

Sedbergh & District **LOOKAROUND**

November 2016

Issue 349

Donation £1

Help!!! Sedbergh is going through a bad patch at the moment with many organisations requiring urgent assistance. Without help, they will go. It's up to all of us to help. Some of them only require a few hours a

month so help if you can.

Please submit your adverts and articles for December early. Anything received after 19th November will not go in.. Thank you.

Dennis & Jacky Whicker

Settlebeck Christmas Fair

Friday 25th November
5pm - 7pm

- Tombola
- Santa's Grotto
- Raffle
- Arts & Crafts
- Games
- Stalls selling high quality gifts

Enjoy supper prepared by our
GCSE Catering students in
their pop-up diner:
Homemade curry
Meat & potato pie
Lasagne

It's free to book a stall
Contact us on 015396 20383

CLOSING DATES: NEW ADVERTS - 15th; OTHERWISE - 19th
S & D Lookaround 72 Main Street, Sedbergh LA10 5AD Telephone 015396 - 21960
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

Table of Articles

Bed & Breakfast	104
Bus Time Tables	100
Crossword	92
Diary of Events	106
Editorial and Information	98
Lookaround Advertising Rates	103
Groups	96
Personals	94
Places of Interest	105
Religious Information	102
Regular Meetings	105
Sudoku	95
Wordsearch	91
Age UK South Lakeland	84
Art Society	8
B4RN	42
Biking in Europe	72
Boxes of Hope	41
Christian Aid	47
Churches Together	88
Citizens Advice	82
Community Officer Report	86
Community Orchard Group	78
Community Swifts	76
Councillor Corner	26
Councillors Corner	27
Dent Dale Christian Fellowship	40
Dent Folk Carols	75
Dent Meditation Centre	45
Family Musings	71
First Responder	34
Gala Group	5
Gardening	38
Garsdale Harvest Supper	82
Grave Talk	49
Hedge Laying Competition	47
History Society John Zant	80
Information & Book Centre	40
Integrated Care Community	85
Killington Sailing Association	48
Knotts Challenge	83
Ladies NFU Sept	60
Ladies NFU Oct	70
Leck Exhibition	86
London to Windsor	81
Macmillan Coffee Morning	45
Media Controlled State	31
Miss Cumbria Finalist	59
National Park Notes	18
Oral History Society	81
Parish Council Garsdale	13
Parish Council Sedbergh	12
Parish Council Sedbergh Vacancy	16
Poppy Appeal Collectors Awards	33
Pre Loved Sale	84
Remembrance Service	84
Sedbergh Orchestra	36
Sedbergh School News	50
Sedbergh Songsters	38
Sedbergh Transport	47
Settlebeck News	55
Sight Advice South Lakes	43
Thenewsnot	33
Tim Farron MP	29
Unsung Heroes	10
Walking & Cycling Group	86
Weather	11
WI Dentdale	68
WI Howgill	61
WI Killington	63
WI Sedbergh	65
YDNP Birks Mill Bridge	25
YDNP Cash Available	21
YDNP Millennium Trust	24
YDNP Roger Stott Grants	23
YDNP SDF	20
Young Peoples Fund	35
Youth Club	17
Zrece Artists	6

Table of Adverts

A1 Audio	79
Able Memorials	31
Andrew Allan Video Transfer	21
Austin Brown Computing	86
Body Shop @ Home *	5
Bonney Brides Photography	65
Brian Goad Funeral Services	30
British Legion	9
Byroms Furnishers	38
Capstick Insurance Agent	36
Churchmouse Café	68
Clare Mingins Hypnotherapy	73
Cobble Country Estate Agent	81
Cross Keys Hotel	61
Cumbria Stoves	56
Dalton Burial Ground	30
Daphne Jackson Osteopath	62
Dawsons Coal Yard	55
Derek Hayes Gardener	75
Duncan Law Plumber	56
Edwin Middleton Carpenter	44
Elly Archer Yoga	10
Fairbank Society	56
Farfield Mill	8
First4Homes Improvements	78
Flicks in the Fells	12
G J Baines & Son Builders	74
Garsdale Design	60
Garsdale Pet & Wildlife	68
Gary Allan Metalworker	35
Gavin Charlesworth Wood Supplier	40
Gleam Clean	45
Graham Milburn Weed Control	54
Graham Moffat Builder	73
Graham Moore Chimney Sweep	51
H&M Craftsmen	12/3
Haddock Paddock Fish & Chips	49
Hayton & Winkley Solicitors	69
House Clearances	15
Howgill Upholstery	39
Ian Higginbotham Decorator	39
Josephine Lade Orthopaedic	80
Jude Jackson Music Teacher	72
June Parker Acupuncture	53
Kay Whittle Chiropodist	79
Kentdale Property & Garden Services	43
Killington Marquees	62
Kilvington Solicitors	34
Lakes Scaffolding	50
Laura's Loom	66
Louise Thompson Photography	45
Malcolm Sedgwick Carpenter	37
Mark Barker Gardener	21
Market	103
MB Designs	83
McGarry Solicitors	63
Medical Centre	24
Meditation Centre Events	11
MK Conversions Builders	26
Nepetacoons	27
Nicky Ross Plumber	28
No. 6 British Legion	13
No. 6	7
Parkin & Jackson - Kevin Bateman	30
Patch & Fettle	62
Paul Hoggarth Builder	27
People's Hall	66
Peter Woof Electrician	77
Philip Horner Fencer	57
Photographers Wanted	20
Real France	52
Robert Powell Web Design	45
Rosemary Lewes Accountant	23
Ryan Simpson Septic Tanks & Skips	32
Sam Knowles Decorator	64
Sam Konczynski Carpets	68
Sedbergh School Job Opportunities	85
Sheila Shuttleworth Dressmaker	18
Silver Workshop	22
Simon Parkin Carpet Cleaning	45
Smart Office	57
Stefan Kliszat Decorator	71
Stephenson & Wilson Builders	37
Steve Hopps Handyman	37
Stobars Hall Care Home	53
Stramongate Printers	87
Temptations Craft Boutique	60
The newsnot *	33
Three Hares Café	70
Tilk Wilkinson Builder	95
Tooby Electricals	48
Treadwell Flooring	65
Trevor Gardner Plumber	76
W Milburn & Sons Builders	84
Weavers Cafe Christmas	41
Weavers Cafe Job Vacancy	29
Wes Brewer Firewood	39
Westmorland Veterinary Group	82
Windermere Windows	67
Yoga Classes	17
Yvonne Cervetti Massage	57

Table of Events

Barrel of Fun	15
Bonfire Night Sedbergh	5
British Legion Coffee Morning	9
Canoe Club	35
CDC Farewell Party	14
Chamber AGM	28
Charity Jumble Sale	19
Christmas Bazaar Dent	6
Dec Flower Festival	51
Dec Folk Carols Dent	42
Dec Late Night Opening	47
Dec Nativity Play	54
Dec SS Advent Service	44
Dec Town Band Concert	46
Farfield Mill	8
First & Lasts Concert	24
Flicks in the Fells	12
Garsdale Bonfire Night	4
H&M Open Day	12
History Society	16
Lands End to John O'Groats	21
Medical Centre	24
Meditation Centre Dent	11
Messy Church	20
No 6 British Legion	12
No. 6 Grand Christmas Opening	7
Photographers Wanted	20
Potato Pie Supper	25
Promise Auction Dent	18
Settlebeck Fair	1
Coffee Morning StJCC	19
Town Band Concert	13

November Birthdays

1	Jackson BROWN	5
6	Connor REYNOLDS #	6
9	Alice DECENT #	5
10	Eli SCARR #	5
11	Logan COWIN #	8
11	Frankie DECENT #	8
13	Erik OVERSBY	6
18	Stanley PARKIN #	2
18	Lia LEWIS	10
18	Adam SEN	10
20	Samuel DODD #	1
22	Eloise DANDY	5
25	Jasmine PARLEY #	6
28	Toby GREENSMITH	9
Nonagenarian & Over		
2	Dereen Elvey	91

**Garsdale
BONFIRE & FIREWORK
Display**



Under 12's
Pumpkin
Competition

Refreshments
For all

Friday 4th November
Garsdale Village Hall
Fire lit 7pm
Firework Display 7:15
Fun for all the family

SEDBERGH GALA GROUP

At the AGM of Sedbergh Gala Group, it was decided that the Group could no longer stage the three events it organises due to low numbers of Group members. This means in 2017 there will be no Gala, children's party or fireworks.

The Group office holders have agreed to remain in post, and maintain funds for a period of two years, in case sufficient people come forward to join the Group and start up the events again. Once that time has elapsed, the Group will meet to disseminate its funds to another local organisation, as per the constitution of the Gala Group.

There was much sadness amongst the current members of the Gala Group that this situation had been reached. However, in recent years there have been a number of new initiatives which have brought new events to the town. In a small population like Sedbergh, there are only so many people who are prepared to volunteer to help run events - and without volunteers events cannot be staffed.

Despite this situation, the 2016 fireworks event will take place on

BOOK A PARTY WITH THE BODY SHOP AT HOME AND RECEIVE EXCLUSIVE OFFERS + FREEBIES



YOUR CONSULTANT DETAILS:

Kayley Purves

26 Kendal Green

07766140859

kayleytbsah@outlook.com

Sedbergh Gala Group's

FINAL FIREWORK DISPLAY

The Peoples Hall Field

Sedbergh

November 5TH

6.30 PM

**FREE
ADMISSION**

NO BONFIRE
OR PUMPKIN
LANTERN
COMPETITION

Thai food & Burgers

Sweets

Mulled wine, tea &
coffee

6.30 Gates open

7.00 Firework Display

7.30 Firework display

Bonfire Night, 5 November. Sadly due to lack of volunteers to prepare and clean up, there will not be a bonfire this year. However the Sedgwick family of Lockbank have kindly agreed that the fireworks can be set off from the field next to Haveras Bank as usual, and there will be food and beverages available on the People's Hall car park. Gates open at 6.30pm with fireworks at 7pm and 7.30pm – entrance is free for everyone.

Please do support this final event to be staged by the Sedbergh Gala Group.

Margie McVoy



St Andrew's Church, Dent

**Early
Bird**

Christmas Bazaar & Coffee Morning

Saturday 5th November

10am to 1pm

Dent Memorial Hall

Grand Raffle



Crafts ~ Extra Special Gifts ~ Cards ~ Decorations
Fairtrade Coffee : Cakes : Sandwiches : Home-baking

Free Entry and a warm welcome

TOWN TWINNING ZREČE ARTISTS VISIT

It was a dark and stormy night and the rain came down in torrents and it carried on like that for most of the visit of 10 artists from our twin town. Did it dampen our spirits? Thanks to our warm hearted visitors and the efforts of Sedbergh's Art Society and Twinning Group members, not at all!

The travellers and their hosts were treated, on arrival, to a splendid feast at Randall Hill the home of Douglas



and Dorothy Thomson. As the meal concluded an accordion miraculously appeared and the merry mood of the visit began in style with a rendering of several Slovenian folksongs.

The next day was spent in the People's Hall where members of the Sedbergh Art Society joined the group for the first of two painting days. Outdoor sketching was thwarted by the elements so Sedbergh calendars and brochures proved useful. Lunch was provided on both days by a band of willing volunteers who brought along a range of goodies.

Our guests arrived at Farfield Mill the next morning for coffee and a tour of the mill followed by a lunch of generous proportions provided by the Weavers Café. We can highly recommend it. Ruth and Stuart of Wickerfish then treated us all to a workshop and some mini masterpieces were completed using

inks and chalks.

That evening we headed for Ravenstonedale and Tarn House Farm. The Shields family Helen, Gerry and daughter Clara hosted another memorable evening. Excellent food, drink and a roaring fire provided a very welcome antidote to the wild weather outside.

On Friday the summit of Winder was visible and the sun appeared, albeit in short bursts, to reveal a glimpse of Sedbergh's scenic potential. Paintings were finished off and the town explored. Our guests reported on the friendliness and welcome they received in the various shops despite very little verbal communication being possible. Art and music both rise above such trivialities!

Garth had planned a barbecue and to our relief the skies cleared and the views from his garden and another delicious meal made this a very special event. More singing ensued and this time we Britishers managed to reciprocate with a lively version of Auld Lang Syne.

That evening the Art Society invited the group to a watercolour workshop with Clive Wylie. He had a rapt audience and it was an appropriate conclusion to a very happy week.

Our visitors left in glorious sunshine the next morning, ideal for a scenic trip through the Dales to Leeds Bradford airport after fond and heartfelt farewells all round.

None of this would have been possible without a huge amount of

{N^o6} FINKLE ST.



Christmas Grand Opening

Wednesday
2nd November

10am - 7pm

Think*Shop*Buy

Local

★ Glass of Fizz for all & Free
Gift with every purchase ★

www.no6finklestreet.co.uk

support from members of the Art Society and Twinning Group. Sedbergh School assisted us with a minibus for the week which, with indefatigable driver Dennis, was invaluable and much appreciated. Our visitors' generous hosts at Hylands and Number 10 made them more than welcome.

We are invited to pay a return visit to our twin town next year and any artists, craftspersons, photographers and friends would be very welcome. Please get in touch if you are interested.

*Susan Garnett. 21138
msg@wardses.org.uk*

SEDBERGH ART SOCIETY

I am still feeling good after meeting

and painting with so many lovely people from Zreče, culminating in Friday's demonstration by Clive Wylie and his great workshop the next day. So, thanks to Susan Garnett for creating the opportunity to meet some of the people from our twin town in Slovenia.

It was good to watch and hear from a pure watercolourist, who achieves all his effects just with his brush - and lots of water! Clive's colours are very delicate and harmonious and his finished paintings are beautiful to see. You can visit his website at www.clivewylieartist.com

Chris Chambers screened the whole demonstration for us and is creating a DVD to send to our friends in Zreče along with the notes I made. It was



Peter & Caren Threlfall Exhibition

opening 8th November

*An eclectic collection, inspired by
autumnal colours in nature*

Workshops in November

Felt Painting with Caren Threlfall

Tuesday 15th November

£45 including materials

**Come to the Mill for
beautiful artisan gifts
for Christmas**



WEAVERS CAFE daily 10.00 - 4.00

Delicious Home Baking, Hot Specials & Sunday Lunches

**Open 10.30-4.30 adults: £3.50, concs: £3, children: FREE
FREE ENTRY for LA10 residents on Sundays**

www.farfieldmill.org 015396 21958

wonderful to have the whole demonstration as it took place so professionally projected on screen. Clive related very warmly to the group, creating a relaxed friendly atmosphere. He was very aware that there were Slovenians in the group who spoke very little English, and never forgot to explain clearly to Milena, who interpreted for him, and to wait for her to translate. It all went so smoothly! Many thanks to all society members who supported the event.

During the week some of us painted with our guests in the People's Hall. Gill Impey sketched a picture of the art teacher from the school in Zreče, as he painted a wonderful acrylic picture of Sedbergh Main Street, which he has donated to us (*This appears on the Back Cover of this month*). Although his name was Nillian Lamovec, everyone addressed him



as Didi! We have included for you a photo of Gill, her sketch and Didi.

SO WHAT NEXT?

On November 11th, 1.30pm. - 3.30pm. in the People's Hall Committee Room, Ruth Clayton, who is a professional artist as well as being secretary of the Art

Society, will be giving a watercolour demonstration. This will focus on trees in the landscape. We have all painted trees, with varying degrees of success, and it will be fascinating to see Ruth's interpretation of the subject.

Then on November 19th, from 10.am. until 4pm. in the Methodist Hall, Ruth has kindly offered to give her time to advising us during our autonomous workshop based on her demonstration, 'Trees in the Landscape'.

Please note these dates in your diary. It makes all the effort in

ROYAL BRITISH LEGION

Poppy Appeal Collectors Awards

4pm Sunday 6th November in People's Hall

COFFEE MORNING

Wednesday 9th November

10 am to noon in CCC Rooms

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

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

Membership costs £16.00 - call 21575 or 20964 or email: jd@jdifa.co.uk or dmparratt@gmail.com for a form.

For more information, visit our website:

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



FREE YOGA TASTER CLASSES

Dent Meditation Centre

If you are new to yoga, have had a long break from it, or want to see if it is the right kind of yoga for you, try one of these taster yoga dates.

Wednesday evening:

6.30-7.30pm

November 2nd & 9th

Gentle Yoga

Thursday daytime:

12.00-1.00pm

November 3rd & 10th

Gentle Yoga

Friday morning:

10-11am

November 4th & 18th

Gentle Chair Yoga

Contact Elly Archer

ellyarcher@talk21.com

015396 25458



organising a programme worthwhile when it is well supported by members!

Please let me know if you would like to attend the workshop. The fee is in your programme and just pays for hire of the hall.

Your programme also has details for contacting Gill Impey or myself. If you would like to join the Society, please contact Mike Morrison on mikemorrison443@btinternet.com or on 015396 20209.

Jenifer Alison

jen.alison10@gmail.com

UNSUNG HEROES

Have you heard about the man who spent his spare time creating wooden

cheeky dogs? You know, the ones that suddenly appeared a year or two ago near the seat in Station Road. How many people went by with a smile on their faces as they wondered how they had got there!

Then there is someone who in their spare time walks the roads of Sedbergh with a litter bag. Quite unasked and unrewarded this person collects up the litter that thoughtless motorists - or their children - have cast out of their car windows.

How about a village noticeboard which another unsung hero noticed was falling apart so he (it had to be a he I think) went home and found a bit of wood and transformed it into a new notice board? And he did not even live in the village.

Could we have a regular Lookaround paragraph on 'Unsung Heroes'? It might be a small way of saying thank you.

Maureen Lamb

Eds Comment: This is a great idea, as long as it doesn't go too far. I feel that we have many 'Unsung Heroes' here with the Chair, Secretary, Treasurer and Members of various Organisations in the area (see Page 96 and the many reports that appear every month) who put a lot of their time and effort - for free- to keep our community going.



Not wishing to single out any in particular, we need seriously to look at one or two. Top of this month's List? Sedbergh Gala Committee. Would you like to be an 'Unsung Hero'?

SEPTEMBER WEATHER

Although we registered a total of 5.71 inches (145.03mm) of rain we actually had 8 dry days and more when most of the day was pleasant. It was just that when it did rain we had heavy downpours. It was also fairly mild with some very pleasant temperatures, a maximum of 77.9F (25.5C) on a day with only a shower. The coldest day was the last one when a minimum of 41.7F (5.38C) was recorded. On only 2 days was a maximum gust below double figures recorded with a maximum of 19.9 mph. On all but 4 days these gusts were recorded from the North West.

At last a few butterflies!! Although the buddleia was almost over on a warm day, the 29th, we had some red admirals and a solitary painted lady. Did you watch the fascinating programme on the Painted Lady and its migration all the way from Morocco this last week? An incredible journey for such a small animal! We've had a good crop of acorns on the trees I planted when we arrived here 21 years ago. It has also been a bumper year for fruit on other trees. The hawthorns and rowans are red with berries and our yellow berried version, Sorbus Joseph Rock, is likewise laden. I have never collected so many hazel nuts either. It used to be said that a heavy crop of berries was a sign of a hard winter to come but perhaps it was more likely we had a decent spring. Although we again had a good crop of Josta berries the blackbirds beat us to them again. I was quite hopeful that they had left us some but it wasn't to be! This is an interesting fruit, a 3 way

cross between blackcurrants, European gooseberry and a black North American gooseberry. Worth trying if you can beat the birds!! We even managed a few Cox's Orange Pippins this year. Everything is still green, except for a sycamore in a next door field, and grass continues to grow. The sycamore has probably drowned! I lost a Serbian spruce last year which was under water for a great length of time. When I enquired of Kew if that were possible they said it was but the excessive wet probably caused Honey Fungus which is often associated with such conditions. The birds are eating us out of house and home, especially the sparrows. No bats seen again. They have obviously been disturbed & moved on this year.



