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

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

Western Dales Bus S1 Kendal Shuttle Saturdays from 23rd June 2018 ufn							
Kendal Morrisons		11.18	12.38	14.38			
Kendal Blackhall Road Bus Stn G	08.35	11.23	12.43	14.43	16.18		
Kendal K Village	..	11.28	..	..	16.25		
Oxenholme Station	..	11.33	..	..	16.30		
Killington M6 Bridge	08.50	11.43	12.58	14.58	16.40		
Sedbergh Dalesman	09.00	11.53	13.08	15.08	16.50	18.19	
Sedbergh Maryfell	..	11.55	13.10	15.10	16.52	18.21	
Dent Village	09.15		13.25		17.07	18.36	18.46R
Dent Station	09.30				17.22		19.01R
<i>Dent Station</i>							
<i>Train from Leeds</i>		09.15				18.15	19.42
<i>Train from Carlisle</i>		09.06				17.34	19.38
Dent Station		09.35				17.37	19.01R
Dent Village		09.50		13.28		17.52	19.16R
Sedbergh Maryfell	08.00	10.05	11.58	13.53	15.45	18.07	19.31R
Sedbergh Library	08.02	10.07	12.00	13.55	15.47	18.09	19.33R
Killington M6 Bridge	08.12	10.17	12.10	14.05	15.57		
Oxenholme Station	08.22	10.27	..	14.15	..		
Kendal K Village	08.27	10.32	..	14.20	..		
Kendal Blackhall Road Bus Stn	08.33	10.38	12.25	14.26	16.12		
Kendal Morrisons		10.43	12.30	14.31			
<i>R= calls on request only The 0935 from Dent Station will wait up to 10min beyond the scheduled departure for a late running train from Leeds.</i>							

# BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect from Thursday 21st June 2018 ufn R = Request only					
	Thurs	Fri	Fri	Fri	Fri
Dent			10.25		14.25
Sedbergh, Spar			10.39	12.44	14.39
Sedbergh, Dalesman	09.00		10.40	12.45	14.40
Sedbergh, Maryfell	09.02		10.41	12.46	14.41
Cautley, Cross Keys	09.10		10.48	12.53	14.48
Fat Lamb	09.18		10.54	12.59	14.54
Kirkby Stephen Station arr	09.24		11.01	13.06	15.01
<i>Trains from Leeds to Carlisle</i>			11.06	12.35	15.01
<i>Trains from Carlisle to Leeds</i>			11.46	-	15.46
Kirkby Stephen Station dep	09.24		11.07	13.08	15.03
Kirkby Stephen Town	09.29		11.12	13.13	15.08
Kirkby Stephen Co-op	09.30		11.13	13.14	15.09
Brough, Clock			11.21	13.22	15.17
		Fri	Fri	Fri	Thurs
Brough, Clock			11.26	13.27	15.21
Kirkby Stephen Co-op			11.34	13.35	15.30
Kirkby Stephen Town			11.35	13.36	15.33
Kirkby Stephen Station arr			11.40	13.41	15.38
<i>Trains from Leeds to Carlisle</i>			-	-	-
<i>Trains from Carlisle to Leeds</i>			11.46	-	15.46
Kirkby Stephen Station dep			11.47	13.43	15.48
Fat Lamb			11.54	13.50	15.55
Cautley, Cross Keys			12.00	13.56	16.01
Sedbergh, Maryfell			12.07	14.03	16.08
Sedbergh, Library		10.05	12.08	14.04	16.09
Sedbergh, opp. Morphets		10.06	12.09	14.05	16.10
Dent		10.20	-	14.19	-

Thurs = Thursday only

Fri = Friday Only

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

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

## BUS SERVICES

**S4/S5 Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green**  
**Thursday Only commencing Thursday 21<sup>st</sup> June 2018 until further notice**