NOVEMBER EVENTS

Friday 11th 10-4pm
MINDFUL YOGA &
MEDITATION: CLARITY

Saturday 12th 10-4pm
LIVING MINDFULLY:
CULTIVATING SELF-KINDNESS
& COMPASSION

Saturday 19th 11-1pm
RAINBOW CHAKRA GONG
MEDITATION

Sunday 20th 11-1pm
GROUP MEDITATION
DROP-IN - ALL WELCOME

To book:
E-mail meditationcentreteam@gmail.com
Telephone 07582 017 396
The Meditation Centre, Dent, Cumbria LA10 5QR
Registered charity no: 1076345
www.meditationcentre.co.uk

Dad's Army

Toby Jones, Bill Nighy, Tom Courtenay
Bill Paterson, Michael Gambon, Annette Crosbie
Sarah Lancashire, Alison Steadman
Catherine Zeta-Jones, Mark Gatiss
Certificate PG

12th November

film starts **7.30pm**

Sedbergh People's Hall
Flicks in The Fells

SEDBERGH PARISH COUNCIL

This report covers items from the monthly meeting held on 13th October 2016. The next meeting of Sedbergh Parish Council is on Thursday 10th November 2016 at 7.30pm in the Committee Room of the People's

Hall, Howgill Lane, Sedbergh POLICY & RESOURCE COMMITTEE

Weekly parking permits will be trialed at both Loftus Hill and Joss Lane car parks soon. The permits will cost £10.00 and allow parking for up to 7 days.

A donation of £500 was agreed by Members to Yorkshire Dales National Park Authority toward the rebuild of Birks Mill footbridge planned at the end of October.

PLANNING/SEDBERGH TOWNSCAPE PROJECT

The Planning Committee report was noted by Members. Tenders for the works to the boundary wall and access arrangements at the People's Hall would be issued in October. It

{N^o6} FINKLE ST.

Remembrance Sunday

13th November



**5% of sales
this weekend
will be
donated to
The Royal British Legion**



**H & M
COOKSHOP**



Calling all
cookaholics
**LIVE COOKING
EVENT**
Sat 12th November
10am - 3pm

Tastings | Promotions | Recipes | Prize Draw

H&M Craftsmen | Industrial Estate | Ingleton

01524 241535

kitchensandbedrooms.co.uk

was noted that the One Way sign at the bottom of Joss Lane on Main Street had now been replaced.

AMENITIES

Repair works were ongoing at the Park at the People's Hall following the recent damage which included a fire at the shelter and breakage of a supporting rail at the chain walk. Fly tipping had been noted at the laybys at both Settlebeck Bridge and Straight Bridge and South Lakeland District Council had been made aware.

OTHER MATTERS:

Cllr Kevin Lancaster was elected as Vice Chair of the Council and Cllr John Capstick appointed to the Policy & Resources Committee (following the resignation of Mary Macpherson

last month). The co-option process for a replacement Parish Councillor is advertised in the Lookaround this month.

The requests for free parking on December Saturdays and on Artisan Market days were not supported by members for a number of reasons, including the favourable parking terms already operating on both car parks in town and the substantial anticipated resurfacing costs at Joss Lane car park in the future. It was noted that a petition had now been instigated in connection with the park at Maryfell. Notice had been given by BT of proposals to remove a number of telephone kiosks in the area, including that at Millthrop. Members noted, with regret, the announcement

H & M
CRAFTSMEN
KITCHENS | BEDROOMS | HOME STUDIES | COOKSHOP

Look out for our open day
Sat 12th November, 2016

OPEN: 9am - 5pm Monday - Friday
10am - 5pm Saturday
Industrial Estate | Ingleton | just off A65
01524 241535
kitchensandbedrooms.co.uk

"Excellence through endeavour"

Sedbergh Town Band
presents a
Remembrance Day
Concert
Sunday 13th November
7.30pm
Cornerstone Community Church
All Welcome
Tickets £5 U16 £3
Proceeds from this concert
will be shared between
The Royal British Legion and
the Sedbergh URC.
Sedbergh Town Band is a registered charity. No 1086817

Sedbergh Community Development Centre

Tablets, Phones, Apps & Settings Workshop with Chris Wood

Thursday 10th November, 1pm - 4pm, £15 full, £8 benefit

This is a short session to help you get to grips with your smartphone or tablet. We will look at how to find and install apps, and how to alter settings to customise the device to your needs.

How to Buy & Sell on eBay Workshop with Chris Wood

Saturday 19th November, 10am - 1pm, £15 full, £8 benefit

A morning workshop about using the eBay online market place. Learn how to find, bid and pay for items you wish to buy. Find out how to put your unwanted goods up for sale, and hopefully make a bit of spare cash from them.

Farewell Party!

Sedbergh CDC will soon be closing as a staffed centre so come along to say goodbye on

Monday 14th November 4pm - 6pm

All welcome - it would be great to see our friends and former students for drinks and nibbles

www.sedberghcdc.org.uk

email:admin@sedberghcdc.org.uk

Tel: 015396 21031

by the Gala Committee over their suspension due to lack of Members and that the firework display in November would be their last event, as matters presently stood.

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 now 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

Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office.

Janey Hassam – Clerk

FANCY A COFFEE?

Three things have occurred recently in the quiet and sometimes not so quiet foothills of beautiful and majestic Garsdale.

Firstly, following yet more protestations by the parish council and from local parishioners about the disruptive and dangerous behaviour at weekends by speeding, irresponsible motor bikers, there has been a more noticeable presence of the boys in blue. Marked cars have

HOUSE CLEARANCES



Full or Part ~ Free Quotes
015396 22156 or 0793 252 1901
Houses ~ Garages ~ Sheds ~ Gardens
Also: Courier Service taking items
to Auction on your behalf

been stationed in the 30mph zones on a Sunday and the noise levels were clearly reduced. More's the pity though, that other bikers were positioning themselves on nearby bridges, warning fellow bikers that officers of the law were waiting for them so it's doubtful that many were apprehended. Hopefully, however, it may have given them something to think about: that they can't ride roughshod over the feelings of the locals without some consequences.

Secondly, a copy of a letter received by Tim Farron from Highways, has been seen, stating that the A684 had been surveyed and a set of rolling repairs will be effected shortly, using temporary traffic lights. What 'shortly' means to Highways is anybody's guess but let's await to see developments.

Thirdly, the telephones in the red BT boxes on The Street and on the road up to the station are to be removed unless viable reasons for their retention can be demonstrated. Unfortunately, their criteria for keeping the phones live are reasonable and it would be very difficult to justify their continued

existence. However, it may be possible to 'adopt' the boxes themselves, without phones, and use them for local purposes. Therefore Garsdale PC is launching a massive fund raising campaign to enable to purchase these boxes and urge all local residents to dig deep and donate generously. A thermometer type chart will be erected outside the Village Hall showing the progress of the fundraising which will continue until 21st December and various appeals will be aired on local radio and television. A local dignitary is being sought to head the campaign. The target for each box is £1. (*I have sponsored the Street Box with 20 pence to get it up and running. Ed*)

After their purchase, suggestions will

Barrel of Fun

(BoF)

This is a free drama club, open to anyone of secondary school age who enjoys acting and improvisation.



We meet on Fridays during term-time, from 5 - 6.30pm, in the Church Room, St Andrew's Church, Sedbergh.

New members are welcome.

Phone Judith Bush (20058)

be sought as to what use they can be put to, such as housing defibrillators or used for small convenience 'honesty' shops or as homes to wayward wildlife or set up libraries or book stores. One thought is to approach one of the large coffee retailers to see if they were willing to put in one of those 'coffee as you go' machines ... Fancy a coffee, anyone?

The next meeting of Garsdale PC is on Thursday 17th November at 7.30pm in the village hall. Unfortunately, there will be no coffee machine ... unless we invite Costa to come along?

*Philip Johns, clerk to Garsdale PC,
015396 22170,
ps.johns@btinternet.com,
www.garsdaleparishcouncil.com*

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**

SEDBERGH & DISTRICT HISTORY SOCIETY

WEDNESDAY 2nd NOVEMBER

The geology of the Dent marble industry by *William Fraser*
@ Dent Memorial Hall

WEDNESDAY 16th NOVEMBER

Westfield War Memorial Village:
a story of survival
by *Martin Purdy*
@ Settlebeck School

FRIDAY 25th NOVEMBER

*The Annual Dinner,
7pm for 7.30pm.
@ The People's Hall*

www.sedberghhistory.org

Chairman: Graham Dalton 25436
Secretary: Karen Bruce-Lockhart 20224
Treasurer: Chris Elphick 20605
Membership Secretary: Chris Elphick 20605

received by Friday 25th November 2016. It would be helpful if your letter (preferably on one side of A4 paper) could provide some details of your background, any experience you feel is relevant, and a statement explaining why you would wish to serve as a Parish Councillor.

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

Please visit the Council's website www.sedberghparishcouncil.org.uk for more information about the work of the Council.

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

SEDBERGH YOUTH CLUB

It's up and running! By the time you read this the Youth Club will have met on six occasions. There are usually between ten and sixteen young people who arrive at the Cornerstone Community Church Rooms – the URC Rooms - and spend time together on Thursday evenings between 6.30 and 8.00 pm. A range of activities are on offer, changing each week. Nela, Sharon and Adam are leading the sessions, but we could do with your help.

Eventually we will set up a rota for parents to help. This allows parents to see what goes on at our Youth Club and to meet the session leaders, although – let's face it – the young people themselves do find that having mum or dad around 'cramps their

style' a little.

We could also do with a few more members of the community who might be prepared to give up a couple of hours on a regular basis to support and encourage our young members. You do need to be prepared to undergo DBS / CRB / 'police' checks, since we are conscious of our need to safeguard our young people, but there is also training available for those willing to help. Why not call in to talk with the leaders, or give Helen a call on 21562, e-mail ehwilberforce@btinternet.com

Finally – we have room for more young people. Just call in to the Cornerstone Community Rooms on any term-time Thursday evening from 6.30 to 8.00 pm. *Helen Wilberforce*



Yoga classes for all in Sedbergh

**New Wednesdays 6 - 7.30pm
from**

**2nd November. at the CCC Sedbergh.
First taster class £7.50**

**Thursdays 6 - 7.30 from 3rd November
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**Classes are suitable for everybody
regardless of age, fitness or gender.**

**Come along and gently develop your
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**Then enjoy relaxation
at the end of the class.**

Cost: £45 for a block of 6

**For more information and to book,
contact Lesley Hennedy: 07816 779238 or
e mail: lahmc@btinternet.com**

NATIONAL PARK NOTES

Many organisations and individuals are facing major challenges as a result of the decision to leave the EU. This also inevitably includes the Yorkshire Dales National Park Authority. As I mentioned in my previous article one of the principal causes for concern is the question of the extent to which the British government will confirm the existing wild life directives and habitat regulations or repeal these in due course to replace them with a more home grown version (either better or worse). The other main area of concern (probably the most significant challenge for the Authority at this time) is the whole issue of agri-environmental subsidies and the

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effect that leaving the EU will have on these subsidies not only for the farmer but also for the residents of the Park as a whole and the countryside generally.

The situation at the moment is that farmers receive Direct Payments from the Rural Payments Agency (often unfortunately many months after they fall due) and also payments directly related to the carrying out by farmers of environmental improvements on their land. Until recently these latter payments were made under the various Environmental Stewardship Schemes which were divided into entry level and higher level schemes. Many of these schemes will remain in existence for some years to come. However before Brexit the government introduced a new scheme called the Countryside Stewardship Scheme which came with a new set of rules, conditions and levels of entry. Apart from the additional work for farmers in coming to grips with the new scheme and the extensive documentation that goes with it there is also a general feeling amongst upland farmers that this latest scheme is designed more for



Cowgill Church
pre-Christmas
COFFEE MORNING
Saturday, November 19th
1000 - 1130.
Refreshments - Raffle - Cakes
Xmas Presents & Cards - Books
Come along for a cuppa and chat

the kind of farming which takes place in lowland and arable farming areas and is not as advantageous to farmers in this part of the world as the previous scheme. The number of farmers and land managers signing up for this new scheme has therefore reduced considerably. This in itself is a cause for concern. It remains to be seen whether environmental improvements will continue to be made by farmers if they are no longer part of a stewardship scheme and where such payments are only made on condition that the environmental work is carried out. An even bigger question, of course, is whether the government will wish to continue with any agri-environmental schemes at all once the UK is no longer part of the EU Common Agricultural Policy. There are many questions to answer and so far the government has been completely silent on the matter which does not help anyone to plan for the future. Opinion is divided between those who would like future schemes to continue in a way similar to the ones that we already have and those that would prefer the whole subsidy scheme as we have known it for

many years to be abolished altogether!

One way forward is what is being referred to as a results based agri-environmental policy. The National Park is currently leading on a two year Defra pilot project in Wensleydale to which 19 farmers have already signed up. Instead of a one-size fits all scheme this will allow farmers and land owners to develop their own environmental projects tailored to the land which they own and with particular reference to the nature of the wild life to be found on it. A scheme will then be developed in consultation with the farmers and the Park's farming advisory officers and payments will be made on the basis of the results actually achieved over the initial two year period. It is therefore much less a tick box exercise and instead an acknowledgement of what is actually happening on the ground and the direct effect that it is having on the



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you could donate?
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on 07815 069394
All Proceeds to Local Charities



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4 to 6pm

Sunday November 20th

Sedbergh Methodist Schoolroom

Bring your parents
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environment. Such "results based schemes" are already becoming widespread in Europe and in Ireland and are proving very popular with farmers as they feel that they thereby have much more control over their own destiny and the impact on their land. If the results of the pilot project prove successful in Wensleydale then there is every prospect of a similar scheme being rolled out across the whole of the country. As always however the final decisions will be Defra's which effectively means that anything could happen! In the meantime I am currently chairing a series of meetings at the National Park bringing together the farming members of the Authority with officers

of the Land Management team to help plan and co-ordinate the way forward. This team recently gave a presentation to other members of the Authority and it was received with a great deal of interest.

As always you are very welcome to contact me on any of the above matters or issues concerning the National Park generally either at ianmcpherson24@hotmail.com or by phone on 015396 20648. Best wishes.

Ian McPherson

YORKSHIRE DALES NATIONAL PARK

Sustainable Development Fund
The SDF is available for any

Calling all PHOTOGRAPHERS!

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Information & Book Centre's **2018 calendar**.

We would like to get a representative selection together, maybe with more emphasis on people (check your subjects are happy to be in ...) Email images, Flickr links etc. to office@sedbergh.org.uk or drop your prints in at 72 Main Street by the second week of February 2017.

* The 2017 calendar is on sale now at no. 72 *

Sedbergh Area Walking & Cycling Group
**Land's End to John O'Groats
revisited**

An illustrated talk by
Dave Smith

Monday, 21st November

7:30pm

People's Hall
Entrance £2



projects submitted by individuals, businesses, community groups or voluntary-sector bodies that contribute in some way to looking after the National Park's natural beauty, wildlife or cultural heritage.

Alternatively, they should promote opportunities for the public to understand and enjoy those things. At the same time, all projects should provide some local economic or community benefit.

Since April 1 the SDF has made grant offers to 13 worthy projects including:

- More than £31,000 for three B4RN community broadband schemes covering Dentdale & Garsdale, Chapel le Dale and



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- £552.75 towards the staging of two music concerts to celebrate the 40th Anniversary of Dentdale Choir. Archive material will also be created and made available via Dent Heritage Centre.
- £16,000 to the Killington and District Sustainable Energy Trust towards the cost of installing a fish pass and interpretation board at Broad Raine for the Killington hydro project.

More details about the SDF can be found on the National Park Authority website at yorkshiredales.org.uk/sdf.

In the first instance enquirers are recommended to get in touch before they submit an application. They can do this via email to SDF@yorkshiredales.org.uk or by phoning 01969 652337. Prospective applicants can also download an electronic application form and guidance notes via the website.

YORKSHIRE DALES NATIONAL PARK

Cash available for Dales initiatives
Clapham-based charity Yorkshire Dales Millennium Trust (YDMT) is

offering grants for a range of projects across the Yorkshire Dales.

Through the Roger Stott Community Grants programme, grants of between £250 and £1500 are available to support small voluntary organisations and community groups in and around the Yorkshire Dales wishing to continue or expand their activities to benefit local people.

Thanks to support from players of People's Postcode Lottery, this funding can be used to cover revenue expenses, such as staff costs, rent or training, or for capital investment in assets such as furniture, computers or catering equipment, to name just a few.

Recent successful applications have ranged from a new dishwasher for

Sedbergh Village Hall.

There are also three kinds of grants available for projects in the Ingleborough area: Heritage Grants of £200 - £5,000 are for community-led projects that restore, celebrate or increase understanding of the area's natural or historical features; Dry Stone Walling Grants of up to £10,000 are available for landowners and tenants who want to restore dry stone walls; and Woodland Grants of all sizes are available for landowners who want to restore native broadleaf woodlands.

These Ingleborough grants are part of Stories in Stone, a four-year programme of community and heritage projects developed by the Ingleborough Dales Landscape

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Partnership, which is led by YDMT, and mainly funded by the Heritage Lottery Fund thanks to National Lottery players.

Chris Lodge, YDMT's Stories in Stone Project Officer, said: "The grants provide great opportunities for residents to help protect the rich historical and natural heritage of the Ingleborough area. If you have an idea for a local heritage project, or want an important dry stone wall to be rebuilt or a new woodland to be planted I'd be delighted to hear from you and I can help you to develop your grant application."

Guidance and application forms can be downloaded from www.ydmt.org/whatwedo or can be obtained by contacting YDMT on info@ydmt.org

or by telephone on 015242 51002.

The deadline for Roger Stott Community Grants is Friday 4 November, and the deadline for all Stories in Stone applications is 10am on Tuesday 15 November.

YORKSHIRE DALES NATIONAL PARK

Roger Stott Community Grants

Yorkshire Dales Millennium Trust set up the Roger Stott Community Grants programme in March 2016 to distribute £25,000 in funding to community groups who are making a difference to the lives of local people.

The programme is named after our founding Chairman who sadly passed away in 2015. Roger Stott was instrumental in establishing the firm



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foundations of the Yorkshire Dales Millennium Trust in 1996 and dedicated much of his life to the area.

The programme is open to voluntary organisations and community groups with an annual income of less than £30,000

Projects must be in or near the Yorkshire Dales National Park – including within the boundary extension.

Grants of between £250 and £1500 are available for a wide range of uses - revenue expenses, such as staff costs, rent or training, or for capital investment in assets such as furniture, computers or catering equipment to name a few.

There is no match-funding requirement, meaning that groups

SEDBERGH MEDICAL CENTRE

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

Thursday 24th November
2017

Wednesday 25th January
Thursday 16th February
Wednesday 22nd March



can apply for up to 100% of the total project cost.

For full details please visit
<http://bit.ly/rogerstottgrants>

YORKSHIRE DALES NATIONAL PARK

Yorkshire Dales Millennium Trust (YDMT) works to support the natural and built environment, and the social and economic well-being of this special area. To date the Trust has helped to deliver over 1,900 projects worth around £27 million in the Yorkshire Dales and surrounding areas. These projects cover areas as diverse as countryside apprenticeships, supporting local businesses, education and outreach, restoring woodlands and wildlife habitats, and conserving heritage features. Working closely with partners including the Yorkshire Dales National Park Authority and the Forestry Commission, YDMT has planted over 1.2 million native broadleaf trees through the Dales Woodland Restoration Programme.

The Trust has recruited over 50,000 supporters to date.

Find out more at www.ydmt.org

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'London'

St Andrew's Church Sedbergh Thursday 24th November 2016

8.00pm (doors open 7.45pm)

Welcoming music by the orchestra's flute players

Tickets £7 in advance, £8 on the door
18 and under Free

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

Middleton Church



POTATO PIE SUPPER & DOMINO DRIVE



7pm

Friday 25th November

Barbon Village Hall

Tickets £7.50 ~ Children £5

Enq's to Anne 015242 76075

YORKSHIRE DALES NATIONAL PARK

Work starts on flood-hit bridge

Work has started to replace a bridge in the Yorkshire Dales National Park that was demolished during flooding in early December last year.