Dalesman	09.00		
Sedbergh, Maryfell	09.02		
Cautley, Cross Keys	09.10		
Fat Lamb	09.18		
Kirkby Stephen Station entrance	09.24		
Kirkby Stephen Market Place	09.29		
Kirkby Stephen Co-op arr	09.30		
Kirkby Stephen Co-op dep	09.35	11.45	14.35
Kirkby Stephen, Market St	09.36	11.46	14.36
Kirkby Stephen Station entrance	09.41	11.51	14.41
<i>Trains from Leeds to Carlisle</i>	<b>09.34</b>	<b>11.06</b>	<b>15.01</b>
<i>Trains from Carlisle to Leeds</i>	<b>09.20</b>	<b>11.46</b>	<b>14.55</b>
Ravenstonedale, Kings Head	09.47	11.57	14.47
Newbiggin on Lune	09.50	12.00	14.50
Tebay roundabout	09.58	12.08	14.58
Killington M6 bridge	10.08	12.18	15.08
Kendal, Castle Green	10.17	12.27	15.17
Kendal, Blackhall Road	10.22	12.32	15.22
Kendal, Morrisons	10.27	12.37	15.27
Kendal, Morrisons	10.38	13.28	15.38
Kendal, Blackhall Road	10.45	13.35	15.45
Kendal, Castle Green	10.50	13.40	15.50
Killington, M6 bridge	10.59	13.49	15.59
Tebay roundabout	11.09	13.59	16.09
Newbiggin on Lune	11.17	14.07	16.17
Ravenstonedale, Kings Head	11.20	14.10	16.20
Kirkby Stephen Station entrance	11.27	14.17	16.27
<i>Trains from Leeds to Carlisle</i>	<b>11.06</b>	<b>15.01</b>	<b>17.03</b>
<i>Trains from Carlisle to Leeds</i>	<b>11.46</b>	<b>14.55</b>	<b>15.46</b>
Kirkby Stephen, Market Place	11.33	14.23	16.33
Kirkby Stephen Co-op arr			16.34
Kirkby Stephen Co-op dep			16.35
Kirkby Stephen Market St			16.36
Kirkby Stephen Station entrance			16.41
Fat Lamb			16.48
Cautley, Cross Keys			16.55
Sedbergh, Maryfell			17.03
Sedbergh, Library			17.05

### DENT RAILWAY STATION TIMETABLE

*Valid until 8th December*

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
M-F	Sat	Sun	M-F	Sat	Sun
06 47	07 51	10 34	07 05	09 06	10 40
09 15	09 15	11 01 *	09 38	10 41	14 05
10 48	10 48	13 55	12 10	12 10	16 18 #
12 17	12 17	15 52	16 04	16 04	18 41
14 43	14 43	17 47	17 35	17 35	19 03 *
16 45	16 45	20 19	19 38	19 38	20 27
18 15	18 15				
19 44	19 44				

\* = Dales Rail Services until 9th September to/from Blackpool

# = To Nottingham

Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1600	3rd Sunday	Messy Church	CCCN
1000	Every Monday	Wild Goose Qigong	CCCM
1030	Every Monday	Sedbergh Songsters	GH
1730	Every Monday #	Brownies	CCCN
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1900	3rd Monday	Chamber of Trade	PH
1430	Last Monday	Tea & Company	CCCN
0930	Every Tuesday	Drop-in & Relax	MCD
1215	Every Tuesday	Over 50's Swimming *	SS Baths
1300	Every Tuesday	Howgill Toddlers	HVH
1330	Every Tuesday	Knit & Natter	GH
1830	Every Tuesday	Cub Scouts	SHQ
1830	Every Tuesday	Swimming Club	SS
1930	Every Tuesday	Bridge Club	WHC
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH
1930	3rd Tuesday	Ladies NFU	PH
0830	Every Wednesday	Sedbergh Market	JLCP
1000	Every Wednesday	Coffee Morning	CCCM
1000	Every Wednesday	Yoga for All	HVH
1315	Every Wednesday	Art Society	PH
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Beaver Scouts	SHQ
1900	Every Wednesday	Sedbergh Town Band	SSBR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1830	Every Thursday	Swimming Club	SS
1800	Every Wednesday	Yoga for All	SPS
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	Every 2 weeks	Cameo Club	CCCN
1430	1st Thursday	Afternoon Cream Tea	Duo
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Age UK Lunch Club	Dalesman
1915	2nd Thursday	Royal British Legion	WHC
1930	2nd Thursday	Sed. Parish Council	PH
1100	Every Friday	Mindfulness Course	MCD
1700	Every Friday #	Barrel of Fun	StAS
1800	Every Friday	Cub Scouts	SHQ
1930	Every Friday	Scouts & Explorers	SHQ
1330	1st Friday	Dentdale Club	DMH
1000	Every Saturday	Swimming Club	SS