The bridge at Birks Mill outside Sedbergh – which had a span of 108 feet – bore the full force of Storm Desmond and its disappearance has disrupted some local walking routes.

The new version is being supplied by Cumbria County Council and will be assembled by Yorkshire Dales National Park Authority Rangers.

The work is likely to last two to three weeks, depending on the weather, and it should be open for business by the end of November, according to Authority



Area Ranger Paul Wilkinson.

"The bridge was important for a number of circular walks around the town, and the Dales Way passes the western end of it," he said.

"Its disappearance means that people wanting to cross the River Rawthey between Birks and Catholes are forced to take a detour via Millthrop.

"The Authority has been working with a number of partners to plan the replacement and the work started at the weekend."

Financial support has come from the county council, the National Park Authority, Sedbergh Parish Council, Friends of the Lake District, HF Holidays (Pathways Fund), the Ramblers Association and the Dales Way Association.

Nick Cotton, the National Park Authority's Member Champion for Recreation Management, said: "The National Park has more than 2,600 kms of public rights of way, including almost 900 bridges, which means there is a lot of maintenance work involved to keep the network in tip top condition for all the walkers, cyclists and horse riders who use it.

"We are always grateful for any help we can get – in terms of finance, materials or volunteer workers – from individuals, businesses or other partnership organisation to do the work. Without them it would be virtually impossible."

Nick Oldham

COUNCILLOR CORNER

As we approach the first anniversary of Storm Desmond in early December, more and more attention is being focused on how prepared we are for heavy rains this winter. One of the most obvious signs of this is how well the drains are working. Cumbria County Council, as the Highways authority, are very aware of the need to deal with the issue of surface water and there are a few schemes in place to address problems in and around Sedbergh.

The first of these is greater co-ordination with South Lakeland District Council who are responsible for street sweeping, especially the autumn leaf fall. There will be close liaison between both authorities to

ensure that cleaning and rodding the drains (Cumbria Highways) dovetails with collection of leaves and debris (South Lakeland Streetclean). Negotiations are in hand with the Environment Agency to allow a degree of flexibility about the temporary storage of leaves collected by the leaf sweeper so they can be bulked up and taken away by a larger vehicle at a later stage, leaving the leaf sweeper to do its specific job for the maximum amount of time and not waste time transporting the leaves to a distant dumping area.

Clearly there will be times in the heaviest period of leaf fall, during a storm in November for example, when the roads could be swept clean in the morning and be full of leaves



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again by the end of the day, so success must be judged over a longer period than a single day. It is this element of managing surface water where we as residents can do most to help - a boot scraped across a grating covered with leaves is often all that is needed in autumn to allow water to drain away or better still pick up the leaves with gloves and throw them into the verge, so they do not just get washed back on top of the grating or down the road to block the next gully.

Finally, each parish is being given a map marked-up with gullies that Cumbria Highways has on its system, asking for any that are missing or the location of soakaways by the roadside that may only be known to

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local residents. I sometimes wonder if a metal detector might also reveal a few hidden gratings, covered over by verges growing out into the road. Although you get quite an eye for where you think a gully should be in lane verges, at times if they have been covered for a long while they take a lot of finding. If you would like to help with this work please contact a Parish Councillor or the Parish Clerk.

From Cllr Nick Cotton

COUNCILLORS CORNER

The Boundary Commission has been busy this month as far as our area is concerned. Firstly there were the proposed parliamentary boundaries for the 600 member House of Commons. There has been a strong but hardly reported learning of lessons on this one with minor changes to the rules upon which they have operated. The result has been

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a report which has been infinitely less controversial than the last one. The change to five constituencies should work well for Cumbria. The new Westmorland and Lonsdale will be all the Cumbria part of Lonsdale, all of Westmorland and us, the three West Riding parishes. This is much more satisfactory than the West Coast and Windermere seat suggested last time.

Then, a couple of days ago they released their final version of the new wards for South Lakeland. There are to be fifteen three member wards and three two member ones. Sedbergh and Kirkby Lonsdale will remain unaltered. The change from the draft concerns fitting the wards around the major lakes, Windermere and Coniston. I think again the Commission is to be commended for making the best of an awful choice. Because the controlling group forced through the retention of election by thirds everything else followed. We

have now had eight years of the three member Sedbergh and Kirkby Lonsdale ward and experience has shown it to be an unhappy marriage. Sadly we will be stuck with it for several more years or at least until there is a change of control on the district. Three member wards are large wards and large wards dilute the local knowledge which should be at the very heart of local government.

This lack of localness has long been a concern to me and lies at the heart of my unease about a Unitary Cumbria. How can a decision be taken fairly by the elected members on a particular local issue if there is no-one in the room who has an intimate knowledge of the location and the sensibilities involved. This

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creates a vacuum of decision making which officers are often more than willing to exploit. We have seen it in Highways for many years and it has long been a danger in county planning matters.

These minutiae of local politics might seem tedious, irrelevant or even offensive to those who are not personally involved. But, Politics are a good thing and they do matter. We are now approaching that most solemn part of the year when we remember those who died because of what happens when politics goes wrong. We have the choice as to whether we get involved, a choice I first made when I was 16. They had no choice.

District Councillor Kevin J. Lancaster,

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

Telephone 07980 844 695;

email Kevin@Sarthwaite.com

District Councillor Mel Mackie

Beech Cottage, High Casterton, Via

CARNFORTH, Lancashire LA6 2SD

Telephone 015242 71644,

07957868256

email mel.mac@uwclub.net

TIM FARRON MP

I was particularly pleased to be invited along to "officially" open the newly refurbished post office in Peter and Gaynor's shop on Main Street in Sedbergh. We seem to be increasingly having to do more and more stuff through our post offices as organisations like banks, particularly



Weavers Café

We are expanding the café at Farfield Mill.

This is an exciting opportunity to join our team headed by our new cook, Sharon Burns.

We are looking to find the following people to assist her.

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2 x Cafe Assistants (front of house)

9.30am – 5pm (4.30pm during the winter) or 11.30am -3pm

Please contact 015396 21958 ex 0 for more details

Can you spare an hour or two?

Volunteers needed to help on reception in the Mill, mainly at weekends to help during the lunch time period.

**Please contact Lesley on
015396 21973 for more information**

HSBC as we all know, close their branches and tell us to use Post Offices instead to pay in our cheques and cash. So it is great to see these places being invested in and being made more welcoming to customers. I am not sure how welcoming customers found it on the day I re-opened it, seeing me with a ridiculously large (and not very sharp) pair of scissors trying to cut through a big red ribbon but once I left I am sure people flooded in.

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Contact KEVIN BATEMAN

The saga of the failure of the Rural Payments Agency sadly carries on. By the time you read this the deadline for completing payments to farmers for 2015 will have passed and I am fairly certain that quite a few will still not have been paid. This is over 9 months later than they should have been paid, which is bad enough, but also the EU, who fund these payments, say that when this deadline is passed they will not

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provide the money for any further payments, meaning the Government has to find the money from our taxes. So even if you don't have any farmers in your family this failure by the Government is affecting you. We are particularly badly hit in this part of the world as early on the Agency took the decision to delay payments made to farmers with animals on "common land" (the fells that we see around us) as these were felt to be more complicated to sort out. This situation really is not acceptable and I have yet again asked Andrea Leadsom, the Minister in charge of farming issues, to sort it out. Let's hope she gets on with it this time.

Finally, can I urge you to make your

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views known over the plans to make the temporary staffing arrangements at the Helme Chase maternity ward at Kendal Hospital permanent. As I am sure you know the Trust who run the hospital removed 24 hour cover "temporarily" nearly two years ago to overcover some staff issues. With the result that if you go into labour over night or at the weekend and want to have your baby in the hospital you have to contact the on-call midwife. I have heard of several occasions where a woman in labour has got to the hospital and been told to wait for the midwife to turn up. Unsurprisingly we have seen a decline in the number of women giving birth at the hospital over this period and I am really worried that if the changes

become permanent it is simply one more step towards closing the ward completely and sending everyone to Lancaster. You can make your views on this plan known by emailing Communications.Team@CumbriaCCG.nhs.uk, they want to know what people think.

If I can help you with these or any other issues please do get in touch by emailing tim@timfarron.co.uk or phoning 01539 723 403.

Thanks for your support

Tim Farron MP

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State Controlled Media'. The clear implication is that their media lied whilst ours ('free') always told the truth. The effectiveness of this propaganda is clear in that there are still many who believe it!

Now it appears, to me at least, that this little coded warning as to the untruthfulness of what you were about to read or see could, with a little alteration, be applied to the media in dear old Britain.

Let me explain: It is obvious to any observer/consumer of the British media that it is controlled by individuals and institutions neither domiciled in nor affiliated to this country. We see Russian oligarchs, Australian Americans and Lord Rothermere defining the political agenda while secretive twins wield considerable influence from their tiny (tax free) fiefdom of Sark.

It can be no surprise therefore to know that Margaret Thatcher had an

understanding with the same egregious Australian American which led to his being able to buy up large sections of the British Press, nor that Tony Blair admitted to reading the 'Sun' editorial first every morning or even David Cameron's cosy Cotswold dinner parties in the company of News Corporation executives. Who was at Theresa May's first social junket on becoming Prime Minister? No surprise; our old friend Rupert!

Ok, so the print media reflects the world view of a few international oligarchs: So What? We can always rely on the BBC.

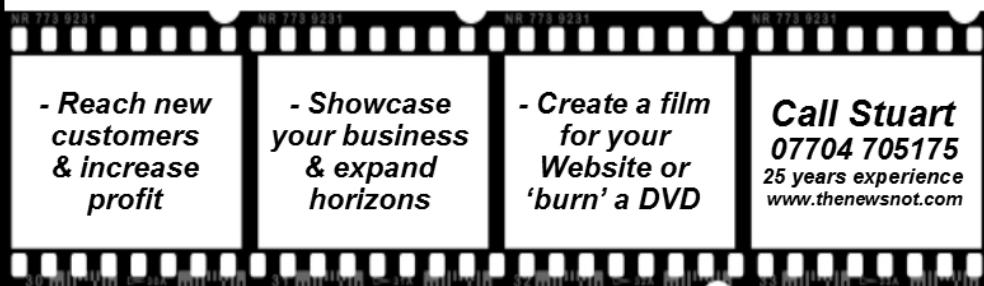
Not too long ago a Chairman of the Corporation was asked why there were so few, (any), people beyond the cleaners who came from 'ordinary' backgrounds?

The Chairman, (Charterhouse and Keeble), smiling his best egalitarian smile replied that he was, in fact, increasing the number of internships in order, he added fatuously, to ensure that the Corporation employed the best possible people from the widest possible background. He did not add, however, that these internships, whilst open to anybody, require that the internees live in London and receive no more than travelling expenses for the privilege.

We, as a nation, are as mushrooms; fed on sludge and kept in the dark! But light is beginning to break through the miasma of Celebrity gossip, Premier League football, sex and carefully manipulated news stories in which we live! Is our liberation at hand? More next month.

Nick Cross

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POPPY APPEAL COLLECTOR AWARDS

The Royal British Legion will present awards to eligible Poppy Appeal Collectors at a ceremony in the People's Hall on Sunday 6th November, starting at 4pm. This is in recognition of the sterling work carried out by Collectors as volunteers over a number of years.

SEDBERGH COMMUNITY FIRST RESPONDERS

Defibrillator at Number 72

In the UK, approximately 20 per cent of cardiac arrests occur in a public place and the proportion of those that may recover is increased if they receive resuscitation from bystanders. Lives can be saved by immediate treatment and by the use of a defibrillator which delivers a high-energy electrical shock.

There is a new defibrillator in position outside number 72 Main Street in Sedbergh. An application was submitted on behalf of the Community First Responders for a Roger Stott Community Grant and was awarded £1,500 towards the cost. It is housed in a secure,

temperature-controlled cabinet fixed to the wall. Both residents and visitors will be able to access this in an emergency and it is designed to be used easily by anyone even if they have no training, although some people have already shown a keen interest in knowing how to use this one and the one already at the Peoples Hall. A couple of Community First Responders are trained in teaching basic life support and will be showing these interested people how to help in a cardiac arrest situation and if you would like to be included please contact us by using the details on the leaflets readily seen in Sedbergh. We are very fortunate to have these potentially life-saving devices in the town.



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SCFR

LOCAL YOUNG PEOPLE'S FUND APPLICATIONS

A fund set up and financed by Sedbergh School Governors to assist local girls and boys under 25 in educational pursuits at schools, colleges, universities, and other educational activities or preparation for a trade, profession or calling.

Examples of the types of assistance given in the past are for musical instruments, laptops, books required for courses, educational travel abroad, sports equipment and teaching or coaching.

Applicants must be under 25 and

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reside within the civil parish of Sedbergh (Sedbergh, Dent and Garsdale) or the civil parishes of Dillicar, Firbank, Howgill, Killington, Lambrigg and Middleton. Applicants should be aware that only two awards will be made to any one person, and should therefore consider when making an application whether they might require more or greater assistance in the future.

Applications should be made to the Bursar at Sedbergh School, and forms can be obtained from the Information Centre or the School Bursary.

The next meeting of the Committee considering applications is on 7th November 2016, and applications

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bursarsecretary@sedberghschool.org

SEDBERGH ORCHESTRA

Musical Firsts and Lasts

Rehearsals for Sedbergh Orchestra's next concert are in full swing, under the baton of Roland Fudge who was conductor and compere for the very enjoyable Summer Café Concert in the People's Hall in 2015. Peter Crompton, the orchestra's regular conductor, is away examining in Hong Kong for several weeks so we are grateful to Roland for stepping in for this concert. It will take place at 8.00pm on Thursday

November 24th at St Andrew's Church.

Bob Wells, the writer of the programme notes, has already done his researches which have unexpectedly thrown up the idea of 'Musical Firsts and Lasts' as a title. All will be revealed at the time!

The programme follows the traditional order of overture, concerto and symphony, composed by Weber, Vivaldi and Haydn respectively, with an added item by Hummel before the interval, the explanation for which comes later.

Weber belongs to the so-called Romantic period. His overture to the opera 'Der Freischütz' has become popular as a concert overture.

Helen Bartosinski has played within

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Sedbergh Orchestra on more than one occasion when there was a shortage of flute players. This time she has been invited to be the concerto soloist. Her chosen work is 'La Notte' by Vivaldi. It is thought that Vivaldi wrote it before 'The Four Seasons', his best-known work, made so famous by Nigel Kennedy's various versions. In this concerto, the soloist is accompanied only by strings and harpsichord and Roger Bush will put aside his double bass to play his keyboard - to the right effect it is hoped!

To compensate the wind players who are excluded from this piece, they will perform Johann Nepomuk Hummel's Partita in E flat which

excludes strings. This piece was played at the Pepperpot AGM in July and is definitely well worth hearing! But it does not include flutes, so the orchestra's three flute players will be providing welcoming trios as the doors open at 7.45. The doors remain closed until this time because the last and necessary rehearsal has to take place then. But the trumpets are still left out . . . They might therefore do some busking outside before the doors open - if the weather permits.

The final item is Haydn's 'London' symphony - something of a misnomer since he wrote twelve symphonies in London. This is no.104 so he knew his trade pretty well by then!

Tickets are available at £7 in



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advance from Orchestral Members, Sedbergh Pepperpot Club (015396 21196) or Sedbergh and District Information Centre (015396 20125). On the door tickets cost £8, but anyone 18 and under comes FREE.

Shirley Smith

SEDBERGH SONGSTERS

The Sedbergh Songsters continue to meet in Gladstone house where we sing well known songs for everyone to join in with. The group which is arranged by Dignity in Dementia is an "Alzheimers awareness" group which means that while those who suffer from the disease and their carers can greatly enjoy singing with us, it isn't restricted just to those with Alzheimers - many of the singers who

come do so just for the pleasure of singing together these wonderful songs which take them back to the halcyon days of long ago.

We meet every Monday from 10.30am to 12 noon and coffee and biscuits (and occasionally cake) are provided. We look forward to singing with you if you can make it.

David Burbidge 015396 21166

NOVEMBER GARDENING

One of the most cheerful sites in the autumn garden must be the winter flowering Jasmine – *Jasminum nudiflorum*. Mine is planted beside the east facing wall of the house beside the back door, and its first blooms appeared in late September, just as most other things were



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beginning to look tired and back-endish. It, and the white- veined leaves of *Arum italicum* 'Marmoratum' begin their growing season and add a lovely freshness to the garden.

Every year I am struck by the vibrancy of the autumn colour displayed in some trees and shrubs, and this year is proving to be no exception. In my garden, *Stewartia pseudocamelia* always produces an autumn riot of glowing red and orange. This useful small tree bears single white Camellia-like flowers in June and July, and also has interesting cinnamon brown, flaking bark. It likes to grow in light shade in a moisture retentive, acid soil.

Hydrangeas are not usually

cultivated for their autumn tints, but *Hydrangea quercifolia* – the Oak leaved Hydrangea, a white flowered species, usually turns red before leaf fall. Two other acid soil loving shrubs, *Hamamelis mollis* 'Pallida' and *Fothergilla monticola* turn yellow and orange. The former is the attractive, winter blooming Witch Hazel with fragrant flowers whose yellow petals were once described to me by a 7 year old girl as "being just like grated cheese on sticks", (though the perfume is much more attractive). It makes a broad, spreading shrub perhaps 2m wide and 1.5m high in 10 – 15 years. *Fothergilla monticola* is smaller and has spikes of creamy white flower with long stamens, born

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in spring as the new leaves unfold.
Elaine Horne

DENT DALE CHRISTIAN FELLOWSHIP

Month by month we meet on the 4th Sunday monthly at 7pm for testimony, prayer and praise, we also meet one Fri eve for a sit down meal and fellowship, once a month. You will be very much welcomed should you decide to join us.

In October we held a Tabernacle weekend at our home and garden and in the Memorial Hall. On the Sat we had a bonfire to help keep us warm as we followed the garden trail. Song writer and gospel singer Godfrey Birtle joined us at the Memorial Hall where nearly 40 people

enjoyed a hot meal and his singing. A great weekend. Come and be with us.
John and Sarah Woof (25212)

SEDBERGH INFORMATION & BOOK CENTRE

If you have some time on your hands, why not think about some volunteering at the Information and Book Centre?

We have a good team of volunteers here whose commitment and gifts of time and energy keep us open and providing a resource for residents and visitors, but we are always happy to welcome more. If you are looking for work, a stint with us might look good on your CV and we might well be able to provide an opportunity to practise

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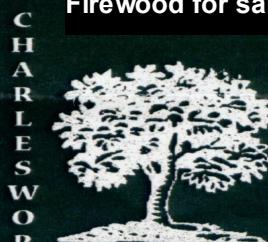
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the kind of skills you will be offering potential employers. If you no longer work, volunteering with us can be a good way of keeping up skills you enjoyed using at work.

Many of our volunteers spend their time on the front desk, serving books, gifts and so on to customers and dealing with car parking permits, room bookings and the like. However others prefer to work on the sedbergh.org.uk website or provide a 'back office' contribution to administration, bookkeeping and the like.

If you think this could be for you, great. We are beginning our quieter time of the year, and we have a better chance to introduce you to what we do. If you know someone who already

volunteers with us, have a word with them first, then get in touch.

Otherwise, contact the Information and Book Centre directly and I can have a chat about what how we can work together. The email here is office@sedbergh.org.uk and the telephone numbers are 20125 and 20504.

Best wishes, Andi Chapple

BOXES OF HOPE CUMBRIA

I'm sure you need no reminding that the shoe-box dead-line is rapidly approaching! Completed shoe-boxes can be dropped off at TIC (72 Main St.) or the Post Office, although please bear in mind that they have very little storage space in their stylish new-look premises. Both

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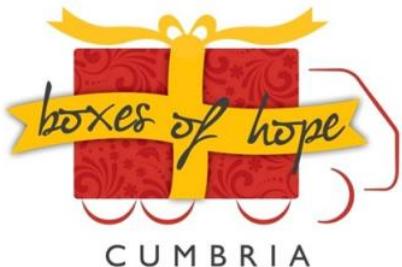
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Potatoes & Seasonal Veg
Roast Butternut Squash with Sage Butter & Pine Nuts, New Potatoes & Seasonal Veg |
| Dessert | Christmas Pudding with Brandy Sauce
Chocolate & Baileys Mousse
Raspberry & Disaronno Cheesecake |

Enquire about our private Dining Room!





Sedbergh Primary and Settlebeck schools are once again supporting the appeal, as are churches and individuals in the community. Boxes will be collected from Sedbergh on Sat. 12th November to be taken up to Kirkby Stephen, where they will be checked and packed into cartons ready for their onward journey to Romania.

Thank you once again for all your help and interest in this project.

Pam Dent (20042).

B4RN

Remember, remember, the 23rd of November! That's when the Dentdale

and Garsdale community team working with B4RN is planning to hold a public meeting in the Memorial Hall, Dent, to demonstrate how hyperfast fibre broadband works and what it can do for you. Look out for confirmation and details nearer the time. We'll be telling you what's been achieved so far, and what's going to happen next. Don't miss it.

So where are we up to now in the big community effort to bring state of the art hyperfast broadband to every home and business that wants it in Dentdale and Garsdale? Well, we've dug our way over Barbondale – along the verges, through the fields, under streams, through the culverts – and laid the ducting that will carry the fibre. The first length of fibre was 'blown' through from Gawthrop to Dent primary school in mid-October, and by the time you read this our techie teams will be completing the fibre connection from Barbon and connecting homes in Gawthrop

THE FOLK CAROLS WEEKEND DECEMBER 2-4

Dent Memorial Hall: Folk Carols concert Friday 7.30pm Dec. 2
Ceilidh: singing & dancing with band & caller - join in our just listen - and Lucia's festive feast, Saturday 7.30pm Dec.3

Singing Walk - and lunch, with visiting choirs - Sunday 12.30pm Dec. 4
Folk carols harmony singing workshops - Saturday 10am & 2pm, and Sunday 10am, Dec. 3 & 4 - **Dent Meditation Centre.**

CAROLLING SETTLE CARLISLE Saturday Dec. 10

Join several choirs singing folk carols on the trains, and in several stations and pubs from Langwathby via Ribblehead to Settle and back. Morning workshop in village hall, lifts available, music and recordings can be sent.

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Tickets from TIC or David Burbidge 015396 21166

hamlet to the newly-installed ‘cabinet’ in Dent. To start with, a switch for 92 connections will have been installed by the end of October, with another 500 to follow.

The next step is to start building the network that will bring connections to homes in Cowgill, Deepdale, and then Garsdale – the places where old-style copper wiring struggles to produce broadband speeds of 2Mbps, compared with fibres’ top speed of 1000Mbps! Once again, we thank the farmers and land-owners who have given us free wayleave agreements to allow us to proceed. They know that modern hyperfast broadband is vital to a successful farming future, and they are not going to be left behind.

Over the next few weeks our volunteers will be leafleting those home-owners in Dentdale whose current speeds from BT are 2Mbps or lower – and that’s most houses more than a mile from Dent village. For

every property in this position B4RN will be able access additional Government funding which will help cover the costs of building our superfast network, as reported in last month’s Lookaround.

So get that 23rd of November date in your diary! See you there at 7:30pm! And if you haven’t yet got round to joining our team of volunteers, call us on 015396 25321 and we’ll be glad to sign you up.

Hyperfast Broadband for Dentdale and Garsdale Communications Team

SIGHT ADVICE SOUTH LAKES

Sedbergh Branch

We met once again on Tuesday 18th October at the People’s Hall.

After welcoming everyone to the meeting, Dennis asked us to observe a minute’s silence in memory of Florence’s husband Bill Brown and for one of our founder members, George Tomlinson, both of whom have very sadly died recently. Our



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sincere condolences go to the families of both.

There were several absentees, for a variety of reasons and our good wishes go to Jessie, Jenny D, Jenny J, Gladys and Connie. We missed them and hope to see them next time at the "Fat Lamb".

Margaret McClure from the Kendal office gave us an interesting talk on her work with the Sight Advice South Lakes charity and at the hospital eye clinic, where she will be until the end of March. She is responsible for the "Positive Steps" information sessions, training of volunteers and support groups.

Sight Advice have moved into their new premises in Kendal. Their new address and telephone number are

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Margaret brought some large playing cards for us to look at, among other items designed to aid the visually impaired. One of the items which attracted most attention was a device called the "Audio Bible". No larger than a mobile phone, it contains the whole of the Bible, narrated by David Suchet of "Poirot" fame. The cost was a surprisingly reasonable £40. Something to think about with Christmas coming up

Advent Service

Sunday 4th December

5.00pm Sedbergh School Chapel

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perhaps! The meeting ended with an entertaining game of "Shut the Box"!

Our next meeting is at the "Fat Lamb" for lunch at 12.30 on Tuesday 15th November.

Sue Harper

MacMILLAN

Macmillan - Worlds Biggest Coffee Morning at No.6

Thank you everyone who came and supported our coffee morning here at No.6 on Friday 30th September - Massive thank you to all the local businesses for donating prizes or the Raffle at such short notice!! Special thank you to all those who baked and made produce to sell and eat on the day!! You all helped to raise just over £200. Our next Coffee Morning will

be in March for Comic Relief more information in Lookaround early next year.

Kindest Regards

Jacky Baines

DENT MEDITATION CENTRE

There is plenty going on this month at The Meditation Centre - do join us!

Friday November 11th - Mindful Yoga and Meditation

Based on a theme of Clarity. Lisa Milnor is offering a full day of Yoga and meditation to help bring greater calmness and clarity to daily life. The day will include some gentle and restorative yoga asana (postures/movement), simple breathing practices, yoga nidra and meditation



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bound together with teachings from the ancient practices of yoga and mindfulness. With no specific aim other than to let the day unfold and to touch that place of stillness and peace that rests within all of us. Suitable for all, no previous experience of yoga, meditation or mindfulness needed.

Saturday November 12th – Living Mindfully: Cultivating Self- Kindness and Compassion Day Course.

A gentle day of being kind to ourselves, exploring kindness and compassion meditations and practices that we can use to help ourselves and others, particularly in times of stress and difficulty. We will enjoy some mutual sharing and discussions, and also explore some

movement and walking meditation to keep our energy going throughout the day. Delighting also in our natural sense awareness and bringing in some kind body relaxation practices in the safe and peaceful environment of the Meditation Centre. The day will be led by Helen Towers.

Saturday, November 19th - Rainbow Chakra Gong Bath

Come and relax to the healing sounds of magical gongs, Tibetan & pure crystal singing bowls, bells and chimes. From the exquisite sacred sounds of tibetan and pure crystal singing bowls, balancing your energy centres, body mind spirit, we move to the wonderful multi-coloured sound frequencies of the gongs in this deeply relaxing sound journey led by



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sound healer/Gongmaster, Reiki Master, singer and teacher Kath Reade.

Sunday November 20th - Monthly Group Meditation

We will be observing sounds and thoughts, practising gentle mindful movement with the breath, and sharing some meaningful poetry, with a chance to chat over a cuppa.

For more information on all of these events, please visit our website:
www.meditationcentre.co.uk

HEDGE LAYING COMPETITION

The Community Fund has made a grant towards the Hedge Laying Competition which is being organised by YDNP Warden Paul Wilkinson on the path adjacent to the Settlebeck



School playing field. It will take place on Saturday 7th January and is one of the Hedge Laying Society Grand Prix of events.

CHRISTIAN AID

The October Coffee Morning for Christian Aid raised £276-53. Many thanks to all those who helped and supported us.

SEDBERGH TRANSPORT

Re "Transport Problems" in the September Lookaround.

I believe that the Western Dales Bus (WDB) provides us with a much better service on a Saturday than we have with the commercial services during the week, with four return trips to Kendal and Dent, and two connections with the trains at Dent Station. There are also services to Hawes and Kirkby Stephen during the week.

I understand that the seating capacity is as it is because this enables the drivers to drive the bus using their normal car driving licences, complemented by specialist training courses and the attainment of a certificate of competence. Any increase in capacity would mean they would have to have a PS V licence. As the drivers (and everyone else working for the WDB) are all volunteers, this would mean extra training and expense, when they are already giving up their valuable free time for the sake of the community.

Additionally, the very narrow and bendy roads between Dent and Dent station would be much more difficult for a larger vehicle to negotiate.

I feel the WDB does provide a good

service for the communities of Sedbergh and Dent, as well as visitors to our area. Without the commitment of all the volunteers, we would have no service at all on Saturdays to Kendal, nor the opportunity to visit Hawes or Kirkby Stephen by bus. To therefore say that the bus is unsuitable and to imply that the WDB does not provide a service is not only hurtful, but misguided as well.

Mary Maples

Ed Comment. This was covered last month by Jack Cairns on Page 32. This letter was submitted to us by e-mail but did not arrive. We have experienced a few examples of non-arrivals recently and we always respond to your submission. If we don't we won't have it. DJW

KILLINGTON SAILING ASSOCIATION NEWS

As the end of the sailing season approaches Killington has had several notable results

At the famous Southport International 24 hour endurance race in its 50th Anniversary year Killington had two teams complete the event. The main Killington team maintained their recent record in a big field of 82 dinghies by coming 21st overall and in the Enterprise class. Meanwhile a second team from Sedbergh School who train at Killington, came 7th in the Lark class. It was a year of very light winds and during the night the boats were "ghosting" around in near becalmed conditions.

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and Far Northern Laser series, which started almost 6 months ago with the first event at Killington, three sailors managed to complete the whole series and won the 4.7 and the Radial class and were also 2nd youth in the overall series. The Thomas brothers, James and George, from Killington village claimed the Radial and 2nd Youth prize, while the 4.7 prize was won by a Swiss national from Sedbergh School sailing club. Events have travelled from Killington via the Lake district and Scottish borders to Northumberland for the final event at Derwent reservoir.

Possibly more exciting than any of the above for local sailors, is the installation of our new floating jetty at Killington which provides a much improved launching facility and creates a small harbour for launching into in windy conditions. It was interesting this week to see a group able to carry out capsise training using the new harbour in a Force 5 – unthinkable prior to this facility. We are grateful to many local charities for helping fund this installation; Cumbria Community Foundation, Sedbergh and District CIO and the Hadfield Trust.

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GRAVE TALK



Talking about death and dying is an emotional experience for many but it is perhaps the only thing that is certain in life. We all face the issues at different times with loved ones, family, friends and even pets! Grave Talk is an opportunity to talk in a relaxed and safe space about the issues, practicalities and mystery of death. Through discussion and with a cuppa in hand it's amazing where the conversation can go!

Everyone is invited to come along and everyone is welcome on Thursday 17th November at Cornerstone Community Church (CCC) - Main St (formerly URC Rooms.) from 2-3pm.

Please do take this opportunity to come and chat. For more information please contact Carole Marsden (CCC), Andy McMullon (St Andrews) or Janice Rusling.

SEDBERGH SCHOOL NEWS

"Everest" climb

On Sunday 25th September, Powell House boys together with family and friends ascended Winder a sufficient number of time to exceed an ascent from Base Camp to the summit of Everest to raise funds for the Lupton Scholarships. Three boys made eight ascents, and a total of over 196,000 feet was climbed on the day. This was partly inspired by the fact that Simon Beaufray OS wrote the screenplay for the film *Everest*. The School Foundation has been shortlisted in the Funding Initiative of the Year for its Lupton Scholarship campaign.

Gerry Blackwell

Gerry Blackwell's Memorial service

was held on Friday 30th September and followed by a reception in the Queen's Hall.

Academic

Upper Sixth biology and psychologist gained fascinating insight into the workings of the human brain from a lecture by Dr Guy Sutton, Director of Medical Interactive

The year 9, 10 and scholarships examinations and assessments will take place on 9th and 10th November.

Estate

The upper floor of the music school which includes the recording studio etc is almost ready to come back into action after Storm Desmond.

The final decision on the new Sports Hall is still awaited at the time of going to press.

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Music

On 11th December the Choral Society will present in Powell Hall "An Armed Man" a Mass for Peace by Karl Jenkins which will be performed with a professional orchestra. Tickets are available from www.trybooking.co.uk/BDN price £7.50/£5.

Over 200 pupils are having music lessons

A very successful concert "A Night at the Musicals" was held in Powell Hall on Friday 14th October- all the better for having been produced only five weeks into the school year.

Sport

The 1st XV won easily against Myerscough College 52-14 and won the Wavell Wakefield match against

Flower Festival



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Merchiston Castle School on 1st October 34-8. They beat Durham 30-16

The sailors were first school and 6th overall in the Southport 24 hour race

The English Schools Fell Running Championships took place on Saturday 25th September with 550 children from 87 different schools taking part; Fraser Sproull took nearly a minute off the record for the year 8-9 race, Joe Bird from Penrith came 4th in the year 12-13 race, and the years 12-13 team won the team prizes.

The shooting team competed in the North West championships at Altcar and gained the title North West Skill at Arms Champions. Will Ross, Charlie Cowan, Freddie Cade and Harry Welsh gained a collection of 1st, 2nd and 3rd places.

Sedbergh rugby players returned to school this year with news of their selection for U16 Premiership

Academy rugby clubs Sale Sharks and Newcastle Falcons. Five of the boys were in the winning NatWest Championship team at Twickenham, and two are still eligible to play for Sedbergh's U15 team, and Will Haydon-Wood from Kirkby Lonsdale is playing for the 1st XV although still in year 11.

James Griffin in Year 8 has achieved a tennis career high ranking of Number 3 boy in Great Britain for boys born in 2004 (& younger).

General

The School ran a conference together with Cumbrian University in Ambleside on 11th October, to look at the possibility of establishing CECATS (The Cumbria Education Centre for Advanced Technology and

Science). An attempt to encourage young people (particularly girls) to engage in STEM (Science Technology Engineering & Maths) subjects and to go on to apprenticeships and degrees to fill the great need for these in Cumbria in the coming years.

The School took part in Dyslexia Week and Mental Health Day. Three members of staff shared their personal experiences with pupils. Girls wore yellow ribbons to mark the day

At the time of going to press the School is in a state of anticipation as notification of an Inspection is hourly expected.

Prep School

Eight schools took part in Sedbergh

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School Prep School Academic Challenge at the Upper School and the Prep School finished as runners up. Fraser Sproul was victorious in the ESAA event and our Under 13 girls lifted the team trophy.

The new Design Centre and Logo and Electronics activities are proving a success.

A coffee morning held for McMillan Cancer raised £356. The Prep School held a harvest festival in Holy Trinity Church. It is intended to put on performances of *The Prince & the Pauper* in February next year
The Old Sedberghian Pilgrimage

The Old Sedberghian Pilgrimage to the graves of the Old Sedberghians who died in the battle of the Somme (1st July -24th November 1916) took place in the middle of September. Seventeen Old Sedberghians' graves (12 cemeteries) were visited. The 12 whose graves are unknown are recorded on the Memorial at

Thiepval. A small service was held at Thiepval when the names of the 12 whose graves were "Known unto God" were read out, together with the names of the following twenty men from Sedbergh Town who died in the Somme battle, thirteen of whose burials are only "Known unto God" and are also recorded on the Thiepval Memorial:

- Private Joseph Charles Bateman (Border Regiment) died 1.7.16 aged 22
- Private Robert Edward Seddon (Border Regiment) died 0.7.16 aged 20
- Private Parrington Dixon (West Yorkshire Regiment) died 1.7.16 aged 21
- Private Miles Capstick (Border

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- Regiment) wounded 1.7.16 died 5.8.16 aged 23
- Private Thomas Kendall (South Lancashire Regiment) died 3.7.16 aged 24
 - Corporal John Charles Leighton (Border Regiment) died 15.7.16 aged 34
 - Signaller John Bruce Davidson (Duke of Wellington's Regiment) died 15.7.16 aged 20
 - Private Henry James Clemmet (Duke of Wellington's Regiment) died 22.9.16 aged 22
 - Private James Banks (Duke of Wellington's Regiment) died 17.8.16 aged 22
 - Lance Corporal John Laurence William Woodhouse (89th Comp Machine Gun Corp) died 30.7.16

Everyone is invited to the
Toddler DIY Nativity
Christmas Eve 2pm

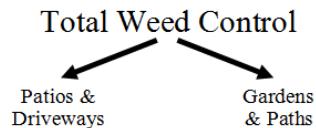
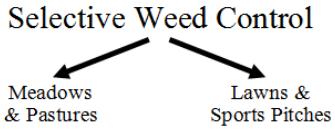
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- Private Joseph Oversby (The King's Liverpool Regiment) died 17.8.16 aged 25
 - Private James Mason (The King's Liverpool Regiment) died 18.8.16 aged 39
 - Private Miles Harper (West Yorkshire Regiment) died 3.9.16 aged 30
 - Private Wilfred Brunskill (PofW Own Civil Service Rifles) died 15.9.16 aged 23
 - Rifleman James Henry Milner (King's Royal Rifle Corps) died 17.9.16 aged 19
 - Rifleman Nicholas Herbert Todd (London Regiment) died 7.10.16 aged 38
 - Sergeant Harry Lyddington Mason (Duke of Wellington's Regiment) died 12.10.16 aged 29
 - Private George Albert Dawson (Machine Gun Corps) died 27.10.16 aged 19
- Besides visiting the cemeteries, the

group had very interesting tours of the battlefields where the appalling slaughter took place.

Coming events in November

The School returns from half term on 6th November. The School Fireworks display and bonfire takes place on Monday 7th November in the field below Busk Lane. The Prep School is holding an Open Day on Saturday 12 November. On 13th November there is a Prep School Girls' hockey and netball festival at Sedbergh School. On 16th November there will be a performance of *The Wish House* (North Country Theatre) in the Arden Theatre (entry free – it is £10 elsewhere!). The First XV's home games in November are against Warwick on Saturday 19th November,

and Kirkham on Wednesday 23rd November The St Cecilia's Day Concert is on Monday 21st November at 21.15 in the School Chapel, and entry is free. And the first performance of *A Christmas Carol* will be on Wednesday 30th November (and the following two nights) and tickets will be available through www.trybooking.co.uk

KBL

SETTLEBECK NEWS

In September we held our Open Day and Evening for Year 6 pupils and parents who are about the make their secondary school choices for next year. Children from our surrounding primary schools spent a day at Settlebeck doing lessons and

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activities (including learning some Japanese!) to give them a real taste of secondary school life, and a great time was had by all. In the evening, our school was packed out with parents and children who came to look round and meet our staff and students. Headteacher Karen Grant talked about our aims and what Settlebeck can offer your children; not only great teaching and excellent academic levels of progress (Settlebeck is consistently in the top three schools in the county for this) but also all the extra-curricular opportunities which give our students experiences and life skills to help them succeed in the next stage of their lives after GCSEs. We hope we

will have the opportunity to welcome many of the children who came to Open Day as students here next September.

All our new Year 7 students had a great week on their residential trip to the Youth Hostel at Troutbeck. Everyone got involved in climbing, canoeing, walking and the tree top trek. A big thank you to all the staff who made it happen.

Recently Paul Beach, our new Deputy Headteacher, took a group of Year 11 students to meet the ladies of Sedbergh Women's Institute. The students gave the ladies an insight into life at Settlebeck. Paul also talked about his experience of the first half term in his new post. He has

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found both students and staff wonderfully welcoming – the students are a delight to teach – and he is looking forward to a long and successful tenure here with us.