# = School Term Time Only  
See Group Page for contact details & Diary Page for Keys

## PLACES OF INTEREST TO VISIT IN THE AREA

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

\* = Entry Fee Applicable

Combined plans for Western Dales Mission Community - November 2018						
	Time	4 <sup>th</sup>	11 <sup>th</sup>	18 <sup>th</sup>	25 <sup>th</sup>	
<b>St. Andrew's, Sedbergh LA10 5BZ</b>	8am	Gary Wemyss HC-BCP	Andy McMullan HC-BCP	Gary Wemyss HC-BCP	Andy McMullan HC-BCP	
<b>St. Andrew's, Sedbergh LA10 5BZ</b>	10.30am	United Service at Cornerstone Community Church or People's Hall	Andy McMullan and David Crouchley	Andy McMullan and churchwarden HC	Andy McMullan & Judith Bush FS	
<b>Cornerstone Community Church, Sedbergh LA10 5AF</b>	10.30am	Andy McMullan United Service	United Service at St. Andrew's	David Crouchley HC 4pm- Messy Church	Worship Group Contemporary Worship	
<b>People's Hall, Sedbergh LA10 5DQ</b>	10.30am	Bob Dawson				
<b>St. Mark's, Cautley LA10 5LZ</b>		2pm Andy McMullan HC	At Sedbergh	At Sedbergh	2.30pm Judith Bush P&M	
<b>Cautley Methodist Chapel LA10 5LY</b>	11am	William Allen	At Sedbergh	Brian Park	Phillip Nolan	
<b>St. John's, Garsdale LA10</b>	10am	Judith Bush HCx	At Hawes Junction	At Garsdale Low Smithy United Service	Christine Brown HC	
<b>Garsdale Low Smithy Methodist Chapel LA10 5PF</b>	2pm	At St. John's & Garsdale Street United Service	At Hawes Junction	David Crouchley HC United Service	Own arrangement	
<b>Garsdale Street Methodist Chapel LA10</b>	6.30pm	2pm only Marston Chapel Anniversary	At Hawes Junction	At Garsdale Low Smithy United Service	Own arrangement	
Hawes Junction Methodist Chapel, Garsdale Head, LA10 5PT	2pm		2pm David Crouchley Remembrance			
<b>All Saints, Killington LA6 2HA</b>	2pm	At Firbank	At Sedbergh	Judith Bush HCx	At Howgill	
<b>Holy Trinity Howgill LA10 5JD</b>	2pm	At Firbank	At Sedbergh	At Killington	Andy McMullan	
<b>St. John's Firbank LA10 5EF</b>	10.30am	Gary Wemyss HC	At Sedbergh	At Killington	At Howgill	
<b>St. Andrew's, Dent LA10 5QL</b>		Christine Brown HC	Christine Brown HC	At Cowgill	Gary Wemyss HC	
<b>St. John's, Cowgill LA10 5RJ</b>	2pm	At Dent	2.30pm Andy McMullan Remembrance	United Service Christine Brown HC	At Dent	
<b>Dentdale Methodist Chapel LA10 5QJ</b>	2pm	Anne Petty Songs of Praise	10.30am At St. Andrew's United Service	United Service at St. John's, Cowgill	Chris Fawcett	
<b>Dent Foot Methodist Chapel LA10</b>		At Dentdale	Pam Dent	June Allen	Brian Park	
	Wednes	7 <sup>th</sup>	14 <sup>th</sup>	21 <sup>st</sup>	28 <sup>th</sup>	
<b>St. Andrew's, Sedbergh LA10 5BZ</b>	11.15am	Andy McMullan HC-BCP	Andy McMullan HC-BCP	Andy McMullan HC-BCP	Mark I'Anson HC-BCP	
HC- Holy Communion (HCx- Extended Communion) SW- Service of the Word FS- Family Service HS- Healing service		Ecu Ecumenical CM- Choral Matins (BCP) MP-NC- Morning Prayer- Northumbrian EP- Evening Prayer				

# Religious Services in Sedbergh

## **CHURCH OF ENGLAND**

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

**Rev. A. McMullan Tel: 20018**

*Church Wardens:*

Tony Reed Screen 21081  
& Susan Sharrocks 20754

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

## **ROMAN CATHOLIC**

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

**Rev. Dr. Peter Campbell Tel: 20918**

## **CORNERSTONE COMMUNITY CHURCH**

New Street/Main Street  
Sunday 10.30

**Rev. David Crouchley Tel: 20329**

## **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. Andy McMullan Tel: 20018**

*Church Wardens:*

Cautley: Judith Bush 20058  
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993  
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