Recently, five Year 8 students and one Year 9 student attended a gifted and talented linguistics day at Dallam School, led by lecturers from the University of Lancaster. They learned about how language is changing due to the increased use of social media. It was a very successful day, enjoyed by all who attended, and we are already looking forward to the next gifted and talented day in February.

In sport the year started well with some fantastic results at the English Schools Fell Running Championships which was held on home soil at

Sedbergh School. All students competed really well in a tough fell race. Henry Hunter finished in second place, only a few seconds behind his rival. Maisie Gough (24th), Cj Middleton (29th) and Amelie Pennington (51st) all performed fantastically too. Henry continued his success, finishing 6th in the invitational cross country event at Casterton School, racing against others a year above him. Other boys finishing were Isaac Brewer 34th, Edward Thomas 36th and Luke Troughton 43rd. The girls had some good results too, Amelie Pennington finishing 11th, Carla Avery 12th, Cally Lawson 13th, Bethany Beck 16th, Ava Oxley 24th, Ellie Wells 28th and Millie Barnes 29th. With no rest for the

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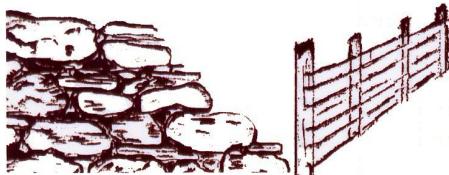
wicked, the day after this, Year 7s were competing in the County Cross Country Trials at QEGS Penrith. Henry Hunter again showed us how talented he is by finishing 3rd and gaining selection for the county. Other boys finishing really well in a huge field of competitors were, Isaac Brewer 107th, Cole Smith 110th, Luke Troughton 122nd and Ewan Foster 131st. The girls did really well too, Cally Lawson finishing 38th, Ava Oxley 61st, Sienna Middleton 111th and Emily Baines 117th. Well done to everyone for competing.

Netball matches, tournaments and football fixtures have been in full swing with some great results, noticeably the boys U16 team beating the Lakes School in a home fixture and a draw for the U14s.

On 30th September we raised over £400 with our Macmillan Coffee Morning. We are also having a non-uniform day when we hope to raise even more money for the charity.

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We will be doing a Bags for Schools collection for our PTFA after half term. If you have any unwanted clothes or shoes in good condition, please bring them down to Settlebeck School in the week beginning 21st November.

A big thank you to our community police officers who have been coming into school to talk to students about internet safety.

Finally, it's our annual Christmas Fair on Friday 25th November from 5pm. There will be stalls selling beautiful, affordable Christmas gifts, cakes and the ever popular tombola as well as Santa, of course! For the second year, our GCSE Catering students will be serving up delicious hot food in their pop-up diner – homemade meat & potato pie, curry and lasagne. It was so popular, we sold out last year so get here early, give yourself a night off and let Settlebeck feed the family!

Juliet Proctor

MISS CUMBRIA FINALIST

My name is Rebecca Thompson, I attended Settlebeck school, earning gcse grades of mainly A* and As and went on to QES where I completed A levels of 2 As and a C. This year I am a finalist for Miss Cumbria!!

Miss Cumbria is an amazing competition for girls aged 17-26. We are encouraged to be the best versions of ourselves and that it's not about how "pretty" we are but its inner beauty that counts!

On Sunday 2nd October I attended an activity day where I met other girls taking part in the competition, making friends for life, learnt more about the final and had a free mini photo shoot! The final will be held on Saturday 12th November at Carlisle, where there will be a catwalk and we will have to model 4 outfits. First sports wear, followed by your favourite Saturday night outfit, then evening/prom wear and finally an eco outfit! So the Eco outfit, this is an outfit that has been borrowed, bought from a charity shop or made from recycled items, the theme this year is countries of the world due to the Olympics in Rio this year. I have chosen the country of Spain and will be making a Spanish flamenco dress!

In order to take part in the final, all girls must raise a minimum of £200 pounds for the chosen charity. This year it is the children's charity Variety. My fundraising for the event includes a quiz night every Wednesday at the Red Lion, Sedbergh.

At the George and Dragon, Dent, I hosted a pool competition that took place every Sunday in October.

Finally, I organised to fundraise at the



Halloween party at the Red Lion, Sedbergh.

You can also help me raise money for charity by donating to my "Just Giving" page where the money will go to the Variety charity.

<https://www.justgiving.com/crowdfunding/rebecca-thompson-1>

To help publicise myself and the Miss Cumbria event I am writing to you readers to support me by liking my Facebook page "Rebecca Thompson Miss Cumbria 2016 Finalist" <https://m.facebook.com/Rebecca-Thompson-Miss-Cumbria-2016-Finalist-599922293527692/>

On my page you can find out more about me and my journey of being a Miss Cumbria finalist.

Rebecca Thompson

LADIES NFU

Our September Meeting took place on the 20th, our Speaker the Rev. Carole Marsden from Kirk by Stephen came to tell us all about her Lancashire Childhood. It was exactly 4 years since the Rev. Carole came to speak to us about her work in her Parish, and we all remembered her amusing anecdotes from then. We had a lovely evening of nostalgia as we are nearly all of a certain age.

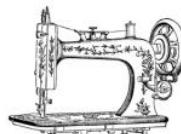
Carole was born in Ashton-Under-Lyne and lived in a 2 up and 2 down House similar to the ones in Coronation Street. Her mother was the daughter of a Pig Farmer 1 of 8, and her father also 1 of 8 was a member of a Travelling Orcus. Carole an only child, not very tall and rather

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chubby, and was born knock-kneed which in those days was rather a problem. All manner of things were tried but she still had to wear big brogue shoes with some kind of pad in one of them. A dancing class was suggested, father sprayed a pair of her brogues with silver paint and she clomped along clumsily while all the other girls wore black dance shoes, no help at all. A family member was the Fat Lady at the Circus and she was also the target for the Knife Thrower - Carole wondered how he could miss as she was so big. On Friday out came the Tin Bath and was filled with hot water and Lifeguard Suds — Carole was in first and chatted with the many visitors who called and always had a word with her, much later a very red and screwed up Carole got out and dried herself putting on her liberty bodice etc. etc. A TV was purchased in 1958 so Carole did not have to visit

the boy next door whose family had got one earlier. What a lot of laughter we had, a most enjoyable talk from a great raconteur. A short tea-break followed. The lucky Raffle Winner was Marlene Mason. A letter was read from the Kendal Branch of the Heart Foundation thanking members for our generous cheque.

Marlene Mason

HOWGILL WI

President Bridget Postlethwaite made everyone welcome at the September meeting including Marion our visitor.

Our fundraising challenge, a "Sheepish Quiz" is going well. Quiz sheets are on sale from members and outlets around Sedbergh.

Our speaker for the evening, Pam Hetherington, gave us an insight into her work as a podiatrist, being qualified in the treatment and care of feet. This includes all aspects of foot care, ankles, knees and lower limbs and working with all ages. Her role helps older and disabled people to stay mobile and independent.

The competition for a pair of novelty socks was won by Audrey Hoggarth with Mary Stainton second. Liz Moore and Pauline Robson were joint winners of a quiz to name the illnesses from the anagrams. Marion our visitor was raffle winner.

The Annual General Meeting was held on October 6th. Bridget gave a warm welcome to members, visitor Margaret Brassett, and W.I. friend

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and advisor Margaret Hodgins,, who was here to guide us through the vote for President.

The Secretary reported a busy and active year and felt undoubtedly we will continue to flourish. The President thanked the Committee and members for their support in whatever role they help the W.I. function. The Treasurer reported our finances are healthy and up from the previous year.

We proceeded to the vote for President and Committee for the coming year. Bridget was re-elected and is happy to continue as President for the coming year. The Committee remains the same with the addition of Anne Kendal who was nominated.

Following the business Margaret took us back to 2014 when she and husband Douglas spent three months away from home. They spent time touring Australia visiting seventeen different countries and experiencing iconic attractions and different cultures. Bridget thanked Margaret for a cheerful talk lifting our spirits.

The competition, an animal made from fruit and vegetables was won by Audrey Hoggarth with Pauline Robson second. Raffle winner was Liz Moore.

We now look forward to forthcoming events. The annual Council Meeting on October 25th, our Domino Drive on November 4th, the Pub Quiz at the White Hart on November 7th and a

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Daphne Jackson

DO, MsC (Ost)
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Christmas meal on December 1st at Cross Keys, Cawley. We meet again on November 3rd at Howgill Village Hall when Chris Bibby of Bibbys Coaches is the speaker. Do join us if you can.

Audrey Hoggarth

KILLINGTON WI *The afternoon WI for the Entire District*

From the sublime to the ridiculous!

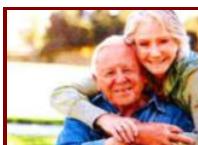
That is not quite the summary of the month but it certainly reflects the happenings at Killington WI !

Our activities this month have varied from the serious to the happily enjoyable. We have moved from making floppy pumpkins to considering the sources of power for

the years ahead. A number of us (two car loads) went to Endmoor Village Hall to hear Dame Sue Ion enlighten us on the sources and amounts of power which we shall need in the years ahead. Shall we switch to nuclear? Or shall we go for renewables – wind, hydro, tidal? Or maybe go for fossil fuels?-coal , gas, oil, fracked shale gas. Our very eminent speaker, who before she started to speak seemed like a quiet unassuming lady, soon convinced us that we would need every available source of power, and then some! If you look her up on Google you will see what a true expert she is. Initially she trained as an engineer and progressed to being a government advisor on nuclear and all other

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power sources. We felt privileged that such a person would spare the time to speak to a local organisation such as the Cumbria-Westmorland Federation of the W.I. (We know that she is really famous as she has been a guest on 'Desert Island Discs'). We felt that her talk added to our visit, earlier in the year, to Heysham Nuclear Power Station. Another Federation WI meeting this month is by an expert on Climate Change. So you can see that we are not just, "Jam and Jerusalem".

So that was the serious side of our month. Our own Killington WI meeting could certainly not be called ridiculous! But masses of fun it surely was. Our own member, Avril, a skilled and enthusiastic crafter, showed us

how to make fabric pumpkins, ready for autumn displays in our homes or wherever we fancied. It was such fun! Amid much laughter and groans, pumpkins slowly took shape. I came home with one pumpkin ready to be stuffed, and another cut out waiting to be sewn. Our hostesses had really entered into the spirit of the meeting. Refreshments consisted of Pumpkin Soup, Pumpkin Muffins, and a luscious cake topped with Pumpkin Seeds. Brilliant! Thank you so much.

Our next meeting will be much more solemn as it is our AGM when votes will be counted and officers elected. (but even that is difficult to take seriously). We shall have a visitor from one of our Federation Officers so that should keep us on the strait

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and narrow. Our lovely raffle prize of a cyclamen was won by Eileen Wilkinson and the "H" competition was won jointly by Margaret Joice's collection of small houses and Margaret Denton's hedgehog.

We are planning our Christmas Lunch at Crooklands Hotel on 13th December. Susan awaits your menu choice.

We look forward to seeing all our members at the AGM at 2-00pm in the Committee Room of the People's Hall on Tuesday 8th November. Who knows? You may even end up as President!!

Wendy Fraser-Urquhart

SEDBERGH WI

Anne-Marie Quinn from the Lakeland Arts Trust came to speak to us on 12th October about her work, which turned out to be much more varied than I, for one, had expected. When she was appointed to the Trust

in 2012 as Learning and Engagement Officer, her brief was to encourage people who would not normally go to art galleries to visit the four properties managed by the Trust, namely, Abbot Hall and the Museum of Lakeland Life in Kendal; Blackwell, the Arts and Crafts house near Windermere (which several of us know and love!); and the Windermere Steamboat Museum, currently undergoing a transformation.

Many of us will recognise the worries parents might feel about taking young children into a gallery or stately home (though nowadays many of these are actively encouraging children) but Anne-Marie has organised groups of parents with young children to introduce them to

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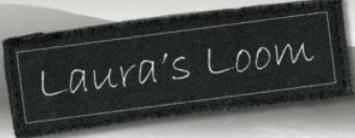
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these places and find things of interest there, bringing family members closer together through shared activities. She showed us some photos of these happy occasions. Similarly, she has arranged activities with youth groups and people with mental health issues. The main focus of her talk and slide show on this occasion, however, was her work with people living with dementia, to give them creative and cultural enrichment.

Inspired by Anne-Marie's visit to the Museum of Modern Art (MOMA) in New York and their outreach to people living with dementia, entitled 'Meet me at MOMA', which has an interactive museum gallery programme for people with dementia



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and their families and dementia caregivers, Lakeland Arts have set up the "Enriched by Moments" programme. Working with the Kendal Dementia Action Alliance (of which Anne-Marie is Secretary), groups of people with dementia are selected to meet at the Museum for a few hours a month on Tuesdays or Fridays and are encouraged to look at particular works of art and express their feelings about them. They also have practical sessions and occasional visits out. Anne-Marie records their comments and takes photos which can be shared by the group later, thus 'stretching out' the fleeting 'Moments' enjoyed by the group when they are together, enriching them further. Anne-Marie read out to us some of the perceptive comments they made. The advantage is that the group can interact in a situation that doesn't rely on memory, and they can express emotions openly. "Live well for longer!" is the aim. Anne-Marie described this interaction with a work of art as 'a brain-gym': people with dementia can still feel and express emotion so it's good for their language skills too. It's obvious from

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comments made by the participants that the classes can have a transformative effect. As one member of the Friday group said: "It's not just here on a Friday: it's how that changes every day!" Anne-Marie's talk gave us much food for thought. She also told us that poetry is a good basis for encouraging people with dementia to talk about their feelings, and some of our own members pointed out the benefits of group singing, experienced here in Sedbergh at the Gladstone House singing group. Sandra Gold-Wood thanked Anne-Marie on behalf of us all for a very interesting talk.

Meeting at Moira's house the next day, the remnants of the book club -

only three of us since five were on holiday and one was babysitting! – switched their attention from Cumbria to Kolkata (Calcutta). "The Lowland" by Jhumpa Lahiri begins in that city in the 1960s and 1970s. A very traditional Bengali Muslim family in which the parents had expected to arrange their sons' marriages is torn apart when one son becomes involved with Indian-Maoist revolutionaries, known as the Naxalite movement, which is still active today. The author, herself the daughter of Bengali parents who moved to the United States when she was a child, was inspired to write this book based on a news item she read from Bengal. The action of the novel

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switches between Bengal and the US and has plenty of drama and family intrigue! I'll say no more than that to avoid giving away the plot, because we did enjoy the book and it scored about 7.5 on our scale, taking into account scores given by some absent members.

Sandra Kemp was due to lead the walking group on October 20th, on a walk she had originally planned earlier this summer but nobody else was available at that time.

Our next meeting, the Annual General Meeting, will take place on November 9th, and will be followed by a Jacob's Join and probably a Quiz. We look forward to seeing all our members there, back from foreign

parts!

Moira Folks

DENTDALE WI

More than a hint of Autumn in the early evening air as we arrived at the Memorial Hall for the October meeting, but then, we have had an exceptionally long Indian Summer.

Marion our President, greeted everyone and we started the evening by singing Jerusalem.

The Institute Business was full of details about events coming up in the near future. Final reminders given for the evening of Exercising to Music which Marion is holding as part of our £10 challenge. Comfortable clothes are the order of the day, so, no need for lycra!

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Our centenary scrapbook which was produced to show the life of Dentdale WI over the course of a year, has been skilfully archived for posterity by Kate Cairns and Sue Owen.

The Quiz Night to be held in Sedbergh on November 7th has received an enthusiastic response from the membership and we might well be fielding two teams as it is usually such a good evening.

Firm arrangements have now been made for the Christmas Party to be held in the George and Dragon on the evening of 14th December. It now remains for us to make our individual choices from the menus.

Our speaker for the evening was Heather Askew. We all sat back ready to be informed and entertained as

Heather skilfully demonstrated the art of Seasonal Flower Arranging. She started with something autumnal calling her arrangement Bonfire Night. The basis of this arrangement used pieces from the Beech tree and Heather ran through the process of conditioning the leaves used in the display. she then added Honesty and the gorgeous orange Chinese lantern plant and other leaves which made for a lovely colour combination. It was almost magical to see the finished arrangement and it looked lovely.

Heather accompanied her talk with interesting stories, anecdotes and naturally, tips on arranging as she continued the evening making three beautiful Christmas table arrangements. She said we were very



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lucky that there is an abundance of foliage to choose from in the area and when thinking about an arrangement to use the acronym F(A) CTS, form, colour, texture, and space.

We finished the evening with tea and biscuits and time to chat. There was a very good entry for the competition of an arrangement in a tea cup and Sue Owen's entry was considered a worthy winner. Heather offered the three christmas arrangements to be raffled for funds much to the delight of the winners.

It had been a good evening and membership is open to anyone who would like to join us.

Next month is the AGM to be held in the Memorial Hall on Wednesday

10th November.

Pat Allen

LADIES NFU

Our October Meeting took place on the 18th when Margaret Watkins spoke about her passion for Hats. Both of her parents had died long before she was a teenager, she was then taken to live with a friend of her parents who had a Hat Shop in Lancaster called Mauds — hence the passion for Hats. When Mauds Hat Shop closed there were some Thirty Thousand Pounds worth of stock, Mrs Watkins managed to sell the bulk of it. The rest with the addition of a few purchased for Weddings are what were modelled by our President Marilyn, and then passed round to be tried on by whoever wished to. Plenty



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of hand mirrors available. A few of our members looked great in any of them, others not so good, names not available. A friend who was staying with Mrs. Watkins came to the meeting and was very busy taking lots of photographs. When Mr. Watkins retired he and Mrs. Watkins being members of The Salvation Army took a 2 Year Training Course to be Salvation Army Officers and were ordained in 1986.

All speaker fees and donations go to fund the work of the Salvation Army who are always at the forefront in any crisis be at home or abroad.

Marilyn thanked Mrs. Watkins for sharing her love of hats with us.

A short tea break followed.

The lucky Raffle Winner was Marilyn.

Our next meeting will be on the 15th November when Anne Parker will be giving a Sugarcraft Demonstration.

You are very welcome to join us.

Marlene Mason

FAMILY MUSINGS

Our family age range is 9 months to 98 years with a number of decades marked inbetween. Next year I will be 60 years of age and plan to celebrate in various ways. When I was 40 my dear old Dad told me that he hoped I would double my age, when I was 50 a friend (??) said she hoped I never doubled my age because me at 100 was way to scary to contemplate and it really cannot be said for 60! Auntie, at 98 would like a few more years yet but definitely not to be 100.. now I got kicked out the maths class for getting 8% in my maths mock O' level but even so that doesn't add up..!

November is fireworks and bonfires, toffee apples and stirring the puddings for christmas, nights by the fireside and watching for the early bird Christmas post. I have bought my cards but will they all be ready to send by the end of the month.. that's the aim. Enjoy the sparklers of life.

Sarah.



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BIKING IN EUROPE

I turned into Pinfold Caravan Park to be met by some wet and bedraggled bunting which simply said 'Welcome Back Stuart', it hung from the site gate sadly limp and sodden, I knew just how it felt!

A hundred and three days earlier I had ridden my Kawasaki 800 through the same gate in the opposite direction heading for a road trip around Europe. I had previously toured France and Ireland with friends but only for two weeks at a time. I'd always liked the idea of touring alone so I could take my time, stop where and when I wanted and not be tied to an itinerary; probably watching films like 'Easy Rider' had

something to do with it too! So the idea for my journey was born; travel into Europe and let the trip develop itself. In my head were five places that I wanted to visit, other than that the trip had no plan, a jigsaw puzzle where all the corner pieces were decidedly missing. It's said by the armed forces that 'a plan lasts for approximately five minutes after first contact with the enemy', as it transpired there was no truer statement. Arriving in France at the beginning of a fuel strike does tend to undo any semblance of a travel plan which relies on regular petrol stops.

Five days later I was finally able to fuel up and head south through Belgium and eastern France to the

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tinnitus (a condition in which I have a special interest)

mild skin problems

eating healthily

improving sleep

replacing unhelpful habits

Mediterranean eventually turning west along the French Riviera into Spain. Crossing Spain from east to west via Portugal, then back along the northern Spanish coast until I found myself in France once more and travelling north on the Atlantic coast. Riding inland to central France, then north west to Brittany, south once more to Limoge, north east to Calais, then Belgium once again, Holland, south through Germany and into Luxembourg and north back to Calais, a ferry to Dover, a very wet and busy M25 to High Wycombe and finally home.

Without Satnav and relying on an old road atlas I was often lost and on one occasion nearly ran out of fuel in a huge deserted forest on the Spanish/Portugese border. When I stopped for a rest it was so quiet that 'Duelling Banjos' immediately sprang to mind! It also became incredibly hot as I rode south so heat exhaustion was a very real concern and pulling a trailer with a motorcycle on roads which were full of potholes can be entertaining to say the least. However despite all of this, the places I visited more than made up for any

inconvenience or discomfort encountered while riding and the people I met along the way were incredible.

I've been asked what I will remember most about the trip and apart from beginning to talk to the bike, it is without question the people. Like the campsite owner in Le Pay who immediately gave me a cold beer when I arrived at his site soaked with sweat, or the couple who provided coffee and biscuits while I repaired my tent in Albert. The husband and wife in Avignon who came over to chat when they saw I was alone or a biker called Sam in Bussiere Poitvine talking with me till 2am in the morning and watching the sky for meteorites.



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An artist called Kord who liked my sketchbook, in Bruges I met two brothers from New York and shared a drink with them and a young couple in Gray who were travelling round in a donkey drawn caravan and offered to share their meal with me. And 'Sausage Syd' a black and white cat who shared my tea with me when I was camping in Bressuire; he left as soon as the sausages ran out!!

Ted Simon in 'Jupiters Travels' ended up in the Far East and when you read about his adventures travelling the world it's the people he met who provided the memory factor so with hindsight its come as no real surprise that my little expedition has also given me so many excellent experiences to remember and think about. Mind you, taking 3,700 pictures, producing a sketchbook, a journal, ninety odd Facebook posts and painting the trailer with my various stopping points also goes some way to jogging my memory!!

So on that wet Saturday has I turned the corner and saw Sedbergh for the first time in three and a half months it felt somehow quite fitting to arrive in pouring rain and soaked to the skin. Stopping briefly at the top of the hill to take in the view, I remembered a couple of lines I had once read, "That you can travel the world looking for something and return home to find it". I patted the petrol tank and

congratulated Blodwyn (the bike) for not missing a beat in 7200 miles, then letting the clutch out and pulling off for the final time we rode the last couple of miles through town, over the last bridge and home.

P.S. Thank you to Ruth for encouraging me to do the trip, flying out to visit me twice, supporting me throughout the whole thing and for hanging the bedraggled bunting for my welcome home.

Stuart Gray



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DENT FOLK CAROLS

December 2-4

This is always a busy time of year for our singers - learning all the festive songs to sing over the season of goodwill, with this year several drinking songs of good cheer for making toasts, as well as an array of seasonal songs, folk carols and many of the Sheffield pub carols.

You are all very welcome to join us at our winter **festival of folk carols** and seasonal songs in Dent over the first weekend in December - we always get a large number of singers coming from around the country and we have a lot of fun learning these songs and singing them together in harmony in the Dent Meditation Centre and Memorial hall during the day on Saturday and on Sunday morning. We've also got our Carols from Afar workshop on Sunday morning where we sing carols from other countries, most notably from our twin town in Slovenia, and a singing walk taking our songs up the valley.

Tickets are now available for the **Folk Carols Concert** - "Toasts of Good Cheer" - in the Dent Memorial hall on Friday night, December 2. As well as local singers we have a visiting choir from Glasgow: Muldoon's Picnic who are coming to sing for us. We've also got the **folk carols ceilidh on Saturday night** with a caller and musicians leading us through the evening - as well as many songs to join in with or just listen to from the visiting singers. And Lucia will as always provide us with another of her **festive feasts**.

As well as learning the tunes and harmonies for these wonderfully lively

folk carols at the Dent weekend, I can send out recordings of the parts, words and written music for you to practice at home - and you can then join us **Settle Carlisle Caroling day on Saturday December 10** when we sing them on the train, in Langwathby, Appleby, Ribblehead and Settle stations, and in a few pubs along the way including the very welcoming Station Inn at Ribblehead, the Golden Lion in Settle and the Langwathby station cafe. There are lifts available from Sedbergh to join the morning warm up and preparation in Langwathby village hall before catching the lunchtime train south.

There are full details with booking instructions on the Lakeland Voice website www.lakelandvoice.co.uk

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SEDBERGH COMMUNITY SWIFTS

Now that all our swifts are back in Africa, it is time to reflect and plan for their return next year. One most enjoyable activity is meeting with other enthusiasts to compare notes, what is happening in other areas, and to receive and offer advice.

Sedbergh Community Swifts plays an active part in the national swift scene. In 2015 we helped set up the Swift Local Network (SLN), a forum that helps and supports enthusiasts and swift groups around the country. We had the inaugural SLN meeting at Leighton Moss last year, and in November this year we'll be meeting again in Bristol.

We are listed as the local contact on



the swift conservation website www.swift-conservation.org.uk and at Action for Swifts (AfS) www.actionforswifts.blogspot.co.uk. Both these websites have masses of information about swifts, and AfS has lots of extremely practical information. Our St Andrew's church tower project is featured in the 'churches' section.

Last year Swift-Conservation, AfS and SLN had a stand for the first time at the annual Rutland Bird Fair. This is the most important event in the birding world that takes place over 3 days towards the end of August. It is a massive international event with not only bird and conservation organisations from all over the world but with well over a

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thousand other exhibitors, in 8 enormous marquees, ranging from optics, travel and art and with another three marquees for lectures.

We helped man the stand last year and it was so successful that we repeated it this year too. What made it very exciting was a visit from naturalist Chris Packham. The picture shows him with some of us at our stand: Edward Mayer of swift-conservation is 3rd from left and Dick Newell of AfS is 4th from right, next to Chris Packham. We are the two on

the left wearing our special swift-adorned outfits, what else!

It was also very gratifying that we were awarded 2nd place for the best stand, in the conservation category.

Not bad for an entirely voluntary organisation.

While our swifts are in Africa is the ideal time to make plans for their return at the beginning of May next year. We urge anyone who is planning building work before then to put up boxes, especially if you are using scaffolding. And mention this to friends and neighbours too. Even better, consider installing nest bricks into the wall as swifts seem to prefer these. The latter are especially



appropriate if you are doing roof repairs, new builds or extensions. There are many examples of boxes and bricks installed around Sedbergh, which we would be happy to show you.

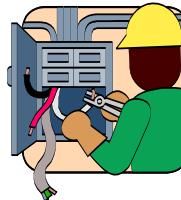
Most importantly, if you are one of the lucky people to have swifts nesting in your property but need to plan for some exterior work, please try and avoid the breeding season of May – August. It's vital not to disturb the nest entrance holes, and we can advise how this can be managed quite easily. We would be delighted to help in any way we can.

To contact Sedbergh Community Swifts: ta.hoare@btinternet.com or 01539 824043.

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COMMUNITY ORCHARD GROUP

What a wonderful year to start an orchard! From all reports it has been a bountiful year, with trees positively groaning under the weight of their fruit. The community orchard is pleased to announce that two Scotch Bridget apples were picked from a tree that was only planted in March. Is this a sign of great things to come?

The Group has enjoyed a full programme of events over the last month. Firstly we were delighted to welcome Year 5 from Sedbergh Primary School for an afternoon at the Orchard. During their time with us they were shown various bugs, beetles and bees and the importance they play in pollination and plant life cycle. This was demonstrated by

Steve Smith who led a discussion with Year 5 pupils about the insects that would be helpful in an orchard. Bees would assist with pollination, and lacewings and ladybirds would eat greenfly. With luck, these helpful insects will come to live in the Bug Hotel.

The children were also taken around the orchard where the different types of trees were shown and explanations given about taste, what they could be used for and whether they will be good producers. From cookers to dessert to juice to cider. Some like George Cave are best eaten from the tree, while ones like Scotch Bridget will keep until March

Then it was time to get their hands on all the bits and pieces to make



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rooms for the bug hotel!

Three children won prizes for the most inventive Bug Hotel designs, these designs were combined and followed as closely as possible. So feathers, pine cones, sheep wool, bamboo, string, acorns and many other things were stuffed, tied or stuck to make a cosy home for the bugs in the Orchard. Well done Year 5, you did a great job!

If you get a chance, wander down to the Orchard and look at the bug hotel, you'll find it tucked away underneath the big trees in the corner, and feel free to add a room of your own, this is all part of the Orchard being for the whole community to enjoy.

By the time you read this our first Apple Day will have taken place in

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The People's Hall. Apple Days were started in 1990 mainly in the UK as an annual celebration of apples and orchards, and we hope that this first Sedbergh Apple Day will be one of many in the future. We have been working hard to make sure that it is a great success, with the opportunity for everyone to bring apples along to be juiced. A full report of the event will appear in next month's Lookaround.

Many thanks to local residents and Sedbergh School who allowed us to glean apples from their trees to use at the Apple Day for children's activities and to make juice for everyone to sample.

Ann Parratt

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SEDBERGH & DISTRICT HISTORY SOCIETY

The first talk in this winter's programme was given by John Zant of Oxford Archaeology North. His topic was the archaeology of the A66 from Greta Bridge to Scotch Corner. In 2006/7 most of that section of the A66 was converted to dual carriageway. Under existing law the contractors had to finance an archaeological survey of the proposed route to record any sites of interest. John's talk described what that work involved and what was discovered.

Firstly research was done to read all the documentary evidence available on sites along the route and also aerial photographs were studied. This identified known sites to be investigated but left much to be discovered. The distance involved meant that it would be impossible to dig the whole length and so trial slit trenches were employed. When a site was identified the top soil was stripped off exposing the boulder clay underneath. Marks in this disclosed the outlines of enclosures, round houses and structures supported on four wooden posts. The purpose of the latter could have been to store grain away from rats or to lie out the bodies of the dead to allow their flesh to be eaten by birds. The soil removed was searched for pottery and associated seeds were later investigated to discover the environmental conditions existing at that time. Very little was found from the Bronze Age but there was an expansion of dwellings from c400 BC, the Middle Iron Age.

At one point the road was crossed by Scots Dyke an earthwork thought to stretch from the Swale at Richmond to the Tees although there is little evidence for it near the Tees. It was assumed to be a Dark Age boundary between two territories dating from the 6th and 7th century AD. However, when a small section crossing the A66 was dug it was proved to date from 900 to 100BC in the Iron Age. It probably was connected with Stanwick the site of the capital of the Brigantes tribe. This was a large area surrounded by defensive ditches which had seen a big rise in population in the 1st century AD, the period of the Roman invasion of Britain.

A small trench was also dug at Carkin Moor Roman fort which provided some 2nd century AD pottery but no trace of the Roman road was found. In the course of the whole A66 survey items that were discovered included Samian ware pottery, and from more recent times a silver spoon, some walls and boundaries, a culvert bridge and a water trough. The relative lack of finds probably reflected the lack of habitation due to the poor quality of the land and the

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effects of ploughing where the soil was under two feet deep on top of the boulder clay. The speaker answered several questions and was thanked for his talk which gave an insight into the rescue archaeology carried out on large engineering schemes.

Richard Cann

LONDON TO WINDSOR BIKE RIDE

Kim and Amy Baines completed the 58 miles bike ride London to Windsor September 4th.

A very enjoyable ride despite a puncture and having to complete the last five miles with a flat tyre managed to finish on time.

We would like to thank everyone who sponsored us to do the ride for

two very worthwhile causes, MIND South Lakeland Branch (For better Mental Health), and BEAT (Helping beat eating disorders)

Total raised £900.

Kim and Amy.

DENT, SEDBERGH AND DISTRICT ORAL HISTORY SOCIETY

Lamps and candlelight

Them days we didn't have electric, we only had oil lamps, so in winter we would get up later. **Kenneth Cragg** born 1936

No, no electricity. We'd candles, and maybe a single burner paraffin lamp for your living room. But otherwise it was candles here and candles there and candles everywhere! **Cissy**

Middleton born 1914

We [Ryecrofts hardware store Sedbergh] sold a lot of paraffin and most of my Wednesdays were taken up repairing oil lamps. There'd be a queue of a dozen or so oil lamps, Tilley lamps or Aladdin lamps, waiting to be repaired. It was a smelly job!

Tom Rycroft born 1922

We had something that was better than an oil lamp, it worked on the acetylene and it gave quite a good light. I wish I'd kept it because it was brass, it was a lovely thing. And we had oil lamps as well, but to go to bed we had candles. And I used to read in bed with a candle till I heard that my father might be coming to bed and put it out quickly before he knew!

Betty Harper born 1920

From *Telling it like it was - Dent, Sedbergh and district in living memory* edited by Anthea Boulton and Veronica Whymant.

GARSDALE HARVEST SUPPER*Going for Growth*

On Friday 7th October, upwards of 70 people once again met in Garsdale Village Hall for our Annual Harvest Supper. After grace was sung by Rev. Andy - with a little help from his friends - a lovely meal was enjoyed, catered for by local ladies.

This was followed by our After Dinner Speaker, Martin Lewes of BBC Radio Cumbria, who spoke of his work as a reporter for the radio station. Special mention was made of the Lockerbie tragedy and the 2001 Foot and Mouth outbreak, which made very thought provoking, and interesting listening. Thank you Martin.

Donations were requested for M.A.G. International, a charity which deals with landmines, and has been at the forefront of emergencies in Iraq, and other places in the Middle East, including Syria. In Northern Iraq in just five months, 1,100 homemade landmines were cleared by M.A.G.

The sum of £350 was raised for this worthy cause - many thanks.

The evening ended with a closing prayer from Rev. Carole. Heartfelt thanks to the ladies in charge of catering, and the gentlemen who did the "heavy work". Thank you all.

Mary Airey

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any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 015394 46464 for an appointment and help. South Lakes Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee, No: 6113551. FRN: 617574

Karen Evans

damp in my flat, but I'm worried that if I complain my landlord will evict me. What should I do?"

Landlords used to be allowed to evict tenants without a reason, but for tenancies starting on or after 1 October 2015 it is illegal to evict tenants for reporting a problem, provided they use the right procedure.

Write to your landlord explaining what is wrong. If they don't respond within 14 days, or they issue an eviction notice, contact the Council, who will inspect the property. If the Council confirm that there is a health and safety issue, any eviction notice is invalid. They will also ensure that the landlord fixes the problem.

If your tenancy began earlier, don't despair – contact your local Citizens Advice for advice on the action to take.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or

KNOTTS CHALLENGE

Cornerstone Community Church project and Christian Aid Howgills 11 Knotts Challenge Update

From the end of September 2015 to the end of September 2016, people were invited to undertake sponsored walks to the eleven places in the Howgills bearing the name Knott on the OS map.

The challenge was part of the process of coming together into a single congregation of the URC and Methodist Churches in Sedbergh. As a joint venture it reflected both working together and our responsibilities to look beyond ourselves. The money raised would be shared between the redevelopment project for the new church, and Christian Aid.

The challenge period for walking has now ended. There is still time to make a donation!

Many thanks to the sponsored walkers, to a number of friends who accompanied them across the hills, and to all sponsors and donors.

Sponsored walkers who have returned their forms and money raised so far are; Yvonne Cervetti, Heather Pleasance, Jean Cope and Martin Dodds.

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The money raised will be divided equally between the Cornerstone Community Church redevelopment project and Christian Aid. As at 3rd October the money raised stands as follows:-

Total:-	£942
of which ;	
for - CCC Project	£471
for - Christian Aid	£471

Updated figures will be added to the church notice boards in the New Street [Methodist] and Main Street [URC] sites from time to time.

Martin Dodds

PRE-LOVED SALE

Thanks to everybody who donated and attended our Pre Loved Sale at Gladstone House. Special thanks to Lucia, Melody, Donna, Janet, Joan, Anne, Patsy, Pauline, Dennis, Teresa and the URC Church for their hard work in making our fundraising day a fantastic, profitable few hours. We raised a total of £662.

A huge thank you to all these local businesses for the raffle prizes - Mad Hatters, Three Hares, Smatts Duo, Sedbergh Café, The Dalesman, Peats Butchers, Haddock Paddock,

Powells, Sleepy Elephant, Green Door, Penny Black, Sedbergh Spar, Abracadabra, Sedbergh Charity Shop, Ann Wood, Lookaround, Westwood Books, Neil and Sue, Liz Easton, Donna Cowin, Sedbergh Gallery & Dennis Whicker. Massive thanks go to Melody and Paul without whose help the event would not have been so successful.

There is to be a Cheque Presentation to Great North Air Ambulance at Gladstone House on 3rd November at 3pm.

Liz Easton & Melody Mitchell

REMEMBRANCE SERVICE

The Royal British Legion Sedbergh Branch do hope that you can join us at 10.30 am on Sunday 13th 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 11th November to remember the 98th anniversary of the signing of the Armistice at the end of the First World War.

AGE UK SOUTH LAKELAND

We have a variety of activities happening in Sedbergh so please come along and join us.

If you would like to learn to swim or are not very confident in the water, try our Beginners Swimming Class at Sedbergh School pool every Wednesday from 11.45 am- 12.15 pm run by a Qualified ASA Swim

<p>Teacher .</p> <p>Join us for lunch at the Red Lion Hotel every 2nd Thursday of the month or come along to our Afternoon Tea Group at the Sedbergh Café which takes place every first Thursday of the month at 2.30pm. Enjoy sandwiches, scones, cakes and as much tea and coffee as you can drink..</p> <p>If you would like to find out more, please get in touch with me via the Age UK helpline number on 01539 728180 .</p> <p style="text-align: right;"><i>Ruth Taylor</i></p>	<p>Cafe Ambio Function Room, Junction 36 Rural Auction Centre, Crooklands, LA7 7FP.</p> <p>East Integrated Care Community (ICC) incorporates the communities registered with GP surgeries in Sedbergh, Kirkby Lonsdale, Bentham, Milnthorpe and Arnside. An ICC is a team of health and care professionals from across the NHS, social care, and third sector organisations that work together with the local population to help address the health and care needs of a community. This first event is aimed at people who actually live within the East ICC to come along and share their views about what makes their community “a happy and healthy place to live”, and how we can work</p>
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INTEGRATED CARE COMMUNITY

We are having our first East Integrated Care Community (ICC) public event on Thursday the 10th of November from 6pm – 7.30pm in the

New Employment Opportunities

Sedbergh School are looking to employ enthusiastic people who would like a varied working environment, with the potential to develop their careers in the longer term through the collaboration between the School and local colleges and providers.

The School is currently looking for staff to work in the Catering and Events Section of the Hospitality team. Very much a valued and appreciated part of the team, the ideal candidates would be happy working flexibly in accordance with the changing requirements and needs of the School as part of a group delivering catering and waiting on support. Jobs are available for full time, part time evening, and weekend work. For those who may wish to use their housekeeping skills, there are also opportunities within the Domestic and Housekeeping section.

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An application can be obtained by:

- Downloading from our webpage
<http://www.sedberghschool.org/senior/Information/Vacancies>
- Emailing Maria hadmin@sedberghschool.org
- By calling in to the Sedbergh School Bursary or telephoning 015396 20303

together to improve the health and wellbeing of our community.

To book a place and for more information please do not hesitate to contact me.

Angela Robinson

WALKING & CYCLING GROUP

On Monday, 21st November, at 7:30pm in the People's Hall, Dave Smith will give another illustrated talk about his long-distance travels.

On retirement, and twenty years on from his first go, Dave Smith had a second shot at backpacking from Land's End to John O'Groats. This is a "mature person's" (his words), rather more gentle, journey of 1,400 miles.