& Jean Dixon 20435

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

**Rev. Andy McMullan Tel: 20018**

**Rev. Christine Brown Tel: 25226**

## **METHODIST CHURCH**

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

## **SEDBERGH CHRISTIAN CENTRE**

5.30 pm People's Hall every Sunday  
**Tel: 28151**

[www.sedberghchristiancentre.co.uk](http://www.sedberghchristiancentre.co.uk)

**worship@peopleshall**

10:30 am 1st Sunday each month

**Beth & Sandy Roy Tel: 20785**

## **UNITARIAN & FREE CHRISTIAN CHAPEL**

Market Place, Kendal  
Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

## *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	= £2.50
Postal per month Overseas	= £6.00

All information to  
72 Main Street, Sedbergh LA10 5AD  
Closing Date 15th of every month.  
*Can all adverts please be  
accompanied with the correct money  
at the time of submission.*

*Last Advert Update August 1999  
Last Donation Update December 2009  
Last Postal Update September 2016*



## BED & BREAKFAST

<b>Proprietor</b>	<b>Address</b>	<b>Phone (015396)</b>
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) <i>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW</i>	21789
Mrs Lappin	The Malabar, Garths, Marthwaite, Sedbergh LA10 5ED (2017/05) <i>4D (ES); 2T (ES); TV; CH; L; P; NP; DR; VB; CW; TL</i>	20200
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB; Free Wi-Fi</i> e-mail: <a href="mailto:sangold.kwood@virgin.net">sangold.kwood@virgin.net</a>	21808
Mrs G Baines	Howgill View, 11 Bainbridge Road, Sedbergh LA10 5AU (2017/09) <i>2D; CH; L; NS; NP; VB; CW; DFB; Free WiFi</i> e-mail: <a href="mailto:gill.durie@hotmail.com">gill.durie@hotmail.com</a>	21510
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i> e-mail: <a href="mailto:stay@drawellcottage.co.uk">stay@drawellcottage.co.uk</a>	21529
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: <a href="mailto:ali@interact.co.uk">ali@interact.co.uk</a>	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail: <a href="mailto:wheelwright.cottage@homecall.co.uk">wheelwright.cottage@homecall.co.uk</a> Free Wi-Fi available	20251

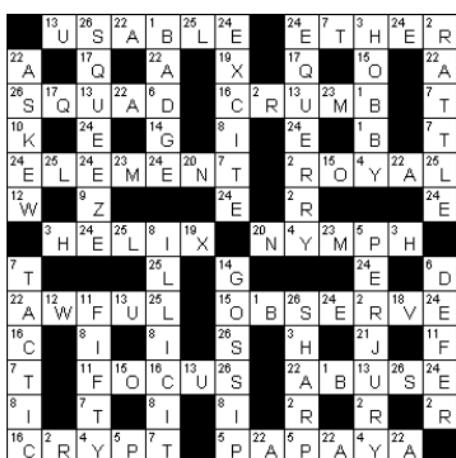
## CAMPING, CARAVANNING & SELF-CATERING

Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6-8</i>	20360
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi Speight Cottage: sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub <a href="mailto:sam@thecapps.co.uk">sam@thecapps.co.uk</a>	34032
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs Whitfield	Old Station Cottage. Station Road, Sedbergh LA10 5HP (2016/12) <i>Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage</i> <a href="http://www.oldstationcottage.co.uk">www.oldstationcottage.co.uk</a>	20799

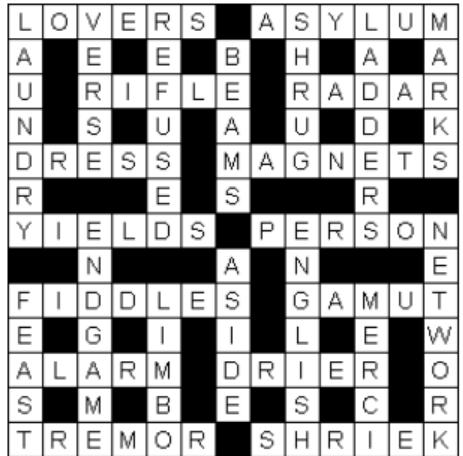
## KEY

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

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



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



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

# DIARY OF EVENTS

Dates are held up to 19th October 2019.