His talk, entitled Land's End to John O'Groats Revisited, is one of the ongoing series of public talks entitled Talking the Walk, Adventures on Foot at Home and Abroad, hosted by the Sedbergh Area Walking and Cycling Group. £2 at the door to defray costs.

For all things to do with walking and cycling in the area, see

www.sedberghgateway.org.uk

PHOTOGRAPHIC EXHIBITION

A photographic Exhibition by local photographers called 'Through the Lens' will be open for viewing at Leck Gallery.

The opening will be on Friday 11th November at 7pm. Saturday and Sunday 12th and 13th November viewing will be from 10 until 4pm

Leck Gallery is situated just off the A65 behind Cowan Bridge. Our latest Exhibition features a variety of images from the highly technical to the highly conceptual by both

professional and talented amateurs.

Follow the Gallery signs from the A65 at Cowan Bridge.

Janet Nuttall

COMMUNITY OFFICER REPORT

9/9- Theft of 4 breeding mule gimmer lambs. Believed stolen between 23rd-24th Aug.

10/9- ASB reported at a licensed premises.

13/9- A sexual offence was reported in the area.

17/9- Criminal damage caused to a tyre on Fairholme.

18/9- Report of motorbikes travelling at speed in the area. This is being monitored by use of the speed gun and tickets will be issued to those breaking the

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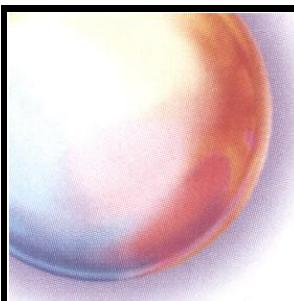
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- speed limit.
- 19/9- Criminal damage was caused to the playground at the peoples hall. Can I remind parents to ensure that their children behave in an acceptable manor and do not cause damage.
- 24/9 – Burglary reported in the area, high value mountain bikes/ carbon bikes stolen. 1 person arrested regarding this.
- 26/9 –Theft of scaffolding poles at Garsdale, £250 worth of poles stolen.
- 5/10- RTC reported with injury in the area.
- 10/10- RTC no injury.
- 11/10- A report of fish sellers in the area, males had reported to sell a large amount of fish to an elderly resident, enquiries are still ongoing.
- With Halloween and Bonfire night nearly here, I am in all the schools in the area giving talks on the dangers and how to keep safe during the run up to this festivity, I also discuss ASB and the consequences of actions.
- With reports of persons dressing as clowns and carrying weapons in the larger residential areas, patrols will deal with these people with a zero tolerance approach. This is having a negative effect on the very young. You will be arrested for a public order offence if you cause any harassment, alarm or distress to members of the public.
- Please when you are attending any firework displays, make sure you have locked and secured your home and any outbuildings.
- CSO 5244 Mandy Coleman.*



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CHURCHES TOGETHER

Sedbergh Christian Centre

Impossible Things

I've been listening to the new album by Chris Tomlin, "Never Lose Sight." One of his songs has a bridge in which he sings,

"One word & the walls start falling.
One word & the blind will see.
One word & the sin is forgiven,
cause you do impossible things!"

It got me thinking about the near impossible issue of forgiveness.

As a Christian I'm supposed to forgive people. I even ask God to forgive me praying regularly in the Lord's Prayer... "forgive us our trespasses as we forgive those that trespass against us." But it's so hard. I have one relative that just seems to know exactly what to do to wind me up & I often feel provoked, frustrated & angry at this person. But I'm called to forgive them.

Why do I find it so hard to forgive? I hate injustice. When someone says something wrong about me or does something wrong to me, I want justice. But I'm not always in a position where I really know all the facts about a situation. How often have I been angry over what I perceived as "injustice" only to discover later that I had contributed to that situation in some part? I need to remember that Jesus, who knew the hearts of men, had 12 legions of angels at his disposal (& chose not to use them), said, "Father forgive them, for they don't know what they are doing," as they nailed him to the cross & then fixed it in the ground. I don't like to admit that I'm in the wrong. If I've done something wrong,

that "inner lawyer" inside me will seek to justify myself before others – the same way Adam sought to justify himself & put the blame on Eve. I find a wrong sense of pride in myself & sometimes I think too little of people. That needs constantly challenging. I need to remember that, "God created man in his own image, in the image of God he created him; male and female he created them." By having a proud & belittling attitude towards others, I am disrespecting God & his creation.

My prayer for me, & for you if you will receive it, is that God would break down walls of frustration, anger & resentment between us & our: spouses, partners, parents, grandparents, children, school friends, neighbours, work colleagues or other groups in the community. That He would open our eyes to help us see that those with whom we struggle to forgive are made in His image &, that He would help us forgive them in the same way that He has forgiven us.

If you have a problem with forgiving people, please contact one of the ministers in any of the Churches.

David Hendrickse

News from St John's Church, Cowgill and St Andrew's Church, Dent

November brings the first anniversary of the launch of a scheme which enables the churches in our area to work together ever more closely, especially when it comes to working out how to tell everybody about the good news of Jesus Christ in the wider community. This idea of the churches looking outwards found expression in Dent

last July when the churches came together for the 'God is for Everybody' Service.

On Advent Sunday (November 27th), the churches will come together again in a special joint service at St Andrew's, Sedbergh to celebrate the ongoing work and the new developments for the Western Dales Mission Community - a new way for us to understand what it means to be God's people in our area, and what he wants us to do.

Services in November:

St Andrew's Dent

- 6th: 10.30am Holy Communion
- 13th: Remembrance Sunday: 10.30am Holy Communion and Act of Remembrance at the War Memorial at 11am
- 20th: 10.30am Joint Communion Service at Cowgill - Preacher: the Rev Carole Marsden
- 27th: 10.30am Joint Service for the Mission Community at Sedbergh Parish Church

St John's Cowgill

- 6th 9am: Holy Communion
- 13th: Remembrance Sunday: 2.30pm Evening Prayer and Act of Remembrance at the War Memorial
- 20th: 10.30am Joint Communion Service - Preacher: the Rev Carole Marsden
- 27th: 10.30am Joint Service for the Mission Community at Sedbergh Parish Church

Living in the Light.

Come and join this four week course beginning on Advent Sunday. The first meeting will be in Dale View, Laning, Dent at 6pm. 27th November 2016.

We shall be witnesses to a single event often given contrasting reports. When the event is God's coming to this world as a child it is not just fascinating, it is highly instructive. It opens our eyes not only to what God is like, but to how life can be lived to the full. This course explores the 'reports' of Luke, John, Mary and Paul. In doing so it engages with the distinctive nature of Christian spirituality and how we can give expression to it in our lives, thus living the light of Christ's coming.

This is one of the many York Courses presented by Canons Robert Warren and Simon Stanley who help the group to explore the themes raised by Luke, John, Mary and Paul, with input from churchgoers of different denominations.

St Mark's Church, Cautley

Our next Taize service will be on Sunday 27th November at 2.30pm. This service provides an opportunity for quiet contemplation, alternating with simple prayers and the lovely Taize chants.

Everyone is welcome.

News from the Pews



As the door burst open close to the end of our usually quiet service of Evening Prayers on a Sunday in October eyes turned towards the three youngsters who entered. No

doubt they were as surprised to see us, as we were to see them. The vicar sent a few smiles their way and they settled down in the pews until the service ended a few minutes later.

Not even Andy who tends to be abreast of modern trends could help them with their quest to find "clowns with knives". We locked the church doors feeling quite perplexed at what they could possibly be talking about.

The following day's radio and newspaper reports made mention of this frightening craze, which seems to have come over from America. We trust the youngsters arrived home safely.

Spiders and all things dusty will be disturbed from their slumbers on our annual Boon Day, Saturday 12th November. Soup and rolls will be served for lunch. As the years roll on we are all firing on a little less steam and every little bit of help goes a long way to keeping our parish church as others and we like to see it protecting it as best we can from the ravages of time.

The bells will be rung half -muffled before the Service of Remembrance on Sunday 13th November calling all ages to come and join in this solemn

and moving annual service together. The Vicar Andy McMullon will lead the service beginning at 10.30am. The names of those who gave their lives in service to their country being will be read out by one of our young people.

A couple of diary dates for you: Tot's Praise will be having its monthly meeting in the church at 2.30pm on Thursday 24th November. Do come along with a little person (or two) and enjoy time together with games and songs led by Vicar Andy.

The final date for your diary in November is the Christmas Fair on Saturday 26th November from 11am until 3pm. As has been the norm for the last few years it will be in the church with the usual array of craft and food stalls on offer...and, we hope, a visit from Father Christmas. Our very own St Andrew's catering team will be on hand to provide the vital refreshments, including lunches which should keep you going whilst you shop 'til you drop!

We look forward to welcoming you whenever you are able to join us.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*



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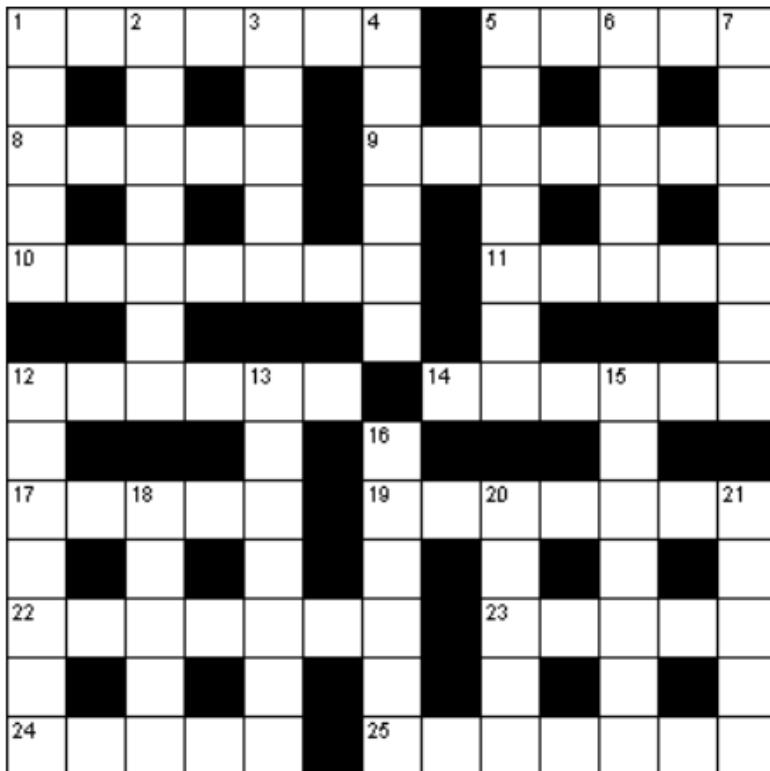
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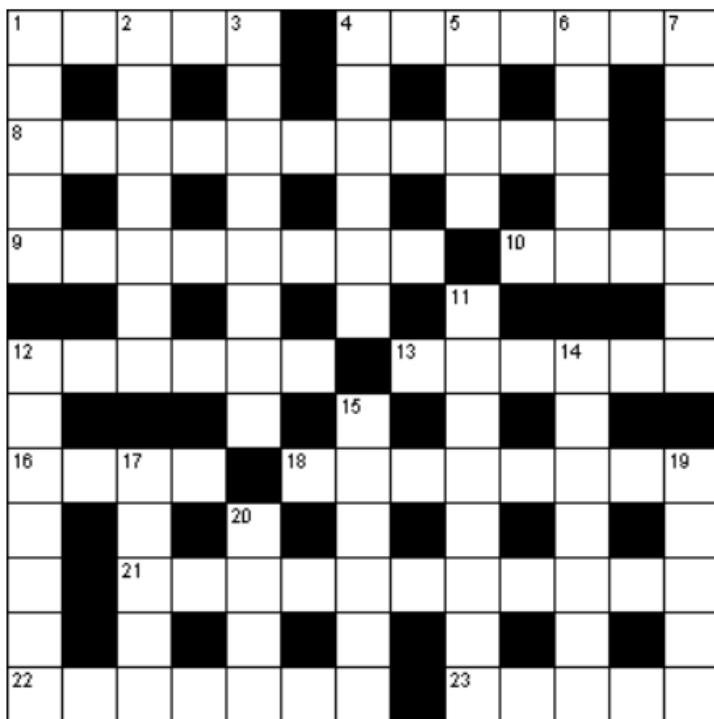
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**Across**

1. Quantify (7)
5. Mindful (5)
8. Changed location (5)
9. Pyrogenic (7)
10. Fundamental (7)
11. Languish (5)
12. Remit in advance (6)
14. Recommendation (6)
17. Utter (5)
19. Traversed (7)
22. Trap (7)
23. Precise (5)
24. Velocity (5)
25. Farm vehicle (7)

Down

1. Imitate (5)
2. Go forward (7)
3. Below (5)
4. Comestible (6)
5. Irritated (7)
6. Fragrance (5)
7. Most vital part of an idea (7)
12. Own (7)
13. Clumsy (7)
15. Occurring with no delay (7)
16. Dialect (6)
18. Follow or result (5)
20. Greek letter (5)
21. Dissuade (5)



Across

1. Young person (5)
4. Sharp pointed implements (7)
8. Butterfly larva (11)
9. Exhilarated (8)
10. Yield (4)
12. Humble (6)
13. Ineffectual (6)
16. Movable barrier (4)
18. Drover (8)
21. Glorious (11)
22. Scaling devices (7)
23. Surface boundaries (5)

Down

1. Luxury craft (5)
2. Articulated (7)
3. Innocuous (8)
4. Disturbances (6)
5. Snakelike fish (4)
6. Big (5)
7. Earnest (7)
11. Sudden unexpected event (8)
12. Sorcerous (7)
14. Mass of frozen water (7)
15. Furniture items (6)
17. Diffident (5)
19. Days of the month (5)
20. Fiend (4)

PERSONAL & SMALL ADS £1

SAMUEL DODD

Happy 1st birthday Samuel on 20th November. With lots of love always from Mummy & Daddy xx

=====

SAMUEL DODD

Happy 1st birthday to my little brother. Samuel. Lots of love Kyla xx

=====

JOE & DEREEN ELVEY

We would like to thank everyone for the congratulations, cards, flowers and presents on the occasion of our **70th Wedding Anniversary**. A special thank you to Michael and his family for everything that was done for us. Bless you all. From Joe and Dereen.

=====

MARJORIE HARPER

Marjorie would like to thank everyone for their cards, visits and prayers during her stay in hospital, also the hospital staff at Kendal and Lancaster who looked after her.

=====

STEPHEN & MARGARET MASON

Stephen and Margaret wish to thank our family Jean, Richard, Robert and Judith for the lovely meal we had at Cross Keys for our **60th Wedding Anniversary**. The beautiful flowers sent from the combined churches together with the signed cards. Also everyone who sent presents and cards, of which there were many. The kindness of Sedbergh people will not be forgotten. Love to everyone.

TED MORPHET

The family would like to thank everyone for the kind words and thoughts shown following the death of Ted in September. Thank you to all those that were able to attend his funeral, and for the generous donations to MacMillan Cancer Care, Dementia UK and the Respiratory Ward at RU. Thank you also to Cherry Stainton and The Capstick Family for the loan of the wonderful vintage tractor and trailer to take Ted on his final journey. He truly was a remarkable man and will be sadly missed by all that knew him. At 95 years young, he certainly left us with many happy memories. Thank you also to Brian Goad, and his team at JJ Martin, the support and guidance was greatly appreciated.

=====

THANK YOU

A big thank you To Sam and Jess Rusling for taking care of Sammy the cat since November **2012**. Now aged 14, he loves living with you. Georgina Devine.

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FOR SALE

Screen Slide Projector, 2 new bulbs, 4 large round slide trays, one oblong + Photofix Copier £40. Star Projector, Science kids Educational Toy £20. Tel: Helen 07876 264981.

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FOR SALE

2 - 3" round pin holders. Heavy metal base with brass pins for flower arranging £5. Tel: 20768.

PERSONAL & SMALL ADS £1

FOR SALE

Partylite Stoney Harbour Lighthouse with 4 small candles enclosed £40. Vintage but good used condition wheelbarrow £10. Breadmaker with instructions. Nearly new. Needs power convertor £20. Tel: Helen 07876 264981.

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FOR SALE

1 pair Ladies Pheonix Leather Golf Shoes. Navy/White to fit size 5.5-6. £15. Tel: 20768

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FOR SALE

DeLonghi DEM 10 Dehumidifier, little used. £50. Ring 015396 21806

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FOR SALE

2 Indoor glazed round pots. Round Aqua green 9" x 12" £20. Oval with legs, turquoise blue 11" x 8½" x 3½" £15. Wooden Handmade Dog Kennel - Free. Small cupboard & shelf, dark oak bedside cabinet £40. Tel: Helen 07876 264981.

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CHRISTMAS MESSAGES

Get your Messages into Lookaround before 19th November. Just place it and £1 in the Post Box in the Sedbergh Information Centre at 72 Main Street.

Please note that anything received after 19th November will not go in and that there is no January issue.

D J Whicker

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	3			7	

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	09/16	Helpline	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
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
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
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
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	06/16	Dr Ripley mylesripley52@gmail.com		
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent Primary School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall *	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	03/11	Mrs Shuttleworth	Sed:	20907
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907

Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	mylesripley52@gmail.com	
Labour Supporters Group	10/15	Mr Cross	01539	634139
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196
Over 60's - Dent	09/16	Mr Steele	Dent:	25054
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	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	09/15	Mrs Palmer	07584	285923
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Settlebeck High School P.T.F.A.	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.com	
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Yoga *	11/16	Mrs Henndey	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
Youth Club	09/16	Mrs Wilberforce	Sed:	21562

* = Latest Amendments

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

EDITORS COMMENTS

Another two new Advertisers this month are Thenewsnot and Body Shop @ Home Please mention Lookaround if you visit or make any enquiries.

One or two people are dropping me an e-mail to the old address of lookaround@whicker73.freeserve.co.uk. This is no longer in use and I cannot retrieve any messages from this address. Please use the current one on the front of every issue. Can you please check your system and remove the old address.

DECEMBER LOOKAROUND

Please remember that there is no January issue but a Double December one. Let us have your adverts and articles before the 19th of every month. Anything received after **19th November** will not be considered for inclusion due to the increased work-load so please be early.

POSTAL LOOKAROUND

Due to the continued large copies of Lookaround being produced at over 100 pages every month, it is also heavier and the cost of Postage has increased. It is therefore necessary to increase the Postal Lookaround from £2 to £2.50 per issue for Mainland and from £4 to £6 for overseas. Sincerest apologies for this increase. Existing Postals will be honoured.

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.

Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores &

Barbon & by Post (please enquire).

All items for Lookaround must be sent to the Sedbergh Information Centre at 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to editor@sedberghlookaround.org.uk

ADVERTISING

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

If you wish to place an Advert in Lookaround, please include the correct money or cheque with the details & 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 or as a PDF. If you order numerous adverts, the content can be the same every month or it can change if you are seasonal.

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

Advertising rates have been updated: December 1991, December 1995, March

1997 & August 1999. (over 16 years ago.)

PERSONAL MESSAGES

These are £1 each & 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 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. All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

BUSINESSES

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

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

If you have more than 3 months of advertising, we will automatically send a

J. E. WILKINSON

BUILDING CONTRACTORS

Quality Craftsmanship

New Builds • Renovations

Roofing • Plastering • Stonemasons

Lime Plastering & Pointing

WINNERS

YDNP BEST BUILDING DESIGN AWARDS 2010

NEW BUILDING CATEGORY

Tel: 015396 25531 Mob: 07989 197580

renewal reminder should you wish to continue. If you order 10 months, we give you one free (making one whole year).

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

Payments by BACS can also be made.

Account: Lookaround

Account Number: 30940267

Code: 20-45-28

Reference: Invoice Number or your name or reference.

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

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

CHILDREN'S BIRTHDAYS

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

Every month, a randomly selected child will receive a £10 Gift Voucher 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 Gift, please contact us. Full credit will be given.