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

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

## NOVEMBER

1 1930 WIH&F - Morecambe Bay Safari	HVH	1 1930 Flicks in the Fells	PH
<b>2-11 Streams of Remembrance (71)</b>	<b>StAS/StAD</b>	1 2000 Ceilidh <b>♪</b> (30)	DMH
<b>2-12 WW1 Exhibition (70)</b>	<b>StAS</b>	2 1000 Folk Carols Workshop <b>♪</b> (30)	MCD
2 1800 Gala Fireworks Evening (1)	PH	2 1330 Singing Walk <b>♪</b> (30)	DMH
2 1930 Autumn Domino Drive	HVH	2 1700 SS Advent Service (42 & 51)	School Chapel
2 DHTF Plastic Wastes (78)	DMH	<b>Folk Carols Festival Ends ♪ (30)</b>	<b>Dent</b>
3 1000 StAD Christmas Coffee Morning	DMH	4 Town Band Christmas Concert	StAS
3 1900 Bonfire & Fireworks Night (5)	GVH	4 1930 Ladies NFU - Collecting Vintage Clothes	PH
3 1930 Flicks in the Fells	PH	4 Sing Joyfully (text August)	TBA
7 0830 Weekly Market (6)	JLCP	5 0830 Weekly Market (6)	JLCP
7 1000 Weekly CM - British Legion (4) (6 & 70)	CCCM	5 1800 Late Night Opening (45)	Sedbergh
7 1930 HS Yards of Kendal (7)	SSAT	5 1930 HS Charity, Poor Law & Workhouse (7)	SSAT
8 1200 Age UK Lunch Club	Dalesman	6 TBA WIH&F - Christmas Party	TBA
8 1915 Royal British Legion (6 & 70)	WHC	7 1400 DHTF Christmas Jacobs Join (78)	DMH
8 1930 Diwali Supper Club (8)	Garths Farm	8 1000 Creating Flow with Qigong (18)	MCD
9 1600 Charity Night (9)	No. 6	9 1930 NW Arts Concert (Sept)	Appleby
9 1930 WIH&F Domino Drive	HVH	11 TBA WIK - Christmas Lunch	TBA
10 1100 Messy Church Rummage Sale (10)	CCCM	11 1930 Domino Drive & Mince Pies	FCH
11 Remembrance Day	StAS	11 1930 Sing Joyfully (text August)	Casterton Church
11 1930 Remembrance Day Concert (11)	FCH	12 0830 Weekly Market (6)	JLCP
13 1930 Domino Drive	JLCP	12 WID - Christmas Meal	TBA
14 0830 Weekly Market (6)	CCCM	12 WIS - Christmas Dinner	TBA
14 1000 Weekly CM - LNFU (4)	MC	13 1200 Age UK Lunch Club	Dalesman
14 1300 MC Closed for Training (14)	DMH	13 1915 Royal British Legion (6 & 70)	WHC
14 1915 WID - AGM	PH	13 1930 Wind in the Willows (53)	PH
14 1930 WIS - AGM & Jacobs Join	H&Ingleton	14 1930 Wind in the Willows (53)	PH
17 1000 Cooking Demonstration (17)	Appleby	14 1930 Middleton Church Domino Drive	BVH
17 1930 Tearfund Quiz (17 & 81)	CCCN	<b>Scout Post Ends ♪ (22 &amp; 91)</b>	<b>Sedbergh</b>
18 1100 Rainbow Chakra Gong Bath (18)	PH	15 1400 Wind in the Willows (53)	PH
18 1930 NW Arts Concert (Sept)	MCD	15 1930 Wind in the Willows (53)	PH
18 1600 Messy Church (18)	Fat Lamb	19 0830 Weekly Market (6)	JLCP
19 1930 Domino Drive	PH	20 1930 Christmas Domino Drive	HVH
20 1400 SASL - Christmas Lunch (86)	JLCP	25 Christmas Day	
20 1930 Ladies NFU - Weaving with local wool	CCCM	26 Boxing Day	
21 0830 Weekly Market (6)	SSAT		
21 1000 Weekly CM - TBA (4)	StJCC		
21 1930 HS Railway for Sedbergh (7)	StAS		
23 1800 The Christmas Angel (23)	StAS		
23 1930 Domino Drive	PH		
<b>24 Scout Post Begins ♪ (22 &amp; 91)</b>	<b>Sedbergh</b>		
24 1000 Christmas Coffee Morning (24)	JLCP		
24 1100 Christmas Fair	CCCM		
24 1930 Scratch Show (25)	SSAT		
25 1100 Drop In Meditation (18)	StAS		
28 0830 Weekly Market (6)	StAS		
28 1000 Weekly CM - Town Band (4)	PH		
29 1945 The Nutcracker Suite (29 & 23)	StAS		
30 St Andrew's Day	PH		
30 1900 HS Annual Dinner (7)	Golf Club		
30 1930 Domino Drive	MCD		
<b>30 Folk Carols Festival Starts ♪ (30)</b>	<b>Dent</b>		
30 1930 Folk Carols Concert ♪ (30)	JLCP		