Dennis J Whicker

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	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)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W

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)

S1 Kendal Shuttle Saturday from 1st October R = Request only					
Kendal Morrisons			12:45		
Kendal Blackhall Road [opp bus sta]		09:00	12:50	14:20	16:15
Kendal Asda		09:06	12:56	14:26	16:21
Westmorland Hospital		09:07	12:57	14:27	16:22
Oxenholme Station		09:10	13:00	14:30	16:25
Killington M6 Bridge		09:20	13:10	14:40	16:35
Sedbergh Dalesman		09:35	13:23	14:53	16:50
Sedbergh Maryfell		-	13:25R	14:55R	16:52R
Dent village		09:50		15:10	17:05
Cowgill		10:03			19:08R
Dent Station		10:05			17:20
<i>Dent Station</i>					
<i>Train from Leeds</i>		10:16			19:23
<i>Train from Carlisle</i>		10:38			17:32
Dent Station		10:20			19:30R
Cowgill		10:22			17:52
Dent village		10:35		15:15	18:05
Sedbergh Maryfell	08:15	-	13:38	15:28	-
Sedbergh Library	08:20	10:50	13:40	15:30	18:20
Killington M6 Bridge	08:32	11:02	13:52	15:42	
Oxenholme Station	08:42	11:12	14:02	15:52	
Westmorland Hospital	08:44	11:14	14:04	15:54	
Kendal Asda	08:45	11:15	14:05	15:55	
Kendal Blackhall Road Bus Station	08:55	11:25	14:15	16:05	
Kendal Morrisons		11:30			

- At 1020 the bus will wait at Dent Station for up to 6 minutes beyond its scheduled departure time for a late running 1016 train from Leeds.
- R: The 1840 from Sedbergh and return 1930 from Dent Station runs only on request to the driver on the day.
- R: The bus will only stop at Sedbergh Maryfell at 1325, 1455 and 1652 on request to the driver on the day.

BUS SERVICES

S3 Hawes Hopper Tuesday only from 27th September R = Request only					
Dent	-	0930	-	13:35	15:35R
Spar	-	0944	11:14	13:49	15:49R
Library	-	0945	11:15	13:50	15:50R
Maryfell	-	0947	11:17	13:52	-
Farfield Mill (entrance)	-	0949	11:19	13:54	-
Garsdale Street	-	0957	11:27	14:02	-
Garsdale Station Arrive	-	-	11:32	14:07	-
Garsdale Station Depart	-	-	11:34	14:09	-
Moorcock Inn	-	1005	11:37	14:12	-
Hawes Creamery	-	1017	11:49	14:24	-
Hawes Market Place	-	1019	11:51	14:26	-
Hawes Dales Centre	-	1021	11:53	14:28	-
<i>Garsdale Station</i>					
Train to Carlisle		10:21	12:17	14:20	16:16
Train to Leeds		10:02	13:02	15:13	
Hawes Dales Centre		10:28	12:33	14:38	-
Hawes Market Place		10:30	12:35	14:40	-
Hawes Creamery		10:32	12:37	14:42	-
Moorcock Inn		10:44	12:49	14:54	-
Garsdale Station Arrive		10:47	12:52	14:57	-
Garsdale Station Depart		10:49	12:54	14:59	-
Garsdale Street		10:54	12:59	15:04	-
Farfield Mill (entrance)		11:02	13:07	15:12	-
Maryfell		11:04	13:09	15:14	-
Library	09:10	11:06	13:11	15:16	-
Opposite Morphet's Garage	09:11	11:07	13:12	15:17	-
Dent	09:25	-	13:26	15:31R	-

S4 Kirkby Stephen Connect Friday only from 30th September R = Request only					
Dent	-	09:45	-	13:40	15:50R
Sedbergh Spar	-	09:59	11:29	13:54	16:04R
Sedbergh Dalesman	-	10:00	11:30	13:55	16:05R
Sedbergh Maryfell	-	10:02	11:32	13:57	-
Cautley Cross Keys	-	10:10	11:40	14:05	-
Fat Lamb	-	10:17	11:47	14:12	-
Ravenstonedale	-	10:22	-	14:17	-
Kirkby Stephen Station arr	-	10:29	11:54	14:24	-
Kirkby Stephen Station dep	-	10:37	11:57	14:27	-
Kirkby Stephen Town	-	10:43	12:03	14:33	-
<i>Kirkby Stephen Station</i>					
Train from Leeds		10:34	12:30	14:32	
Train from Carlisle			12:49	15:00	
Kirkby Stephen Town	-	10:50	12:35	14:47	-
Kirkby Stephen Station arr	-	10:56	12:41	14:53	-
Kirkby Stephen Station dep	-	10:59	12:44	15:03	-
Ravenstonedale	-	-	12:51	15:10	-
Fat Lamb	-	11:06	12:56	15:15	-
Cautley Cross Keys	-	11:13	13:03	15:22	-
Sedbergh Maryfell	-	11:21	13:11	15:30	-
Sedbergh Library	09:25	11:23	13:13	15:32	-
Opposite Morphet's Garage	09:26	11:24	13:14	15:33	-
Dent	09:40	-	13:28	15:47R	-

November Church Services					
St. Andrew's Sedbergh	6th	13th	20th	27th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC	Remembrance Service	HC	Mission Community	
6.30 pm	EP	EP	EP	Advent Carols	
Wednesday	2nd	9th	16th	23rd	30th
11.00	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
	6th	13th	20th	27th	
St. Mark's Cautley	2.30 pm HC	10.30 am @ Sedbergh	No Service	2.30 pm Taize	
St. John's Garsdale	10.00 am HC	2.00 pm Low Smithy	6.30 pm Street Chapel		
Lune Parish Services					
	6th	13th	20th	27th	
Holy Trinity Howgill	10.30 am Morning Prayer @ Killington	10.30 am Remembrance Service @ St Andrew's Sedbergh	2.00 pm Holy Communion @ Howgill	10.30 am Advent Western Dales Mission Community Service @ St Andrew's Sedbergh	
St John's Firbank					
All Saints Killington					
Dent & Cowgill Parish Services					
	6th	13th	20th	27th	
St. Andrew's	10.30 am Holy Communion	10.30 am Remembrance Sunday & Holy Communion	10.30 am Joint Communion @ St John's	10.30 am Joint Service for Mission Community @ St Andrew's Sedbergh	
St. John's	9.00 am Holy Communion	2.30 pm Evening Prayer			
Cornerstone Community Church (CCC) Services (Formerly URC & Methodists)					
	6th	13th	20th	27th	
10.30 am	Main Street/PH	New Street	New Street	New Street	
Messy Church					
			16th		
4.30 pm			CCC		
worship@peopleshall					
	6th				
10.30 am	People's Hall				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
PC = Parish Communion			Taize = Modern Chants & Choral		
MP NC = MP with Northumbrian Community			NSV = New Sedbergh Version		

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

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

Rev. Dr. Peter Campbell Tel: 20918

CORNERSTONE COMMUNITY CHURCH

New Street/Main Street
Sunday 10.30

Rev. Carole Marsden Tel: 22030

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. A. McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993

& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

& Jean Dixon 20435

Howgill: Mary Stainton 20426

& Dorothy Parker 20493

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

Rev. Peter Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

Rev. David Crouchley 20329

Rev. Carole Marsden 22030

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am 1st Sunday each month

Beth & Sandy Roy Tel: 20785

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Wednesday 19.30

Rev. G. Jones Tel: 01539 722079

Lookaround Advertising Rates

Single Column 2.56" x 1"	= £7.50
Single Column 2.56" x 2"	= £10.00
Single Column 2.56" x 3"	= £12.50
Single Column 2.56" x 4"	= £15.00
Double Column 5.2" x 2"	= £15.00
Double Column 5.2" x 3"	= £20.00
Double Column 5.2" x 4"	= £25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00
Postal per month to Britain	= £2.50
Postal per month Overseas	= £6.00

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

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

All else by 19th of every month

Last Advert Update August 1999.

Last Postal Update September 2016



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	01969 667356	
	<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	
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> www.oldstationcottage.co.uk	20799
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 (2015/06)	21175	
	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	
Borrett Barn Flat, Marthwaite, Sedbergh (2015/06)	21175	
	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	

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

Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	CCCR
1000	Every Monday	Mind	STAS
1230	Every Monday	Sedbergh Songsters	GH
1330	Every Monday	Knit 'N' Natter	DHC
1730	Every Monday #	Brownies	SMCR
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
0930	Every Tuesday	Drop-in & Relax (6)	MCD
1300	Every Tuesday	Howgill Toddlers	HVH
1300	Every Tuesday	Knit & Natter	FM
1830	Every Tuesday	Cub Scouts	SHQ
1830	Every Tuesday	Swimming Club	SS
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	CCCR
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	CCCR
1145	Every Wednesday	Age UK Swimming	SS Baths
1315	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebras	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Beaver Scouts	SHQ
1800	Every Wednesday	Yoga for All (5)	MCD
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
1830	Every Thursday #	Youth Club	CCCR
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	1st Thursday	Age UK Cream Tea	Sed Café
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Age UK Lunch Club	Red Lion
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
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
Methodist Church, New Street
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
United Reformed Church, Main Street
Winder Fell, above Sedbergh

* = Entry Fee Applicable

DIARY OF EVENTS

Dates are held up to 6th December 2017

NOVEMBER				
1	Shoe Box Appeal Starts (41)	20	1600 Messy Church (20)	
1	1000 Nature, Skin & Bones Exh	21	1930 Lands End to John O'Groats revisited (21)	
1	1030 Game of Thrones Exhibition (8)	21	2115 St Cecelia Day Concert (50)	
1	1800 MRE (Oct)	23	1000 Coffee Morning - Vacant	
2	1000 Coffee Morning - Middleton Church	23	1930 CWT - Flight to Extinction	
2	1000 Grand Christmas Opening (7)	23	1930 B4RN Public Meeting (text)	
2	1830 Gentle Yoga (10)	No 6	1300 Medical Centre Closed for Training (MC)	
2	1930 HS Dent Marble (16)	24	1830 Sedbergh Youth Club (Sept)	
3	1200 Gentle Yoga (10)	24	2000 Musical First & Lasts (24 & 36)	
3	1830 Sedbergh Youth Club (Sept)	25	1700 Settlebeck Fair (1)	
3	1930 WIH - Bibby's in a Nutshell	25	1900 HS Annual Dinner (16)	
4	1000 Gentle Yoga (10)	25	1900 Potato Pie Supper (25)	
4	1900 Bonfire Night (4)	26	1000 DMC Coffee Morning	
4	1930 Domino Drive	26	1100 Christmas Fair	
5	1830 Guy Fawkes Night (5)	HVH	26 Day PH 60 Year Celebration	
5	1000 Christmas Bazaar (6)	27	1930 North Westmorland Arts Concert (Sept)	
5	1030 Game of Thrones Exhibition Ends (8)	28	1900 Trade & Commerce AGM (28)	
6	1600 Poppy Appeal Collectors Awards (9, 33 & 84)	FM	29 1030 Age UK Walk - Farfield Mill (July Text)	
6	SS Half Term Ends	29	1800 MRE (Oct)	
8	1030 Threlfeall Exhibition (8)	30	St Andrew's Day	
8	1400 WIK - AGM	FM	30 1000 Coffee Morning - Vacant	
8	1930 Domino Drive	30	1900 Christmas Carol (50)	
9	1000 Coffee Morning - RBL (9, 33 & 84)	DECEMBER		
9	1830 Gentle Yoga (10)	CCCR	1 1000 Nature, Skin & Bones	
9	1915 WID - AGM + Sensory Quiz	DMC	1 1830 Sedbergh Youth Club (Sept)	
9	1930 WIS - AGM & Jacobs Join	DMH	1 1900 Christmas Carol (50)	
10	1200 Gentle Yoga (10)	PH	1 1930 WIH - Christmas Party	
10	1200 Lunch Club	DMC	2 Dent Folk Carols (42)	
10	1830 Sedbergh Youth Club (Sept)	Red Lion	2 Christmas Fair	
10	1915 Royal British Legion (9, 33 & 84)	CCCR	2 1900 Christmas Carol (50)	
11	1100 Armistice Day (9, 33 & 84)	WHC	3 Dent Folk Carols (42)	
11	1330 Art Society - Bird Watercolours (8)	Finkle Street	3 1900 Flicks in the Fells	
11	1900 Photographic Exhibition (86)	PH	4 1700 Sedbergh School Advent Service (44)	
11	1930 Parish Council - Garsdale (13)	Leck	4 Dent Folk Carols (42)	
12	Shoe Box Appeal Ends (41)	GVH	5 Dent Folk Carols (42)	
12	0900 H&M Craftsmen Open Day (12/3)	6	Flower Festival Starts (51)	
12	1000 Photographic Exhibition (86)	Ingleton	6 1930 Town Band Concert (46)	
12	1000 Dent Meditation Centre Event (11)	Leck	7 1000 Coffee Morning - Ladies NFU	
12	1900 Flicks in the Fells	DMC	7 1800 Late Night Opening (47)	
13	1000 Photographic Exhibition (86)	PH	7 1900 Organ Recital (FF)	
13	1030 Remembrance Sunday (9, 33 & 84)	Leck	7 1930 HS North Craven (16)	
13	1930 Town Band Concert (13)	CCC	8 1200 Lunch Club	
14	1600 CDC Farewell Party (14)	CDC	8 1830 Sedbergh Youth Club (Sept)	
14	1930 Domino Drive	GVH	8 1915 Royal British Legion (9, 33 & 84)	
15	1030 Felt Painting (8)	FM	10 1100 Town Band Carols	
15	1800 MRE (Oct)	DMC	Kendal Birdcage	
16	1000 Coffee Morning - People's Hall	11	Carolling Day (42)	
16	1830 The Wish House (50)	CCCR	Carlisle/Settle Ry	
16	1930 HS Westfield Village (16)	13	Flower Festival Ends (51)	
17	1830 Sedbergh Youth Club (Sept)	SSAC	1200 WIK - Christmas Lunch	
18	1000 Gentle Yoga (10)	13	TBC	
18	1830 Friends of Dent Sch Promise Auction (18)	1930 Domino Drive	FCH	
18	1930 Mansergh Domino Drive	SSAT	CCC	
18	1930 Richard III in the North	14	1000 Coffee Morning - Vacant	
19	1000 StJCC Coffee Morning (19)	CCCR	TBA	
19	1000 Trees in the Landscape (8)	14	WID - Christmas Lunch	
19	1100 Dent Meditation Centre Event (11)	DMC	TBA	
19	1400 Charity Jumble Sale (19)	14	WIS - Christmas Dinner	
20	1100 Dent Meditation Centre Event (11)	DMH	SS End of Term	
		SHRF	15 1830 Sedbergh Youth Club (Sept)	
		DCMH	Kendal Morrisons	
		17 TBA	Town Band Carols	
		StJCC	CCC	
		21 1000	Coffee Morning - Town Band	
		SMCR	DCMH	
		21 1000	Nature, Skin & Bones Ends	
		DMC	HVH	
		21 1930	Christmas Domino Drive	
		PH	24 1400	
		24 1400	Toddler DIY Nativity Play (54)	
		DMC	CCC	
		25	Christmas Day	

COVER PHOTO
Main Street
By Dennis Whicker
COVER PAINTING
Main Street
By Nilian Didi Lamovc

			DIARY KEY
26	Boxing Day		BF = Brigflatts
			BVH = Barbon Village Hall
			CCC(R) = Cornerstone Community Church (Rooms)
			CDC = Community Development Centre
			CTIS = Churches Together in Sedbergh
			CWT = Cumbria Wildlife Trust
			DCMH = Dales Countryside Museum, Hawes
			DCP = Dent Car Park
			DMH = Dent Memorial Hall
			DMC = Dent Methodist Church
			FCH = Firbank Church Hall
			FM = Farfield Mill
			GH = Gladstone House
			GVH = Garsdale Village Hall
			HS = History Society
			HTCC = Holy Trinity Church Casterton
			HVH = Howgill Village Hall
			JLCP = Joss Lane Car Park
			KVH = Killington Village Hall
			L = Library, Main Street
			LHCP = Loftus Hill Car Park
			MC = Medical Centre
			MCD = Meditation Centre, Dent
			MCH = Mansergh Community Hall
			PH = People's Hall
			QG = Queens Gardens
			SASL = Sight Advice South Lakeland
			SMC(R) = Sed. Methodist Church (Room)
			StA/D/S = St Andrew's Church, Dent/Sedbergh
			StJCC = St Johns Church, Cowgill
			StMC = St Mark's Church, Cautley
			SHQ = Scout Headquarters
			SHRF = Shooters Hut, Rigmaden Farm
			SIC = Sedbergh Information Centre, 72 Main St
			SSAT = Settlebeck School Academy Trust
			SYF = Sedbergh Young Farmers
			WID = Women's Institute, Dentdale
			WIH = Women's Institute, Howgill
			WIK = Women's Institute, Killington
			WIS = Women's Institute, Sedbergh
6	1930 SYF Domino Drive (Oct)	PH	
7	Hedge Laying Grand Prix (Oct)	SSAT	
8	SS Start of Term		
10	1930 Domino Drive	FCH	
18	1930 HS Evacuation from Burma (16)	SSAT	
20	1330 Art Society - Textures with Watercolours	PH	
22	1930 North Westmorland Arts Concert (Sept)	Appleby	
25	1300 Medical Centre Closed for Training (MC)	MC	
25	1930 CWT - History of Natural Beekeeping	CCCR	
			FEBRUARY
1	1930 HS Enclosure of Bluecaster (16)	SSAT	
10	1900 Art Society - War Artists	PH	
10	1930 SSAT PTFA Domino Drive	SSAT	
14	1930 Domino Drive	FCH	
15	1930 HS Dickens, Charity & Cowgill (16)	SSAT	
16	1300 Medical Centre Closed for Training (MC)	MC	
17	1930 SYF Quiz Night (????)	PH	
19	1930 North Westmorland Arts Concert (Sept)	Appleby	
22	1930 CWT - Madagascar	CCCR	
			MARCH
1	1930 HS The Home Front (16)	SSAT	
7	1930 North Westmorland Arts Concert (Sept)	Appleby	
8	1930 CWT - Flood Prevention	CCCR	
14	1930 Domino Drive	FCH	
15	1930 HS Thomas Garnett (16)	SSAT	
17	1930 Art Society - Wild & Free	PH	
18	1930 HS AGM & Jacobs Join (16)	SSAT	
22	1300 Medical Centre Closed for Training (MC)	MC	
25	1000 Art Society Workshop	SMC	
25	1930 Olde Time Dance (PH)	PH	
			APRIL
1	1200 Spring Show	PH	

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

Stalls from 8.30 am. Contents may vary! But currently greengrocery, cakes, fish, farm fresh meat and eggs, artisan bread, bric-à-brac and Greek food.

Try your retail idea with pitch and stall deal – £11 a week. Car boot pitches from £3.
Contact the Information and Book Centre: 015396 20504 / office@sedbergh.org.uk

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery by appointment only - Monday

Practice Nurses Clinics

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

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

Blood clinic

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

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

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

When we are closed please ring 111 or 999 if appropriate

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

DENTAL SURGERY

Main Street 20626
Ben Houghton, Ian Dawson, Evan Hurst,
Katie McKay & Sarah Boom (Hygienist)
Monday to Friday 0900 - 1700
Saturday * 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

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

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900
Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh
Open Monday to Saturday 1000 - 1600
Sunday 1200 to 1600
e-mail: tic@sedbergh.org.uk
Tel: 015396 20125/20504
www.sedbergh.org.uk

SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464

www.cumbriaruralcab.org.uk

PENSION SERVICE SURGERY

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

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031
www.sedberghcdc.org.uk

CLOSED AFTER 14th NOVEMBER

POLICE

101 or 999

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300
1400 - 1700

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

Other times by appointment only *

MARKET DAY

WEDNESDAY