## DECEMBER

1 <b>Scout Post Continues ♪ (22 &amp; 91)</b>	<b>Sedbergh</b>
1 1000 Christmas Coffee Morning	StAD
1 1000 Folk Carols Workshop ♪ (30)	MCD

**COVER PHOTO**  
**Sedbergh Cenotaph**  
*Dennis Whicker*  
**Inset & below: "Grace"**  
*Marilyn Leckie*

22	Easter Monday	MAY	
6	May Day		
18	1200 Sedbergh Gala Day	Lupton Field	
27	Late Bank Holiday		
		JUNE	
8	1930 Sing Joyfully (text August)	KL Church	
15	1930 Olde Tyme Dance - Roe Valley (PH)	PH	
28	Hells Fells	Marthwaite	
29	Hells Fells	Marthwaite	
30	Hells Fells	Marthwaite	
		JULY	
20	1930 Olde Tyme Dance - Bill Johnson (PH)	PH	
		AUGUST	
5	August Bank Holiday		
26	August Bank Holiday		
		SEPTEMBER	
		OCTOBER	
19	1930 Olde Tyme Dance - Roe Valley (PH)	PH	
27	Clocks Fall Back		
31	Halloween		



The Grace Rose (see page 93)

**DIARY KEY**

AS	= Art Society
BF	= Brigflatts
BVH	= Barbon Village Hall
CCCM	= Cornerstone Community Church, Main St
CCCN	= Cornerstone Community Church, New St
CM	= Coffee Morning
CTIS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DCS	= Dentdale Chapel Schoolroom
DHTF	= Dentdale, Head to Foot
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Chapel
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KPH	= Killington Parish Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
PH	= People's Hall
QG	= Queens Gardens
RR	= Rawthey Room, 72 Main Street
SASL	= Sight Advice South Lakeland
SCC	= Sedbergh Cricket Club
StAD/S	= St Andrew's Church, Dent/Sedbergh
StJCC	= St Johns Church, Cowgill
StMC	= St Mark's Church, Cautley
SIC	= Sedbergh Information Centre, 72 Main St
SPS	= Sedbergh Primary School
SS	= Sedbergh School
SSAT	= Settlebeck School Academy Trust
WID	= Women's Institute, Dentdale
WIHF	= Women's Institute, Howgill & Firbank
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

**Car Parking Charges**

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

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

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

## **Option 1 - 24hr Prescription line**

## Surgery and Dispensary Opening Hours

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

## Doctors Clinics

Monday – Friday

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

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

## Dent Surgery

**Monday by appointment only**

## Practice Nurses Clinics

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

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

Dressings Clinic – Friday afternoons  
**(By appointment only)**

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

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

See our website  
[www.sedberghmp.nhs.uk](http://www.sedberghmp.nhs.uk)  
for further details

**Bridging the Gap**  
First Monday - 1400 - 1600  
Mrs Colpus 01228 595937

## Location of Public Defibrillators

72 Main Street  
People's Hall, Howgill Lane  
Fire Station, Long Lane

Access Codes to the Defibs are supplied  
on contacting Ambulance Control on 999

## **POLICE**

101 or 999

Crimestoppers 0800 555 111

## **DENTAL SURGERY**

Main Street 20626

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

Monday to Friday 0900 - 1700

## **SEDBERGH LIBRARY** Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

## **DENT LIBRARY** Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

## **SEDBERGH & DISTRICT INFORMATION CENTRE**

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

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

Tel: 015396 20125/20504

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

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

## **VETERINARY SURGERY**

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300  
1400 - 1700

Consultations Monday to Friday 0900 - 1000 \*  
1400 - 1500 \*

Other times by appointment only \*

## **PUBLIC TOILETS**

Main Street, Sedbergh

Main Street, Dent

## **MARKET DAY**

**WEDNESDAY**

Last Page Update:

November 2018